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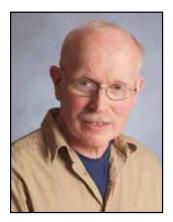
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Issue 4 February 17, 2016

Mr. Mike Longo Selected for NCEA Lead. Learn. Proclaim Award.



Resurrection Religious Studies teacher and Chamber director Mr. Mike Longo was recently selected to receive the Lead. Learn. Proclaim. Award by the National Catholic Education Association (NCEA). The NCEA has a long standing tradition of honoring and recognizing excellence and distinguished service in Catholic school education and Mr. Longo will receive this award in San Diego, California in March 2016.

Mr. Longo has been the coordinator of the Northwest Side Hunger Walk for many years and knows that Resurrection Catholic High School has a real influence on how their students know that they can make a true difference in living out their faith in the community. He has also been the advisor for the school's Key Club which works with

Misericordia Home for Children and Adults with Special Needs and St. Mary of Providence for Girls and Women with Special Needs. Many of the school's young women and alumna volunteer and fundraise for these organizations. A member of the Fine Arts and Religious Studies Departments faculty, Mr. Longo is committed to helping his students "come to know the God-given dignity that is found within each one of them."

Casimir Pulaski Day — Monday, March 7th

Casimir Pulaski Day is a holiday observed in Illinois on the first Monday of every March in memory of Casimir Pulaski (March 6, 1745 – October 11, 1779), a Revolutionary War cavalry officer born in Poland as Kazimierz Pułaski. He is praised for his contributions to the U.S. military in the American Revolution and known as "the father of the American cavalry".

The day is celebrated mainly in areas that have large Polish populations, such as Chicago and Bloomington. The focus of official commemorations of Casimir Pulaski Day in Chicago is at the Polish Museum of America where various city and state officials congregate to pay tribute to Chicago's Polish Community.

This is a separate holiday from the federal observance, General Pulaski Memorial Day, which

commemorates Pulaski's death from wounds suffered at the Siege of Savannah on October 9, 1779.

Illinois enacted a law on September 13, 1977, to celebrate the birthday of Casimir Pulaski and held the first official Pulaski Day celebrations in 1978. The bill was introduced by State Senator Norbert A. Kosinski, a Democrat from Chicago, and signed by Thomas Hynes, President of the Senate, on June 26, 1977. Cook County government offices, the Chicago Public Library, Springfield Public Schools, and state-wide public and private schools are closed on this holiday.

Wisconsin public schools also observe Casimir Pulaski Day. Banks in Illinois may close for the holiday.

Section 118.02 of the Wisconsin Statutes provides that, "...when school is held or, if the day falls on a Saturday or Sunday, on a school day immediately preceding or following the respective day, the day shall be appropriately observed...." The use of "shall" denotes this as a mandatory requirement. Each public school in Wisconsin must observe Casimir Pulaski Day on March 4. How the day is observed — "appropriately" — allows for some discretion among the schools.

Buffalo, New York also acknowledges a "Pulaski Day," which is held in the middle of July, and is celebrated with an annual parade.

On November 6, 2009, President Barack Obama signed a joint resolution of the U.S. Senate and House of Representatives making Pulaski an honorary American citizen, 230 years after his death. He is one of eight people to be granted honorary United States citizenship.

Grand Rapids, Michigan hosts a "Pulaski Days" celebration annually on the first full weekend of October in recognition of General Pulaski and the Polish culture in general.

Adler Planetarium Summer Camps

Discover new worlds, engage in eye-opening experiments and play next to Lake Michigan this summer during an Adler Planetarium summer camp! The Adler Planetarium offers a variety of unique summer day camp experiences for children ages 3 through 16. Young space and technology enthusiasts alike will have the opportunity to spend part of their summer exploring space, using telescopes, building rockets, seeing immersive sky shows, programming robots, exploring exhibits, launching high altitude balloons, and much, much more. Adler's summer camps introduce kids, teens, and tweens to doing science while engaging their creativity. Children are invited to participate in these unique, memorable experiences during one or more summer camps at the Adler.

For more information on Adler Planetarium Summer Camps, please visit: www.adlerplanetarium.org/summer-camps/ or email: summercamp@adlerplanetarium.org.

LENTEN SEASON BEGAN FEBRUARY 10TH

Turn to Page 11 for Delicious Recipes



Happy 179th Birthday, Chicago!

Friday, March 4 10:00 a.m.-1:00 p.m.

Join us to celebrate the city's 179th birthday! The festive occasion includes special remarks and music to pay tribute to the City of Big Shoulders.



Museum admission is FREE for Illinois residents on this day, so we look forward to seeing you!

Cost: FREE with Museum admission, no RSVP needed.

The event will be held at The Chicago History Museum, 1601 North Clark Street

(Our parking lot is at the corner of LaSalle & Stockton)

Turn To Page 8 For Complete Details On The Festival

ST. DEMETRIOS

4th ANNUAL WINTER GREEK FOOD FESTIVAL

** FREE ADMISSION **

Enjoy a Taste of Summer!



Dine In OR Carry



Friday, Feb. 26 • 5 pm to 8 pm Saturday, Feb. 27 • 12 noon to 8 pm Sunday, Feb. 28 • 12 noon to 3 pm



Come join us for 3 days of delicious traditional Greek Festival Cuisine including appetizers, a variety of main course entrées, mouth-watering desserts and drinks. A 50/50 raffle will be held on Saturday and Sunday!



St. Demetrios Greek Orthodox Church 2727 W. Winona St., Chicago, IL 60625 Office: 773-561-5992



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

The Arthritis Support Group will meet Thursday, February 25, from 1:00- 2:30 p.m. This session is free. Registration is not required.

Come for a cardiac checkup for only \$30. Heartfest 2016, Saturday, February 27, 8:00 – 11:00 a.m., will include an electrocardiogram interpreted by a board certified cardiologist, a lipid panel, glucose screening, blood pressure screening, osteoporosis screening, and pulmonary function testing. Fasting strongly recommended 12 hours before these screenings. Health care professionals will be available to answer your questions. Refreshments provided. Advanced registration is required by calling 1-844-236-CFMC (1-844-236-2362).

The Diabetes Support Group will meet Tuesday, March 1, from 5:30-7:00 p.m. This free support group aims to provide mutual support and education. For information call 773-794-8329.

In honor of National Nutrition Month, there will be a free community lecture, Wednesday, March 2, from 12:00-1:00 p.m. Staff from the nutritional services department will discuss foods to be eaten to improve health, discuss dietary guidelines and be available to answer your questions about nutrition. Advanced registration is required by calling 1-844-236-CFMC (1-844-236-2362).

Thinking about joint replacement? Community First Medical Center will offer free joint replacement information sessions Thursdays, March 10th and 24th, from 3:30-4:30 pm in the Community Education room. These free sessions will be conducted by Carleen Nunez, R.N., B.S, N., O.N.C., along with staff from rehabilitation services. Attendees will receive educational materials, get questions answered, learn what to expect from surgery and meet some professional staff. Registration not required.

A free Healthy Aging Program will be held Friday, March 11, from 1:00 -2:30 p.m. This program is for individuals aged 55 and older and consists of social time, health topics and guests lectures. Irene Flebbe, a naturalist from Cook Count Forest Preserve, will discuss gardening for fun and health. Registration is not required.

Free blood pressure screenings will be offered Monday, March 14, from 9:00-10:00 a.m., in the hospital's main lobby. A health care professional will perform screenings and answer questions about blood pressure readings. Registration is not required.

Thursday, March 24, is American Diabetes Alert Day. Community First Medical Center will be offering a diabetes screening from 8:00 - 9:00 a.m. No fasting/preparation needed. There is a \$10 fee payable in cash or check at the screening. Advanced registration is required by calling 1-844-236-CFMC (1-844-236-2362).

The Arthritis Support Group will meet Thursday, March 24, from 1:00- 2:30 p.m. This session is free. Registration is not required.

SENILITY PRAYER

God, grant me the senility to forget the people
I never liked anyway,
the good fortune to run into the ones I do,
and the eyesight to tell the difference.
- Anonymous -



"Dyslexia: A Conference for Parents" Saturday April 9th, 2016, 9:00 am-1:00 pm Lindner Conference Center, Lombard, IL.

Questions? Call the office at 630.469.6900 or email us at info@everyonereadingillinois.org

The Adoption Process from A to Z

Wednesday, February 24, 7:00 to 9:15 p.m.

New Trier Extension Community Education
New Trier High School

7 Happ Rd., Northfield, IL 60093

Course #161-715 under "ONE OF A KIND" in the catalogue Fee: \$18.00 per person

To register, call 847-446-6600 or view: www.newtrierextension.org Registration closes on Feb 22, 2016

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



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.

Find The Perfect Physician For Your Family

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

1-844-236-CFMC

(1-844-236-2362) toll free





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

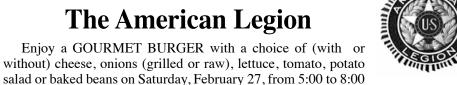
meeting will start at 7:30 P.M. and is open to all Veterans who served in any branch of the Unites States military services during the armed conflicts listed below.

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

Tattler Post #973 Of The American Legion



pm. This also includes salad with assorted dressings and an appetizer. The cost is only \$7.00 per person. A group of dedicated female supporters prepares a plate of cookies and cakes for each table for those of us who have a sweet tooth. The Tattler Post normally has Burger Nights every last Friday of the month but rescheduled it to Saturday during Lent. Soft drinks and other choices are available at reasonable prices. COME JOIN IN THE FUN AND SUPPORT YOUR LOCAL VETS.

Submitted by Maria P. Bappert

Evanston's "The Best" Used Book Sale: March 4-6

The Evanston Public Library will hold a Big High-Quality Book Sale from Friday, March 4 through Sunday, March 6. This 3-day event features recent fiction, mysteries, children's books, non-fiction, gardening, history and gift books, and much more, in excellent condition at very low prices. Book lovers can expect to find 1000s of very gently used children's and adult books, audiobooks, movies, music, magazines, large print, and vintage selections in every imaginable category of fiction and non-fiction.

All proceeds from the sale, held in the third floor Book Sale Room, benefit the Evanston Public Library. Join your fellow book lovers to stock up on good books at low, low prices while supporting the wide array of free services, resources and programs offered at Evanston Public Library.

Book Sale Hours:

Friday, March 4 and Saturday, March 5: 10 am to 5:30 pm. (There will be an Early Bird Preview on Friday from 10am to Noon, \$5 admittance fee for Early Bird Preview only.)

Sunday, March 6: 12 pm to 5:30 pm, all books half-price.

The Evanston Public Library is located at 1703 Orrington Avenue. Parking is available in the Library's underground parking garage, as well as in the nearby surface lot, metered street parking, and City Parking Garage at Church St. and Chicago Ave.

Neighborhood Watch for Village of Skokie

The Skokie Police Department invites the community to participate in the local Neighborhood Watch Program. By participating, residents have the opportunity to feel a strong connection to the community and contribute to neighborhood safety.

The Neighborhood Watch program is one of the most effective crime prevention strategies a community can utilize. Currently in Skokie, over 176 blocks participate in the program.

By participating, residents are kept up to date on Village ordinances, state laws, tips to prevent crime and how to get to know your neighbors. Regular meetings are held at the Skokie Police headquarters for Neighborhood Watch block captains. Many neighborhoods also hold block captain meetings to exchange information about current happenings and events and often plan a block party or other social events.

The Skokie Police Department invites any person interested in the program to contact the Crime Prevention/Community Relations Unit at 847/982-5922.

Nominate an Older Adult in Evanston for the 2016 Aging Well Award

Evanston community members and organizations are encouraged to nominate an older adult in Evanston who has made an impact in the local community through his or her interest in aging for the 2016 Aging Well Award. Nominations must be submitted by Monday, February 29. The nomination form can be completed online at cityofevanston.org/agingwellconference.

All nominees will be critiqued on both outstanding personal acts and/or community impact. The nominee may have impacted the community and improved the quality of the lives of older adults through outstanding leadership as well as the application of time, resources or advocacy.

The Evanston Aging Well Conference Planning Committee will select the honoree at its committee meeting on Thursday, March 17. The winner of the 2016 Aging Well Award will be honored at the Evanston Aging Well Conference on Friday, May 6, 8 a.m. to 12:30 p.m., at The Merion, located at 1611 Chicago Ave., in Evanston.

The free half-day conference provides strategies for healthy aging for older adults, their families, caregivers and professionals. The conference includes a continental breakfast and a choice of two workshops. Space is limited to 175 attendees. Registration for the event will open in March 2016.

Previous winners of the Aging Well Award include Lorraine H. Morton, Father Robert Oldershaw, William Logan, Julia Hagwood and Gerri Sizemore.

For more information regarding the Evanston Aging Well award or conference, please contact Ann Searles at 847-679-2372 or searlesil@yahoo.com.

Summer Youth Employment Program Job Fair Set for March 12

Evanston youth age 14 to 18 years are encouraged to find their perfect summer job at Mayor Tisdahl's annual Summer Youth Employment Program (MSYEP) Job Fair on Saturday, March 12, 8 a.m. to 3 p.m., at Evanston Township High School (ETHS), 1600 Dodge Ave. Doors will close at 1:30 p.m.

More than 40 employers providing summer and year-round employment will be present, including Six Flags Great America (transportation options available), Hyatt House Chicago/Evanston, McGaw YMCA, Salvation Army-Evanston, YoFresh Yogurt Cafe, Office Depot, Northwestern University, the City of Evanston, and more.

Youth are highly encouraged to fill out a Summer Youth Employment Program application in advance, which will expedite the process at the job fair. Applications are available at cityofevanston.org/ youthemployment, or youth may get assistance and ask questions from 5 p.m. to 7 p.m. at one of these outreach sessions:

- Chandler-Newberger Community Center, 1028 Central St. - Monday, Feb-
- Robert Crown Center, 1701 Main St. - Tuesday, February 23
- Evanston Library Loft, 1703 Orrington Ave. – Wednesday, February 24
- Levy Senior Center, 300 Dodge Ave. - Wednesday, February 24
- Fleetwood-Jourdain Center, 1655 Foster St. - Thursday, February 25
- CAMS Branch Library, 900 Chicago
- Ave. Friday, February 26 • All ETHS cafeterias - February 22-

26, lunch periods 4-6 In order to be eligible to attend the job fair, youth must be enrolled in school; be at least 14 years of age when the program begins in June 2016; and live in ZIP codes 60201 or 60202. Youth age 17 and 18 years are especially encouraged to attend the job fair, as many opportunities exist for both summer and year-round employment.

Students are encouraged to increase their chances of being hired and get an opportunity to jump the line at the job fair by attending a Pre-Fair Resume & Interview Skills Workshop, sponsored by the Youth Job Center. Workshops will be held on Wednesdays, March 2 and 9, from 4 p.m. to 6:30 p.m., at ETHS's Boltwood (West) Cafeteria. Students are encouraged to register for a workshop at cityofevanston.org/workshop.

In 2015, with the help of community organizations and local businesses, as well as partnerships with ETHS and the Youth Job Center, the MSYEP held its largest job fair ever. More than 600 Evanston youth attended the event, with more than 550 securing summer or year-round employment.

Collaborations with individuals, companies, and organizations, such as Cook County Commissioner Larry Suffredin, Cinemark Theatres, Evanston Township High School, and Northwestern University, contributed greatly to the success of last year's program. Businesses who are interested in supporting and/or attending this year's job fair and program can contact Youth & Young Adult Assistant Program Coordinator Porschia Davis at 847-448-8049 or mailto:vouth@citvofevanston. org?subject=MYSEP%20Job%20Fair.

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

Norwood Seniors Network Receives Three Home Care Awards For Third Consecutive Year

Norwood Seniors Network is a recipient of the 2016 Best of Home Care--Provider of Choice and Employer of Choice Awards, in addition to the 2016 Best of Home Care—Leader in Excellence Award, all for the third consecutive year. The local not-for-profit home care agency helps older adults enjoy a safer, more independent lifestyle by bringing affordable services into their homes.

This recognition places Norwood Seniors Network, 6009 N. Nina Ave. in Chicago, among the top home care providers in the country. They are the only home care agency in Chicago to receive all three awards, and only one of five in Illinois to receive the honor. Nationally, only 55 agencies were recipients of all three awards.

"We are very pleased to receive this recognition," said Libby Davis, Norwood Seniors Network executive director. "Receiving all three of these prestigious awards for the third consecutive year demonstrates that we are on the correct mission to provide the highest quality care to seniors. The award results are based on the feedback of services offered to clients and caregivers, and this feedback is also used as a tool for improvement on how to better serve both our clients and caregivers. We are continuously striving for perfection."

The awards were granted by Home Care Pulse, an Idaho-based company whose purpose is to provide feedback on services offered by home care agencies. To be eligible for the awards, home care agencies must partner with Home Care Plus for at least six months and become Home Care Plus Certified. Feedback is obtained from clients and caregivers in random phone interviews and that information is provided to agencies that use the data to maintain or improve upon their quality, professionalism and expertise.

The Best of Home Care Provider Award is given to those agencies that receive the highest satisfaction scores from their current clients and caregivers. This offers assurance to clients that the home care provider delivers quality and trustworthy home care. Similarly, the Best of Home Care Employer of Choice Award assures clients that the agency's caregivers are satisfied, supported, trained and pleased with their employer.

The Leader in Excellence Award requires the business to be Home Care Pulse Certified for a minimum of 12 months, be a winning provider in 15 or more client and caregiver satisfaction categories within a specific geographical area and complete a minimum of two client and two caregiver satisfaction interviews per month.

Norwood Seniors Network is now celebrating more than 20 years of service, providing in-home caregiving, home delivered meals, care management, personal emergency response, home assessments, transportation, and social outings to clients in far northwest Chicago and nearby suburbs. It receives no state or federal funding and functions as an affiliate of Norwood Life Society that also oversees Norwood Crossing, Norwood Park Senior Center, Norwood Life Care Foundation, and Norwood Life Society Thrift Shop.

Gov. Rauner Declares I-55 Open For Business

New Resolution To Advance Managed Lanes As Possible P3

Gov. Bruce Rauner today was joined by legislative leaders and local elected officials to announce a legislative resolution that would allow the Illinois Department of Transportation (IDOT) to pursue adding managed lanes to Interstate 55 under a private-public partnership. By seeking out a P3 agreement, the state could deliver the project benefits more quickly and at a reduced cost.

"By using existing resources to leverage private investment, we can build the type of infrastructure that allows Illinois to better compete in the 21st century," Gov. Rauner said. "This is an innovative project that will create jobs,

improve the region's quality of life and show that Illinois is open for business."

The I-55 managed lanes project would add at least one lane in each direction to a critical travel corridor between Interstate 355 (Veterans Memorial Tollway) and Interstate 90/94 (Dan Ryan Expressway). The 25-mile section accommodates 170,000 vehicles a day, but suffers from long, unreliable travel times, resulting in frustrating commutes for workers and increased costs for the delivery of goods and services.

Options for the additional lanes currently being ex-

plored include tolled and untolled carpool lanes and express tolling lanes. The state will complete the federal environmental studies later this year to identify the preferred option.

Using a P3 on this project could save taxpayers an estimated \$425 million in construction costs. Possible toll revenues from the project and P3 financing sources would be available to pay for construction, operation, and maintenance costs. Construction could start as early as next year and wrap up in 2019.

Mayor Emanuel Announces Arro And Verifone Selected To Provide Universal Taxi App Service In Chicago Chicago To Become First City With Universal Taxi App Service That Requires All Licensed Taxi Drivers To Participate While On Duty

Mayor Rahm Emanuel and the Chicago Department of Business Affairs and Consumer Protection (BACP) today announced that Arro and Verifone have won the competitive bidding process to provide universal taxi app service in Chicago. The companies' apps will make it easier for Chicago residents and visitors to hail a taxi and increase consumer choice in safe, reliable transportation options.

"Chicago is a city that innovates and in this spirit I am proud to announce that Chicago will become the first city with a universal taxi app," said Mayor Rahm Emanuel. "With the new service, Chicago residents can expect to see improved rider experience and better access to taxis all across the city."

"These apps will create even more transportation options for Chicago residents while benefiting taxi drivers," said Maria Guerra Lapacek, Commissioner of BACP. "By mandating that taxi drivers participate, Chicago residents will have additional transportation options and will more easily connect with a nearby taxi through the use of their smartphones, resulting in more fares for taxi drivers."

The two universal taxi app providers, Arro and Verifone, were selected through a competitive bidding process launched in May 2015. The selected companies demonstrated their ability to provide an app that will include key features such as a secure payment option, estimated wait time, and fare quote estimate.

BACP oversees the licensing of Chicago's public chauffeurs and public vehicles including taxicabs, liveries, charter and site seeing buses, horse drawn carriages, ambulances, water taxis and tour boats. The department oversees the purchasing of taxicab medallions, vehicle inspections and rates of fare. Learn more about BACP's Public Vehicle Operations at www.cityofchicago.org/BACP.

Commissioner Charles H. Ramsey to Serve as Senior Advisor to the Chicago Police Department

Mayor Rahm Emanuel and the Chicago Police Department announced today that former Philadelphia Police Commissioner Charles H. Ramsey will serve as a Senior Advisor to the Chicago Police Department to help guide critical civil rights reforms. Commissioner Ramsey brings more than 40 years of law enforcement service to the position.

"Commissioner Ramsey is a not only a national leader in urban policing who has led two major police departments through civil rights reforms - he is also a native Chicagoan who knows our police department and our communities. With roots in Englewood, he has a unique understanding of the important role community relationships play in making our city safer," said Mayor Rahm Emanuel. "Commissioner Ramsey has a proven track record, and his decades of experience will help as we face the challenges and opportunities ahead."

In December 2015, the United States Justice Department announced a civil rights investigation into the Chicago Police Department, and Mayor Emanuel and Interim Superintendent Escalante welcomed that investigation and pledged full cooperation. Commissioner Ramsey has led two different police departments through similar processes and will provide valuable insight into the types of reforms needed in Chicago. Specifically, Commissioner Ramsey will advise the Chicago Police Department and city leaders on policies, training, and internal management and accountability systems for issues like the use of force, interactions with people suffering from mental illness, early intervention with police officers, and community policing.

'Chicago is at a defining moment, and I believe that Mayor Emanuel and the Chicago Police Department are committed to meet the challenge," said Commissioner Ramsey. "The situation in Chicago is not unlike many in cities across the country, but the people of Chicago should know that their leaders are working hard to restore trust where it has been lost. Progress won't happen overnight, but a sustained and continued effort will put Chicago on a path forward."

Commissioner Ramsey began his law enforcement career in 1968 as a cadet with the Chicago Police Department. Over the next thirty years, he held various positions with CPD, including Commander of the Narcotics Division, Deputy

Chief of the Patrol Division, and Deputy Superintendent, a role he held from 1994 to 1998. He played a key role in designing and implementing the Chicago Alternative Policing Strategy that became a nationally acclaimed model of community policing.

In 1998, he was named Chief of the Metropolitan Police Department of the District of Columbia (MPDC), where he served until early 2007 before becoming the Commissioner of the Philadelphia Police Department.

"Commissioner Ramsey's return to the Chicago Police Department is an opportunity to build on the important work we are undertaking to restore trust between the Department and Chicago's residents," said Acting Chicago Police Superintendent John Escalante. "I look forward to relying on his counsel and leadership."

Commissioner Ramsey is the imme-

diate past President of the Police Executive Research Forum and the Major Cities Chiefs Association. He also serves on the on the International Association of Chiefs of Police Executive Committee.

In January 2015, President Obama named Commissioner Ramsey the cochair of the President's Task Force on 21st Century Policing as it worked to identify strategies to help strengthen police community relations across the country. He also serves on the United States Homeland Security Advisory Council, which provides advice and recommendations to the US Department of Homeland Security Secretary Jeh Johnson.

A native of Chicago, Ramsey holds Bachelor's and Master's degrees in criminal justice from Lewis University. The commissioner has received honorary doctorate degrees from four universities, including his Alma Mater.

New Gates At O'hare International Airport Building On The \$1.3 Billion Infrastructure Deal At 'Hare, City Announces First Major Gate Expansion Since 1993

Mayor Emanuel, American Airlines Announce

Mayor Rahm Emanuel and American Airlines today announced that five new gates will be added to O'Hare International Airport by 2018, the first major expansion of gate capacity since Terminal 5 was built at O'Hare in 1993.

American Airlines anticipates that the new gates will be completed by 2018, before Runway 9C-27C comes online in 2020. American Airlines will cover the cost of the project.

The historic deal announced last week helps pave the way for future investments at the airport, including gate expansion. The deal calls for a new runway (9C/27C), deicing pads, a new crossfield Taxiway system, and other critical airfield projects. The thousands of travelers who depend on O'Hare each day will see improved on-time performance and enhanced customer experience due to the increased capacity at the airport and the new projects, like gate expansion, that the city will be able to pursue as a result of the landmark deal.

Jefferson Park Meeting

The next meeting of the JPNA, Jeff Park neighborhood Association, will feature State Rep. Martwick talking about the vote the day before in Springfield as well other issues. There will be a question and answer period. The meeting will be Wed. Feb. 24, at 7:00 p.m. in the lower level of the congregational Church of Jefferson Park 5320 W. Giddings. The meetings are free and open to the pubic with lite refreshments.

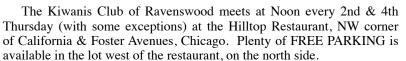
The Chicago Bar Association (CBA) Lawyer Referral Service hosts Call-A-Lawyer on the third Saturday of every month from 9 a.m. to 12 p.m. Volunteer attorneys will give free legal advice over the phone to Chicagoland residents who call (312) 554-2001.

Phone For Legal Advice At No Cost

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.

Kiwanis Of Ravenswood



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

February 25 - Regular Meeting with Mr. Stan Zoller as guest speaker. He teaches at Lake Forest College and is closely associated with high school journalism in the State of Illinois and nationally.

February 27 – Burger Night at the Tattler Post #973 of the American Legion, 4355 N Western Avenue, from 5 to 8 pm. Only \$7.00, with choice of with or without cheese, onions, lettuce, tomato, potato salad or baked beans. Come & support our local Vets.

MARK YOUR CALENDAR & SAVE THE DATE: Tuesday, March 8 – Annual St. Patty's Day Party hosted by the Lake View Kiwanis Club at Ann Sather's Restaurant, 909 W. Belmont Avenue in Chicago, from 6 to 9 pm. The cost is \$30.00 per person. RSVP with Marcella Kane by calling 773-490-6811 or by emailing her at Marcella@koenigrubloff.org. They are asking for donations of raffle prizes, the proceeds from which are going toward their support of children's programs in the Lake View Community.

AN ENGLISH BLESSING: May your path be strewn with flowers, memories, friends, and happy hours. May blessings come from heaven above to fill your life with peace and love. (Pass it on.)

OUR VILLAGE & STREET LEVEL

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AGT The Safe Money People

Maximizing your Tax Deductions and tax tips for Seniors and Retirees

As you reach retirement your finances change, with that it is important to understand the ways to decrease your taxable income by taking full advantage of the deductions that are available to you. Here are a few ways for you to do just that.

- 1. Medical and Dental Expenses: As we age medical and dental expenses unfortunately often become a major expense during retirement. The news isn't all bad though, generally a significant portion of these expenses can be deductible. If you itemize your deductions most of your out of pocket costs can be used as a deduction on your schedule A. Some examples of this are prescription drugs, health insurance premiums Medicare included, assisted living care, and even payments for transportation that are for and essential to medical care. Generally any out of pocket costs you incur in excess of 10% of your Adjusted Gross Income are deductible.
- **Retirement Plan Contributions:** When you approach and reach retirement don't forget about tax deductible contributions to your retirement plans. People over 50 are not only still able to contribute to these accounts you are also able to contribute an extra \$1,000 using the catch up provision provided by the IRS. Contribution limits for 2015 and 2016 are \$5,500 for those under 50 and \$6,500 for those over. Moreover, it's not too late to make these contributions; you have until April 18th to make your 2015 Traditional and Roth IRA contribution.
- You may be entitled to a higher standard deduction: If you do not itemize and instead use the standard deduction you are entitled to a higher standard deduction if you are over
- **Investment Expenses:** As we reach retirement our income streams generally change. A great way to earn



money in retirement is from interest, dividends and capital gains from investments. These income streams are not subject to Social Security tax. Moreover, Dividends and capital gains are taxed at a lower rate than ordinary income. The tax rates on these income sources range from 0% - 20% based on your overall tax bracket. If you itemize you are also able to deduct fees from your investments including, fees paid to a broker, bank or trustee. Other fees you may be able to deduct include, tax preparation fees, safe deposit box fees, attorney fees, and fees from online brokerage services. Any of these fees that exceed 2% of your Adjusted Gross Income are deduct-

- 5. Charitable Contributions: It's hard to overlook the large charitable gifts that you made last year. Don't forget about the little things as they add up also. For example, you can write off out of pocket costs incurred while doing charity work and if you drove your car for a charity you can deduct 14cents per mile. If the amount is over \$250 you will need to get acknowledgement from the charitable organization documenting your sup-
- **Selling your home:** Are you thinking about downsizing? It is possible

ing together. The information contained here is

to \$500,000 for a married couple fil-

provided for informational purposes only and is not intended as a substitute for advice from a tax professional. Please call our office (847)-933-9222 to schedule an appointment with a tax professional.

AGT The Safe Money People is a financial services company dedicated to helping our clients preserve their wealth. We specialize in working with older adults, for whom the greatest financial priority is security. We are proud of the fact that none of our clients lost a penny due to the marker volatility in March 2000 - October 2002 and October 2007 - March 2009 in the avenues we recommended.





years prior to selling it you may not have to pay taxes on the profit realized from the sale. The law allows a single filer up to \$250,000 in profit from their home sale tax free and up

up in your home but if you have lived

in your home for two of the last five

We've Moved and Settled In

The Chambers Restaurant at 6881 N Milwaukee Ave has been completely remodeled and transformed into a beautiful showroom display of kitchens and baths with all the trimmings.

The Chambers was a long-time gathering place for many people and we hope our new showroom will be a great gathering place as well. We look forward to having this wonderful space where our longtime customers and friends can visit. We also look forward to making many new friends in our new neighborhood.

Please feel welcome to visit and see how the building has been remodeled. The renovations were done by our own team of skilled craftsmen, the same craftsmen available for any of your home remodeling or updating dreams.



WILLIAM S. WOJCIK



CANDIDATE FOR JUDGE CIRCUIT COURT OF COOK COUNTY

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Paid For By The Committee To Elect William S. Wojcik

NORTHWESTSIDE IRISH PARADE **SUNDAY, MARCH 13, 2016 SAVE THE DATE!**



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Ouestions & Concerns, Please Contact:

Elizabeth Murray-Belcaster: 773-678-7026 or visit our website: www.northwestsideirish.org



Like Us On Facebook! #NWSI

Library Announces 38th Annual Jo-Anne Hirshfield Memorial Poetry Awards; Submission Deadline March 9, 2016

The Evanston Public Library invites submissions to the Thirty-Eighth Annual Jo-Anne Hirshfield Memorial Poetry Awards, judged this year by John Rybicki (pictured), a Michigan poet and teacher. The competition is open to all adult and high school age Chicago-area poets, and to all Evanston elementary and middleschool students. The competition's submission deadline is Wednesday, March 9, 2016; the prizes will be awarded at a program on Sunday, April 24, 2016, at 2 pm in the Evanston Public Library's Community Meeting Room. Winners will be invited to read their poem at this event which will also include a reading by the poetry judge.

The Jo-Anne Hirshfield Memorial Poetry Awards is funded by an endowment made in memory of Jo-Anne Hirshfield,

who found pleasure and delight in poetry. Full contest rules and instructions for submissions may be obtained by going to epl.org/poetryawards or by calling the Evanston Public Library at 847-448-8650

Contest judge John Rybicki has published three books of poetry including his latest, When All the World is Old. He is also the author of two other collections, We Bed Down into Water and Traveling at High Speeds. His prose and poetry have appeared in Ploughshares, The American Poetry Review, Poetry, Field Triquarterly, Ecotone, and in The Best American Poetry and Pushcart Prize anthologies. Rybicki teaches poetry writing in Detroit schools through the InsideOut Literary Arts Project.

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Polish National Alliance

Song and Dance Concert 2016



Tickets will also be available through the dance groups participating in the concert.

1-800-621-3723 pna-znp.org



By Wayne Mell, Artistic Director

If anyone has been paying any attention to our programming lately, they will have noticed the name Daryl Nitz. He has been linked to shows about Frank Sinatra and Billy Holiday, to fundraising concerts for our new baby grand or to raise scholarship money for arts education. Maybe you've heard his name as one of our Skokie Idol judges. But he's definitely a name you should notice, because he's been bringing fabulous entertainment to Skokie and has a lot more planned.



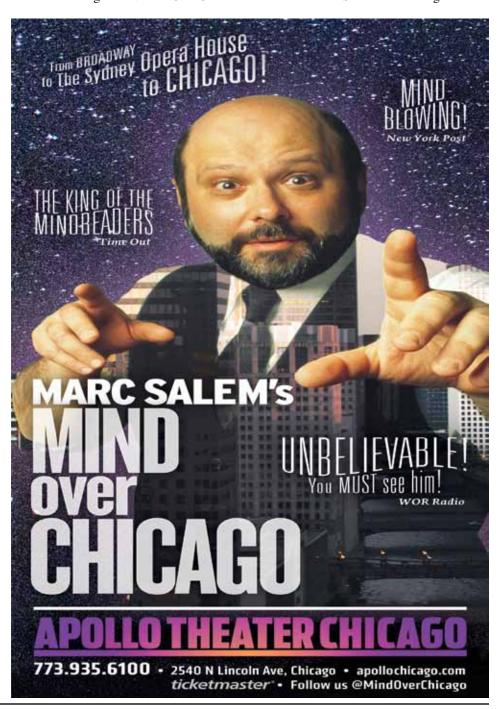
Under the banner of Daryl Nitz Entertainment,

he puts together exciting and popular shows which have people clamoring for tickets. He gathers some of the most talented performers in the Chicago area for his musical extravaganzas, and showcases their talents to perfection. Well known performers like Johnny Rodgers, Denise Tomasello, Frieda Lee, and Laura Freeman take the stage under his direction, along with popular musicians like Jim Cox and Phil Grateau. His tribute to Billie Holiday, "Ladies Sing The Blues" sold out within 48 hours and led to two encore performances. His tribute to Frank Sinatra was standing room only, and also returned for an encore performance. "Time Warp Time," his salute to "The Rocky Horror Picture Show" has become an annual fall staple in our schedule. Future shows include tributes to Cole Porter and the fabulous "Ladies of the 80's".

On Saturday, April 9th, Daryl presents "Judy at Carnegie" a song-by-song recreation of Judy Garland's historic 1961 concert at Carnegie Hall. It will feature over 25 Garland classics, such as "Chicago," "The Man That Got Away," "That's Entertainment," "You Made Me Love You," "Stormy Weather," "A Foggy Day" and her signature song, "Over the Rainbow." Performings include Jen Chada, Laura Freeman, Kimberly Gordon, Sophie Grimm, Ester Hana, Tecora Rogers, Jeannie Tanner, Honey West, and Melissa Young, with a special appearance by Denise Tomasello

Before there was Daryl Nitz the impresario, there was Daryl Nitz the entertainer. 17 years ago, he and pianist George Howe created "The Nitz and Howe Experience," Chicago's longest running cabaret show. They still perform weekly in the city, but are bringing their high-octane extravaganza to Skokie Theatre on Saturday, March 5th. Called a "Broadway Hootenanny" by some and "The most fun party in town" by others, it is a great night of music, comedy, entertainment, and just pure fun! With over 30 celebrity voices at his command, Daryl entertains with songs in the style of Louis Armstrong, Dean Martin, Neil Diamond, Harry Connick Jr., Carol Channing, Eartha Kitt, Katharine Hepburn, "Edith Bunker" and even Flip Wilson's "Geraldine"! He and George are famous for their impromptu Broadway Medley which is created in moments based on audience requests. Whether brought on stage to ring bells, or to model a rainbow-colored feather boa, the audience is welcome to participate in outrageous hi-jinx, or invited to just sit back, enjoy a glass of wine, and revel in a night of comedy and song.

The Nitz and Howe Experience will be at Skokie Theatre on March 5th at 7:30 pm. Tickets are \$22. Judy at Carnegie performs April 9th at 8 pm. Tickets are \$32. Save \$5 off each ticket using code VILLAGE. Call 847-677-7761 or visit SkokieTheatre.org.



Polish National Alliance 6100 N. Cicero Ave Chicago, IL 60646

FACETS For Kids Movie Making Workshops For February And March

The Facets Children + Youth 2016 Winter/Spring Movie Making Workshop Schedule features eight fun, creative, and imaginative workshops for kids and youth ages 5 and above. The workshops offered this season include exciting movie making techniques like: Motion Capture, Animation Mapping, Coding with Animation, Circuit Building, Documentary, Digital Design, and iPad Animation. Winter/Spring workshop dates are scheduled weekends starting February 20th and run through March 20th.

Workshops are held at Facets, located at 1517 W. Fullerton in Chicago. The March 5th iPad Animation workshop will be held at the Apple Store in Lincoln Park located at 801 W. North Ave in Chicago.

Registration may be completed online at facets.org or by phone at 773-281-9075x11. Updated workshop information, additional programming information, and photos can be found at facets.org or by contacting Marketing Director Eric Holst by email at erich@facets.org or by phone 773-281-9075 ext. 3056.

Millennium Park's Ice Rink Open Through March 6

The McCormick-Tribune Ice Rink in Millennium Park opened on Friday, November 13, and will remain open through Saturday, March 6, 2016, weather permitting. For

more than a decade, the rink has drawn over 100,000 skaters annually and is free and open to the public. The rink, located on Michigan Avenue between Washington and Madison Streets, offers skate rentals.

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

- Monday-Thursday: Noon-8pm
- Friday: Noon-10pm
- Saturday: 10am-9pm (ice skating lesson at 9am)
- Sunday: 10am-9pm (ice skating lesson at 9am)

For more information about events in Millennium Park

during the winter months, visit millenniumpark.org or call 312.744-3316. Like us on Facebook and follow us on Twitter, @Millennium_Park.

"A Theater Review"

"Bye Bye Birdie"

Drury Lane Theatre, 100 Drury Lane, Oak Brook, Illinois

Reviewed by Richard A. Eisenhardt

"Bye Bye Birdie," is one of those old-fashioned musicals that goes back to when Elvis Presley was drafted into the Army and how it affected his many fans back in the 60's.

The show has a book by Michael Stewart with music by Charles Strouse and Lee Adams.

Tammy Mader is the show's director and she has also choreographed it. You'll be hearing a lot more from her as she knows major talent. Michelle Aravena plays the role of Rosie Alverez and Matt Crowle is Albert, the wimp who Rosie is in love with if he can escape his mother's clutches – Mag, played by Catherine Smitko.

Jason Michael Evans has the role of Conrad Birdie and it is up to him to kiss Kim Macafee played by Leryn Turlington.

Kim's parents, Mr. and Mrs. Macafee, are George Wolff and Brianna Borger. Kim's brother is Randolph and is played by Rowan Moxley. Ryan Stajmiger plays Hugo, Kim's high school boyfriend.

Veteran actors are Roger Mueller and Jill Shellabarger as the mayor and his wife of Sweet Apple. They will have you laughing up a storm with their performances.

You'll hear such songs as "Kids," – one of my favorites, "Put on a Happy Face," "A Lot of Living' To Do," "An English Teacher," and "Rosie." The show has other songs in this production that runs two hours and twenty minutes and has a cast of twenty-nine.

See if Albert gets Rosie and if Kim kisses Birdie on the Ed Sullivan Show. The evening is certainly worth the price of the ticket!

"Bye Bye Birdie" runs through March 13th. For show days – times and reservations call 630-530-0111. There is free parking and valet parking and the theatre is wheelchair accessible. Dinner and show packages are available. Tickets range from \$45 to \$55 to \$60. Student and group tickets start as low as \$30 and senior tickets are \$40. The food is excellent!

--Four Stars-

Application Deadline For Art In The Village

North Shore Art League's

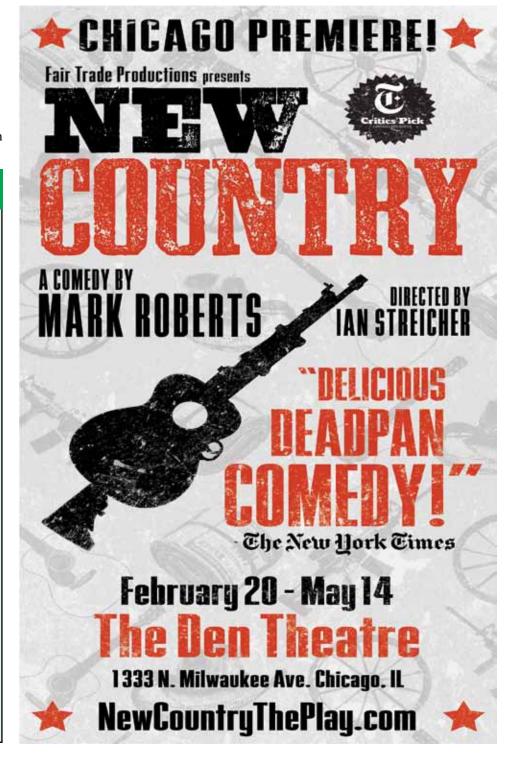


ART in the VILLAGE

Winnetka, Illinois

Reminder: deadline one week away 3rd ANNUAL JURIED ART FAIR!

Questions? www.northshoreartleague.org or 847-446-2870





St. Demetrios Greek Orthodox Church 4th Annual Winter Food Festival

A Touch of Greece On the North Side of Chicago

Authentic and Homemade Greek Food, Wine and Pastries!

In the Lincoln Square/Budlong Woods Neighborhoods in Chicago— A touch of Greece just a short distance from home! Let us do the cooking and come and celebrate Greek culinary traditions and wine at the first annual St. Demetrios Greek Orthodox Church Winter Food Festival. Add to your day with a wonderful Greek meal, sweets and a glass of delightful Greek wine. February 26-28, 2016, in the Church's Miller Center at 2727 West Winona Ave. Hours are Friday, Feb. 26 from 5 p.m. to 8 p.m., Saturday, Feb. 27 from noon to 8 p.m. and Sunday, Feb. 28 from noon to 3 p.m.

Now you do not have to wait until August to enjoy our famous festival food! Guests are invited to dine on their choice Greek favorites: Pork Tenderloin Souvlaki (Shish-ke-bob), Baked Greek Chicken, Gyros sandwich, Pastichio (Greek lasagna), Spinach or Cheese pies. Main entrees come with Greek rice, salad and bread roll. Desserts will include delicious Loukoumades (fried honeyed doughnut holes), kourambiethes, melomakarona and koulourakia, all made on the premises by the ladies of the community. They will also be offering everyone's favorite, "Avgolemono" (Egg-Lemon) Soup!!

A 50/50 raffle will be held on Saturday and Sunday.

Free parking available in church parking lot and Budlong Elementary School. Additional parking available at Swedish Covenant Hospital garage.

St. Demetrios is celebrating almost 90 years of serving the needs of the Greek Eastern Orthodox community on the north side of Chicago.

City of Evanston Launches Public Art Loan (PAL) Program to Brighten Public Facilities

Evanston's public buildings will be brightened with local artwork thanks to the City's new Public Art Loan (PAL) program, which matches Evanston artists with City-owned facilities to display their work.

Artists interested in having their work displayed for approximately one year are invited to fill out an application and upload samples of their work online, at cityofevanston.org/publicart. If selected, the samples will be reviewed by City staff who have expressed an interest in having artwork displayed in their facility's public spaces, including hallways, conference rooms, reception areas, and more. Community centers, police and fire stations, Evanston's water treatment facility, and other public buildings are eligible for the program.

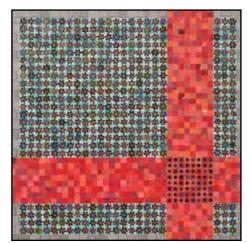


Image courtesy of Melanie Deal, who will display her artwork through the PAL program

Participating artists will receive an honorarium of \$150 if their work is on display for more than nine months, and will also have their work featured on the City's social media channels.

This program is being coordinated by Cultural Arts Coordinator Jennifer Lasik. For questions, please call 847-859-7835 or email jlasik@cityofevanston.org.





GOALed Art Gallery Seeking Young Artists To Display Work

The GOALed Gallery program is seeking young artists ages 13 to 21 who would like to sell their arts and crafts. Local young artists and crafters will sell their work at the City of Evanston's Indoor Farmers Market, which is held at the Evanston Ecology Center, 2024 McCormick Blvd., in Evanston. The GOALed Gallery will operate on the following dates: February 20; March 5 and 26; and April 2, 16 and 30. Artists selected



may choose the dates that they will sell their work.

Young artists should send their contact information and photos of their work to culturalarts@cityofevanston.org. The program's goal is for young artists to sell their work, network with other artists, and learn about entrepreneurship. GOALed Gallery also has a booth at the Evanston Lakeshore Arts Festival, which will be held August 6-7, 2016.

The program is managed by the City of Evanston's Parks, Recreation and Community Services Department. For more information about the program, please contact Angela Allyn at 847-448-8263.

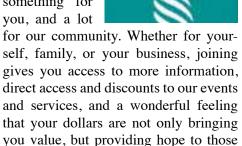
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Adult Spirituality Course At Resurrection College Prep High School

An Adult Spiritual Journey - A Walk with the Historical Jesus Tuesdays 6:30 - 8:30 pm ~ February 23, March 8, March 22 and April 5, 2016 ~ Course Fee \$50

Resurrection College Prep High School is offering an to Love: The Alternative Way of Francis of Assisi by Father Adult Spirituality course entitled "A Walk with the Historical Jesus." Course participants will explore how we live out our Christian faith as we ask ourselves if the historical Jesus who walked on this earth faced the same challenges that we do today? What was his walk like? How did Jesus come to understand his special relationship to God? Why was Jesus' life and message accepted by some and rejected by the most powerful nation of his time? Is there a relationship between our struggles today and what Jesus faced in his world?

This adult spiritual journey will address these questions as participants explore how to live out Jesus' message in our world today. The books for this course include Eager

Richard Rohr and The Heart of Christianity - Rediscovering A Life of Faith by Marcus J. Borg. This course will also include the theology of John Dominic Crossan, a leading theologian and historian on the historical Jesus.

All community members are welcome to participate. Classes will meet at Resurrection College Prep High School on the following Tuesdays from 6:30 - 8:30 pm: February 23, March 8, March 22 and April 5, 2016. The cost is \$50 to register for the course, please contact Alisa Martorano at 773.775.6616 Ext 142 or amartorano@reshs.org.

The course will be taught by Resurrection faculty member Mr. Mike Longo who holds Master's degrees in Music and Humanities from DePaul University. Mr. Longo was recently selected to be honored with the "Lead. Learn. Proclaim. Award" by the National Catholic Education Association (NCEA). The NCEA has a longstanding tradition of honoring and recognizing excellence and distinguished service in Catholic school education and Mr. Longo will receive this award in San Diego, CA in March 2016.

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

February at the DANK Haus

"Mad Regals": Madrigal Dinner

February 27, 2016, 7:00 pm

Eat, drink, and be merry in fine Renaissance fashion at our grand fundraiser event. A hearty multiple course meal and a full program of entertainment will warm up the winter night. Featuring delicious food, sumptuous costumes, beautiful music, hysterical improv comedy, historical trivia, juggling, dance, and more, this dinner event showcases the best of over a millennium of German culture in an amusing, accessible style, imitating feasts in medieval castles of old. If you enjoy food, music, and comedy, you will have all three in abundance at this not-to-be-missed event.

International Art Exhibition and Festival - Grand Opening Reception February 20, 2016, 6:00-10:00 pm, Free Admission

From February 20 - March 19, 2016 Culture Bridge/Kulturbrücke presents a vibrant International festival of art: a cultural bridge of musicians, painters, dancers, and sculptors from Germany, the United States and many countries around the globe. Curated by Marianna Buchwald of International Art Group, Chicago and Derin Baratka, the exhibit at the Scharpenberg Gallery at the DANK Haus will feature a broad range of works with an intention to deepen cross-cultural ties. The Opening Reception features opening remarks by Prof. Talmadge Wright, associate professor at Loyola University, and a spoken word performance by Kao Ra Zen.

German American Cultural Center (DANK Haus), 4740 North Western Avenue, Chicago IL 60625, is located 1/2 block from the Western Brown Line stop.

Simeon Rice Presents Wilson Golden **Football To Mount Carmel High School**



Simeon Rice '92 honors Mount Carmel High School with a Wilson Golden Football as part of the Super Bowl High School Honor Roll on Friday, January 15th at Mount Carmel High School.

On Friday morning, Simeon Rice, a Super Bowl XXXVII champion with the Tampa Bay Buccaneers and director of the 2015 film, Unsullied, honored the institution where he first excelled, not as a Pro Bowl defensive lineman, but as a high school student.

Rice returned to Mount Carmel High School and presented his alma mater with a Wilson Golden Football as part of the Super Bowl High School Honor Roll.

Niles Township High School District 219 Appoints Interim Superintendent At January 21 Meeting Dr. Mark Friedman To Serve As Interim Superintendent Through June 2016

At its Thursday, January 21 meeting, the Niles Township High School District 219 Board of Education appointed former Libertyville District 70 Superintendent Dr. Mark Friedman to serve as interim superintendent. Friedman will serve as interim superintendent through June 2016. As a retired superintendent, he is limited to a maximum of 100 days of work per year.

As interim superintendent, Friedman will assist the Board of Education in developing a solid leadership transition plan moving forward, and will lead the administration and staff in the transition to a new, permanent leader for the School District. He will be paid at a rate of \$1,400 per day, in accordance with current market rates.

Friedman is a partner with BWP and Associates, an educational leadership search firm based in Libertyville. Previously, he served as the Superintendent of the Libertyville schools for 17 years, was Assistant Superintendent in Lincolnwood and a Principal/Direc-

tor of Instruction in Itasca. He was named 2009 Superintendent of the Year for the State of Illinois, and was twice named Superintendent of the Year for Lake County, Illinois. He has consulted with school districts across the United States.

"We are very fortunate to be able to rely on Dr. Friedman's expertise and leadership to ensure that we maintain our focus on quality education and operational excellence throughout this transition," said Mark Sproat, President of the District 219 Board of Education. "We have great confidence that Dr. Friedman will work together with the Board and Administration to ensure minimal disruption to District and school operations through this transition."

The District is still evaluating best next steps in the search to hire a new permanent superintendent. "We are committed to developing and implementing a superintendent search process that is inclusive, transparent, and well planned," said Sproat.

Chicagoland Aviator to be Named "Living Legend of Aviation"

A leading Chicagoland business owner has received one of the highest national distinctions found throughout the aviation industry. Nick Popovich, owner and founder of Sage-Popovich, Inc., has recently been nominated to become a "Living Legend of Aviation" at an awards ceremony in Beverly Hills, CA.

He will join the ranks of other legendary pilots and celebrities such as Dr. Buzz Aldrin, John Travolta, Sir Richard Branson, Jimmy Buffet, Col. Frank Borman, Gene Cernan, Harrison Ford, Morgan Freeman, Chesley "Sully" Sullenberger, and many other notable pilots. Past legends (now deceased) include Neil Armstrong, George McGovern, Sydney Irwin Pollack, Tex Hill, and more

Two of the most famous and talented pilots in the world submitted his nomination: Bob Hoover, who revolutionized modern aerobatic flying after a lengthy career as a military pilot, and Sean D. Tucker, a multi-championship winner in the airshow industry. Both men are members of the National Aviation Hall

Popovich has a lengthy and incredibly unique history of aviation achievements. He currently has the longest-running aviation repossession company in the world with over 1,700 repossessions conducted, and has grown his operations into the world's leader in recovery of aviation equipment. His career has taken him to nearly every corner of the globe, and many chapters of his life encompass the kinds of adventures found in Hollywood film scripts.

Sage-Popovich, Inc., has since expanded its operations beyond repossession into development and appraisal, becoming the largest appraiser of aviation parts, tooling, and ground service equipment worldwide. He is also a partner in 600 Charter Brokerage, an aviation charter brokerage firm that specializes in all types of aircraft travel from helicopters to jumbo jets.

In 2010, Popovich created and starred the Discovery Channel series Airplane Repo, which followed his activities in repossessing commercial and private aircraft worldwide.

These days, Popovich's attention has shifted greatly toward educational and philanthropic opportunities. He devotes substantial time and resources to speaking at schools, conferences and at mentoring programs where he encourages young people to pursue careers in aviation, and he frequently partners with nonprofit organizations that support veterans, education, and children with challenges.

When asked what becoming a "Living Legend of Aviation" means to him, Popovich paused and seemed at a loss for words. After a moment he said, "I am extremely humbled by this nomination, and I have been greatly influenced throughout my life by many of the current and past members, especially Bob Hoover and Sean Tucker. I really appreciate this.'

Register for the 2016 Women Out **Walking Program**

The Evanston Health & Human Services Department invites women of all ages and fitness levels to participate in the 2016 Women Out Walking (WOW) program, a 12-week campaign promoting health, wellness, community, and physical activity.

Registration is now open online at cityofevanston.org/wow. In-person egistration will also be accepted at the kick-off orientation s Saturday, March 19, from 10 a.m. to 1 p.m., at Evanston Township High School, 1600 Dodge Ave. Free parking is available.

During the orientation, walkers will be provided with tools to assist them throughout the program. The event will also include free exercise and dance classes, workshops, guest speakers, local celebrities, gift bags,

WOW runs from March 19 through June 11. Registration will be open throughout the 12-week program. All ages and fitness levels are welcome; Evanston residency is not required. The cost is \$5 per person.

In addition to receiving the health benefits of walking, WOW participants will also be introduced to a variety of activities that promote health awareness and healthy lifestyles. Teams will walk at their own pace, at self-determined schedules and venues. Additionally, walkers will be encouraged to attend a monthly walk hosted by the Health & Human Services Department. For a list of events, please visit cityofevanston.org/

Studies show that regular physical activity at moderate intensity levels improves health and well-being, reduces stress, and decreases the risk for certain diseases. Physical activity does not need to be strenuous to be beneficial.

For more information, including how to sponsor a participant and questions about registration or payment, please contact Lucretia Bond at 847-448-8144 or lbond@cityofevanston.org.

Cautionary Tales from the Divorce Court



Chester M. Przybylo

No one really plans on a divorce. At the beginning of a marriage there is so much looking forward—first apartment, starting a family, saving for a home of their own. But divorce statistics are pretty stark. At some point some marriages just aren't working and both parties are consulting divorce attorneys. And as much as both parties might try to keep the divorce "friendly" it is almost never a pleasant experience.

That stated, probably the last person a new-ly-divorced individual wants to see is another attorney. Who could blame them? However, to try to get some control over their life during this turbulent period it is probably a good idea to see an estate planning attorney. Here's where some cautionary tales should be heeded.

How about the case of a well-to-do business owner who had a very heated argument with his ex over the phone about an alimony payment? No sooner did he put down the receiver when he clutched his chest and crumbled to a heap on the floor. By the time the paramedics arrived he was already gone. He no longer had to worry about his alimony payments being received on time, because he had neglected to change the beneficiary designation on his retirement plan. And his ex-wife didn't have to worry about late alimony because she received everything in his very sizeable retirement plan.

The repercussions of not following through with a complete estate plan can happen years after a divorce. Take the case of "Joe" who moved on with his life after the divorce and enjoyed a happy marriage and family life for a number of years. Joe worked at a company with a very robust retirement plan and had accumulated a tidy sum in it. The problem was that he had failed to change the beneficiary on his retirement account. He had assumed that the changes he had made in his estate planning documents would cover this situation. However, the beneficiary on his retirement account took precedence over anything he might have changed in his other legal documents. It was a rude shock to his widow and children and a very pleasant surprise for his ex-wife. This is a warning to anyone who has been divorced to be sure that beneficiary designations are changed on any and all retirement plans they might have.

Powers of attorney must also be addressed. Financial and medical powers of attorney should be revised. A divorced individual should name someone they trust to make medical and financial decisions on their behalf if they should become incapacitated. Next would come a review of any life insurance policies. Just as they changed their joint accounts, such as credit cards and bank accounts, any trusts they established as a married couple needs to be amended.

Any HIPAA authorization forms that are in place should also be reviewed. HIPAA documents are important and their purpose is to protect medical confidentiality and prevent others who should not have access to this sensitive information from seeing it. So updating this document is important.

And in our technology driven world, PIN numbers associated with financial accounts should be changed as well as any passwords to online accounts.

Even if a newly divorced individual is exhausted and overwhelmed by the process, seeing a qualified estate planning attorney can help on the road to gaining control over a part of their life.

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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Governor Rauner Announces Recipients of 2016 Order of Lincoln Award

As Illinois prepares to celebrate the 207th birthday of Abraham Lincoln, Governor Bruce Rauner today announced this year's recipients of the Order of Lincoln, which is the state's highest honor for professional achievement and public service.

"This year's Order of Lincoln recipients are truly remarkable," Gov. Rauner said. "These men and women of Illinois have kept the spirit of Abraham Lincoln alive through their great work that has influenced the world. It is only fitting for them to receive this honor."

This year's recipients are:

Nancy Goodman Brinker

Born in Peoria and a University of Illinois graduate, regarded as the leader of the global breast cancer movement - Founder of the Susan G. Komen for the Cure. Named one of Time Magazine's '100 Most Influential People' in '06. Retired U.S. Ambassador to the Republic of Hungary, retired U.S. Chief of Protocol, recipient of the Presidential Medal of Freedom.

Robert Gilmore

Described by Doug Oberhelman, CEO of Caterpillar, as one of Illinois' most substantial industrial leaders who has made an impact on manufacturing throughout the world. Active in several organizations including the Youth Farm and Children's Home, the Boy Scouts, and Illinois Central College.

Raymond LaHood

A Peoria native, represented Illinois' 18th congressional district in the U.S. House of Representatives from 1995-2009. Former U.S. Secretary of Transportation. Strong advocate for preserving the legacy of Abraham Lincoln. Serves as Senior Advisor to The Dirksen Congressional Center and co-chairs Building America's Future.

Leo Melamed

Globally recognized as the founder of financial futures. As chairman of the Chicago Mercantile Exchange (CME Group), created the International Monetary Market (IMM), led the CME in the introduction of a diverse number of financial instruments, including Treasury Bills in 1976, Eurodollars in 1981 and stock index futures in 1982. Spearheaded the introduction of the world's first futures electronic trading system Globex® and became its founding chairman. Led the effort to monetize commodities and made Chicago the hub of futures trading.

Scott Simon

Host of NPR's 'Weekend Edition Saturday'. Recipient of every major broadcasting award, including a Peabody, an Emmy, & the Studs Terkel Award. Host of many special public television programs. He is a master of new media in the Twitter age. He is also an accomplished author.

Kevin Stein

A professor at Bradley University since 1984 and recipient of two of Bradley's most prestigious awards: Caterpillar Professor of English and Samuel Rothberg Professional Excellence Award. Illinois' Poet Laureate since 2003. Author of numerous poetry books, scholarly books, poetry anthologies & published poems. Recipient of several awards and honors. Recognized by peers as one of the best poetry critics in the U.S. Editor of Bread & Steel and Illinois Voices: An Anthology of 20th Century Poetry.

The Order of Lincoln will be presented at the 52nd Annual Convocation and Investiture of Laureates in Peoria on Saturday, May 7, 2016. The Order of Lincoln was established by the Governor of Illinois in 1965, and the Lincoln Academy of Illinois -- an independent, non-partisan organization -- was created to administer the award and to choose the annual award recipients.

Following the award presentation on May 7, 2016, a gala reception and dinner in honor of the 2016 recipients will be held at the Peoria Marriott Pere Marquette. Funds raised at the dinner will provide Abraham Lincoln Civic Engagement Scholarships to one student from each of the 56 four-year colleges and universities in Illinois and one student representing the state's community colleges. College presidents select the students on the basis of academic achievement and community service.

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 honor.

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

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

Norwood Park Seniors Club

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

St. Thecla Seniors Meetings

St. Thecla Seniors located at 6725 W. Devon meet at 11:30 a.m. on the first and third Thursdays of the month in the Queen of Peace room. There is a short meeting followed by sweet rolls and coffee. Bingo and cards are played. We have parties!!! Please join us as you may like us! For information, please call Joanie at 312/608-4092.

Lenten Menu Ideas

Meatless Recipe

This is a really tasty and satisfying meatless dish which can be served as a main dish during Lent, in which case I would suggest that you add a green vegetable.

If you wish to serve it with meat, you can use it as a side dish.

Spanish Rice Supreme

1 cup green olives, cut into large pieces (omit if you don't like green olives) 1 tablespoon vegetable oil 1 teaspoon chili powder One egg, beaten American or Cheddar Cheese 1/4 cup chopped onion 1 clove minced garlic Two 8 oz. cans tomato sauce 3-1/2 cups cooked or baked rice Two cups grated

In a large skillet, cook onion and garlic slowly in oil. Add tomato sauce and chili powder and heat to boiling. Blend in rice, olives, beaten egg and cheese. Pour into greased shallow casserole. Bake at 375 degrees for 25 to 30 minutes. Top should be nicely browned. Makes 4 to 5 servings. File: Meatless Dishes

Recipe from Maria Bappert

Baked Haricot (Butter) Beans

1 lb of large dried haricot (butter) beans 3/4 cup of olive oil (Greek preferred) 1 medium sized onion 3 cloves of garlic, chopped 3 ripe (or canned) tomatoes parsley, finely chopped salt & pepper



Having soaked the beans overnight, change the water and boil beans untill soft. Then drain and allow to dry for a while. Put the oil into a frying pan with chopped onion and garlic.

If using fresh tomatoes, cut as fine as possible; add these to the pan along with the parsley. Bring the ingredients to a boil.

Put the beans into an oven dish, pour over them the boiled sauce and bake in oven at 325 degrees for three quarters of an hour, or until cooked.

VARIATION;

If you wish, you can put all the ingredients into a roasting pan without having cooked them in the above manner, however, it takes longer this way.

Cooking time: 45 minutes/Makes 6 portions/1 portion is 410 calories

Fresh Vegetable Ragout (Ratatouille)

1 small eggplant (about 1 pound)

1 clove garlic, chopped

4 medium tomatoes, cut into fourths

1 medium green pepper, cut into strips

1 teaspoon salt

1/4 teaspoon pepper

1 medium onion, sliced

2 tablespoons olive or vegetable oil

1 medium zucchini, sliced

1/4 cup snipped parsley

1/2 teaspoon dried basil leaves

Cut eggplant into 1/2 inch cubes. Cook and stir onion and garlic in oil in 12-inch skillet until onion is tender. Add eggplant and remaining ingredients. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, until vegetables are crisptender, about 10 minutes.

Submitted by Elizabeth Elkayam

Salmon Braise with Tomatoes and Peppers (Moroccan style)

4 salmon steaks or fillets, about 1/2 pound each

3 tomatoes, cut in chunks

2 red peppers

2 green bell peppers

3 garlic cloves - crushed

2 large shallots –chopped

4 tbl. spoons of olive oil salt and pepper to taste

1 tsp. of paprika 1/2 tsp. of cayenne pepper

Bouquet garni (parsley, thyme,

bay leaf)

In a skillet, lightly brown the steaks/fillets of salmon on both sides in the oil. Cut the bell peppers open, remove the seeds, and cut it into wide strips.

Cut the tomatoes into large chunks.

In a large sauté pan, heat the olive oil over moderately low heat. Add the minced garlic and shallots and stir until translucent, about 3 minutes. Add tomatoes, peppers and bouquet garni and increase the heat to moderate.

Season with salt, pepper, paprika, and cayenne pepper. Cook for about 5 minutes until the flavors are well blended. Add salmon steaks/fillets and sauté for about 10 minutes. Discard the bouquet garni. Transfer to a deep serving dish, garnished with lemon slices and serve hot for the main course.

Submitted by Elizabeth Elkayam

LENI

In Western Christianity, Lent is the forty day period preceding Easter lasting from Ash Wednesday to Holy Saturday. The forty day period is symbolic of the forty days spent by Jesus in the wilderness and possibly the forty hours he spent entombed. The Lenten period of forty days owes its origin to the Latin word "quadragesima", signifying forty hours. This referred to the forty hours of total fast which preceded the Easter celebration in the early Church. Initially the word simply meant "spring", and later became associated with the fast. The English word "lent" derives from the Germanic root for "Spring".

There are traditionally forty days in Lent which are marked by fasting, both from foods and festivities, and by other acts of penance. In the Roman Catholic Church it is tradition to abstain from meat every Friday for the duration of Lent, although fish and dairy products are still permitted. Fasting during Lent is a way for Christians to identify with Jesus' suffering.

Many modern Protestants and Anglicans consider the observation of Lent to be a choice, rather than an obligation. They may decide to give up a favorite food or activity for Lent, or they may instead decide to take on a Lenten discipline such as devotiuons, volunteering for charity work, and so forth. Roman Catholics may also observe Lent in this way, in addition to the dietary restrictions outlined above, though observation is no longer mandatory under the threat of mortal sin. Many Christians who choose not to follow the dietary restrictions cite 1 Timothy 4:1-5 which warns of doctrines that "forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth."

Personally, I prefer Matthew 15:11, which, paraphrasing, warns man to be careful of what comes out of his mouth, rather than what goes in it.

One thing I think we all can agree on is that our taste buds don't have to suffer just because we're observing Lent. Even if you're not observing Lent, its a great time to take advantage of special menu items that are not available all year round.

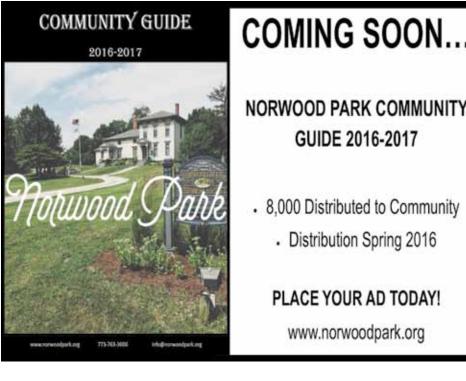
By Anthony Pinello, REX Italian Foods, Inc. Harwood Heights, IL

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













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