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# Village View

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## B-MAC EDITION

Volume 14 | Number 1 | January 7, 2020

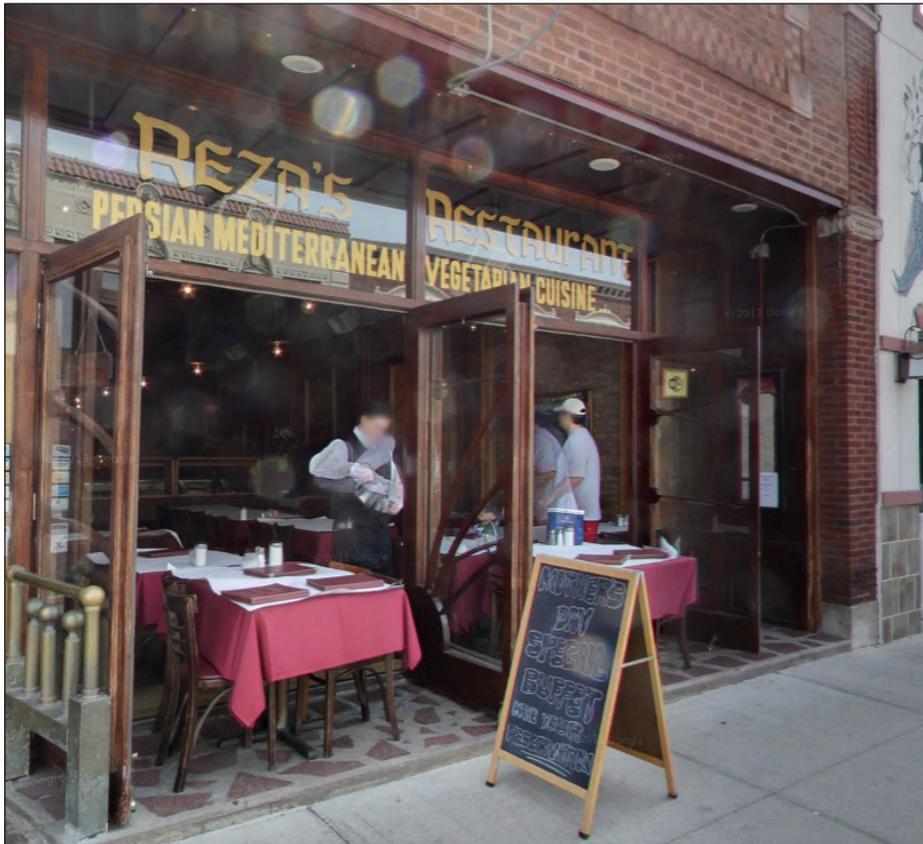
Blue Island, Midlothian, Alsip, Crestwood

### Village of Alsip welcomes Reza's Restaurant

by Jan Glaz

On December 16th at the "Village of Alsip's Pulaski Road Corridor TIF District Meeting of the Join Review Board" Alsip Mayor, John Ryan, shared news in regard to the sale of Alsip property to winning bidder, Reza's Restaurant, at a land auction held on December 4, 2019. The Chicago restaurateur began Reza's Restaurant at 5255 North Clark Street in Chicago's Andersonville neighborhood about 30 years ago, and also operates a Reza's Restaurant in Oak Brook, Illinois, at 49 N. Tower Road.

Mayor Ryan stated, "Reza, the owner, plans to open a 5,000 square foot Persian Mediterranean Restaurant on property parcels located at 11706-11730 Pulaski Road. The Restaurant will be part of the Village's diversified cuisine on Pulaski Road, which is well-located to be



Reza's Restaurant, 5255 N. Clark Street, Chicago IL

enjoyed by the residents, the Village's substantial base of corporate headquarters, and the local businesses that make up our community."

Mayor Ryan concluded, "We're glad Reza invested in Alsip and I know he will make a great power partner to the many businesses

on Pulaski Road. Interested parties review the type of menu the restaurant will be offering in Alsip and other interesting information at: [www.rezarestaurant.com](http://www.rezarestaurant.com)

In other news: The Alsip Board of Trustees approved the following expenses, the purchase of

water meters and FlexNet radios at a cost not to exceed \$61,075.00 for the ongoing replacement of residential water meters; and a proposal from Illinois Pump, Inc. for the removal, repair and reinstallation of one J-Line vertical turbine pump at a cost not to exceed \$16,286.00.

### Adolescent drug use: Let's be proactive

On December 12, 2019, four adolescents from Arthur A. Libby Elementary and Middle School from Chicago, were hospitalized due to the use of illicit drugs. The reason why the headline caught my attention was because one week earlier, I was facilitating a presentation all week at Wendell Smith Elementary and Middle School in Chicago on "School Students in the Drug World."

There is a silent epidemic out there and no one wants to talk about it. Adolescent drug use is killing more individuals than gun violence ever did.

In the summer of 2018, 28th District State Representative Robert Rita reached out to me for assistance on helping one of his constituents address their daughter's possible drug use. After that issue was resolved, Representative Rita wanted to be proactive in addressing adolescent drug use. In September 2019 during National Recovery Month, Representative Rita sponsored an event for adults to address adolescent drug use.

Everyone who attended the above event had positive reviews. It was decided to take our little show on the road and present it to the adults throughout the district. However, there was very little response to participate. When we did have a venue for our presentation everyone enjoyed it. After one event, I had a participant email me stating that she sent her child to a rehab facility the very next day.

During the preparation for our 2019 National Recovery Month event, Rep-

resentative Rita was ecstatic about the results of the previous year's efforts. He reminded me what he told me when we started this adventure, "If we could save one person, then it's all worth it."

At our 2019 National Recovery Month event, besides once again addressing adolescent drug use, we dwelled on the actual numbers of this silent epidemic as compared to other tragedies:

U.S. Vietnam War deaths 1965 thru 1975: 55,000. There were protests, marching in the streets, closing of institutions.

U.S. AIDS deaths 1995: 50,000. There were protests, marching in the streets, building of AIDS quilts, public education. Finally, introduction of life-saving drugs.

U.S. AIDS deaths 2017: 17,800. The effects of education and life-saving drugs.

U.S. drug overdose deaths 2018: 68,500. More deaths than 10 years of the Vietnam War, more deaths than at that height of the AIDS epidemic. Where are the protests, marching in the streets?

After our 2019 National Recovery Month event, it was decided to continue to reach out to the adult community throughout the district about adolescent drug use. However, there was a consensus to educate our children directly. Currently, we are reaching out to the schools to be proactive about adolescent drug use.

To schedule a presentation, call (708) 396-2822 or email [dromeo.28ilstaterep@gmail.com](mailto:dromeo.28ilstaterep@gmail.com). The presentations are about an hour.

*Danny Romeo is a Special Assistant to 28th District State Representative Robert Rita. Holds a Master of Health Science in Addiction Studies.*

### Israeli Chamber Project

Embarking on its second decade, the Israeli Chamber Project is a dynamic ensemble that brings together some of today's most distinguished musicians for chamber music concerts and educational and outreach programs around the world. With a theme of Music in Exile, their program features music from three European composers with three artistic responses to repres-



Tibi Cziger plays clarinet, Michal Korman plays cello, Assaff Weisman plays piano, and Carmit Zori plays violin.

sion and exile, each with different fates.

Explore performances of these works on the Israeli Chamber Proj-

ect's YouTube Channel.

#### Program

Ben-Haim: Variations on a Hebrew Melody  
Schulhoff: Duo for Vio-

lin and Cello

Messiaen: Quartet for the End of Time

The event is Wednesday, January 15 at 8:00pm at the Holtschneider Performance Center, Gannon Concert Hall, 2330 North Halsted Street, Chicago, IL.

For more information visit our website at <http://go.depaul.edu/music-events> or #depaulmusic-chamber.

Tickets ARE \$35 Standard; \$20 Senior; \$20 DePaul Faculty/Staff; \$10 Student. Additional fees may apply.



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# Village View

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## FAR SOUTH EDITION

Volume 18 | Number 1 | January 7, 2020

Mokena, Oak Forest, Orland Park, Tinley Park

### Tinley Park delays cannabis establishments

by Jan Glaz

Gov. J.B. Pritzker signed a Cannabis Regulation and Tax Act (CRTA), which legalizes the sale, possession and usage of cannabis for recreational purposes in limited quantities by persons 21 years of age and older, to begin on January 1, 2020. On December 17th lawmakers in the Village of Tinley Park adopted an Ordinance to establish a moratorium on cannabis business establishments.

Prior to adopting the measure, Tinley Park Trustee, William Brady, reported that the CRTA allows municipalities to decide if they wish to allow adult-use cannabis businesses within their boundaries and enact reasonable zoning regulations for these boundaries.

Brady stated, "The Village President and the Board of Trustees held multiple public meetings



Lenny's Food 'N' Fuel, also referred to as "Lenny's," at 19420 Harlem Avenue, Frankfort, was granted a video gaming license.

and conducted an online survey to discuss the matter and solicit resident input. However, the President and the Board of Trustees at this time believe that more information and resident input is needed prior to allowing the operation of adult-use cannabis businesses in Tinley Park.

"Our Village staff will monitor the impact on

other communities, and then another survey, to be mailed to each residence in the Village, will be conducted to help increase the level of confidence in making the right decision for the community."

The recently adopted ordinance places a moratorium on the issuance of any business license to a recreational cannabis retailer or grower until No-

vember 1, 2020, or until the Village Board passes other regulations pertaining to recreational cannabis businesses.

Board meeting postscript: A request from Leonard McEnery of Lenny's Food 'N' Fuel, also referred to as "Lenny's," met with full board approval. Trustees adopted an "Ordinance amending the Tinley Park Municipal Code for the addition of (1) Class UV Liquor/Video License to be granted to Lenny's Food 'N' Fuel, located at 19420 Harlem Avenue, Frankfort, IL."

Lenny's Food 'N' Fuel is a state-licensed truck stop in Frankfort, Illinois that was established in August of 2015 and was annexed into the Village of Tinley Park in late 2019. Gaming will not be the establishment's main source of revenue. The annual fee for this license is \$1,000.00.

and parking lot is under video surveillance. It has been offered for internet transactions for years and is currently being offered to deter any possible internet-related crime that may come along with exchanges. The station is open 24 hours a day, seven days a week."

The Police Department staff will not oversee or be responsible for transactions. The lobby and parking lot space is intended to assist in the safe exchange of goods and money, without incident. For more information please contact the Orland Park Police Department at 708.349.4111.



From left to right are R. J. Stachnik, Battalion Chief; Natalie Cedillo, Illinois American Water; Tom Harrell, Illinois American Water; and Betsy Dine, Fire & Life Safety Educator.

### Orland fire district receives Illinois American Water grant

The Orland Fire Protection District will be purchasing full turnout gear for 10-15 junior cadets to have their Junior Cadet Training Camp thanks to a grant from Illinois American Water.

The Illinois American Water Firefighter Grant Program provides financial assistance to fire and emergency organizations serving communities in its service areas. The program awards grants to provide personal protective gear, communications equipment, firefighting tools, water handling equipment, training materials and classroom programs. The grant winners were announced in conjunction with National Fire Prevention Week, to raise awareness about the importance of fire prevention and emergency planning.

This year, over \$88,000 will be shared by 90 Illinois fire departments through the grant program. Since the program was created in 2010, over 590 grants totaling over \$582,000 have been awarded.

"We know the critical role water plays in protecting homes and businesses; we

also know resources for our local heroes often run short. The grant program was created to help bridge the gap and support our local firefighters," said Bruce Hauk, Illinois American Water president.

Fire Chief Michael Schofield thanked Illinois American Water during the check presentation. "The Orland Fire Protection District is very appreciative of this year's grant from Illinois American Water which will help support the purchase of turnout gear for our annual Junior Cadet Camp. This summer program is for children between the ages of 13 and 17 years old and gives the Junior Cadets an opportunity to explore Fire Rescue & EMS. This class provides a combination of classroom and side-by-side training with our current Cadets and Firefighters and gives a glimpse into what a career as a Firefighter/Paramedic entails. It is our aim that each Junior Cadet leaves with a better sense of responsibility and that he/she will be more accountable for their actions in their family and their community," stated Schofield.

### Orland Park Sportsplex plagued by roof leaks

by Jan Glaz

On December 16th at the Village of Orland Park Board of Trustees Meeting the Board agreed to pay Solaris Roofing Solutions, Inc. of West Chicago, Illinois, the Village's on-call roof repair company, for emergency roof repairs completed at the Orland Park Sportsplex, 11351 W. 159th Street, in the amount of \$8,950.00 and to approve total expenditures not to exceed



Village of Orland Park Police Chief, Tim McCarthy

\$32,000.00 with Solaris Roofing Solutions, Inc. for the fiscal 2019.

Village maintenance reported numerous and persistent roof leaks over the past few months over the free weight lifting

area. The roof membrane in this area has been spot repaired 5 times in 2019. A recent emergency leak was repaired on December 6th that exceeded staff spending authority and required Board approval in for the amount of \$8,950.00 and to cover any additional expenditure an additional \$2,642.00 be approved for Solaris Roofing Solutions, Inc.

Noteworthy news: The Orland Park Police Department, 15100 S. Ravinia Avenue, offers a safe haven for completing online exchanges. Police Chief, Tim McCarthy, stated, "The use of the lobby



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## SOUTH SUBURBAN EDITION

Volume 21 | Number 1 | January 7, 2020

Chicago Ridge, Worth, Palos Hills, Palos Park, Palos Heights



Lake Katherine Nature Center & Botanic Gardens, 7402 Lake Katherine Drive, Palos Heights IL.

## Palos Heights presents Winter Night Hike

by Jan Glaz

The City of Palos Heights Lake Katherine Nature Center & Botanic Gardens and the Palos Heights Public Library are hosting a “Winter Night Hike” on Wednesday, February 19, 2020, open to the public, free of charge, from 6:30 p.m. to 9:30 p.m. at 7402 Lake Katherine Drive, Palos Heights IL. Lake Katherine is asking participants to please dress properly in winter weather clothing.

The one-mile hike around Lake Katherine will be led by Lake Katherine’s Director/Chief Naturalist, Gareth Blakesley, who will point out the critters lurking in the twilight. The hike will have a campfire and hot chocolate at the conclusion of the hike. Space is limited! To attend you must register either online at [www.phlibrary.com](http://www.phlibrary.com) or by calling the Palos Heights Public Library at 708.448.1473. Free Registration opens on February 1, 2020.

Official news: At the City of Palos Heights City

Council Meeting held on December 17th Ward 3 Alderman, Brent Lewandowski, the chairperson for the City of Palos Heights Department of License, Permits and Franchises requested the city council to authorize the City Attorney to draft an ordinance amending the City’s Code to adopt the “2013 United States Public Health Service Food and Drug Administration (FDA) Food Code” as recommended by the Palos Heights Building Commissioner, and the council agreed.

The FDA, Food Code 2013, is a model for safeguarding public health and ensuring food is unadulterated and honestly presented when offered to the consumer. It represents the FDA’s best recommendations for a uniform system of provisions that address the safety and protection of food offered at retail and in food service. For additional information please visit: [www.fda.gov/food/fda-code/food-code-2013](http://www.fda.gov/food/fda-code/food-code-2013).

## “Drawn to Water” Juried Art Competition at McCord to be held in March and April

The “Drawn to Water” art competition at McCord will be held Friday, March 13, to Monday, April 27, 2020. Deadline for entries are February 7, 2020

Awards are:

Best of Show: \$1,000.00 (eligible for a solo exhibit pending portfolio review).

Second Place: \$500.00.

Third Place: \$250.00.

For forms and application go to our website at <http://mccordgallery.org/wp-content/uploads/2019/12/Drawn-to-Water-Prospectus-1.pdf>

You can also contact McCord Gallery and Cultural Center at 9602 W. Creek Road, Palos Park, IL 60464, or call 708-671-0648.



## DePaul Ensemble 20+ Concert Inspired by Architecture: Scores, Plans, and Paintings

Curated by DePaul Ensemble 20+ conductor Michael Lewanski and composer and curator Anne Leilehua Lanzilotti as well as composer Andrew Norman, the musical selections on this program by DePaul Ensemble 20+ will reflect themes explored in DePaul Art Museum’s current exhibitions, Julia Fish: bound by spectrum, Architectural Annotations, and Remember Where You Are, including architecture, light, revision, and memory. There will be a Pre-



DePaul musicians play their instruments.

Concert Lecture proceeding this concert from 6:30 to 7:30 pm in Allen Recital Hall. More information on the lecture can be found

online at <https://music.depaul.edu/concerts-events/news-events-calendar/Pages/default.aspx>.

The event is presented

in partnership with the Chicago Architecture Biennial, DePaul School of Music, and DePaul Department of History of Art and Architecture.

The concert will be held Thursday, January 30 at 8:00 pm at Holtschneider Performance Center, Gannon Concert Hall, 2330 North Halsted Street, Chicago, IL.

This concert is free, but tickets are required. Seating will be general admission.

Use the hashtag #depaulmusic20+.



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## SUBURBAN EDITION

Volume 46 | Number 13 | January 7, 2020

Burbank, Evergreen Park, Hickory Hills, Justice, Oak Lawn

### Evergreen Park approves village-owned property sale

by Matt Mayer

The past brief Evergreen Park Board of Trustees meeting commenced with Mayor James Sexton thanking everyone for a successful Dickens Festival and Tree Lighting Ceremony. The Evergreen Park Youth Department thanked everyone for their generous donations during the recent Annual Coat Drive. Donations were given to Worth Township for the needy and included 208 adult coats, 43 child coats, 33 sweaters, and various hats and gloves.

The mayor also commended the Evergreen Park Police Department for its recent drug arrests. The fire department reported that the village has been recertified as a storm ready community for a period of 3 years by the National Weather Service.

During the business portion of the meeting, an ordinance regarding a commercial sales contract in the amount of \$130,000 for the purchase of village-owned property, which consists of 2 lots at 9148 South Kedzie Avenue, was approved. A collective bargaining agree-

ment between the Village and Local 700, International Brotherhood of Teamsters effective May 1, 2019 through April 30, 2022, was also approved.

The municipal waste and recycling agreement yearly increase was approved as well as a request to send the following vehicles to salvage, 2004 Ford Explorer #3A40483 and 2000 Ford Windstar #3A31115.

The Evergreen Park Recreation Department offers programs for children three months old and up. The programs are advertised through flyers that are sent out to the schools in the village or listed on the cable station channel four. Some of the programs include pre-school for ages 3 to 5, arts and crafts, baseball, Irish dancing, martial arts, preschool gym, soccer, square dancing, tap, drama and ballet etc.

In other business, the following business licenses were approved, Planet Fitness (new owner) at 9500 S. Western Ave. and Sky High Smoke and Vapes (smoke shop) at 3336 W. 95th Street.



### Ensemble Dal Niente presents Andy Nogal, Oboe

Oboist Andy Nogal takes a star turn with a program of duo music for oboe and piano that showcases the expressive and technical potential of the oboe as a tool for experimenting with sound and harmony.

The program introduces three new works written expressly for and in consultation with Andy, including Pierce's Gradone's On a Blue Burst of Lake, a multi-movement work for oboe and piano; Cassie Wieland's 4:45, which ex-

plores the feeling of loneliness that comes at 4:45 am in the big city when one feels like the only person on the planet; and a new work by John Liberatore, professor of composition at Notre Dame.

The program also includes "Diaphonic Suite #1" for oboe solo by trailblazing American modernist Ruth Crawford Seeger, and Daniel Adams' Sawtooth Squared (2012), featuring bassoonist Ben Roidl-Ward. Pianist Daniel Pesca, who has been

Nogal's duo partner since 2010, guest stars.

The event is Saturday, Jan. 18 from 7 to 9 p.m. at the Holtschneider Performance Center, Allen Recital Hall, 2330 N. Halsted St. in Chicago.

Visit <https://music.depaul.edu/concerts-eve> for more concerts and programs.

Cost is \$20 Standard; \$10 Student; \$5 DePaul Faculty/Staff/Student. Additional fees may apply.

Use the hashtag #depaulmusicresidency.

### Placement-test prep for MVCC coming up

All degree-seeking Moraine Valley Community College students, some seeking certificates, and any students seeking to register in a class with a placement prerequisite are required to take placement exams. Students may not register for the placement test until they have completed a Moraine Valley admission application.

Students may be exempted from all, or portions of the placement test based on SAT/ACT scores.

Students will use a computer in the Testing Center to complete the ALEKS/Accuplacer test. Get help with one of our workshops.

Two-day workshops get you pointed in the right direction to familiarize yourself with the placement test, obtain a personalized study path program and better your English and math scores.

All students must attend the first session to be admitted to the second. First sessions present an assessment that will serve as a study tool to help prepare you for the placement tests. This assessment also helps determine how we can better serve you in the second day of the workshop.

All sessions are held in Building G, Room 111.

Sessions are: 6 p.m. Jan 7; 6 p.m. Feb. 4, with a second session 6-8 p.m. Feb. 6; 6 p.m. March 24, with a second session 6-8 p.m. March 26; 6 p.m. April 21, with a second session 6-8 p.m. April 23; 6 p.m. May 18; and 6 p.m. June 15, with a second session 6-8 p.m. June 17.

Call the school at 708-974-4900 or go to [www.morainevalley.edu](http://www.morainevalley.edu) for more information.

### Moody's Investor Service changes Oak Lawn's long-term credit rating to 'Ba1/Stable'

Moody's Investor Service recently issued a Ba1 general obligation credit rating on the Village of Oak Lawn's long-term debt, a slight downgrade from Baa3. However, Moody's also changed their long-term outlook on the Village's credit rating for its outstanding debt from "Negative" to "Stable."

In issuing their rating, Moody's cited the Village's

pension obligations as a cause for continued concern, while at the same time acknowledging the Village's significant debt reduction, low outstanding debt burden, sizable and diverse tax base and economic ties to the City of Chicago, which also has a Ba1 rating.

"It's frustrating when so much emphasis is placed on pension obligations, especially when they are

a problem for every municipality in the country," said Oak Lawn Mayor Sandra Bury. Bury noted as an example that the Village expects to contribute \$9.7 million toward police and fire pensions in 2020, an 800% increase from the \$1.2 million contributed less than a decade ago.

The Mayor was pleased to see Moody's positive change in the outlook for the Village's credit rating,

citing the Village's overall debt reduction (from almost \$90 million to \$67 million), the almost 30% reduction in full-time and part-time employees, and the continued strong interest from developers who are investing millions of dollars into Oak Lawn.

"Oak Lawn continues to be a great place to live, raise a family and operate a business," said Bury, "but until the State of Il-

linois or the federal government does what's necessary to fix our pension system, more and more of our tax dollars will be consumed by pensions, the result of which is ongoing budget pressure for current services."

For more information, contact Randy Palmer, interim acting village manager, at 708-499-7723 or at [wpalmer@oaklawn-il.gov](mailto:wpalmer@oaklawn-il.gov).

## 2020 Census starts soon

By April 1, every home will receive an invitation to participate in the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail. This will mark the first time that you will be able to respond to the census online.

The Census has been a cornerstone of our democracy since the first national count in 1790. It is mandated by the Constitution and conducted by the U.S. Census Bureau, a nonpartisan government agency.

The 2020 Census counts the population in all 50 states, the District of Columbia, and five U.S. territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands).

## Pritzker administration secures \$40.2M preschool grant

In line with Gov. JB Pritz-

ker's vision of making Illinois the best state in the nation for families raising young children, the Pritzker administration announced that it has secured \$40.2 million in federal funding over the next three years to improve early childhood programs across Illinois.

From 2020 through 2022, the state will receive \$13.4 million per year from the Preschool Development Birth through Five (PDG B-5) Renewal Grant, administered by the U.S. Department of Health and Human Services.

The competitive federal program supports states' efforts to build early childhood program infrastructure and expand high-quality preschool programs in targeted communities that would serve as models for expanding preschool to all 4-year-olds from low- and moderate-income families. The award comes with a 30% cost-sharing commitment with non-federal funds and can be used to strengthen coordination within the mixed-delivery system, improve program quality or expand services.

Pritzker announced that the administration is increasing reimbursement rates by 5% for child care

providers statewide and by a total of 20% for providers in Group 2 counties, primarily in rural areas. An additional \$3 million is being dedicated for workforce training, and a new 29-member commission of experts has been tasked with taking a fresh look at the state's entire ECEC system.



Bob Small



Joe Pilch

## Oak Forest Emergency Management Agency

The Oak Forest Emergency Management Agency (EMA) provides equipment and volunteer manpower during disasters and emergency situations. The organization was started as Oak Forest Civil Defense after the June 23, 1962, tornado hit the El Vista subdivision (area of 151st Street and Central Avenue).

The EMA is comprised of 18 volunteers. The Emer-

gency Operations Center (EOC) is located on west 157th Street, adjacent to the Public Works Department. Resources and equipment are available to assist other Oak Forest departments and neighboring communities when needed. EMA provides a complete mobile incident command center Joe Pilch, mobile high-intensity area lighting Bob Small, rescue equipment, radiological monitoring, severe weather spotters, emergency power at disaster scenes, and crowd and traffic control.

Oak Forest is a charter member of the Suburban Mutual Assistance Response Team (SMART), which includes 28 active emergency management jurisdictions. SMART provides more than 200 volunteers and more than 140 vehicles and equipment as needed.

Or any questions call the Director Bob Small or Assistant Director Joe Pilch at 708-687-4050 x 1430.

Interested in joining our team? Please print off and fill out the Application for Employment at <http://www.oak-forest.org/DocumentCenter/View/1055/Oak-Forest-General-Employment-Application> and return to:

City Hall of Oak Forest

**SENATE 2020**  
**August O'Neill Deuser**

**Write in Ballot**  
**March 17, 2020**

Vote for "Big Irish"  
[www.deuser.us](http://www.deuser.us)  
Paid for by Citizens for August Deuser

*Endorsed by*  
**Margo McDermid & Ed Ronkowski**

Attention: Emergency Management  
15540 S. Central Ave.  
Oak Forest, IL 60452

## Use county site to search for refunds

Property owners can use [cookcountytreasurer.com](http://cookcountytreasurer.com) to search for \$79 million in available tax refunds and avoid paying fees to lawyers and refund recovery firms that charge for a simple task that people can do for themselves, Cook County Treasurer Maria Pappas said.

"If you receive a letter from a property tax firm, you can treat it as a reminder to visit [cookcountytreasurer.com](http://cookcountytreasurer.com)," Pappas said. "Do it yourself and keep your own money"

Since 2015, the Treasurer's Office has sent nearly 1,700 refund checks totaling \$9.7 million to third parties representing property owners who overpaid their taxes. The fees vary, but those third parties could have pocketed \$3.2 million, based on contingent fee contracts of 33 percent of the recovery that are common in property tax work.

You can also use the website to search for missing property tax exemptions, such as those for homeowners and senior citizens, which can lead to refunds.

To see if you are entitled to a refund (going back 20 years) and to verify your exemptions (going back four years), visit [cookcountytreasurer.com](http://cookcountytreasurer.com), select "Your Property Tax Overview" and search by address or by Property Index Number (PIN).

## Senate drug plan helps government, hurts patients

By Andrew Langer

Nancy Pelosi has a plan to lower drug prices. The Speaker of the House just released a new bill that would impose a slew of new taxes and allow the government to meddle with private businesses.

We've come to expect this type of extremism from Pelosi and House Democrats. Unfortunately, Republicans on the Senate Finance Committee have put forward a strikingly similar plan.

Like Pelosi's bill, the Senate package would impose new taxes on innovators. While this plan would save the government money in the short-term, it wouldn't do anything to reduce patients' out-of-pocket costs. And over time, it would make it harder for researchers to develop new cures.

The Senate Finance Committee's package would restructure Medicare's "Part D" prescription drug benefit.

Right now, 45 million Americans rely on Part D for drug coverage.

Rather than administering the benefit itself, the federal government subsidizes private insurers who sell Part D plans to patients. These insurers compete for beneficiaries' business by offering quality plans at affordable prices.

As a result of this competition, average monthly Part D premiums are around \$32 -- half of original Congressional Budget Office projection. And nine in 10 seniors are satisfied with their Part D coverage.

Unfortunately, the Senate Finance Committee is willing to compromise this successful program to generate some short-term savings.

For instance, the bill would penalize drug companies who raise their prices in Medicare faster than the rate of inflation.

This policy is supposed

to prevent drug companies from raising prices. But in reality, it would encourage manufacturers to launch medicines at higher list prices, raising costs for beneficiaries.

The bill would also impose a 20 percent manufacturer tax on drugs sold in Medicare's "catastrophic phase." Currently, once Part D beneficiaries spend \$5,100 out of pocket, the government and their insurer pay for 95 percent of each drug they take. The Senate bill would shift a majority of that burden onto manufacturers. This would cost biotech firms \$55 billion over the next decade.

Just like the "inflation penalty," this new tax won't help patients. If the 20 percent manufacturer liability takes effect, 98 percent of beneficiaries won't see their out-of-pocket costs drop. Some could even see their pharmacy bills go up.

These policies would also siphon money away from the search for new treatments.

It takes more than \$2.6 billion, on average, for scientists to bring one new drug to market. Research firms rely on revenue from successful drugs to fund future endeavors.

The Senate bill's new taxes would cut into drug makers' ability to recoup research costs and earn a return. That means more than 4,000 drugs currently being developed for Alzheimer's, cancer and other diseases could die in the lab.

There's no doubt that the Senate Finance Committee's plan would deliver short-term savings to the government. But it would do so at the expense of medical progress, without helping patients at the pharmacy counter.

*Andrew Langer is President of the Institute for Liberty.*

**Proud member of following Chambers**

<p>Alsip Chamber of Commerce <a href="http://www.alsipchamber.org">www.alsipchamber.org</a></p> <p>Bedford Park-Clearing Industrial Association <a href="http://www.bpcia.org">www.bpcia.org</a></p> <p>Blue Island Chamber of Commerce &amp; Industry <a href="http://www.blueislandchamber.org">www.blueislandchamber.org</a></p> <p>The Burbank Chamber of Commerce <a href="http://www.burbankchamber.com">www.burbankchamber.com</a></p> <p>Evergreen Park Chamber of Commerce <a href="http://www.evergreenparkchamber.org">www.evergreenparkchamber.org</a></p> <p>The Hills Chamber of Commerce <a href="http://www.thehillschamber.org">www.thehillschamber.org</a></p>	<p>Justice Chamber of Commerce <a href="http://www.villageofjustice.org">www.villageofjustice.org</a></p> <p>Oak Forest-Crestwood Area Chamber - The OC Chamber of Commerce <a href="http://www.oc-chamber.org">www.oc-chamber.org</a></p> <p>Oak Lawn Chamber of Commerce <a href="http://www.oaklawnchamber.com">www.oaklawnchamber.com</a></p> <p>Orland Park Area Chamber of Commerce <a href="http://www.orlandparkchamber.org">www.orlandparkchamber.org</a></p> <p>Tinley Park Chamber of Commerce <a href="http://www.tinleychamber.org">www.tinleychamber.org</a></p> <p>United Business Association of Midway <a href="http://www.ubam.org">www.ubam.org</a></p>
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Owner/Editor/Publisher Annette Dixon  
Published on the first and third Tuesday of every month. Press releases and ads are to be e-mailed to [vnnew@sbcglobal.net](mailto:vnnew@sbcglobal.net)

We have found that through the years of publishing the readers are interested in general information and also local happenings within their community. Therefore because we are fully electronic, we will not be accepting faxed or mailed news releases.

## New minimum wage rate takes effect in 2020

Illinoisans rang in the New Year with a new, higher minimum wage, and the Department of Labor is encouraging employees to watch their paychecks to ensure that time worked in 2020 is paid at the new rate.

Gov. JB Pritzker signed the new minimum wage law last February providing a path to a \$15 minimum wage by 2025. Minimum wage earners received an increase of \$1 to \$9.25 an hour on Jan. 1, which will be followed by an increase to \$10 an hour July 1. The minimum wage will then increase an additional \$1 an hour each Jan. 1 until it reaches \$15 an hour in 2025.

"While we expect compliance by all employers regarding the new minimum wage, it is important that workers earning minimum wage are aware that the \$1 increase should be reflected in their pay checks for any time they work after the first of the year," said Michael Kleinik, director of the Illinois Department of Labor.

The last time Illinois increased its minimum wage was a decade ago in 2010 when it was raised to \$8.25. Since that time, Cook County has put in place a \$12 per hour minimum wage and Chicago's minimum wage is now \$13 an hour.

More than 1.4 million adult hourly workers in Illinois currently make less than \$15 per hour, according to the Illinois Economic Policy Institute at the University of Illinois.

The new law maintains provisions for employers to count gratuities to offset wages for workers such as food servers who regularly earn tips. Tipped employees may be paid 60% of the hourly minimum wage. These workers must still earn the minimum wage after receiving tips.

Workers who are under 18 years old and work fewer than 650 hours in a year earn a minimum wage of \$8 per hour beginning Jan. 1, up from the old youth minimum wage of \$7.75.

The youth minimum wage rate will gradually rise to \$13 an hour by Jan. 1, 2025.

## State-required harassment training offered at MVCC

Moraine Valley Community College is offering sexual harassment prevention training at its Palos Hills campus this spring. The course fulfills the state's new continuing education requirement, effective Jan. 1, for persons who hold various Illinois professional licenses.

Required by the Illinois Department of Financial and Professional Regulation, this training provides one-hour of continuing education on sexual harassment. This training is mandatory for those with professional licenses that require continuing education for renewal, including social workers, public accountants, professional counselors, massage therapists, nursing home administrators, occupational therapists and nurses. Participants will learn about the various types of sexual harassment, applicable federal laws, the Illinois Human Rights Act and discuss appropriate actions if sexually harassed or witness sexual harassment.

This course is offered in multiple times throughout the spring semester, and the cost is \$25. Registration is required.

Classes are:  
Wednesday, Jan. 29, 5:30-7 p.m., course code CE5-118-200.

Saturday, Feb. 22, 9-10:30 a.m., course code CE5-118-270.

Wednesday, March 25, 5:30-7 p.m., course code CE5-118-201.

Saturday, April 18, 9-10:30 a.m., course code CE5-118-271.

Wednesday, April 29, 5:30-7 p.m., course code CE5-118-202.

Registration is available online at [www.morainevalley.edu/ccce/register](http://www.morainevalley.edu/ccce/register), by phone at (708) 974-2110 or in person by visiting the registration office in Building S, Room S103. Moraine Valley is located at 9000 W. College Parkway in Palos Hills.

For more information on noncredit classes, contact Corporate, Community and Continuing Education at (708) 974-5735 or [ccce@morainevalley.edu](mailto:ccce@morainevalley.edu).

For more information about the state's training requirement, visit the Illinois Department of Financial and Professional Regulation's website at <https://www.idfpr.com/>.

## IDNR accepting applications for park and recreation construction grants

The Illinois Department of Natural Resources (IDNR) is accepting applications through Jan. 21 for the state's Park and Recreational Facility Construction (PARC) Grant Program. The program will provide grants to eli-

gible local governments for acquisition, development, construction, rehabilitation or other capital improvements to park and recreation facilities in Illinois.

IDNR is anticipating that a total of \$25 million in grants will be available through funding provided by the Rebuild Illinois Act. The maximum grant award is \$2.5 million.

The PARC Grant Program provides funding for bondable, brick and mortar projects that include demolition, site preparation and improvements for indoor and outdoor recreation facilities, reconstruction, improvements and expansion to existing facilities, and new construction. Projects involving land acquisition for construction of new or expansion of existing indoor and outdoor recreation facilities, and for open space and conservation purposes, are also eligible. The priority of the program is the renovation or construction of indoor recreation facilities since they are not eligible under other IDNR grant programs.

The PARC Grant Program will reimburse grant recipients up to 75% of approved project costs (up to 90% reimbursement will be available to local governments defined as disadvantaged). Eligible applicants are limited to units of local government

that are authorized by Illinois law to expend public funds for the acquisition and development of land for public indoor/outdoor park, recreation, or conservation purposes are eligible to apply for funding assistance. School districts, non-profits, and private entities are not eligible. Applicants must be pre-qualified at <https://grants.illinois.gov/portal/> to receive grants from the State of Illinois.

For more information, details on program eligibility, and other program regulations, visit <https://www.dnr.illinois.gov/grants/Pages/PARC-Grant.aspx>, or contact the IDNR Office of Grant Management and Administration by phone at 217-782-7481 or by email at [DNR.Grants@illinois.gov](mailto:DNR.Grants@illinois.gov). To view the Notice of Funding Opportunity, visit <https://bit.ly/2Q2eOhs>.

## Evergreen Park Senior Council Luncheon and Program

Please join us on Thursday, Jan. 16, and learn how to Clear the Clutter with Colleen Klimczak, CPO. Colleen will share lots of ideas on how to get organized for the new year.

After our chili mac luncheon, we will welcome Heather who will enter-

tain us with her "Rock & Roll into the New Year". Her program is a Dick Clark style countdown of favorite '50s songs and history of our New Year celebrations.

This meeting and program will be held at the Community Center at 11:00 am.

The charge for the luncheon is \$7.00. Tickets must be purchased by Monday, Jan. 13, 2020 at the Community Center, 3450 W. 97th Street, Evergreen Park.

Questions? Call 708-422-8776.

Canned good donations for the E.P. Village Pantry are always appreciated. Please check expiration dates on all canned goods before donating.

## Share the Love on Jan. 20

Donna Miller, 6th District Cook County commissioner, is hosting a "Share the Love" toiletry drive from 10:30 a.m. to noon Monday, Jan. 20.

The event is sponsored by We Will and Share Our Spare. Please bring toiletry donations for woman and children in need. Networking and wrap-up are at noon.

The drive is at the Oak Forest Executive Center, 5320 W. 159th St., Suite 300, Oak Forest, IL 60452.

Call 708-288-5118 or visit [5320center.com](http://5320center.com).



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Canteen Hrs. Monday-Friday Noon-Close, Saturday & Sunday 11am-Close

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**Public Welcome**

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**Valentine's Day Dinner Dance**  
**Saturday, February 8<sup>th</sup>, 5pm-10pm**  
**\$20 per person ~ Tickets on sale now**



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**Queen of Hearts every Wednesday, Drawing at 7pm**  
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**Come to the "V" For our Super Bowl Sunday Celebration**  
**Pregame Partying and Bean Bag Games**  
**Take advantage of our Bar Specials & Half Time Food**  
**From Half Hour before to Half Hour After the Game**



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**For more information on any of these & other events or to Book our Award Winning Banquet Hall, please contact the Post during business hours Monday thru Sunday**



## Mother McAuley to host yearly graduation, prom dress resale

The Mother McAuley Liberal Arts High School Mother's Club will hold a Graduation and Prom Dress Resale 6-9 p.m. Friday, Jan. 24, and 10 a.m. to 2 p.m. Saturday, Jan. 25. White graduation gloves will also be available for purchase.

The sale will take place in the McAuley Annex Community Room. Shoppers may enter through Annex Door #11, directly to the left of the Auditorium doors. Parking will be available in the west parking lot.

Do you have a graduation or prom gown you would like to donate to the sale? It's a great time to clean out your closet and help make a memory for a fellow McAuley girl! Dresses may be dropped off to the McAuley main entrance on Saturday, Jan. 11, and Sunday, Jan. 12, between noon and 3 p.m.

Dresses must meet the following criteria:

Formal evening wear/black tie dresses.

Cocktail or short dresses will not be accepted.

Dresses must be dry-cleaned, without any stains or tears and have working zippers and buttons.

Mother McAuley reserves the right to refuse any dress.

Dresses may be donated, or sold for profit. Sellers will receive 75% of the selling price. The remaining 25% will benefit the Mother's

Club fundraising efforts. Sellers must complete an information form and dress description form, which will be provided at dress drop off on Jan. 12 only. Unsold dresses must be picked up by the seller at 3:30-5 p.m. Saturday, Jan. 25.

## Trivia Night at Brother Rice

The Brother Rice High School Alumni Mothers' Club will sponsor the 8th annual Trivia Night on Saturday, Jan. 25.

Trivia Night will take place in the Brother Rice High School cafeteria, 10001 S. Pulaski in Chicago, with doors opening at 6 p.m. and the event beginning promptly at 7. This year's event will feature a number of incredible raffle baskets, including BR golf outing event baskets, Wine and Liquor baskets, Hilton getaway basket and much more. Tickets for the raffles are \$5 each or 5 for \$20. Raffle prize tickets can be purchased at the event.

Proceeds from the night help support BRHS and fund the "Moms Helping Moms, The Legacy Continues" scholarships.

Buy tickets online at [www.brotherrice.org/event/trivia-night/](http://www.brotherrice.org/event/trivia-night/) or by contacting Peggy Gannon at [peggygannon24@gmail.com](mailto:peggygannon24@gmail.com).

## Deadline approaching for flood survivors to apply for SBA disaster loans

Time is running out for homeowners and business owners to apply for low-interest, long-term loans provided by the U.S. Small Business Administration (SBA) to assist with recovery efforts associated with the historic flood of 2019. The filing deadline to return loan applications for physical property damage is January 13, 2020.

On November 15, Governor JB Pritzker announced the SBA approved his request for a disaster declaration in Alexander, Jersey, Rock Island and Stephenson counties, as well as the contiguous counties of Jo Daviess, Winnebago, Carroll, Ogle, Whiteside, Henry, Mercer, Calhoun, Greene, Macoupin, Madison, Union and Pulaski.

SBA loans can help repair or replace damaged or destroyed real estate. Homeowners and renters can apply for loans to repair or replace damaged or destroyed personal property. Businesses and private non-profit organizations can apply for loans to repair or replace damaged or destroyed real estate, machinery and equipment, inventory and other business assets. It is important to note that loans for working capital, known as Economic Injury Disaster Loans, are available even if the business did not suffer any physical damage. The deadline to return economic injury applications is August 14, 2020.

Any individual or business wishing to apply for a loan may apply online using the Electronic Loan Application (ELA) via the SBA's secure website at [DisasterLoan.sba.gov](http://DisasterLoan.sba.gov). Loan applications can also be downloaded

from [www.sba.gov/disaster](http://www.sba.gov/disaster). Completed applications can also be mailed to: U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

For additional information on the loan application process, call the SBA Customer Service Center at 800-659-2955 (800-877-8339) or contact representatives by email at [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov).

## Memory Café is Wednesday

PLOWS Council on Aging is holding a Memory Café on Wednesday, Jan. 8, from 10 to 11:30 a.m.

A Memory Café is a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. The Café is held the second Wednesday of every month at the Community Nutrition Network Site in Hometown. There is no charge for the event and a complimentary lunch will be provided.

Registration required by calling PLOWS Council on Aging at 708-361-0219.

## Crisis Center to hold gala

This year's Crisis Center gala takes sophistication to the next level. You'll be welcomed with a glass of champagne as you're whisked away by the ambiance of the romantic streets of Paris. The items featured in our highly touted silent and live auctions, and "In Memory of Mary" raffle, will not disappoint. Our Fund-a-Need auction has hopes of raising a record-setting \$70,000 this year. Will you help us reach that goal?

New this year are fun-filled attractions like a Paris-themed photo booth and so much more. For more informa-

tion, contact Lisa Molloy at [lmolloy@crisisctr.org](mailto:lmolloy@crisisctr.org) or 708-429-7255.

## St. Bernadette to hold trivia contest

St. Bernadette is putting on a trivia contest Saturday, Jan. 11, at O'Brien Hall, 9315 S. Francisco, Evergreen Park, IL. Door open at 6 p.m. and the contest starts at 7. Cost is \$150 per table (6 persons minimum). BYOB and snacks. Call (708) 422-8995.

## Soup-er cooks: Time to serve up your best recipe

Do you have a special soup that your family can't get through the winter months without or a secret soup recipe that you save for special occasions? If so, then dish it out at Orland Township's Souper Bowl Challenge on Saturday, Feb. 1.

Kick-off Super Bowl weekend with Orland Township Souper-visor Paul O'Grady at the Township's 3rd annual soup cook-off. The family friendly-event includes plenty of soup samples, raffles and helps raise funds for the Township's Food Pantry along with providing meals for a local soup kitchen.

The Souper Bowl Challenge features four quarters (categories) of competition:

**1st Quarter:** Rookies, Foodies between the ages of 12 and 54 years of age

**2nd Quarter:** Public Service Pro Bowlers, Emergency Services, First Responders, Military, Education, etc.

**3rd Quarter:** Senior Hall of Famers, Senior Citizens, 55 years of age and older

**4th Quarter:** Culinary MVPs, must have a culinary degree or certificate or be representing a restaurant

Soup cooks will be

asked to prepare 1½ gallons of soup for the event and an additional batch which will be donated to a local soup kitchen. Prizes will be awarded in each quarter and will be determined by votes from a distinguished panel of judges, the Souper Bowl Committee and the attending audience. All cooks must be registered to participate by Jan. 24.

"I encourage anyone with a special soup recipe to join our fun and friendly competition," said Souper-visor O'Grady. "It's a great way to kick-off Super Bowl weekend, have fun and maybe win bragging rights and a trophy!"

The Souper Bowl Challenge will take place Saturday, Feb. 1, 2 to 5 p.m. at the Orland Township Office, 14807 S. Ravinia Avenue, Orland Park. Tickets are \$5 for adults, \$3 for senior citizens and children over 5 years of age and are now available at the Township office or at the door the day of the event. Children 5 and under are free.

For more information, visit the Orland Township website, [orlandtownship.org](http://orlandtownship.org), or call (708) 403-4222.

## 'Souper Bowl' food drive

The Oak Lawn Public Library, 9427 S. Raymond Ave., invites you to join our sixth annual Souper Bowl food drive from until Super Bowl LI on Sunday, Feb. 2.

We will team up to stop hunger and help local pantries stock their shelves after the holidays. All are welcome to join in on the game as we aim to collect at least 500 donated items.

A bin will be placed in the Library lobby near a large poster that will track our progress; all donated items will be delivered to local pantries in February.

For more information about this, call 708-422-4990 or visit [www.olpl.org](http://www.olpl.org).

## Summer entertaining hosted by the California Avocado Commission

(NAPS) With longer days and warmer nights, entertaining becomes almost inevitable during the summer months. Thanks to the abundance of fresh produce, like California avocados, your backyard barbecues, pool parties and beachside picnics will never have to sacrifice versatility or taste.

Not only does summertime offer the perfect opportunity to gather friends and family around the table, the season also welcomes a vast variety of vibrant produce and local ingredients to enjoy together. So to celebrate the peak of California avocado season, the California Avocado Commission (CAC) sought the help of Michelin-recognized chef, Brad Cecchi, Executive Chef and Partner of Canon, a fine-dining destination in burgeoning East Sacramento, to develop a shareable dish starring fresh California avocados.

Originally from Sacramento, Cecchi takes full advantage of the region's remarkable access and robust quality of fruits and vegetables, especially fresh, California avocados — available now through late summer. “With my roots so deeply embedded in California's central valley, I've always been committed to cooking with the fruits and vegetables that our neighboring communities grow,” said Cecchi. “California avocados are currently at their peak, so I'm taking full advantage of their availability and unmistakable rich flavor to spotlight on my seasonal menus.”

### Grilled trout with California avocado watermelon slaw and green goddess dressing

Recipe created by Chef Brad Cecchi of Canon, East



Grilled Trout with California Avocado Watermelon Slaw and Green Goddess Dressing

*Sacramento for the California Avocado Commission.*

Serves: 4

Prep time: 55 minutes

Cook time: 15 minutes

Total time: 1 hour, 10 minutes

#### Ingredients:

4 whole trout, cleaned, descaled, deboned and halved

Cooking spray (for grilling)

2 tsp. sea salt

California Avocado Green Goddess Dressing (see make ahead recipe below)

California Avocado and Watermelon Slaw (make ahead recipe below)

#### Instructions:

1. Remove head and tail from each fish.

2. Preheat charcoal grill for up to 20 minutes or turn gas grill on high.

3. Season each trout with salt and allow to sit for 10 minutes.

4. Spray the grill and each trout with cooking spray to avoid sticking.

5. Place each trout on flesh side down for 3 minutes, then flip and cook for an additional 3 minutes.

6. Repeat step 5 two additional times, 2 minutes on each side.

7. To serve, plate the fish with the flesh side up, drizzle with California Avocado Green Goddess Dressing and the California Avocado Watermelon Slaw evenly.

### California Avocado Green Goddess Dressing

#### Ingredients:

1 ripe, Fresh California

Avocado, quartered, seeded and peeled

2 Tbsp. sour cream

½ lime, juiced and zested

2 Tbsp. basil leaves, chopped

2 Tbsp. parsley leaves, chopped

2 Tbsp. tarragon leaves, chopped

2½ Tbsp. cilantro leaves, chopped

1 small shallot, peeled and quartered

1 cornichon or small sweet pickle, quartered

2 Tbsp. extra virgin olive oil

½ tsp. sea salt, or to taste

#### Instructions:

1. Combine all ingredients in a blender and mix until completely smooth.

2. Set aside until ready to serve.

### Pickled Watermelon Ingredients:

1 cup watermelon rinds or firm honeydew, skinned and sliced thinly

1 clove garlic, peeled and minced

¼ Fresno chile, sliced thinly

1 Tbsp. lime juice

1 tsp. fish sauce or Worcestershire sauce or soy sauce

1 Tbsp. water

½ Tbsp. rice vinegar

½ tsp. sugar

### Pickled Watermelon Instructions:

1. Place watermelon rinds, garlic and chile in a bowl.

2. Bring lime juice, fish sauce, water, vinegar and sugar to a boil and pour over the watermelon mixture.

3. Let cool and set aside until ready for serving.

### California Avocado Watermelon Slaw

#### Ingredients:

1 firm-ripe, Fresh California Avocado, seeded, peeled and sliced

½ cup diced watermelon

Pickled Watermelon

#### Instructions:

1. In a large bowl, gently mix the sliced avocado, diced watermelon and Pickled Watermelon. If you would like to loosen the slaw, more pickling liquid can be added.

2. Set aside until ready to serve.

## Sweeten the season with delicious, nutritious dried fruit

(NAPS) Here's encouraging news for many people who like to indulge around the holidays: you can enjoy a sweet treat as a snack, a sauce, a spread and even dessert, that's actually good for you. That is when you whet your appetite for dried fruits such as cranberries and cherries.

According to studies published by the National Institutes of Health, dried fruit consumption, in contrast with fresh fruit, can provide significant proportions of daily requirements of several micronutrients, particularly folate, and that people who eat dried fruit tend to weigh less and ingest more nutrients, than those who don't.

Ounce for ounce, dried fruits contain more fiber and more protective antioxidants than fresh fruit, adds Harvard's Dr. Anthony Komaroff. The fiber fights heart disease, obesity, some types of cancer and possibly degenerative brain diseases.

What's more, the anthocyanin in cherries may help with muscle recovery after a workout.

Basically, dried fruit can be a great and easy way to enhance nutrient density.

There are many ways you and your family can enjoy these tasty treats, during the holidays or at any time.

Here are a couple of easy recipes you may care to try:



Four pounds of dried fruit can go a long way toward making your holiday baking and cooking more nutritious and delicious.

### Oatmeal Smoothie With Dried Fruit

#### Ingredients:

½ cup nut milk

½ cup old-fashioned rolled oats

½ cup yogurt (optional)

1 teaspoon chia seeds

1 teaspoon flaxseed milled

1 teaspoon hemp seeds

½ banana mashed

Dried cherries, dried cranberries, nuts, and/or spices to top

Add milk, oats, yogurt, chia seeds, flaxseed, hemp seeds, and banana to a bowl and stir. Transfer to jar, place lid on jar and refrigerate for 5–8 hours. Top with dried fruit, nuts, and/or spices and enjoy.

For the more sophisticated palates among your family and friends, there's this:

### Cran-Cherry Rosemary Spread

#### Ingredients:

8 ounces of cream cheese, softened

1 Tablespoon fresh rosemary

2 Tablespoons dried cranberries, chopped

1 teaspoon fresh chives

2 teaspoons heavy cream

1 Tablespoon dried cherries, chopped

1 teaspoons garlic powder

In a medium bowl, combine the cream cheese, cranberries, cherries, heavy cream, and garlic powder.

Finely chop the chives and rosemary and place into the bowl. Mix thoroughly with a fork until combined well. Scoop into a serving dish and place in the refrigerator until ready to serve

Making these recipes even easier is that you can now get a four pound box from Michigan's dried fruit experts, Graceland, that includes a two pound bag of dried cranberries and a two pound bag of dried cherries. It's available at Meijer's throughout MI.

For further facts, tips and recipes, go to [www.gracelandfruit.com](http://www.gracelandfruit.com).

## Valentine's Day Dinner & Dance

VFW Post 2791 is having their 4th Annual Valentine's Day Dinner Dance on Saturday, Feb. 8.

The tickets went on sale Jan. 6 and will be \$20 each. There will be only 160 tickets available for sale in advance. As we normally do, you can reserve a table in your name by purchasing 8 tickets.

Doors will open at 4:30, cocktails will start serving at 5 p.m. and dinner at 6 p.m. They will be serving a great meal catered by "Little Joes Catering & Pizzeria" which will include Italian Beef, Chicken Milano, Sausage Giambotta, Meatballs Marinara, Mostaccioli, Pasta and Tossed Salads, bakery and Coffee.

There will also be Raffle Baskets, Door Prizes, and a great cash bar. So, bring someone or meet someone and enjoy a wonderful night of fun and romance. Tickets can be purchased in their Canteen anytime during normal business hours Monday thru Sunday.

Everyone is welcome to come, VFW Bremen Post #2791 at 17147 Oak Park Ave. Tinley Park IL. Call 708-532-2333.

## Breakthrough treatment promises help for people with dyslexia

Dr. Harold N. Levinson has made major strides in the understanding and successful treatment of those suffering from the many symptoms of dyslexia and its related disorders, enabling dumb-feeling dyslexics to rapidly feel smarter and smarter. His 50-year clinical research effort has dramatically helped more than 35,000 dyslexics to date! So how did he do it?

In "Feeling Smarter and Smarter, Discovering the Inner-ear Origins and Treatment for Dyslexia/LD, ADD/ADHD and Phobias/Anxiety," Dr. Levinson explains his "highly original" and groundbreaking insights and effective treatment process in easy-to-understand language, often defying traditional misconceptions leading nowhere for over a century. At the core of his amazing research is the discovery that the complex syndrome of dyslexia is caused by one treatable, signal-tuning dysfunction within the inner-ear and its supercomputing cerebellum, not brain damage.

In other words, when "dizzy" or scrambled signals adversely affect the functioning of multiple normal brain processors, corresponding difficulties may secondarily arise with reading, writing, spelling, math, memory, speech, direction and time, as well as concentration, activity levels, impulsivity, balance and coordination, headaches, nausea, dizziness, ringing ears and motion-sickness, all of which raise frustration levels and create feelings of being dumb, ugly, klutzy, phobic and depressed. Sadly, if untreated, these symptoms often result in negative behaviors, such as, cutting class, bullying or being bullied, dropping out of school and substance abuse, as well as angry, emotionally traumatized and scarred dysfunctional adults.

Dr. Levinson shares symptom-riddled stories and photos of real patients, young and old, as they reveal both

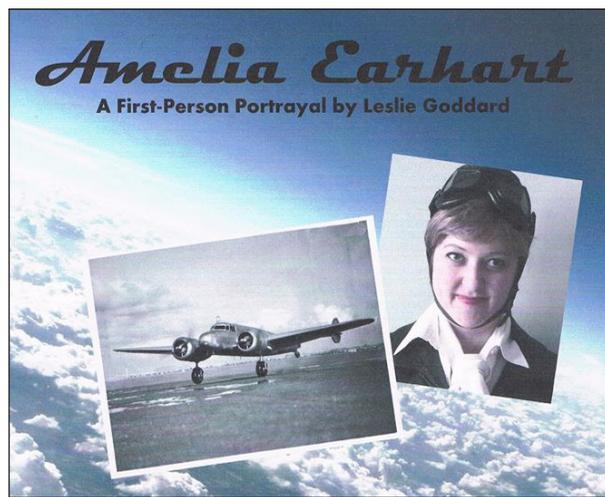
their agonizing reading and non-reading impairments and the surprise and excitement when their rapid, dramatic improvements occur after using simple and safe inner-ear enhancing medications and nutrients. His new book is replete with exciting discoveries and solutions, including many that are both astonishing and fascinating. For all dyslexics as well as their caring families, teachers and healers, Dr. Levinson's inspiring work will forever be life changing.

Finally, by similarly treating the coexisting signal-scrambling "demon" that Dr. Levinson found present in those with major brain processing disorders like Autism or ASD, traumatic brain injuries, etc., can be rapidly helped, not cured. So, as Dr. Levinson concludes, "The best is yet to come!"

Formerly Associate Professor of Psychiatry at NYU Medical Center, Dr. Levinson is currently the Director of the Levinson Medical Center for Learning Disabilities in Great Neck, NY. He is a world-renowned psychiatrist and neurologist credited with bringing about a dramatic breakthrough in the understanding, diagnosis and treatment of dyslexia and its related syndromes. In addition, his new insights and scientific instruments can be used to screen for this disorder before academic symptoms arise—and even prevent their surfacing. His many scientific papers have appeared in medical/educational journals, and been reviewed by the NY Times, Science, Time and the Smithsonian magazine. He has also appeared on a number of television programs in the U.S. and Britain, including the "Today" show, "Larry King Live" and "Donahue."

He is the author of eight books, including "The Discovery of Cerebellar-Vestibular Syndromes and Therapies, A Solution to the Riddle — Dyslexia," a reprinting of his 1980 medical text heralded as "decades ahead of its time" and "a new millennium work"

"Feeling Smarter and Smarter," published by Springer Copernicus, was released in August and is available from Amazon.com. Visit <http://dyslexiaonline.com> for more information.



## Meet Amelia Earhart with Oak Lawn Garden Club

The Oak Lawn Garden Club is hosting its Jan. 23 program, featuring Leslie Goddard portraying Amelia Earhart, a first-person portrayal. The program will be held at Oak View Community Center, 4625 West 111th St. in Oak Lawn, and will run from 11 a.m. till noon. Please join us for light refreshments starting at 10 a.m. Guests are welcome for a \$5 fee. If you have any questions, please call Rose Stephens at 708-371-1039. We look forward to having you as our guest!

Come listen and learn about Amelia Earhart's courageous exploits and spirited personality that made her an international celebrity in the early 20th century. In this lively living-history program, meet Amelia and learn about her experiences as the first woman to cross the Atlantic by airplane (1928) and the first woman to fly solo across the Atlantic (1932). She'll describe how she learned to fly, what inspired her adventurous spirit, and why she set off in 1937 for an around-the-world flight.

## Art at The Albee House

Art at The Albee House is pop-up gallery featuring local artists takes at the Blue Island Historical Society's Albee House for 2 weeks. The event will kick off with an opening reception, artist meet-and-greet, drinks and hors d'oeuvres.

A suggested donation of \$5 will be collected at the door.

The event will be 7 p.m. Saturday, Feb. 1, at at the Blue Island Historical Society, 13018 Maple Ave., Blue Island, IL.

## Color What You Love!

The Vogt Visual Arts Center wants children to color what they love in their first-ever coloring contest!

Pick up an official coloring sheet from the Vogt Visual Arts Center, a Tinley Park-Park District facility, at 17420 S. 67th Court in Tinley Park during its normal business hours.

"Every year on Valentine's Day, people celebrate this day by sending messages of love and affection to partners, family and friends. The 'What Do You Love' Kids Coloring Contest is a great way to get kids involved in the gallery exhibit! Whether kids just love to color or want to showcase their creative talents, we want their beautifully colored entries to hang in our gallery for all to see!" said Park District Recreation Supervisor Erin Cortilet.

The contest is open to children ages 4 to 13 years old. The winner of best picture in each age group receives a goodie bag and the winning pictures will be on display at the VVAC from Feb 8-29 during the "What Do You Love" open gallery exhibit, which features artwork by local and regional artists.

Submit entries to the Vogt Visual Arts Center no later than Feb. 4. En-

tries must include participant's name, age, parent's name and contact phone number printed at bottom of picture (phone numbers and parent's name will not be on display). Judging takes place Feb. 5. Winners will be notified by phone.

The Vogt Visual Arts Center houses a gallery that continuously displays works of art by various local and well-known artists. The gallery is open to the public year-round: 7-9 p.m. Tuesday, 4-7 p.m. Wednesday, 11 a.m. to 2 p.m. and 7-9 p.m. Thursday, 11 a.m. to 3 p.m. Friday, and 11 a.m. to 4 p.m. Saturday. The VVAC offers Tinley Park a variety of art of classes, including watercolor, youth art programs and oil painting. It is also a unique place to host an art birthday party.

For more information about the VVAC and any Park District program, facility or event, please visit [www.tinleyparkdistrict.org](http://www.tinleyparkdistrict.org), or call 708-342-4200.

## Oak Lawn Park district has many activities planned

Oak Lawn Park District's Superhero Luncheon: What could be better than having lunch with your favorite superheroes? Join the Oak Lawn Park District's Stony Creek Restaurant & Banquets on Sunday, Jan. 19, from noon to 1 p.m. for an afternoon of great food and great company.

The fee is \$10.95 for adults and \$6.95 for children. Registration is required. Please call 708-857-2433 to make a reservation or for more information.

Valentine's Day Dinner at Stony Creek: We have something you and your sweetheart will love! Join the Oak Lawn Park District Stony Creek Restaurant & Banquets on Friday, Feb. 14, from 6:30-9:30 p.m. for a delicious and romantic Valentine's Day Dinner.

Enjoy a tasty meal and live music by Coco & Fancy. The menu includes a carving station with prime rib, baked potato or garlic mashed potatoes, garden salad, and grilled asparagus. Each couple will receive a bottle of wine with their meal.

Doors open at 6:30 and dinner begins at 7. The fee is \$28.95 plus tax per person.

Reservations are required by Monday, Feb. 10, and can be made by calling 708-857-2433. Stony Creek Restaurant & Banquets is located at 5850 W. 103rd St. in Oak Lawn.

Princess Luncheon at Stony Creek: A New Day Princess Parties will be at Oak Lawn Park District's Stony Creek Restaurant & Banquets, 5850 W. 103rd St., on Sunday, Feb. 23 for a performance with two popular princesses for a Princess luncheon.

From noon to 1 p.m., performers will sing popular songs, play games, and tell a story or two. A light lunch buffet is included.

Doors open at 11:30 a.m. The fee is \$10.95 for adults and \$6.95 for children 10 & under.

Come dressed up as your favorite princess and bring your camera for great photos.

Reservations required. Please call 708-857-2433 to make a reservation or for more information.

Fish Fry Fridays at Oak Lawn Park District's Stony Creek Restaurant & Banquets: Make Stony Creek Restaurant & Banquet Facility, 5850 W. 103rd St. in Oak Lawn, your Friday hot-spot for dinner at Fish Fry Fridays. Open seating is from 3-8 p.m. Fridays from Feb. 28 to April 10.

The all-you-care-to-eat menu price includes freshly made creamy Clam Chowder, our Stony Creek garden salad, homemade coleslaw, white fish and beer battered cod, homemade hushpuppies, and baked potato.

The cost is \$14.95 for adults and \$8.95 for children, ages 10 and under. Tax and gratuity are not included in price. A cash bar is available.

For more information, contact 708-857-2433.



## 'Butterfly' will return in spring

From the whispers of the past we hear a resound that cannot be silenced. Every human, beautiful or plain, desirable or marginalized is precious and created with purpose. Join Ballet 5:8 for an evening of one-act ballets featuring Julianna Rubio Slager's "Butterfly," a story of hope in memory of the children of WWII Terezin.

Also included: a World Premiere by Kevin Jenkins, winner of multiple Dance Magazine and Pointe Magazine Editors Choice choreography awards; Slager's "Of Splendors and Horrors," inspired by C.S. Lewis' book; "The Weight of Glory"; and Slager's playful "Brothers & Sisters," exploring the beauty and contrast of men and women.

The performances will be held in Chicago at 7:30 p.m. Saturday, March 7, at the Studebaker Theatre, 410 S. Michigan Ave.

To purchase tickets, go to <https://www.studebak-ertheater.com/shows>.

## Moraine Valley play selected for national theater festival

"American Griot," a play that debuted at Moraine Valley Community College, has been selected for inclusion in the Kennedy Center American College Theater Festival Thursday, Jan. 9,

and Friday, Jan. 10, at the University of Wisconsin-Madison.

Exploring the shared history of Islam and the blues in Africa and America, the play was directed by Dr. Craig Rosen, theater professor and Academic Theater Program coordinator, and written by Reginald Edmund and Ronnie Malley, a Moraine Valley alumnus.

"American Griot" premiered at Moraine Valley in 2019 as part of the Mosaics: Muslim Voices in America project and was made possible in part by a grant from the Association of Performing Arts Professionals' Building Bridges: Arts Culture and Identity, a component of the Doris Duke Charitable Foundation and Doris Duke Foundation for Islamic Art with additional funding provided by the National Endowment for the Arts. This play is one of only six two- and four-year college productions selected from the four-state region to participate in this national theater festival.

This play is one of only six two- and four-year college productions selected from the four-state region to participate in this national theater festival.

"This is quite an honor," Rosen said. "We're thrilled for everyone involved. When we commissioned this play, we thought about entering it for consideration in the festival. Then, when we saw it lived up to everything we had hoped it would, we knew this show needed to be entered." Rosen said this is the first full production the college has entered in nearly 20 years.

Rosen will direct the play in Madison and has reassembled the original cast, substituting a few roles originally played by students who have graduated. Sean McIntosh, technical director for the college's Fine and Performing Arts Center, and his crew will rebuild a portable version of the set to bring to Madison.

"The cast and crew are very excited about this opportunity to present this production to a larger audience," said Dr. Lisa Kelsay, assistant dean of Liberal Arts and director of Academic Arts. "Dr. Rosen has done a fantastic job working with the students and staff, and we look forward to taking the show to Madison."

## Mokena park district putting on indoor flea market

Don't let the winter weather stop you from bargain shopping! The Indoor Flea Market is the place for you.

All shoppers will be admitted for free at The Oaks Recreation & Fitness Center field house at 10847 W. La Porte Road, Mokena, from 9 a.m. to 1 p.m. Sunday, Jan. 12

For more information, call Mokena Park District at (708) 390-2401 or visit our website at [www.mokenapark.com](http://www.mokenapark.com).

## Planetarium announces free admission days for Illinois residents in 2020

The Adler Planetarium announces its 2020 Illinois Resident Discount Days, where Illinois residents receive FREE Museum Entry to the museum (with valid proof of residency). Museum Entry provides access to all exhibitions and experiences, excluding the historic Atwood Sphere Experience and sky shows.

(On Discount Days, Illinois residents may also upgrade to a Museum Entry +2 pass at a discounted price and gain access to the Atwood Sphere Experience and any two sky shows.)

Whether you are enjoying a rare free weekend at a Chicago museum or planning a fun weekday activity, take advantage of one of the free days offered by one of Chicago's top cultural institutions.

2020 Illinois Resident Discount Days are:

Jan. 7-9, 20-22  
Feb. 4-6, 11-13, 17-20  
March 9-12  
April 20-23  
May 10-16  
June 2, 9, 16  
Aug. 22-23, 31  
Sept. 1-4  
Oct. 12-15  
Nov. 11, 17-19  
Dec. 4-6

The planetarium is at 1300 S. Lake Shore Drive in Chicago. For more infor-

mation, and to plan your visit, go to [www.adlerplanetarium.org](http://www.adlerplanetarium.org)

## Orland Park Theatre Troupe's spring play needs auditioners

Come on out and audition for Orland Park Theatre Troupe's spring production of "Legally Blonde the Musical!"

Auditioners (ages 15 and older) should bring a prepared piece of music, at least 16 measures long. A dance audition piece will be taught and if applicable, auditioners may be asked to stay and read from the script.

Once cast, members will be required to pay the \$50 registration fee.

Auditions are Jan. 19-20

and callbacks are Jan. 21. Read-throughs are Jan. 23.

Rehearsals begin Jan. 28 and are Tuesdays and Thursdays, 7-10 p.m. and Sundays, 3-7 p.m.

Performances are April 24-26.

Call 708-403-5000 for more information.

## Friends of the Library book sale

The Friends of the Palos Heights Public Library are sponsoring a book sale Jan. 31 to Feb. 3 at the library.

The sale will be 5:30-8 p.m. Friday, Jan. 31, for Friends members only. Sales for everyone will be 9 a.m. to 4 p.m. Saturday, Feb. 1; 1-4 p.m. Sunday, Feb. 2; and 9 a.m. to noon Monday, Feb. 3 (bag sale).

The library is at 12501 S. 71st Ave. in Palos Heights.

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<b>Love Notes</b> - Musical fun with the concept of LOVE <i>Stupid Cupid, Love Potion #9, Birds &amp; The Bee's</i>	February 14 - White Fence Farm
<b>Pop Go-Go the 60's!</b> - 60's Pop tunes delivered in go-go boot style. <i>Downtown, Will You Still Love Me Tomorrow</i>	March 20 - White Fence Farm ** July 30 - Chandler's Chophouse October 16 - White Fence Farm
<b>Nifty 50's &amp; 60's</b> - Jukebox gems <i>Sincerely, Jailhouse Rock, My Guy</i>	April 30 - Chandler's Chophouse September 25 - White Fence Farm
<b>Andrews Sisters Musical Revue</b> - The toe-tapping hits of America's Wartime Sweethearts <i>Boogie Woogie Bugle Boy, Bei Mir Bist Du Schoen</i>	June 18 - Chandler's Chophouse November 13 - White Fence Farm
<b>Timeless Tunes</b> - Charming renditions of the classics - late 30's through 50's <i>It's Only a Paper Moon, Tennessee Waltz, Que Sera Sera</i>	August 27 - White Fence Farm
<b>Sweet Reminders of Christmas</b> - A celebration of the sounds of the season <i>Santa Baby, Suzy Snowflake</i>	December 4 - Chandler's Chophouse December 10 - White Fence Farm December 11 - White Fence Farm

Reservation price is \$41 ea., or \$38 ea. for parties of 15 or more. INCLUDES ENTIRE EVENT:  
Delicious meal with all the fixin's, dessert, tax, gratuity, and the show!  
All shows are lunch matinees, except March 20th. Lunch served at 11:30, Show to follow.  
\*\* March 20th date is a dinner show. Dinner served at 5:30, Show to follow.

CALL TO RESERVE SEATING: 630-375-9717

www.sweetreminder.net



# PETS

## A beloved dog, a stolen car and ... a happy ending

(NAPSI) It started out as a normal day for Mary Harrison, until she briefly left her car running outside of her home with her shih tzu Molly in the backseat and went inside for just a second.

When she came back outside, however, her car and Molly were gone. She called Verizon to see if her phone could help track her car, and a Verizon customer service representative saved the day.

"When Mary called in, I was taken aback with her car and dog being stolen," said the tech expert who answered the call. "I really felt for her. I work at home and my two dogs are at my feet all day."

They pulled up Harrison's account and saw that she had a Hum by Verizon device in her car. Hum is a vehicle diagnostic system from Verizon Connect. It takes the guesswork out of driving with connected car technology, so you can stay in touch with emergency services and your loved ones on the road.

For instance, if Hum detects a crash, it can notify emergency services and send help your way. With Hum's vehicle diagnostics feature you can check your car's health from your phone and detect issues before you go. You can also schedule maintenance reminders and Hum will text or e-mail you when it's time for a tune-up or an oil change. And if your car is stolen, as in Mary's case, Hum can send your car's location to local law enforcement.



Molly the shih tzu resting happily, safely and comfortably at home.

forcement.

"I knew with Hum there was a lot we could do to help her. I pulled up the step-by-step troubleshooting guide to reset her password and bring up the vehicle's location on her phone. As soon as she saw the car on her phone, she started to cry."

The car was not far from Harrison's home. She could have walked there, but the customer service representative advised her to stay safe, call the police, and recover the car together. When Harrison got to the car, her dog was still there, safe inside.

"It made me feel great to be able to help her," the customer service representative said. "I know that if it were my dog in the car, that would be my biggest concern, too. I wouldn't even care about my car or my stuff, just getting my dog back safely. I was so impressed by how quickly and accurately Hum found her car. It's awesome that we have this great technology available."

For further facts about how helpful Hum can be, go to [www.Hum.com](http://www.Hum.com).

## Tinley Park firefighters throwing dance

The Tinley Park Firefighters Association will host its annual Firefighters Fundraiser Dance from 7



to 11 p.m. Saturday, Jan. 25 at Odyssey Country Club,



## When I Was White by Sarah Valentine (St. Martin's Press 2019)

By Lorraine Schmall

"I didn't know much about race," Sarah Valentine writes, "but I knew it existed; I thought some people were black and everybody else was normal."

When Sarah Dunn was an adorable little girl, she had two younger brothers and two loving parents. They were all white. She thought she was, too, despite her dark complexion and her unruly, curly hair — and despite other clues: her classmates called her "Slash," the nickname of the mixed-race Guns N' Roses guitarist; the Nigerian guest speaker in social studies class chose her to model African dress; her high school guidance counselor encouraged her to apply for minority scholarships.

At 27, at Princeton studying Russian literature and surrounded by ethnically and racially diverse friends, Sarah sends her mother an email asking the question everybody in her carefully crafted family had so copiously avoided: "Who is my father?" Sobbing and hysterical and assuring Sarah that she and her "dad" always loved her, Sarah's mother called and confessed that Sarah's progenitor was black and the circumstances of her conception were fraught.

So begins Sarah's attempts to discover who she is, through the lens of nature, nurture, and undeniable racism. Sarah's narrative is low-key — almost without affect, but the story is riveting. She changes her surname to that of her favorite Russian poet (Valentin) in an anything-but-Dunn escape. She describes frequent arguments with her mother, but there is little passion and even less drama that we can hear in Valentine's simple declarative sentences. Her brothers seem doltish (Really? You're black?) but involved and affectionate. Her extended family, her neighbors, her friends, might all be part of the conspiracy to secrete her race. Was it to protect her mother? To discredit the value of being black? To spare her the trouble and disadvantage that still attaches to blackness?

In the first four hundred years of American history, most offspring of a mixed couple were deemed black, therefore, enslaved. Even in the 21st century, a mixed-race child is black, or Barack Obama would not have been our first black president. But on the current US census, Americans can choose their race, or select more than one.

Where does that leave us? Sarah admits she doesn't yet know where she "falls on the black, biracial, or even the white identity spectrum." In her search for identity all she got "were different versions of the past and an incomplete, unfulfilling present," not so different from any of us, but certainly unique enough to read and reflect about her incredible story.

1110 S. Ridgeland Ave., New Kids on the Block, Tinley Park. One Direction and more.

Come out for an open bar with beer, wine and mixed drinks, and stay for live music from the Boy Band Night, an all-live, full-band tribute to groups such as \*NSYNC, Backstreet Boys,

Tickets are \$35 in advance and \$40 at the door. Doors open at 7 p.m., and all guests must be age 21 and older.

To buy tickets or for more info, visit [Eventbrite.com](http://Eventbrite.com)



Experts say new technology can be used to more effectively target shelter resources and help save thousands of pets.

## New way to save all shelter pets

(NAPSI) The lives of nearly 733,000 cats and dogs could be saved with the help of caring humans and an innovative Web-based platform introduced this week by Best Friends Animal Society. Envisioned as a tool to help animal lovers help their communities save more pets, the new community lifesaving dashboard combines groundbreaking data visualization technology with the most comprehensive data set on animal welfare ever published.

Two years in the making, the tool crowdsources, validates and translates complex data about the dogs and cats in U.S. shelters.

It brings an unprecedented level of transparency to the animal welfare movement, unlocking new opportunities for saving pets by providing a detailed picture showing precisely—on a city, state and community level—where cats and dogs need to be saved.

For the first time, any-

one with a smartphone or computer will be able to easily access his or her community's snapshot of how many cats and dogs need to be saved and find tools to help individual shelters save more pets. The organization used independent research, government data and even FOIA requests to create the most comprehensive data set on animal welfare ever published.

Best Friends CEO Julie Castle says the investment in data was necessary to achieve the organization's goal of bringing the whole country no-kill by 2025.

"Up until two years ago, we didn't even know how many shelters existed," she said. "How can you possibly save all the animals if you don't even know how many need to be saved?"

"With this data in hand, our goal to save every savable pet by 2025 is finally within reach," Castle said.

To explore the community lifesaving dashboard, visit [BestFriends.org/2025](http://BestFriends.org/2025).

Entertainment Theater  
By Your Entertainment Concierge  
Richard and Denise Gore

Happy New Year to all and hope you all enjoy health, happiness and the new theater season.

Some of our recommendations will follow ...

Theo Ubique Cabaret Theatre's "Working" runs through January 26, at the Howard Street Theatre 721 Howard Str., Evanston, (773-347-1109). This beautifully updated and revised musical is immersed in talent and intimacy and is based on Studs Terkel's best-selling and award-winning book of interviews with American workers. Seven song writers contribute to this new version, including Hamilton's Lin-Manuel Miranda. This musical celebrates the dreams of everyday American workers and received a well-deserved standing ovation.

Black Ensemble Theater's 4450 N. Clark Street, Chicago (773-769-4491) 'The Other Cinderella' runs until January 19. This hit show has now reached its 43rd Anniversary and in the 'Kingdom of Other' there is lots of great music, dance, songs and laughs. This musical is written and directed by the very talented Jackie Taylor, who originally played the role of Cinderella. Twenty talented performers make this show a favorite, and amazingly entertaining.

Drury Lane Theatre 100 Drury Lane, Oak Brook Terrace (630-530-0111) running until January 19 the musical "Mary Poppins" continues to astonish and amaze audiences of all ages. This feel-good, heart-warming musical based on the award-winning Walt Disney film is 'supercalifragilisticexpialidocious' and magical in every way. A talented cast, wonderful story, great costumes, lots of humor, terrific music and staging make this a show not to miss. Just to let you know...Mary Poppins REALLY does fly!

Looking forward to...

Chicago Shakespeare Theater on Navy Pier (312-595-5600) presents the highly anticipated production of "Emma". The musical adaptation of Jane Austen's novel runs January 28th until March 15. The romantic comedy about one of literature's most fiercely independent heroines will be presented with a stellar cast and production team.

Porchlight Music Theatre at the Ruth Page Center for the Performing Arts 1016 N. Dearborn Street, Chicago (773-777-9884) presents

Sophisticated Ladies. The musical features Duke Ellington's greatest hits and runs January 24 through March 6. The story follows one of America's greatest showman from his early days in Harlem at the legendary Cotton Club to Carnegie Hall. Many have always considered him to be the one of the greatest jazz composers in American history.

The House Theatre of Chicago at The Chopin Theatre, 1543 W. Division, (773-769-3832), presents Brett Neveu's world premiere, "Verbotten". Inspired by a true story of Chicago's teen punks in Evanston in the 1980's, the music and lyrics are by one of the punk rock band's original guitarists.

Court Theatre 5535 Ellis Ave., Chicago (773-753-4472) will present Agatha Christie's 'The Mousetrap', running January 16 through February 16. As The New York Times reported, "it's written so well that even if you've seen it before, and remember how it ends, you will take pleasure in watching the way in which Christie develops the real and false clues". Follow the clues while four guests are snowed in amidst reports of a woman's murder. Christie is at her very best with shocking twists and turns.

City Lit Theater 1020 W. Bryn Mawr Ave., Chicago (773-293-3682) "Voice of Good Hope", runs January 10 until February 23. It is a portrait of Barbara Jordon, the first black Congress woman from the deep south, and her pivotal role in the impeachment of President Nixon, and significantly relevant in the political world of today.

Remy Bumppo's "Top Girls" at Theatre Wit 1229 W. Belmont Ave., Chicago (773-975-8150) will run January 16 until February 22, Caryl Churchill's groundbreaking work debates issues of female empowerment, career and family. It is said that the story is told with thoughtfulness and humor, and how it's still hard for women to break 'the glass ceiling'.

## See 'Duke Ellington's Sophisticated Ladies'

Porchlight Music Theatre's 25th Anniversary Mainstage season continues with "Duke Ellington's Sophisticated Ladies" from Jan. 24 to March 6 at The Ruth Page Center for the Arts, 1016 N. Dearborn St., Chicago.

The show features music by Ellington, concept by

Donald McKayle, direction and choreography by Brenda Didier and Florence Walker Harris, and music direction by Jermaine Hill. Previews are Friday, Jan. 24, and Saturday, Jan. 25, at 8 p.m.; Sunday, Jan. 26, at 2 p.m.; and Industry Night, Monday, Jan. 27, at 7:30 p.m. The regular run schedule is 7:30 p.m. Thursday, 8 p.m. Friday, 3:30 and 8 p.m. Saturday

and 2 p.m. Sunday, with weekday matinees Thursday, Feb. 6 and 13, at 1:30 p.m. and added performances Tuesday, March 3, to Thursday, March 5 at 7:30 p.m. and Friday, March 6 at 8 p.m.

Tickets are \$39 to \$66 and are available at PorchlightMusicTheatre.org or by calling the Porchlight Music Theatre box office at 773-777-9884.

## World premiere of 'The Tasters'

Rivendell Theatre Ensemble (RTE), Chicago's only Equity theatre dedicated to producing new work with



Director  
Devon de Mayo

women at the core, presents the world premiere of The Tasters by Meghan Brown, directed by RTE member Devon de Mayo. The Tasters runs Jan. 10 to Feb. 16 at Rivendell Theatre Ensemble, 5779 N. Ridge Avenue in Chicago.

With so many government leaders getting poisoned these days, the Tasters have a critical job to do. They sample mouthwatering gourmet meals ... then wait to see if they die in agony. When government forces capture renowned

resistance leader Elyse, they make her a Taster and assume they've won. But Elyse has a plan of her own, which kicks off a series of events that might just alter the course of history...and put all the other Tasters' lives at risk.

Fresh out of Victory Garden's 2019 IGNITION Festival, Meghan Brown's chilling and sharply observed new play examines the nuances of political resistance, self-interest, and individual action that creates hope in the face of oppression.

The cast includes RTE members Paula Ramirez (Bianca) and Eric Slater (The General), with Daniella Pereira (Corrine), Collin Quinn Rice (Lt. Sawyer), and Shariba Rivers (Elyse).

Previews are: 8 p.m. Friday, Jan. 10; 8 p.m. Saturday, Jan. 11; 3 p.m. Sunday, Jan. 12; 8 p.m. Thursday, Jan. 16; 8 p.m. Friday, Jan. 17; and 8 p.m. Saturday, Jan. 18.

The Gala Opening is Sun-

day, Jan. 19, at 8p.m. The regular run is 8 p.m. Thursdays to Saturdays, with an additional 4 p.m. show Saturdays, from Jan. 23 to Feb. 16.

A Town Hall Discussion will follow the 4 p.m. matinee on Saturday, Feb. 8.

Additional performances are Wednesdays, Feb. 5 and 12, at 8pm and Sunday, Feb. 16, at 3 p.m. (final performance)

General admission is \$28 during previews and \$38 during the regular run. The Student, Senior, Active Military and Veteran cost is \$18 for previews and \$28 for the regular run.

Pay What You Can: Five seats (10% of the house) are available for each performance. Reservations are made on a first come, first served basis.

A three-show pass is \$59-\$80.

Call the box office at 773-334-7728 or go to [www.RivendellTheatre.org](http://www.RivendellTheatre.org)

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Contact [andrewcraftshow@gmail.com](mailto:andrewcraftshow@gmail.com)  
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## Exciting changes coming to the Advanced Placement program

(NAPSI) The Advanced Placement (AP) Program gives students a chance to experience college-level classes in high school and opens the door to earning college credit before they ever set foot on campus. Students get to dig deeper into subjects they love, while building the skills and confidence they need to succeed in college. There are more statewide and system-wide AP credit policies than ever; over 99 percent of colleges have an AP credit policy in place.

And, regardless of a student's AP Exam score, taking AP courses can have a positive affect on their college applications. Admissions officers understand that college faculty play a big role in developing AP courses, so they know students who took AP pushed themselves

to take challenging, college-level courses.

### New Resources

Beginning this school year, the AP Program is providing all AP students with free digital practice resources. A new question bank will help students master content and skills with real AP questions that their teacher assigns. Personal progress checks will give students real-time evaluations of their work with helpful score explanations. And, the tools are mobile-friendly—so they're accessible anytime, anywhere.

### Other Changes

To increase their chances of success, students can register for AP Exams beginning in the fall. The exams will still take place in May. More than half of schools

that offer AP ask students to commit to taking the exam in the fall, boosting their chance of earning a score that translates to college credit.

The exam fee and the fee reduction aren't changing for the 2019-20 school year. However, there are two new fees—one for late registration and another for canceling the exam. These fees encourage students to commit to the exams early and stay engaged throughout the year.

Schools will provide students with directions on how to register and will place the exam order for students.

### Getting Ready

To access new online AP classroom resources and register for AP Exams this fall, students will need to join a class section online.

That requires access to their College Board account. All College Board programs are connected through one account, so students who created one for AP, PSAT/NMSQT, SAT, or College Board Opportunity Scholarships, are all set. They'll just need their user name and password to sign in.

Students who don't have an account, can sign up at [collegeboard.org/register](http://collegeboard.org/register). Parents shouldn't create accounts for their students—and account information should be held in a safe place.

### More Information

Students and parents can visit [www.apstudents.collegeboard.org](http://www.apstudents.collegeboard.org) for additional information on the AP Program, AP credit policies, digital tools, and AP Exam registration.

## Transitioning to work as a young adult with disabilities

(NAPSI) As young adults prepare to leave school and enter the workforce, Social Security's Ticket to Work program can help make that a successful transition.

The Ticket program supports career development for people ages 18 through 64 who receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) due to a disability and want to work. Through authorized service providers, individuals can receive employment services and supports such as help identifying their work goals, developing interviewing skills and writing



Getting a job after graduation can be made easier for young people with disabilities.

a resume, finding a job, and understanding how working and earning income will affect their disability benefits. For young adults with little or no previous work experience, these services can ease their entry into the workforce.

Finding a first job can feel daunting, but Ticket to Work service providers, which include State Vocational Rehabilitation (VR) agencies and approved organizations called Employment Networks (ENs), have the know-how to make the

process smoother. These service providers work with individuals to set their employment goals and then create a plan to achieve them. This plan may include vocational training, internships and other educational opportunities to learn and develop skills that will help them reach their career goals.

Once an individual finds work, a Ticket to Work service provider can continue to provide important services and supports, such as help requesting reasonable accommodations or changes to the work space or job duties. They can also offer career counseling to help them adjust to the workforce and navigate protocols for the workplace and develop soft skills, such as time management and communications.

For young adults with disabilities, this can lead to increased confidence and motivation to think about their long-term career goals.

If you're a young adult who is eligible for Ticket to Work, start on the path to financial independence through work with the services and supports you need. Call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. -8 p.m. ET. If you qualify, a representative can also refer you to a Work Incentives Planning and Assistance (WIPA) project for benefits counseling or send a list of service providers to help when you're ready to start working. Or, you can visit <https://choosework.ssa.gov> to learn more and search for service providers on your own.

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## Debunking common Medicare Part D myths

(NAPS) It's important to evaluate your Medicare Prescription Drug Plan every year. Your plan benefits can change, including your prescription drug coverage, premiums, deductibles and pharmacy benefits. As you do your research, you may run into a few misconceptions. Walgreens vice president of specialty and retail pharmacy operations Rina Shah debunks five common myths about Medicare Part D.

**Myth 1:** Your Medicare prescriptions cost the same at all pharmacies.

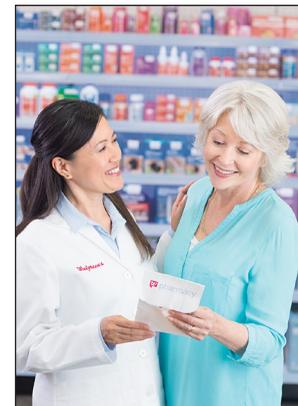
**Fact:** You often pay less on copays when you fill a Medicare Part D-covered prescription at a preferred pharmacy in your plan's network. These savings can quickly add up.

**Myth 2:** Medicare Part D and Medicare Advantage plans can require you to fill prescriptions by mail.

**Fact:** Medicare prevents plans from requiring patients to use a mail-order pharmacy exclusively.

**Myth 3:** Once you pick a plan, you don't need to re-view it each year.

**Fact:** Changes in the prescriptions you take, plan design and coverage may cause your existing plan to no longer be right for you. Your insurance provider sends a letter that describes any changes to your plan. It is important to review these changes as they could impact your total cost.



You may be able to save money on medications by using a preferred pharmacy in your Medicare plan's network.

**Myth 4:** It's a good idea to pick a plan that a friend recommends.

**Fact:** While your friends may have good recommendations, their prescriptions and doctors are likely different from yours. Because copays for drugs are an important part of the overall Medicare costs, what works for your friend may not be the right choice for you.

**Myth 5:** Changing your plan means you must change your pharmacy.

**Fact:** Getting a new plan doesn't always result in having to use a new pharmacy. When evaluating your plan options, always consider your preferred pharmacy as an important part of your evaluation.

When you start to research coverage, make sure your pharmacy of choice is in your plan's preferred network. Walgreens is a preferred network pharmacy with many plans nationwide, which means you can save money on your copays.

For more information on tools to make prescription management easier, visit [Walgreens.com/Medicare](http://Walgreens.com/Medicare).

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Vehicles require extra care in the winter.

**6 quick tips for  
winter driving**

(NAPS) When it comes to winter car care, many motorists tend to think of antifreeze and batteries -- but vehicles need extra attention in winter, especially when the temperatures drop.

"Making sure your vehicle is properly prepared for all of winter's elements will help you avoid the aggravation of an unplanned road emergency," says Rich White, executive director, Car Care Council.

The non-profit Car Care Council offers six quick tips to help your vehicle perform at its best during cold weather months:

1. Keep the gas tank at least half full; this decreases the chance of moisture forming in the gas lines and possibly freezing.
2. Check the tire pressure, including the spare, as tires can lose pressure when temperatures drop. Consider special tires if snow and ice are a problem in your area.
3. Have the exhaust system checked for carbon monoxide leaks, which can be especially dangerous during cold weather driving when windows are closed.
4. Allow your car a little

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with especially harsh winter conditions.

Drivers should also stock an emergency kit with an ice scraper and snowbrush, jumper cables, flashlight, blanket, extra clothes, bottled water, dry food snacks and needed medication. In addition, the Car Care Council recommends a thorough vehicle inspection by a trusted professional service technician, as winter magnifies existing problems such as pings, hard starts, sluggish performance or rough idling.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. To order a free copy of the popular Car Care Guide, visit the council's consumer education website at www.carcare.org.

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**5 ways to a better move**

(NAPS) The next time you're among the estimated 40 million Americans a year who move into a new home, these five tips can help relieve some of the stress:

1. Know what's happening when. Make a list of everything you need to do and when you need to do it. It should include budgeting, decluttering, hiring movers, buying supplies, and updating medical and financial records.
2. Keep all your critical move-related names, phone numbers and addresses in one document. You may want to store them in your smartphone and have a hard copy. Be sure you can easily access your moving contract, real estate and mortgage documents, as well as information you may need about utilities, banks and schools.
3. Have a first-night box.



With a little planning, your new house can feel like home right from the first day.

Once you're in your new home, you don't want to have to hunt for such things as box cutters, tools, device chargers, bed linens, shower curtains, toiletries—and the coffeepot.

4. Stay connected to what matters most—family, friends, Internet, Wi-Fi and TV. Arrange your services in advance of your move at www.smartmove.us.

5. Get help. For a one-stop, customizable way to stay organized, there's the Moving Guide from SmartMove, downloadable at www.smartmove.us.

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