

Senior Lifestyle A Monthly Guide to Living Your Life to the Fullest

ADVERTISING SUPPLEMENT

There are many things we want to pass on to our loved ones, illness is not one of them

(BPT) — You want to pass on family traditions, a grandmother's quilt, or dad's love of books - but no one wants to pass on a serious illness. Take charge of your health and help protect those around you by asking about vaccines at your next doctor's visit.

Vaccinating our children is commonplace in the United States. But few adults know they need vaccines other than flu vaccine and even fewer are fully vaccinated. Are you one of the millions of adults not aware of the vaccines you need?

Each year, tens of thousands of adults needlessly suffer, are hospitalized, and even die as a result of diseases that could be prevented by vaccines. However, a recent national Centers for Disease Control and Prevention (CDC) survey showed that most U.S. adults are not even aware that they need vaccines throughout their lives to protect against diseases like pertussis, hepatitis, shingles and pneumococcal disease.

Not only can vaccine-preventable diseases make you very sick, but if you get sick, you may risk spreading the disease to others. That's a risk most of us do not want to take. Infants, older adults and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious diseases. They are also more likely to have severe illness and complications if they do get sick. You can

help protect your health and the health of your loved ones by getting your recommended

map.org to help find a vaccine provider near you. Most health insurance plans cover

find out which vaccines are recommended for you. All adults should get an annual flu vaccine to protect against seasonal flu and Td/Tdap vaccine to protect against tetanus, diphtheria and pertussis. You may also need other vaccines based on your age, health conditions, occupation and other factors. If you are planning

to travel outside of the U.S., check on any additional vaccines you may need. Some travel-related vaccines are part of a series or are needed months prior to your travel to be most effective, so be sure to plan ahead.

For more information about adult vaccines, visit: cdc.gov/vaccines/adults.



A recent national Centers for Disease Control and Prevention (CDC) survey showed that most U.S. adults are not even aware that they need vaccines throughout their lives to protect against diseases.

vaccines.

The good news is that getting vaccinated is easier than you think. Adults can get vaccines at doctors' offices, pharmacies, workplaces, health clinics and health departments. Visit [the cost of recommended vaccines - a call to your insurance provider can give you the details.](http://vaccine.health-</p>
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Not sure what vaccines you may need? The CDC offers a short quiz at www.cdc.gov/vaccines/adults to help you



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Emerson in Top 1% of nation for Jump Rope for Heart donations

Event to raise funds for Heart Association returns March 26

ELMHURST — Emerson Elementary School raised \$18,557 in lifesaving donations this past spring for Jump Rope for Heart, ranking 108 out of the 30,000 participating schools, placing Emerson in the top 1% in the nation. Jump Rope for Heart is a fundraising activity for school-age children underwritten by the American Heart Association.

"We always look at the impact that can make by saying that every \$50 can potentially save a life -- the cost to train someone in CPR. Using that as a measurement, your school saved 371 lives!" wrote Mary Lou Torrison, Youth Market Director for the American Heart Association, Midwest Affiliate, in a recent email to Emerson. "All I can say is 'Wow and thank you!'"

Last year Emerson School piloted a program called "Spreading the Message." Its goal was to send 1500 emails out to family and friends (with parental permission) on behalf of

the American Heart Association. The Emerson students, who refer to themselves as Ambassadors, were overwhelmed that by "spreading the message," they were able to help the American Heart Association receive more than \$18,000 in donations last year.

Emerson School's annual Jump Rope for Heart event returns on Wednesday, March 26 throughout the day. The 5th graders will "jump" from 8:40-9:40 a.m.; the 4th grade from 10-11 a.m.; 3rd grade from 12:15-1:15 p.m. and 2nd grade from 1:30-2:30 p.m.

Emerson parent, cardiologist weighs in on Jump Rope for Heart

A letter was sent to Emerson School from Apoor Gami, M.D., an Elmhurst cardiologist whose children attend Emerson, regarding the Jump Rope for Heart campaign. Excerpts from Dr. Gami's letter follow:

"The Jump Rope for Heart program does several things that are so important for the children and our community.

"First, Jump Rope for Heart encourages children to be active; that being active does not have to be complicated, and that it does not require DVDs, smartphone apps, complex equipment, or trainers.

"Second, the program shows children how being active can be fun. Instead of instructing children to exercise because it is 'good for them,' the program encourages children to enjoy themselves. If a child's education can create an inner drive to be active that comes from a sense of satisfaction and well-being, then that child is more likely to lead an active life. Ideally, this

leads to an adult who sees exercise is not seen as a chore but rather as a lifestyle.

"The program's emphasis [is] on the heart, rather than on fat and weight. Children are exposed to so much media -- television, reality shows, advertisements -- that promote exercise in order to change one's size, shape, or weight. Jump Rope for Heart [emphasizes] aerobic conditioning and cardiac health.

"Third, the fundraising component is coupled with a public outreach and awareness program. Each time a student requests a donation by email, they are in fact sending a 'public service announcement' to someone.

"Lastly, Jump Rope for Heart makes a significant financial contribution to furthering the mission of the American Heart Association, which is to build healthier lives, free of cardiovascular disease and stroke. Three-quarters of every donation supports the local region, as well as funding local research."

Crossing guard struck by car

Possible road rage incident

By Paul DelGuidice
For The Villa Park Independent

VILLA PARK — Crossing Guard Bill Nolden had just finished guiding students through the intersection of Plymouth and Yale on the north side of Villa Park when an apparently enraged motorist struck him at about 7:50 a.m. on Wednesday, February 12.

"The kids had safely crossed but I still had my sign up and was turning to walk to the curb when he revved his engine and drove right at me," Nolden told the Independent in an exclusive interview.

Nolden, who has been a crossing guard for three years, was wearing an orange safety vest and holding a large red 'STOP' sign.

"He [the driver] definitely saw me and, in my opinion, intentionally tried to run me over," he said.

Durbin announces nominees for Service Academies

Elmhurst residents make list to further their education

SPRINGFIELD — Elmhurst residents John F. Toohey and Thomas F. Guinan are on the list of students named by U.S. Senator Dick Durbin whom he has nominated to attend four of the nation's service academies.

Toohey, son of Sean Toohey and Anne Toohey, was nominated to attend the Air Force Academy; Guinan, son of Thomas and Margaret Guinan, was nominated for the Naval Academy.

"I am proud to nominate these outstanding young men and women to our nation's service academies," Durbin said. "They have the promise to become the leaders of their generation. This year's nominees will serve our country with integrity and make their families and communities proud."

The academies include U.S. Military Academy at West Point, New York, U.S. Air Force Academy in Colorado Springs,

A school bus driver and another motorist went to Nolden's assistance. He had been struck with a glancing blow to his hip, causing him to spin around and fall. Paramedics and police were called to the scene.

"I am sore, but nothing was broken," he said. "I'm lucky. I think he was trying to kill me. I don't know. He must have been in a hurry."

The incident happened so fast, Nolden said, he didn't have time to get a license plate number or even the make of vehicle.

"It was a silver or gray car," Nolden said, "It was (covered in) salt, and hard to tell the color."

He only had a rapid glance at the driver.

"I couldn't describe the driver other than he was definitely male," Nolden said.

Anyone with information is asked to contact the Villa Park Police Department at 630-834-7447.

Colorado, U.S. Naval Academy in Annapolis, Maryland, and the U.S. Merchant Marine Academy in Kings Point, New York. Everyone who wishes to attend a service academy must secure a nomination from one of a few sources, including a U.S. Senator. Prospective students at the service academies must apply for a nomination and demonstrate exceptional academic achievement and good moral character.

U.S. Senators are allowed a maximum of five appointees at a given service academy at any time—except for the Merchant Marine Academy, which is based on a state quota. Senator Durbin is allowed to nominate 10 candidates for each vacancy and does so by selecting nominees for admission on a competitive basis. The service academies will each choose one nominee for each vacancy and offer him or her an appointment.

The nominees were chosen by Durbin's Service Academy Selection Committee, a nonpartisan board that meets annually in December to review applicants.

Over 40 & Hired: Networking in Today's Job Market

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Anita will share insights on how to create and use a values statement that will help all better brand and position themselves on a resume and LinkedIn profile, and how to develop meaningful professional relationships for greater distinction. This event is open to the public and admission is \$10 per person, and includes full breakfast.

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FAMILY LIVING

FEBRUARY 20, 2014 • 20

Chicago vocalists star in Elmhurst Symphony Concert March 2

ELMHURST — Join the Elmhurst Symphony Orchestra as it continues to celebrate its 53rd season, "Music Among Friends," at 3 p.m. March 2 at Elmhurst Christian Reformed Church, 149 W. Brush Hill Road, in Elmhurst, when it brings together musical friends Apollo Chorus of Chicago and the Symphony in "Mozart's Great Mass in C Minor."

The program includes two masterworks: Mozart's Mass in C minor and Dvořák's *Te Deum*. Featured soloists are Sarah Gartshore, soprano; Alyssa Bennett, soprano; John Irvin, tenor; and Richard Ollarsaba, bass-baritone.

Selected as one of Symphony Magazine's emerging artists, Canadian soprano Sarah Gartshore boasts an impressive resume of concert and opera performances with the Santa Fe Opera, Music of the Baroque, and Chamber Opera Chicago, among others. Performance highlights include a debut with the Grammy nominated Chicago Chamber Musicians, her Symphony Center

debut with the Apollo Chorus performing Brahms' Requiem, and the title role in the Chicago premiere of Barber's Vanessa with Chamber Opera Chicago.

Tenor John Irvin is a second-year member of the Ryan Opera Center at Lyric Opera of Chicago. The winner of several vocal competitions, Irvin made his professional operatic debut in the fall of 2011 as a Boston Lyric Opera Emerging Artist. Last May he debuted with the Los Angeles Philharmonic. Immediately prior to that engagement, he sang Beethoven's Ninth Symphony with the Melbourne Symphony Orchestra, Sir Andrew Davis conducting, and he appears frequently in concert. Irvin completed his academic training at Boston University Opera Institute.

A first-year member of the Ryan Opera Center at Lyric Opera of Chicago, bass-baritone Richard Ollarsaba earned a postgraduate certificate and master of music degree through the A. J. Fletcher Opera Institute at the North Carolina School of the Arts. Ollarsaba made

his professional debut at Opera Cleveland as Antonio/Le nozze di Figaro. Concert engagements include the Ravinia Festival, Kansas City Symphony, Greensboro Symphony, and St. Paul Chamber Orchestra.

Soprano Alyssa Bennett has enjoyed a varied performing career in Chicago and internationally as featured soprano soloist with Trio Chicago & Friends, performing concerts of American music and giving master classes in Africa, Southeast Asia, and the Middle East. Area performance highlights include appearances with the Grant Park Orchestra and Chorus, Music of the Baroque, Northshore Chamber Orchestra, and Milwaukee Opera Theatre.

Tickets purchased before the day of the event are \$32 for adults, \$30 for seniors, \$9 for students, and \$65 for families (up to 2 adults and three students.) Premium prices at the door are an additional \$5 per ticket. For information and to purchase tickets call the ESO Box Office at (630) 941-0202 or visit esosubscriptions.org.

Artist to exhibit drawings as part of Women's History Month

ELMHURST — Rebecca Wolfram's exhibition *Gilgamesh: A Drawing Installation* will feature large mixed-media drawings that depict scenes from the ancient Sumerian epic of Gilgamesh.

Gilgamesh is this year's Women's History Month Exhibition at Elmhurst College and will be shown beginning on March 1 in the Barbara A. Kieft Accelerator ArtSpace.

Wolfram's theme was inspired by the Kevatron particle accelerator that is housed in the Accelerator ArtSpace. While an obvious contrast

exists between the extreme antiquity of the epic poem and the modern world represented by the accelerator, there are ways in which the two exemplify some of the same concepts. Both, Wolfram feels, attempt to answer the big questions about the future of

the universe.

Gilgamesh: A Drawing Installation can be viewed from Saturday, March 1, through Saturday, March 29, in the Barbara A. Kieft Accelerator ArtSpace at Elmhurst College. Viewing hours are Tuesdays, Thursdays and Sat-

urdays from noon-4 p.m. An artist's reception will be held on Tuesday, March 4, from 4:30- 6:30 p.m. The artist's talk begins at 5 p.m. The exhibition and reception are free and open to the public. For more information, call (630) 617-3390.

Jim O'Connor, Owner of Total Garage Door and Chair of the Elmhurst St. Patrick's Day Parade invites you to the

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'Friends of York Township' recognized by AT&T

YORK TOWNSHIP — AT&T Illinois recently announced "Friends of York Township" as the winner of an "AT&T Investing in Illinois Award."

The "AT&T Investing in Illinois Award" provides resources and recognition to organizations and programs that are improving lives in their communities and the state by advancing education, economic growth, new technologies and other essential community services.

"Friends of York Township", a 501(c)3 charitable organization, was established in 2007 to raise funds and community awareness in order to improve the quality of life of senior citizens, low-income families, and at-risk youth of York Township. State Rep. Dennis Reboletti nominated the organization for the recognition from AT&T Illinois which includes a capacity building grant of \$1,000. York Township covers all or part of nine towns including Elmhurst, Villa Park, Oakbrook Terrace, Oak Brook, Lombard, and sections of Glen Ellyn, Westmont, Hinsdale and Downers Grove.

"At AT&T, we're investing for today and tomorrow. As our customers continue moving to new Internet-based communications technologies like internet home phone and wireless, we are investing in next generation communications networks. At the same time, we are also investing in the communities we serve, by making corporate contributions to Illinois non-profit groups and programs that are making a difference locally," said Valerie Bruggeman, AT&T external affairs director.

Supervisor Valle added, "On behalf of the citizens of York Township, especially those who benefit from the programs and services we offer at Township Hall, I want to thank State Representative Reboletti, Valerie Bruggeman and everyone at AT&T involved with the 'Investing in Illinois Award' for choosing 'Friends of York Township'."

The lessons of Columbine

Dave Cullen, journalist and author of 'Columbine,' to speak at Elmhurst College March 9

ELMHURST—Nearly 15 years ago, on April 20, 1999, Eric Harris and Dylan Klebold murdered 12 of their fellow students and a teacher at Columbine, their high school in suburban Denver. Then they turned their guns on themselves. It was not the first and was hardly the last school massacre in American history, but it was among the most lethal, and it lent itself to misinformation and mythologizing.



DAVE CULLEN

Dave Cullen, a journalist and writer, spent a decade researching and writing the definitive story of an American tragedy that continues to haunt our schools and society. Cullen will present Lessons of Columbine on March 9 at Elmhurst College.

Cullen's talk will begin at 7 p.m in the Founders Lounge of the Frick Center (elmhurst.edu/campusmap). A book-signing will follow the lecture. Admission is \$10 for the general public and free for Elmhurst College students, faculty, staff and alumni. Tickets are available by visiting www.elmhurst.edu/tix. For more information, call (630) 617-3390.

Throughout his research into the Columbine shooting, Dave Cullen was driven by two particular questions: Why did Harris and Klebold kill, and what became of the survivors? The surprise was that most of what we think we "know" is wrong: It wasn't about jocks, goths or the Trenchcoat Mafia. The killers didn't even see themselves as school shooters: their primary focus was on bombs, including the one they brought into the Columbine cafeteria that never went off.

Columbine won the Edgar Award, the Barnes & Noble Discover Award, the Goodreads Choice Award, and several others. It spent thirteen weeks on the New York Times best-seller list, and also was declared the Top Education Book of 2009 by the American School Board Journal.

Cullen has written for BuzzFeed, Times of London, Newsweek, The Guardian, The Washington Post, Slate, Salon and The Daily Beast. He is a frequent television analyst, and has appeared on Today, Katie, NBC Nightly News, PBS Newshour, CBS This Morning, Anderson Cooper 360, The Rachel Maddow Show, Hannity, Talk of the Nation and many other programs.



Submitted photo

From left to right: York Township Supervisor John W. Valle, State Rep. Dennis Reboletti, AT&T External Affairs Director Valerie Bruggeman and York Township Trustee Paul Hinds.

PARK DISTRICT NEWS

Exercise for Mental Muscle

Join The Elmhurst Park District at The Abbey from 12:30-2:30 p.m. Wednesday, March 5 for Exercise for Mental Muscle, a class of enjoyable, relaxing and simple movements that can stimulate whole-brain learning, allowing participants to access parts of the brain previously untapped.



Submitted photo

Riley DeHaan of Timothy Christian National Merit Finalist

Timothy Christian High School senior Riley DeHaan, was recently named a National Merit Finalist. Riley is the son of Dave and Bethany DeHaan. Only 15,000 of the 1.5 million students that take the PSAT/NMSQT become finalists. In addition to achieving academic excellence, each semi-finalist wrote an essay and gave information about activities/volunteer service, leadership positions, honors or awards and employment.

Using physical exercises based on the principles of Tai Chi, Reflexology and Traditional Oriental Medicine, we can stimulate the brain to learn and grow. Suitable for all ages and abilities, participants may choose to sit or stand as needed. Fee is \$20 for Abbey Members and \$25 for nonmembers. For more information or to register, call (630) 993-8193.

Healthy Hearing and Modern Technology

Know anyone with hearing loss? Know anyone with hear-

ing aids? Come learn about the health of your ears and their hearing from 9-9:30 a.m. Monday, March 10 at The Abbey. Dr. McKay will provide information on your hearing system and what you can do to improve communication.

Learn about current technology for hearing aids. You can even get your hearing screened at no charge. This program is free to attend but reservations are required for a hearing screening appointment. If you have any questions or to register, call The Abbey at (630) 993-8193.

'The Malnati's Effect' will be topic of Spring Multi-Chamber event

"Building a culture where people love coming to work every day"

ELMHURST — What took Malnati's Pizza to #1 was more than what was in the ovens, it's what's at the heart of their business.

That will be at the core of a message delivered by Jeanne Malnati of Malnati's Pizza at an upcoming multi-Chamber event scheduled for Thursday, March 20 from 11 a.m.-2 p.m. at the Sheraton Lisle Hotel, 3000 Warrenville Road in Lisle. Table-top exhibits will also be available on a limited basis.

Jeanne has extensive experience facilitating communication in groups where she implements her life-changing communication systems. In her presentation, The Malnati Effect, "truth is spoken, fun returns, unique strengths are identified and celebrated, and good-will permeates."

Participating chambers, besides Elmhurst, include Bartlett, Bloomingdale, Bolingbrook, Carol Stream, Darien, Downers Grove, Glen Ellyn, Great O'Hare Assn., Hinsdale, Lemont, Lisle, Lombard, Naperville, Villa Park, West Suburban, Western DuPage, Westmont, Wheaton and Woodridge.

Tickets are \$35 for Chamber members, \$50 for non-members and a limited number of Expo Table Top exhibits are available to be reserved for \$350. The Expo portion begins at 11 a.m. Lunch is served at 12 p.m., followed by the program. The Expo will close during luncheon service, but will reopen after until 2 p.m.

Due to limited seating, the deadline for registration is Thursday, February 27. For more information or to register, call 630-834-6060 or visit elmhurst-chamber.org

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REAL ESTATE/BUSINESS

FEBRUARY 20, 2014 • 23

BUSINESS BRIEFS...

• E.L. Foust, Joe Muchow support "Ken's Second Wind"

WARRENVILLE — Ken Braga was diagnosed with IPF in 2011 and is now on the list for a lung transplant, the only possible treatment for this devastating disease. His family & friends have organized an event called "Ken's Second Wind" to help pay for medical costs not covered by insurance and Elmhurst resident Joe Muchow and E.L. Foust invites the public to attend.

It is scheduled for Friday, March 21 from 7-10:30 p.m. at IBEW Local Union 701 headquarters, 28600 Bella Vista Parkway, Suite 1000, in Warrenville.

For more information or to donate directly visit operation2breathe.org.

• Linden Oaks President earns prestigious healthcare honor

NAPERVILLE — Chicago Health Executives Forum (CHEF), the largest independent chapter of the American College of Health Executives (ACHE), has named Gina Sharp, MBA, FACHE, president of Linden Oaks at Edward Hospital, as the recipient of its 2013 Early Career Healthcare Executive Award, which recognizes executive achievement for those under 40.

Sharp was honored as one of the 2013 CHEF Award winners for Metropolitan Chicago at CHEF's annual meeting on February 11. The CHEF Awards recognize teamwork, service, innovation and community health leadership.

• Riley's, Doc Ryan's hosts Kick Off for Kids events

ELMHURST — All day Saturday, March 1, Riley's Gathering Place, 590 So. York, will host a Kick Off for Kids event to benefit the Spedale family. The promotion will continue all day, but the public is especially invited to enjoy the Blackhawks game against the Penguins playing at Soldier Field.

On Thursday, March 6 from 7-10 p.m., Doc Ryan's, 490 So. Spring Rd., will host the annual Guest Bartending Night for Kick Off for Kids. Proceeds benefit KOK. Info: kickoffforkids.org



GINA SHARP

Chamber preps for Economic Outlook Luncheon

Twelve organizations scheduled to participate in annual address

ELMHURST — On Thursday, February 27, the Elmhurst Chamber of Commerce & Industry (ECCI) will join 11 other Chambers and business organizations for the annual Multi-Chamber Economic Outlook Luncheon delivered by William Strauss, senior economist for Federal Reserve Bank. This year's event will be held at Oak Brook Hills Resort, 3500 Midwest Road in Oak Brook. It begins at 11 a.m. with registration and networking with table-top exhibits. The luncheon and presentation take place from 11:55 a.m.-1:30 p.m.

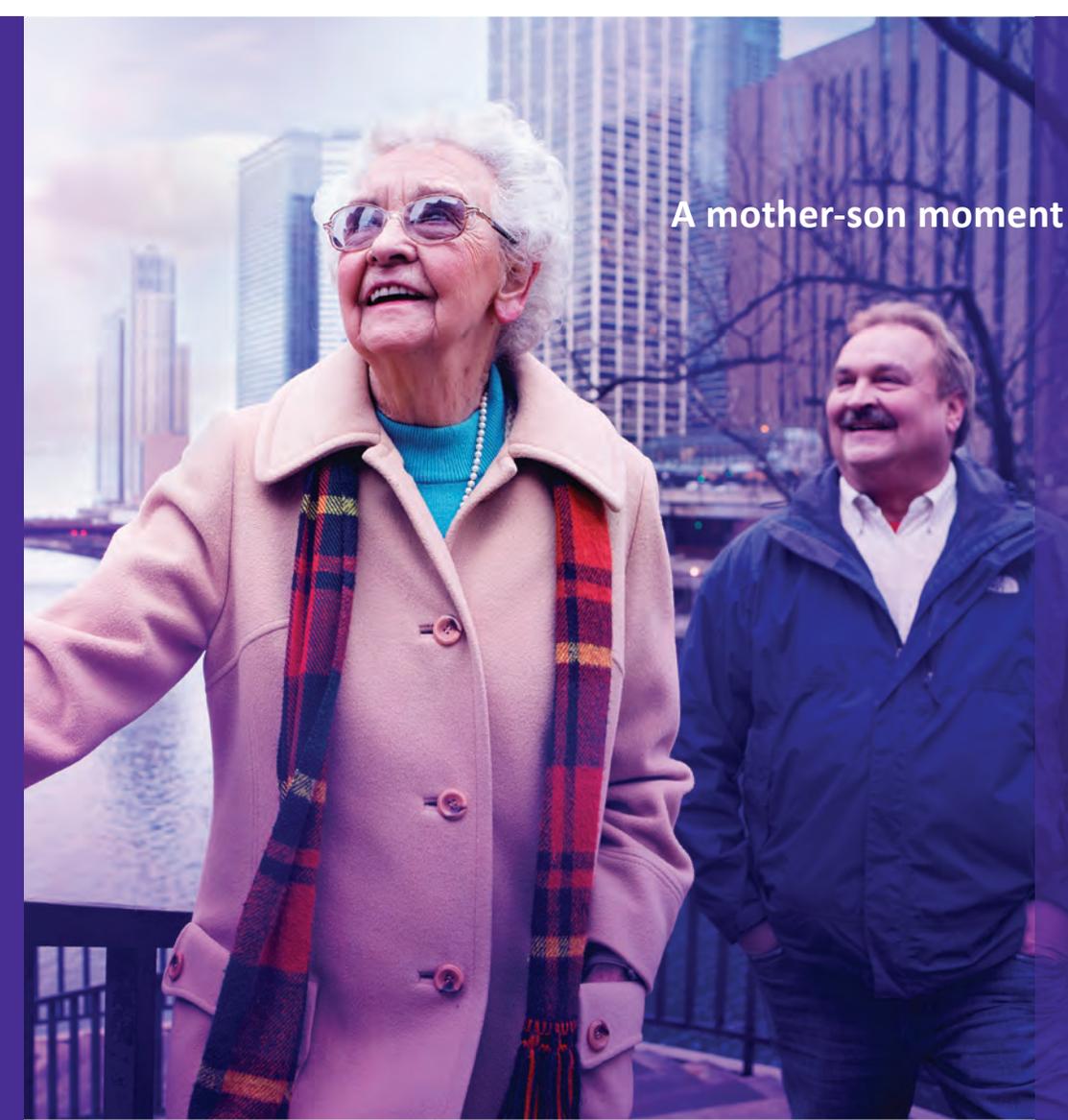
Besides ECCI, participating chambers include Clarendon Hills, Darien, Downers Grove, Glen Ellyn, Hinsdale, Lemont, Lisle, West Suburban, Westmont, Woodridge and Willow-

brook-Burr Ridge.

Many questions about the current economic condition have surfaced that will continue to be concerns in 2014 such as credit availability, real estate values and global markets. Strauss, senior economist with Federal Reserve Bank of Chicago, will offer his expert insights and help participants understand the implications and trends that will allow them to chart a course of action for their own businesses.

Fees are \$30 for Chamber members, \$35 for non-members; table-top exhibits are \$50; event sponsorships are also still available for \$500, which includes a display table, lunch for two and credit in the news release.

Registration deadline is Friday February 21. To register or for more information, call 630-834-6060 or visit elmhurst-chamber.org.



A mother-son moment that changed our lives.

Same-day, same-team, same-family knee replacements.

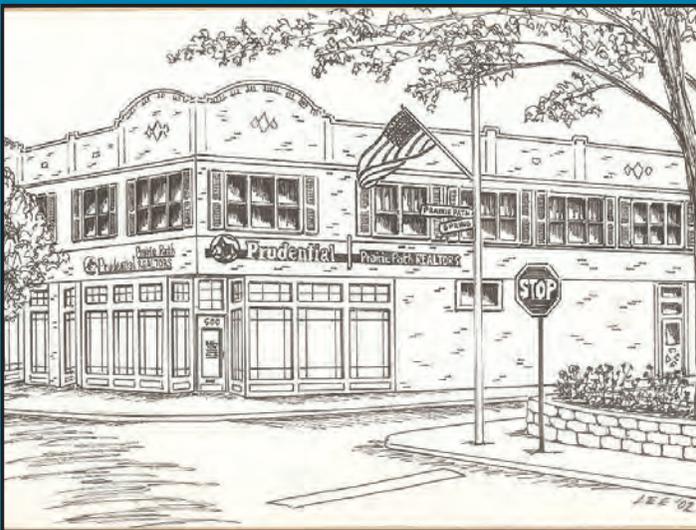
When Ray Eriks decided it was time to get his knee replaced, he was in good company: his mother, Martha, seeking to make hospital visits during recovery easier on Ray's siblings, also chose to get her knee replaced. On the same day. With the same doctors. They both turned to Northwestern Medicine's orthopaedic specialists, and followed through with Northwestern-designed rehabilitation. Now the two of them feel like they "have their lives back."

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CHRIS HUGHES

Facebook cofounder presents 'Brave New Media World'

Chris Hughes says traditional journalism vital in a digital world

ELMHURST — By the age of 25, Chris Hughes had helped to create two of history's most successful start-ups, Facebook and the social media machine that made Barack Obama president. At 28, Hughes bought The New Republic, the stately, serious, century-old magazine that he aims to transition successfully into the digital age. He believes in the future of considered, meticulous, in-depth journalism and its crucial role in a free society.

Hughes will present Brave New Media World on Thursday, March 6 at 7 p.m. in the Founder's Lounge of the Frick Center, as part of the Roland Quest lecture series at [Elmhurst College](#). Admission is \$10 for the general public and free for Elmhurst College students, faculty, staff and alumni. Tickets are available at [elmhurst.edu/tix](#).

Chris Hughes began his career as a developer and entrepreneur of new media in 2004, when he cofounded Facebook with his Harvard roommates. He served first as the site's spokesperson, then as leader of its product and user experience team. In 2007, he became director of online organizing

for Barack Obama's presidential campaign, where his success at generating grassroots support revolutionized the use of the Web as a political tool. Hughes helped Obama raise more than \$500 million online from more than two million donations.

Hughes is a leading voice on the future of media. As a respected digital innovator, he is well positioned to both defend and revolutionize traditional journalism. In the face of increasingly urgent predictions about print media's demise, Hughes argues that social networking and the capabilities of the Internet can help develop high-quality journalism and make it more accessible than ever before. Since taking over The New Republic in March of 2012, he has initiated plans to help the nearly century-old institution take full advantage of the digital age, including a full redesign of the print publication and website. Under Hughes' direction, The New Republic has become a trailblazer in the effort to redefine the news industry.

Hughes also is an independent investor in technology and media companies, a member of the UNAIDS High-Level Commission on HIV Prevention, and a trustee of the Knight Foundation. In 2012, he was listed as one of Forbes magazine's "30 Under 30" in media.

For more information, call (630) 617-3390.

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Bethel welcomes 12-year-old violin standout on Feb. 23

ELMHURST — On Sunday, February 23 at 7:30 p.m., 12-year-old violin sensation Clarissa Bevilacqua will perform Beethoven's Violin Concerto at Bethel United Church of Christ, 315 E. St. Charles Rd., accompanied by Jeffrey Panko, Bethel's Minister of Music.

Clarissa recently received first prize in the European

Music Competition in Italy. She started playing the violin at age 5 and gave her first solo recital at age 10.

As a Sony Classical Talent Scout prize-winner, Clarissa can be heard on a Sony CD with other winners. She has appeared on Live from WFMT Chicago and has performed at Symphony Center and at many fundraising and cultur-

al events. She was invited to perform as a soloist at the 2011 Chicago mayoral inauguration ceremony at the Pritzker Pavilion in Millennium Park, and at the NATO Summit Chicago 2012 event. Clarissa currently studies violin with Dr. Olga Kaler, Professor at DePaul University School of Music, and chamber music with David Taylor, New Music

School violin faculty and Chicago Symphony Orchestra Assistant Concertmaster.

Clarissa founded the initiative "Music Can Make a Difference" to promote awareness of the life-changing impact music can have. Through this initiative she is committed to being actively involved in helping others in the community.

When she is not busy with her violin, Clarissa loves to write. She has recently published a children's book, "Do You Really Know Your ABCs?" and is currently writing a teen mystery novel. The concert is free and open to the public. The church offers parking and is handicapped-accessible. Call 630-279-4040 for more information.



CLARISSA BEVILACQUA

Elmhurst Clinic providers featured at Lombard's 'Fitness February Fair'

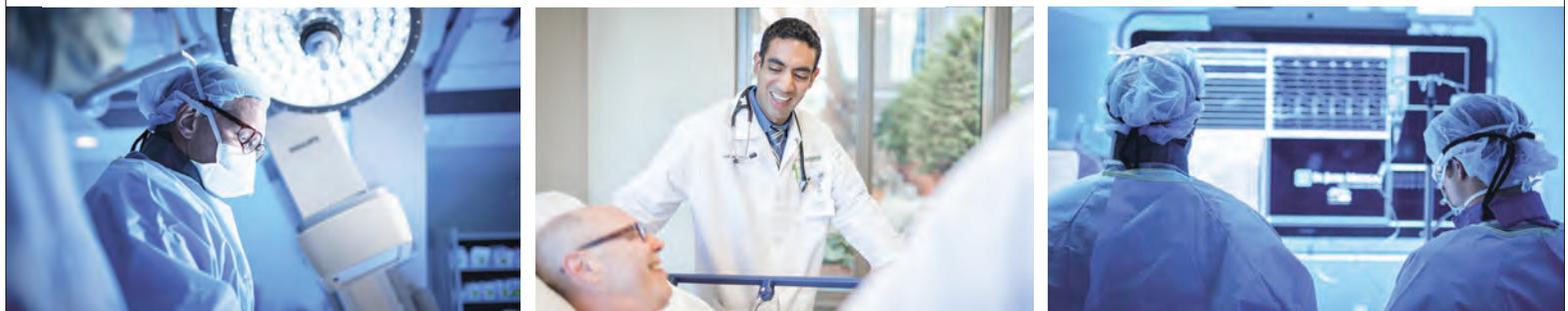
ELMHURST — Elmhurst Memorial Elmhurst Clinic is sponsoring Healthy Lombard's "Fitness February Fair" on Saturday, February 22, 10 a.m. - 2 p.m. at Yorktown Center in Lombard. The event features free health information, health screenings and exercise opportunities.

Elmhurst Memorial Elmhurst Clinic providers who will be participating include Asma Ayub, MD (family medicine); Tanja Boskov, MD (family medicine); Susan Hudec, MD (endocrinology); Janet Kaczor, MD (ENT) and midwives Shirley Moore, CNM; Marybeth Waldorf, CNM; Mary Saracco, CNM and Michelle Jackowski, CNM.

There is no cost to attend. For more information, visit www.healthylobbard.com.



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