



FREE

OUR VILLAGE



FREE

Volume XII

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Phone: 847/675-6127

Fax: 847/679-8851

Issue 21

December 5, 2008

4th Annual Polar Adventure Days Offer 3 Days of Family Fun This Winter at Northerly Island

The Chicago Park District presents the fourth annual Polar Adventure Days from 12-4 p.m. on three Saturdays, Dec. 13, Jan. 17 and Feb. 21, at Northerly Island, 1400 S. Lynn White Dr., on the Museum Campus. The program is admission free.

Polar Adventure Days offer families the opportunity to explore Northerly Island and come face-to-face with live animals, engage in winter activities, watch ice sculpture carvings, and create nature-inspired crafts.

The following features and activities will be available at Polar Adventure Days:

- The first 500 visitors receive a complimentary Polar Adventure Day mug filled with hot chocolate. Limit one per person.
- Nadeau's Ice Sculpture carves magical creations on site.
- Various live animals will be on site to discover such as birds of prey.
- An arctic camping demo by Northwest Passage.
- Siberian huskies will be present and adventurers will talk about their Iditarod dog sled race experiences.
- Live entertainment including winter storytelling.
- Arts and craft tables for making nature-inspired creations.
- Free snowshoe rental for exploration of the island (if there is snow).
- REI will discuss winter activities.

Please call to confirm scheduled activities for Polar Adventure Days as activities are subject to change. For more information, call 312-742-PLAY.

Millennium Park's Holiday Tradition Returns! CAROLING AT CLOUD GATE

Featuring Sing-Alongs with Chicago's Favorite Choral Groups Friday
Evenings from November 28 through December 19, 2008 at 6 PM

Celebrate the holidays in Millennium Park, when Caroling at Cloud Gate returns on Friday evenings each week throughout the holiday season.

Chicagoans and visitors alike are invited to Cloud Gate to hear the beautiful voices of four different Chicago choral groups, including the Apollo Chorus of Chicago, The Wooten Choral Ensemble, the Chicago Chamber Choir and the Chicago Children's Choir, and participate in a holiday sing-along.

Caroling at Cloud Gate runs Friday evenings from November 28 through December 19, 2008. The singing will begin at 6 p.m. and run approximately 50 minutes. Admission is free.

"Now in its third year, Caroling at Cloud Gate has truly become a cherished winter tradition in Chicago. Each week, we have hundreds of singers gathering in the Park, creating a magical holiday scene in the center of the city," said Lois Weisberg, Commissioner of the Chicago Department of Cultural Affairs.

After the holiday sing-along, everyone is encouraged to skate at Millennium Park's McCormick Tribune Ice Rink, one of the most popular winter destinations in the city.

For more information on Millennium Park or on Caroling at Cloud Gate visit www.millenniumpark.org or call 312.742.1168.

North Park Village Nature Center Celebrates the Arrival of a New Season at the Winter Solstice Festival

The Chicago Park District's North Park Village Nature Center, 5801 N. Pulaski Rd., welcomes winter with a special annual event, the Winter Solstice Festival, which celebrates the change in season on Saturday, December 13 from 6 p.m. to 9 p.m.

The Winter Solstice Festival, admission free and open to all ages, is a delightful opportunity to explore the North Park Village Nature Preserve during the evening hours. The festival includes walks along the nature trails lit by luminaries, a visit with critters from Big Run Wolf Ranch and chestnuts roasted on an open fire. Guests can help create edible holiday ornaments for the animals that make the Nature Center their home.

Since opening in 1980, the North Park Village Nature Center has offered a variety of programs geared toward educating children and adults about nature and the environment. Some of the Nature Center's current offerings include teacher training programs, school outreach programs, and festivals. For a list of great nature-inspired events and programs at North Park Village Nature Center, go to www.chicagoparkdistrict.com or contact (312) 744-5472 or TTY/TDD (312) 744-3586.

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Lap-band Surgery Curbs Obesity Our Lady of the Resurrection Medical Center Offers New Weight Loss Alternative

Our Lady of the Resurrection Medical Center is pleased to announce a new weight loss alternative, the Laparoscopic Gastric Band (Lap-band®) surgery, to help individuals suffering from obesity, which is a condition describing excess body weight in the form of fat. Obesity is associated with many illnesses and is directly related to increased mortality and lower life expectancy.

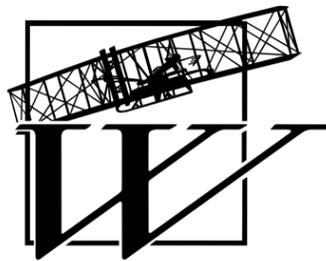
However, obesity is different from being overweight. Obesity is an excess of body fat frequently resulting in significant impairment in health. Body Mass Index (BMI) is currently the best method to measure obesity. BMI is a good indicator because it correlates pretty well with the amount of body fat a person has. BMI is a formula that calculates the ratio between height and weight. An individual is considered morbidly obese when they have a BMI greater than 40, which is approximately equivalent to a person who is 100 pounds above his or her ideal weight.

"Lap-band surgery may be an option for the individual who has been unsuccessful in medical weight loss programs and has a BMI of 40 or greater," says General Surgeon Frederick Tiesenga, M.D. "There are times when surgery will be considered if the BMI is 35 or greater and other health problems are being impacted by the obesity." Fellowship trained in Laparoscopic Banding and Gastric Bypass, Dr. Tiesenga is an Affiliate Surgeon of the American Society of Bariatric Surgeons and a U.S. Surgical Proctor for Bariatric Surgery.

The Lap-band procedure uses an adjustable band, which is fastened around the upper stomach to create a new, tiny stomach pouch. Once it is in place, the band serves three functions by: limiting and controlling the amount of food that is consumed; delaying emptying of the new "smaller" stomach into the intestines; and creating the sensation of fullness sooner and for a longer period of time so that overall hunger is decreased.

As a result, patients feel full sooner and consume smaller amounts of food. The band can be adjusted during follow-up visits to optimize weight loss. The operation can usually be performed laparoscopically (small incision) and requires no cutting or stapling of the stomach. Because the incision is much smaller than in open surgery, patients generally experience less pain and scarring and usually leave the hospital the next day.

To learn more about the Laparoscopic Lap-band surgery and its benefits, contact Sherry Chillis-Turner, Director of Nursing, Our Lady of the Resurrection Medical Center, 773-282-7000, extension 4354, or Dr. Tiesenga at 708-456-7874.



Wright Spring Schedule Available Online

The spring course schedule for Wright College is now available online for those wishing to take advantage of early registration.

A PDF download of the full spring schedule can be found at wright.ccc.edu. The spring semester at Wright, 4300 N. Narragansett Ave., starts Jan. 20, but early registration gives students the best chance to enroll in the courses that provide a more affordable way to complete the first two years of a four-year degree or to launch a new career.

New students must register in person in Room A120. On-campus registration hours for the open-admissions two-year college, 4300 N. Narragansett Ave., are 9 a.m. to 6:30 p.m. Monday through Thursday, and 9 a.m. to 2 p.m. on Fridays. On-campus registration is closed Nov. 22, 27 and 28 and on Dec. 5.

Returning students can register online at my.ccc.edu or by phone at (312) 553-3450.

Wright tuition is just \$72 per credit hour, so a typical three-hour course costs just \$216 plus fees and books. Financial aid is available. Attending the first two years of college at Wright can shave thousands of dollars off the cost of a four-year degree.

A hard copy will be available later this month. For further information on Wright's credit program, call (773) 841-8200.

Health Careers Program Honored in Video

A highly lauded program at Wilbur Wright College's Humboldt Park Vocational Education Center has been featured in a recently released video by the U.S. Department of Labor.

The Labor Department produced the video to promote Wright's Carreras en Salud program, which is taught at the college's Humboldt Park campus, 1645 N. California Ave. The program trains Spanish speakers in health-care vocations such as certified nursing assistant, licensed practical nurse, registered nurse and other allied health care positions such as phlebotomists and electrocardiogram technicians, alleviating shortages of bilingual health care workers. As a result of this program, area employers have been able to hire more local residents. These employers include Northwestern Memorial Hospital, Lakeview Nursing and Rehabilitation Centre, and Woodbridge Nursing Pavilion.

The video features testimonials by graduates of the program and an overview of the program by Madeline Roman-Vargas, dean of the vocational education center. The video can be found on YouTube and on the website of one of the program's partners, Instituto del Progress Latino at www.idpl.org/idpl_news.html.

One of the awards for Carreras en Salud came in July when the National Council of La Raza, one of HPVEC's partners in the Carreras en Salud collaboration, received the "Tapping the Talents of Special Populations in the Workforce" award. The program has also been honored by the Illinois Council on Continuing Higher Education, the Community College Futures Assembly's Annual Bellwether Awards and the Aspen Institute's Workforce Strategies Initiative.

For more information, contact Ed Bannon at (773) 481-8535.

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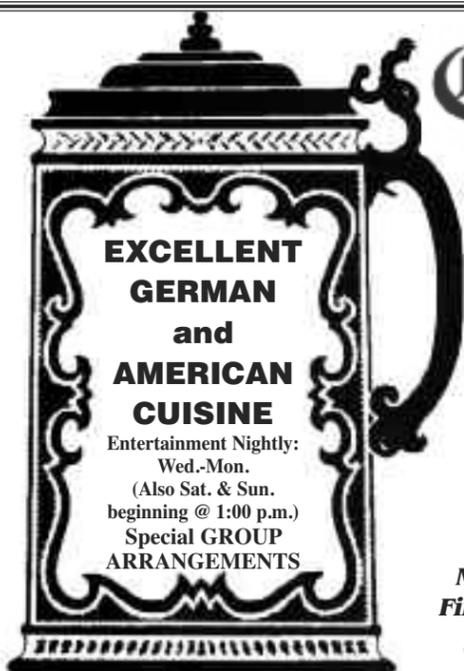
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ATTENTION: U.S. Military Veterans and Active Duty Personnel

American Legion Edison Park Post #541 is having a meeting on Thursday Dec.11Th starting at 7:30 P.M. at the Edison Park Field House located at 6755 Northwest Hwy. (just west of Harlem Ave.), Chicago.

This will be our last meeting of 2008.

If you've been thinking about joining a veteran's organization, feel free to stop by and sit in at our meeting.

Our post has a long and proud history going back to 1920. It includes a member (Thomas A. Pope) who was awarded the medal of honor for bravery in France on July 1918.

For additional information please contact: Post Commander Gerald Skotzko at 773-693-3448 or Sr. Vice Commander Robert Fuggiti 773-736-8738.



Park District Hosts 2008 Holiday Food Drive at Staffed Parks Across the City December 1 – 14

The Chicago Park District will be hosting a 2008 Holiday Food Drive at all staffed Chicago Park District facilities and at the administration building, 541 N. Fairbanks Ct., from Monday, December 1 through Sunday, December 14.

"We are hoping all Chicagoans extend a helping hand this holiday season to the less fortunate by donating a non-perishable food item for the 2008 Chicago Park District Holiday Food Drive," said Tim Mitchell, General Superintendent and CEO of the Chicago Park District. "In the current economic crisis, there is no more affected group than the hungry."

The non-perishable food items collected will benefit the Park District's three regions' (north, central, and south) non-profit food pantry in their community that includes Ravenswood Community Services in the north region, Manna for Life in the central region, and Beloved Community in the south region.

Each Park District field house will provide a box for non-perishable food items such as pop-top canned items such as soup, ravioli, chili, fruit or vegetables; fruit cups or pudding cups that do not require refrigeration; shelf-stable items which require no cooking and no refrigeration such as dried fruit, nuts and crackers; cracker snack packs; granola or cereal bars; plastic bottle drinks; peanut butter; and jelly.

The Park District will be delivering all of the food items to the food pantries starting Monday, December 15.

For a staffed park nearest you, logon to www.chicagoparkdistrict.com or 312-742-PLAY.

ST. PAUL LUTHERAN CHURCH HELPS ST. CYPRIAN'S FOOD PANTRY:

Under the leadership of Christian Care & Fellowship at St. Paul, they collect food to be taken regularly to St. Cyprian's Pantry. Items needed change monthly; donations welcome at 6535 W. Irving Park Rd., at St. Cyprian's or at St. Paul Lutheran Church, 5650 N. Canfield; 60631; 708-867-5044; www.stpaulcanfield.org

ST. PAUL LUTHERAN HELPS UPTOWN MINISTRY:

The Lutheran Women In Mission at St. Paul Lutheran Church & School are collecting new warm gifts (hats; mittens; scarfs) to be given to the needy at Christmas. Drop off items at 5650 N. Canfield; 60631; 708-867-5044; www.stpaulcanfield.org

Special Olympics Illinois State Floor Hockey Tournament

Showcased More than 500 Athletes at University of Illinois at Chicago Check presentation from Wal-Mart Foundation Highlights Opening Ceremonies

More than 500 athletes demonstrated their hockey skills at the Special Olympics Illinois State Floor Hockey Tournament at the University of Illinois at Chicago on Saturday, November 15. The Opening Ceremonies were emceed by retired Chicago Blackhawks player and current Hawks broadcaster Troy Murray. The presentation of teams, carrying of torch and reciting of the athletes' oath were followed by a special check presentation from Wal-Mart Foundation in the amount of \$100,000 dedicated to healthy meals for athletes and coaches education. Rafael Colberg, Market Manager of Wal-Mart, made the presentation to Special Olympics Illinois Board Chairman Thomas Murray. The Presenting Sponsor of Floor Hockey was Interior Investments. The Law Enforcement Torch Run and Illinois Knights of Columbus are Partners of Special Olympics Illinois.

Twenty-five teams competed in floor hockey competition in eight different divisions based on skill. The 170 athletes who competed in individual skills competition were tested in five skills: shooting around the goal, stick handling, passing, shooting for accuracy and defending the goal.

This year is the 40th anniversary of Special Olympics which began with the first games at Soldier Field Chicago in July 1968. At those games, 1,000 athletes with intellectual disabilities competed in athletics (track & field) and aquatics. In addition, there was a demonstration floor hockey game between Special Olympics athletes from the U.S. coached by Stan Mikita of the Chicago Blackhawks and a team from Canada coached by George Armstrong of the Toronto Maple Leafs. Today, Special Olympics is active in more than 175 countries with 2.8 million athletes.

Volunteers are always a key part of any Special Olympics event. Saturday's group included volunteers from G.E., Collegiate Scholars from University of Chicago, American Medical Student Association from Loyola University Chicago, Chapter House, National City, St. Cletus Parish Confirmation Program and Mather High School students.

Special Olympics Illinois is a not-for-profit organization offering year-round training and competition in 19 sports for more than 21,000 athletes ages 8 and older with intellectual disabilities. The new Young Athletes program for children ages 2-7 is the newest initiative and has more than 2,000 participants to date. For more information about Special Olympics Illinois, visit the website at www.soill.org.

Trees Killed by Invasive Species Are Center of Attention Trees Destroyed by Emerald Ash Borer Get Second Chance in Furniture Exhibit

Beginning December 4, 2008 and continuing through the end of February 2009, the Department of Environment's Chicago Center for Green Technology (CCGT) is hosting a traveling exhibition of fine furniture. These pieces have been designed by professional woodworkers from salvaged Ash trees affected by the Emerald Ash Borer, an invasive pest species expected to kill 130 million Ash trees affected in the state of Illinois. This unique exhibit demonstrates what we can do to slow the spread of the Emerald Ash Borer and explores the benefits of harvesting these Ash trees for constructive purposes.

The exhibit is open to the general public and is absolutely free! The Chicago Center for Green Technology is located at 445 North Sacramento Boulevard in Chicago. It is open to the public Monday, Wednesday, and Friday from 9:00 a.m. to 5:00 p.m., Tuesday and Thursday from 9:00 a.m. to 8:00 p.m., and Saturday from 9:00 a.m. to 4:00 p.m.

Native to Asia, the Emerald Ash Borer is an exotic beetle that was unknown in North America until June 2002 when it was discovered as the cause for the decline of many ash trees in southeast Michigan and neighboring Windsor, Ontario, Canada. It has since been found in Indiana, Maryland, Missouri, Ohio, Pennsylvania, West Virginia and in Illinois.

This exhibit shows that damaged Ash trees can be reclaimed and reused for products such as flooring, cabinetry, and furniture. 47% of wood from urban trees has the potential to be used as lumber. According to the U.S. Forest Service, in the United States over 200 million cubic yards of urban tree and landscape residue are generated every year. Of this amount, 15 percent is classified as "unchipped logs." To put this figure in perspective, if these logs were milled into boards, they would produce 3.8 billion board feet of lumber, or nearly 30 percent of the hardwood lumber produced annually in the United States.

Protecting and preserving natural resources is a high priority. The exhibit will hopefully educate, enlighten and inform about the possibilities that exist to turn a grave situation into an opportunity for economic development and preservation of existing resources. Every damaged Ash tree is a chance for a healthy tree to remain standing. For more information about the exhibit or the Emerald Ash Borer please visit www.cfdainfo.org, www.risingfromashes.org, www.emeraldashborer.info, or call the Chicago Center for Green Technology at 312-746-9642.

B.G. Salon's Beauty Tips for Hair

For this fall and winter straight and long hair are in the past! Taking a cue from former Hollywood stars like Audrey Hepburn and Jane Birkin, present stars like Nicole Richie, Paris Hilton and Kathie Holmes have taken up the never out of date hair trend-Bangs!

They have also opted for glossy soft waves with an interplay of geometric haircuts that gives their hair multiple texture.

Glossy hair means expensive and healthy looks. We can get that glossy, well tended look with non-toxic gloss that will deliver beautiful vibrance on both colored and virgin hair.

The beautiful display of nature's colors in autumn leaves inspire us to go into multi-dimensional hair colors that are at once gorgeous and easy to maintain.

Think of chocolate browns, cinnamon, strawberry blonds, and cherry reds. BG Salon offers all you need with the help of Organic cream hair colors with healthy attitude.

Please call for a personal consultation and to schedule an appointment just in time for Holiday events. Hair is an important accessory, just as your jewelry, shoes, belts, etc.

BG Salon is located at 6704 N. Northwest Highway, Chicago. Phone (773) 763-6322.

We now have extended evening hours. Ask about our Holiday Specials!

Wishing you and yours Healthy and Happy Holidays!
From the Staff of BG Salon.



Celebrate the 2008 Holiday Season in the Parks

The Chicago Park District hosts numerous holiday events this winter such as breakfast with Santa, chocolate house making, flower shows, and much more. For the schedule of holiday events call 312-742-PLAY. Holiday highlights this winter include:

Holiday Light Displays

- Friday, Nov. 28 – Saturday, Feb. 14, various locations
- Call 312-742-PLAY or visit www.chicagoparkdistrict.com.

The Chicago Park District makes the season bright with festive lights on display daily at 16 field houses throughout the neighborhood parks. The Chicago Park District has been decorating parks with classic white lights the day after Thanksgiving since 1994.

Ice Skating

- Friday, Nov. 28 – Saturday, Feb. 28, weather permitting, Various locations and times; Please note that schedules and fees are subject to change.

- Call 312-742-PLAY or visit www.chicagoparkdistrict.com.

The Chicago Park District's 9 ice skating rinks offer skate rentals for various fees and concessions are available at most rinks. All rinks are outdoors with the exception of McFetridge in California Park which is open year round except August.

Chocolate House Making Workshop

- Tuesday, Dec. 9, 6:30-8:30 p.m., Edison Park, 6755 N. Northwest Hwy., 773-631-3988. All ages, child must be with adult
- \$25 per house

Parents and children get their creativity flowing as they create a holiday chocolate house out of delicious ingredients.

Made in Rogers Park Holiday Bazaar

- Saturday, Dec. 13, 10 a.m.-3 p.m., Loyola Park, 1230 W. Greenleaf Ave., 773-262-8605. All ages, admission free

Jewelry, textiles, pottery, soaps and paper products are some of the unique items available for purchase. All items are hand made by artists and artisans who live or work in Rogers Park.

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Urban Wildlife Coalition

Canada Geese

Here in the Midwestern United States, it is now a common sight to see Canada geese, even in dense urban environments. Did you know that as recently as the late 1950s, these birds were thought to be extinct? Here are a few more interesting fowl facts.



Canada geese are attracted to short grasslands, so it is no surprise that they adore manicured lawns and golf courses. Those who wish to deter geese may consider leaving grass at least four inches high; planting tall grasses along shorelines and planting trees.

Overhunting of Canada geese for their meat and feathers led to their near extinction. A small group of the birds was found, and an active breeding program was implemented. The progeny of these "resident" geese tend not to migrate, enduring chilly North American winters.

Canada geese mate for life. At times, a goose will neglect its own need for food and safety to remain with an ailing mate. It is not unusual for a Canada goose live 20 years or more.

These birds have strong family bonds. In fact, when conflicts do arise with humans, it is generally because the animals are trying to protect their young. Geese will try to use the same nesting site year after year.

Urban Wildlife Coalition is a community-based organization founded to help preserve our treasured urban wildlife. For more information about urban animals and tips for living in harmony with them, visit www.urbanwildlifecoalition.org. Questions? Call 773-545-8136 or e-mail us at urbanwildlifecoalition@gmail.com.

Coyotes in Evanston

Predators, such as the coyote, serve a valuable function in keeping prey species in balance with their habitat. Populations of small animals, such as rodents, could increase out of control without predators.

Coyotes are opportunistic feeders, meaning they will feed on whatever is most readily available and easy to obtain. Their primary foods include small rodents (especially rats), fruit, berries, rabbits, birds, snakes, frogs, and insects.

They will scavenge on animal remains, including road-kills, as well as garbage and pet food left outdoors. In suburban areas they prey upon unprotected pets, including outdoor house cats and unsupervised domestic small dogs.

Coyotes are naturally afraid of people and their presence alone is not a cause for concern. However if a resident feels that a coyote is acting strangely please do not hesitate to contact Animal Control at (847) 866-5080, and speak with one of the Animal Wardens.

PREVENTING CONFLICTS WITH COYOTES

Don't let coyotes intimidate you! Don't hesitate to scare or threaten coyotes with loud noises and bright lights. Don't hesitate to pick up small objects, such as a tennis ball, and throw them at the coyote. If a water hose is close at hand, spray the coyote with water in the face. Let the coyote know it is unwelcome in your area.

Secure your garbage! Coyotes will raid open trash materials and compost piles. Secure your garbage in tough plastic containers with tight fitting lids and keep in secure buildings when possible. Take out trash the morning pick up is scheduled, not the previous night. Keep compost piles in containers designed to contain but vent the material.

Don't feed or try to pet coyotes! Keep wild things wild! Feeding, whether direct or indirect, can cause coyotes to act tame and over time may lead to bold behavior. Coyotes that rely on natural food items remain wild and wary of humans.

Keep pets safe! Although free roaming pets are more likely to be killed by automobiles than by wild animals, coyotes do view cats and small dogs as potential food and larger dogs as competition. For the safety of your pets, keep them restrained at all times.

Feed pets indoors! Outdoor feeding attracts many wild animals to your door!

Keep bird feeding areas clean! Use feeders designed to keep seed off the ground as the seed attracts many small mammals that coyotes prey upon. Remove feeders if coyotes are regularly seen around your yard.

Close off crawl spaces under porches and sheds! Coyotes use such areas for resting and raising young.

Cut back brushy edges in your yard! These areas provide cover for coyotes and their prey. Also if you have fruit trees make sure to pick up any fallen fruit off of the ground, and dispose of properly.

Educate your neighbors! Pass this information along since your efforts will be futile if neighbors are providing food or shelter for coyotes.



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Wednesdays, December 3, 10, 17 Join our preschool and toddler story times. Toddlers (ages 18 months to 3 years) meet from 10:00 a.m. to 10:20 a.m. Preschoolers meet from 10:30 a.m. to 11:15 a.m. for stories and crafts. No pre-registration is required.

Tuesday, December 2, from 9 a.m. to 3:15 p.m. The Chicago Public Schools will conduct their ChildFind developmental screening program. No appointment required.

Monday, December 8, at 7 p.m. Join our pre-teen book discussion group as they read *Picture This* by Molly Bang. Ages 11-14. Call to reserve a copy.

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Tuesday Tales December 15, at 4:00 p.m. Once a month, on the third Tuesday after school, boys and girls ages 8-10, who are in grades 3 through 5, are invited to join us for activities, snacks and more based on a theme or selected book. Call for title info.

Saturday Stories December 20 at 10:30a.m. Join us for books, poems, songs and more, for families with children up to age 8.

Weekend Book Chat Saturdays at 3:30 pm December 20. Boys and girls ages 11-13, who are in grades 5 through 8, are invited to join us for discussion, activities and more based on this month's book. Love it? Hate it? Let us know what you think. Call for title info.

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Immaculate Conception of Mary

(Holy Day of Obligation)

Monday, December 8, 2008

7:00am, 8:30am,

5:30pm (Polish), 7:00pm

No Anticipation Mass will be held on Sunday, December 7, 2008

Liturgy of the Hours (Vespers)

Sunday, December 7, 4:00pm

Sunday, December 14, 4:00pm

Sunday, December 21, 4:00pm

Penance Services

Parish Penance Service

December 9, 2008 at 7:00pm

English & Polish Service

St. Richard's Episcopal Church

5101 W. Devon, Chicago (773) 774-4519
Pastor, Fran Holliday



Christmas Eve

7:00 Candlelight Service with Communion and Carols

Christmas Day

10:30 a.m. Festive Eucharist with Carols

Children of all ages are welcome
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Advent Schedule

Saturday December 13

7:30 p.m. - Lessons and Carols

Tuesday December 16

11:00 a.m. and 7:30 p.m. - Communal Penance Services

Tuesday December 23

6:30 p.m. - Simbang Gabi Mass

Presider: Cardinal Francis George, O.M.I.

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Walter Schoenfuhs, Pastor

Advent Services:

December 10 - 7:00 pm

Day School Christmas Programs:

December 17 - 6:00 & 7:30 pm

Christmas Eve Worship Services: Wednesday December 24

5:00 pm Family Candlelight Service

7:00 pm Candlelight Service - Holy Communion

11:00 pm Candlelight Service - Holy Communion

Christmas Day Worship: Thursday December 25

10:00 am Service - Holy Communion

New Years Eve Service:

7:00 pm Holy Communion

Visitors Welcome

Hidden Treasures - Handcrafted Imports from Poland

Safely tucked away within the walls of the landmark White Eagle Banquet and Restaurant complex is the recently opened Gift Shop and Deli.

The Przybylo family has managed to gather the most unique handcrafted assortment of items, imported directly from Poland, that the area has to offer.

Vivian Kolpak, one of the six Przybylo siblings who now runs the famed White Eagle, has made it a personal quest to bring the homeland treasures of their Polish heritage to share with all of us.

The shop literally shimmers as you approach the entrance with exquisite hand-cut 24% lead crystal vases and plates in vividly infused colors of cobalt, purples and red. The most valuable of these is the red crystal which must be infused with gold to achieve that distinctive hue.

Poland's adherence to traditional art forms is one of the most valued link to their past of all of the European countries. While the rest of the world was becoming industrialized with high tech manufacturing taking over from the individual artisans' hands, Poland remained somewhat isolated and as a result is one of the few countries which still do hand painting on surfaces such as wooden and ceramic pieces.



Owner, Vivian Kolpak (left) with Gift Shop Manager, Jeanette Laidlaw

The pride in their heritage survives in the beautifully hand carved and painted wooden boxes, flutes, eggs, window boxes, nativity scenes, chess sets and canes.

The ceramic dishware and accessories are fired after being hand painted to make them microwave safe.

The observance of the Christmas Holiday is one of the mainstays of Polish culture and the celebrations, decorations and foods are special to the people of the Polish heritage.

A vast collection of hand painted, blown glass ornaments in gift boxes make a wonderful addition to your existing decorations as well as wonderful gifts for anyone on your list.

Beautiful handmade dolls in historic ethnic costumes are a collectors dream or a little girl's love.

Poland is one of the origins of true amber, and from it, some of the most sought after jewelry is made.

Combined with sterling silver, the effects are breathtaking.

Pope John Paul II memorabilia is displayed throughout the shop and, of course, is available for purchase.

And for the very special people on your Christmas Card list, "Wycinanki" or hand cut paper greeting cards (made one-at-a-time), are a true expression of caring.

The White Eagle special dining delicacies are ready to be taken home from the deli counter and may be ordered in advance in larger quantities for holiday festivities. Gift certificates are available for any of the White Eagle services including their restaurant section, for business or personal giving.

The gracious hospitality which has become synonymous with the Przybylo name is ever present as you browse through the wonders the world of Polish art and culture.

Drop in anytime - the shop is open 7 days a week and is just steps away from the front entrance. Parking, of course, is ample, with numerous handicapped spaces set-up close to the door. Enjoy your adventure into the White Eagle's "Hidden Treasure."

Located at 6839 N. Milwaukee Avenue in Niles.
(847) 647-0660.

All Aboard! For The Winter Flower & Train Show at Lincoln Park Conservatory

Celebrate the holiday with the Lincoln Park Conservatory, 2391 N. Stockton Drive, at the Winter Flower and Train Show starting Saturday, December 6 and running through Friday, January 4, 2009.

There will be several model trains on display, including an old-fashioned steam engine, freight train and trolley. Watch them wind their way through a miniature village set in a field of vibrant red, delicate white and soft pink poinsettias in the Show House of the Lincoln Park Conservatory. The village, comprised entirely of natural materials including willow, spruce and birch woods, features a variety of Chicago-style homes and famous buildings such as the neighborhood bungalow, Chicago Theatre and Chicago Water Tower Place.

The Winter Flower and Train Show is free and open to all ages. The Lincoln Park Conservatory is open every day of the year from 9 a.m. to 5 p.m. Lincoln Park Conservatory is located just five minutes north of downtown. From Lake Shore Drive, exit Fullerton Avenue and travel two blocks west. From I-94, exit Fullerton Avenue and travel two miles east. The Conservatory is located on the southeast corner of Fullerton and Stockton.

The Lincoln Park Conservatory, owned and operated by the Chicago Park District, was designed by nationally renowned architect of the Victorian era Joseph Lyman Silsbee in collaboration with architect M.E. Bell. The Conservatory was built in phases between 1890 and 1895, replacing a small greenhouse that dated from the 1870s and was designed both to showcase exotic plants and to grow the thousands of plants needed for use in the parks, which it still does today.

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"A Theatre Review"

"Belle Barth" – If I Embarrass You Tell Your Friends Theo Unique Theatre at the No Exit Café 6970 N. Glenwood Ave., Chicago, Illinois

Reviewed by Richard Allen Eisenhardt

"If I Embarrass You Tell Your Friends" is a fun evening of entertainment.

Belle Barth was often billed as a female Lenny Bruce and was banned from "The Ed Sullivan Show" in the 50's for what was considered raunchy humor is really tame compared to the comics of today.

Barth was born Annabelle Saltzman in 1911 and was known for her records that sold millions and appeared in clubs in the Catskills and Florida where she had her own club.

Bethany Thomas is a bright singer and actress who you'll be hearing a lot from as she is a star being born. Courtney Crouse is an actor who is very talented and who plays all the men in her life.

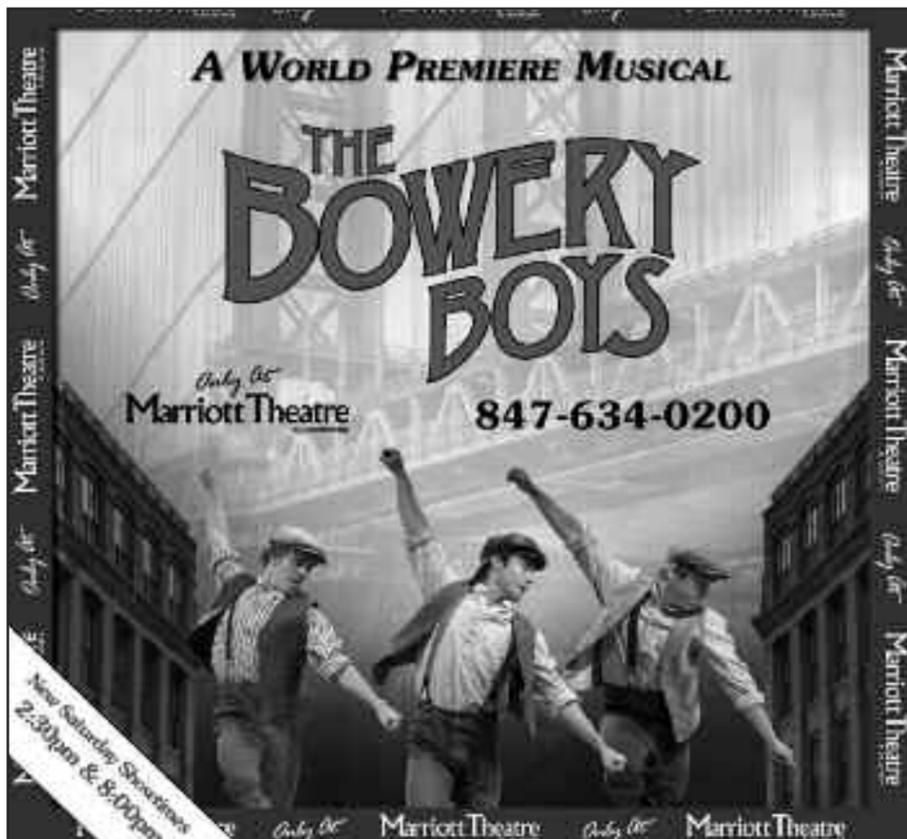
Gerald H. Bailey is the show's musical director and is a talented musician, actor and singer and we look forward to seeing more of him in the future. The other musician in the four person cast is Kevin Brown who is on the Percussion.

The show is from a story by Joanne Koch and Sarah Blacher Cohen. Cohen also wrote the musical based on Yiddish actress Molly Picon.

The book for the show is by talented playwright Joanne Koch and lyrics are by Ilya Levinson and Owen Kalt. The four member cast in this intimate production is being directed by Fred Anzevino, the theatre's artistic director.

Songs I liked and you'll hear are "If I Embarrass You" and Dirty Little Secrets."

"Belle Barth" runs through December 21. For performances, show times and reservations call 773-347-1109. Tickets are \$20.



"Chekhov's Life in the Country"

Greasy Joan and Company

Greenhouse Theatre Center

2257 N. Lincoln Avenue

Chicago, Illinois

By Richard Allen Eisenhardt

"Chekhov's Life in the Country" is based on the works of Anton Chekhov with translations by Paul Schmidt, Ryan McKittrick and Julia Smeliansky that Greasy Joan and Company is producing. One is based on a short story and the other three are based on three one-act plays. The show runs two hours and fifteen minutes with one intermission.

The show is under the direction of Libby Ford. One playlet is entitled "Lady with a Lapdog," while the other three are "The Proposal," "A Reluctant Tragic Hero," and the remaining one is "The Dangers of Tobacco."

The show takes place in the late 19th century in the Russian countryside. The show is funny yet thought provoking of culture that is relevant to many lives in the 20th and 21st century.

Lapdog features Jason Huysman and Ilana Faust as Dmitry and Anna who we find are unhappily married lovers and who are involved in affairs.

In "The Dangers of Tobacco" we find Matthew Sherbach as Nyukin who might remind you of Danny Kaye's performance in "The Secret Life of Walter Mitty," as he plays hen pecked wimp. He is forced by a wife who is a control freak to deliver a lecture about the evils of smoking. When his wife isn't around he takes advantage of her absence in the lecture hall to rally against life's injustices.

"The Proposal" deals with Lomov played by Neal Starbird who is a nerd and who has a girlfriend Natalia played by Kristina Klemetti and comes to propose to his love and this has hilarious results.

Ivan played by Josh Sumner is the reluctant "tragic hero" who faces problems as a family man in the remaining playlet.

All four playlets make for an interesting evening of theatre with some excellent performances by the cast.

"Life in the Country" runs through December 21st. For show dates, times and reservations call 773-404-7386. Tickets are \$25.



Holiday Shopping Tips

10 Tips for Shoppers

1. Check store or gift card policies before purchasing
2. Keep your receipts
3. Be careful of overcharges
4. Be diligent when shopping online
5. Read the fine print of sales ads
6. Keep the packaging and don't open unwanted gifts
7. Check on restocking fees
8. Don't delay returns
9. Research toy purchases for potential recalls
10. Take cautions when choosing where to donate.



It's the Law!

Stores in Chicago are required to post return and exchange policies in plain view, and to provide customers with a written receipt that includes the store name address, date and purchase price of all items.



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Richard M. Daley, Mayor

Department of Consumer Services
Norma I. Reyes, Commissioner

For more information or to file a complaint, please call 311 or visit www.cityofchicago.org/consumerservices

Best Friends/Companion Pets



The Anti-Cruelty Society

Holiday Happenings: Show Your Support for the Animals and Have Lots of Fun!

Chicago Botanic Reindog Parade Saturday, December 6, 11am - 2pm
Dogs and their families can compete for great prizes in the costume contest, have their picture taken with Santa, and visit with local pet shops and non-for-profit groups. Hot chocolate and chili warm participants as they await the awards ceremony emceed by local celebrities. We will have a table and sell some holiday items. Chicago Botanic Garden, Rose Garden, 1000 Lake Cook Road, Glencoe, IL 60022. Call 847.835.5440 for information.

PetSmart Photos with Santa: (all dates and locations, 11am-4pm)
Have a photo of you and your pet taken with Santa by one of our Santa Paws volunteers. \$9.95 (4x6 digital photo) \$5 of the proceeds benefit The Anti-Cruelty Society.

Saturday, December 6th & Sunday, December 7th, 5485 Touhy Avenue, Skokie, 847.674.4654

Saturday, December 13th & Sunday, December 14th, 2832 N. Broadway (between Clark & Diversey), Chicago, 773.549.2393; also 6655 W. Grand Avenue, Chicago, 773.836.7578

Saturday, December 20th & Sunday, December 21st, 5485 Touhy Avenue, Skokie, 847.674.4654

Barnes & Noble Bookstore Gift Wrapping (various times and locations)
Our volunteers will be on hand to wrap your purchases for a donation.

Saturday, December 6th, 11am – 8pm & Sunday, December 7th, 12 Noon – 6pm, 1130 N. State Street, Chicago, 312.280.8155

Thursday, December 18th & Monday, December 22nd, 10am-10pm, 1441 W. Webster, Chicago, 773.871.3610

Harris Bank Holiday Bazaar, 111 W. Monroe St, Chicago, 312.461.4009
Tuesday, December 9th & Wednesday, December 10th, 11am – 2pm

Harris Bank will be reaching out and supporting some of Chicago's valued nonprofits while spreading some holiday cheer to employees, customers and neighbors. We will have booth and some holiday items for sale.

Howliday Shopping and Sing-along, The Anti-Cruelty Society, Education & Training Center, 169 W. Grand Ave., Chicago, 312.644.8338 Ext 307. Sunday December 14th, Noon - 3pm

Sing along to holiday carols, shop with your dog for dog and cat toys and treats, holiday cards, and more. Denise Zak, pet intuitive will be doing readings (schedule yours now). Refreshments and cookies will be served.

Howliday Wishes

My furry friends, do you realize how close the Howliday Season is upon us? It was like yesterday that I was frolicking in the summer sun! Anyway, now comes the time when our noses and toes get cold. But, on the bright side so does that wonderful gift giving season! So, my friends now is the time to get your lists to Santa Paws so you get what you want. Also, don't forget to leave hints for those humans of yours! With the chaos of the Howlidays they sometimes need more than one gentle reminder!

My Howliday Wish Letter is as follows:

Dear Santa Paws,

I have been a very good pup this year. I have played nicely with all the other dogs that my human has cared for. I have not caused any intentional harm to any of the cats I am forced to live with. I have not ruined the new furniture, however I will confess that I do like to cuddle up in it even though I am not suppose too! I have listened to my human, even when I don't know what she is saying. I have been as good as I could be, at least most of the time! (that grabage incident was totally my brother Darwin's fault!) So, in being a good boy I would like the following.

A new how to understand your human book, because an updated version is sorely needed. More so then ever!

A new rawhide bone that is the size of me!

A turkey feast fit for a dog!

A new bed for the cats. That way the can stay off mine!

A new collar with winter colors so I can look great this season!

Sweater or jacket because I know that my human is going to force me into some colorful haircut and I want to be prepared!

Plenty of pawtience with my human and the crazy things she does to me at the howlidays.

Most importantly I want peace on Earth for all of God's Creatures.

(to my furry friends, this is very important to add to your letter. Yes, I would like peace. But, let's face it. Until we dogs take over that is not going to happen. Trust me add this to your letter!)

Love & best Howliday Wishes,

Bosley

To my furry friends, Please feel free to send all wonderful goodies for me to Canine Corral!

Submitted by Bosley's mom, Nicole Carfora, CMG, owner of Canine Corral.



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Keeping Your Home Safe for Your Pets during the Holidays

(continued from last issue)

Be cautious with any bones provided to your pet. Sharp bones, especially from chicken or turkey, may become lodged in the mouth or throat of your pet. If the bones move further into the digestive tract, there is a risk that the bones could perforate the stomach or intestines. This situation may require surgical removal and if they do not receive veterinary attention, they may die. Provide your pet with commercial chew toys to avoid any potential problems.

Chocolate - Providing a piece of chocolate to a pet may seem like an act of kindness but there is a risk that this treat could have serious consequences. Chocolate may be fatal to your pet, especially dogs, because they are sensitive to theobromine, a compound in chocolate. It may cause vomiting, diarrhea, heart irregularities, muscle tremors, seizures and coma, sometimes with fatal results. Cats are rarely poisoned due to their more 'discriminating' habits. Keep those chocolate goodies out of the reach of your dog. If your dog accidentally eats some chocolate, seek veterinary care immediately.

The Christmas Tree

Decorations go up once a year and for a brief period of time. Your pets will be very interested in new and unusual objects scattered around the house believing that these are special 'toys' for their own use. Often these playthings end up lodged in the intestinal tract causing a blockage. Many dangers lurk on the Christmas tree. Overzealous dogs or cats have felled numerous wonderfully decorated trees. Support the tree securely with a sturdy stand and wires.

The Tree -There are several factors to consider with the tree. The trunk of a live tree is often coated with chemicals, such as fertilizer or insecticide. When the tree is placed in the stand and watered, the chemicals from the trunk contaminate the water. If your bird, dog or cat drinks it, they may become sick. The needles begin to fall out as the tree ages and dries. The needles are not poisonous but are very sharp, can puncture the skin and produce abscesses. If your pet tries to eat them, the needles can cut the tongue, lips and gums. If swallowed they are relatively undigestible and can actually pierce the lining of the stomach and intestines or cause a blockage.

The branches from artificial trees can be easily pulled out. The artificial needles can be sharp and are always non-digestible. If your pet chews on the branches, they might take in some of the needles. Just like the needles from the live tree, they can cause gastrointestinal problems such as bleeding and blockage.

Lights -The lights pose many dangers. They often get very hot after being on for a while and could burn your pet if they are touched. For some strange reason pets seem attracted to wires and like to chew on them. So keep a watch on your pets for this type of activity and check the lower strings of lights for evidence of chewing. You might want to 'pet proof' the tree by keeping objects, such as lights and ornaments, at heights that your pets cannot reach. If you want lights all over the tree, then string them on the lower branches, but place them away from the tip of the branches. The pets will have a more difficult time reaching them if they are placed on the inner portion of the branches.

Electrical Cords -Electrical cords often seem delectable to many pets, especially cats and young puppies. Chewed cords can cause severe burns and sometimes fatal, electrical shocks. If your pet seems overly interested in electrical cords, string or tape them in a position that is inaccessible to your pet. If that does not work you can cover the cords with hot pepper sauce or use bitter tasting commercial products sold in most pet stores.

Ornaments -Avoid using glass ornaments around pets. They are fragile, break easily and the shattered pieces are sharp. If any of the pieces are swallowed, the glass can puncture the intestines, which could lead to peritonitis and possibly death. Ornament hooks are also very sharp. They can be picked up and swallowed, resulting in gastrointestinal problems such as obstructions and punctures.

Continued next issue...

by Peter S. Sakas, DVM

Niles Animal Hospital and Bird Medical Center, 7278 N. Milwaukee, Niles

Planning to Benefit Non-Traditional Beneficiaries



Chester M. Przybylo

Some people have “traditional” beneficiaries. In other words, the people whom they love and whom they choose to benefit in their estate plan are their spouse and children.

However, sometimes, the most important people in someone’s life are other people, like unmarried domestic partners, same-sex married couples (allowed under the laws of several states), nephews and nieces, or friends.

The strategies that work for one may not work for the other, and vice versa.

For example, the unlimited marital deduction, a mainstay in planning for most married couples, is not available for same-sex married couples or unmarried domestic partners. On the other hand, another strategy, the Grantor Retained Interest Trust (GRIT) is not allowed for “members of the family.” Unmarried domestic partners, same-sex spouses, and nephews and nieces are not considered to be “members of the family” under federal tax law.

With a GRIT, you put stock or cash or other property into a trust and retain the right to income for a defined period of time. At the end of the term, the beneficiaries you designated would get the money, or it would continue in trust for their benefit under terms you specified. By doing this, you get to leverage your gift. For example, with an IRS assumed 4.2% interest rate, if a 65 year old were to set up such a trust for 10 years, they would only be making a gift of half of the value put into the trust. So, a gift of \$100,000 to the trust would really only be a gift of roughly \$50,000 and at the end of the 10-year term, the beneficiaries would actually get \$216,000, assuming an 8% rate of return.

This strategy is so powerful and effective that Congress has banned this strategy for “members of the family” (except for use with the family home). However, Congress’ narrow definition of who is a “member of the family” can be used to your advantage.

Whether you have traditional or non-traditional beneficiaries, a qualified estate planning attorney can help you design a plan that provides for the people in your life.

Chester M. Przybylo is a member of the American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 40 years. For more information or to attend an upcoming seminar, call (773) 631-2525.

INVESTMENT IDEAS Control Spending and Increase Savings

It’s no secret that personal credit card debt is currently at an all-time high, and it keeps growing every day. And it probably won’t come as a surprise that the personal savings rate in the United States over the past few years has been at levels not seen since the Great Depression. Although some forms of debt may be necessary, allowing your debt to get out of control can rob you of valuable savings opportunities. Reining in credit card and other types of debt will allow you to focus your efforts on establishing and growing your financial nest egg.

As consumers today, we have many alternatives available to us to buy now and pay later. But while those offers may be tempting, we could learn a valuable lesson from previous generations who didn’t have access to some of these things. Saving money first is not only a good idea for avoiding going into debt for larger purchases, it’s also a good habit to get into for our finances in general.

Developing disciplined investment habits isn’t always easy, at least at first, but there are several things you can do to improve your savings routine. One of the easiest ways to establish a systematic savings plan is by taking advantage of the convenience of electronic funds transfer (EFT). You may be familiar with this type of service if you currently receive or make electronic deposits to your bank account. This service is also available from other financial services firms, and paying yourself first by using an EFT system can help you get in the habit of saving.

Direct deposit allows you the opportunity to deposit all or part of your paycheck into the account of your choice, so you could choose to set aside a certain portion of your pay to go directly to a savings account as opposed to your checking account. Another way to take advantage of EFT is to set up an automatic monthly deposit. This is a simple, disciplined way to add to your savings, authorizing a specific amount to be transferred from one of your accounts to another (i.e. from checking to a savings or investment account).

Many times people feel that if they can’t put away a considerable amount of money each month, then a savings program just won’t be worth it. In reality, you can accumulate funds and reach your investment goals by investing even just a modest amount – but the key is to be consistent. If you think such a simple strategy won’t make a significant difference, consider the following example.

Let’s say you decide to save just \$50 per month in your savings plan. After 10 years, you would have saved a total of \$6,000. However, if you had invested that money in a basic account that earned a six percent rate of return*, the value of your account after 10 years would be more than \$8,000.

As you can tell from this example, saving just a small amount can be rewarding and get your finances on the right track. Avoiding debt in all forms may be a difficult proposition, but if you can keep it to a minimum and focus your efforts on simple savings strategies, your financial situation will be in better shape for it.

*This illustration is hypothetical, and the return is not representative of any specific product or service.

A.G. Edwards does not render legal, accounting or tax preparation advice. You should consult your tax and legal advisors for questions regarding your specific situation.

This article was provided by Vimal M. Prajapati, AAMS, Financial Consultant, A.G. Edwards, a division of Wachovia Securities, LLC. Member SIPC., 5215 Old Orchard Road Suite 960, Skokie, IL 60077, 847-967-8505

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THE JOY OF JEWELRY

Small Boxes, Small Prices, Big Smiles



By Cynthia Sliwa

With the economy limping along, do you have any suggestions for nice quality presents without breaking the bank? ~ A Reader in Chicago

Bad economic news for retailers means a great year for shoppers. It's a buyer's market, with all manner of bargains to be found. And few personal gifts are as appreciated as a gift of jewelry.

Every jewelry retailer has a different mix of products in his or her store, and you are likely to be pleasantly surprised at the variety of affordable gifts you'll be able to find at your favorite jewelry store. Here are a few ideas:

Pearls are chic again, and you can find affordable freshwater pearls in a range of hues and designs. A beautiful pair of pink, gold or black pearl earrings, casting their lustrous glow, are a gift almost every woman would love.

You can find excellent buys in sterling silver jewelry necklaces, bracelets, rings, brooches and earrings at most jewelers, including silver pieces set with gemstones. Skip the designer names and look at private label pieces for the most affordable, high quality options.

Don't entirely rule out gold jewelry. Some modestly priced ideas for gifts in gold include gold hoops, studs or other earrings, and delightful gold charms that can be added to a bracelet or necklace. Initials and numbers are great choices as designs for charms and pendants. A gold locket is a sentimental favorite, made more precious by inserting photos of the loved ones inside the locket.

If you can't decide on a gift, consider a gift certificate. Since everyone inevitably needs watch batteries, watch straps and the occasional repair, a gift certificate to the recipient's favorite jewelry store can be a very welcome present.

There are many places other than a jewelry store where you might purchase jewelry, of course, but nothing quite compares to giving or receiving a gift in a jewelry store box. Good things come in small packages and bring on some very big smiles.

Cynthia Sliwa, AICI CIP, is an image consultant, jewelry designer and co-author of the book *Jewelry Savvy: What Every Jewelry Wearer Should Know*. Have a question or a story of interest? Contact me at CynthiaSliwa@aol.com or call 310-379-1742.

Village Cooking Corner

Hot Cranberry Wassail

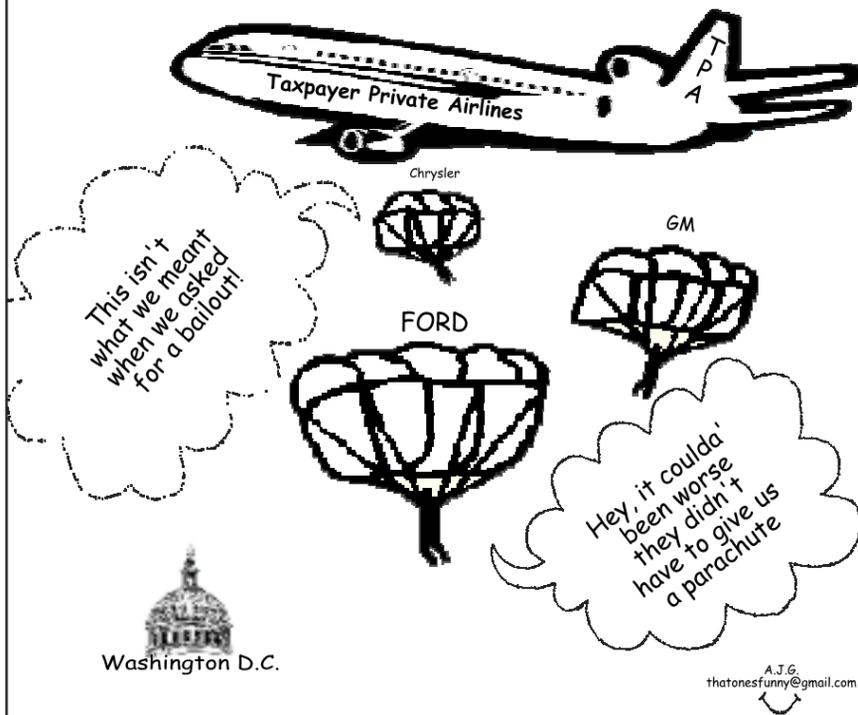
- 2 1/2 quarts cranberry juice
- 1 quart grape juice
- 2 cups sugar
- 4 teaspoons ginger
- 3-5 ounce cans frozen orange juice
- 4 quarts boiling water

Pour boiling water over other ingredients. Heat to boiling point. Serve HOT

Quantity: 2 gallons. 60 to 70 punch cup servings

Mrs. Charles Porter

Big 3 Bailout...



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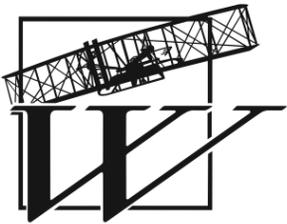
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