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Volume II P.O. Box 31391,
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Issue 8
January 23, 2009

Evanston Teams with LifeSource for Blood Drive February 18

The City of Evanston and LifeSource will team up again for a Blood Drive on Wednesday, February 18, from 9 a.m. to 3 p.m. in the Civic Center's Parasol Room (2100 Ridge Ave, 4th floor). For an appointment, call 847-866-2949 or send an email to: mfigueroa@cityofevanston.org.

Village of Skokie Blood Drive

The Village of Skokie Health Department will host a blood drive on Wednesday, February 11, 2009 from 2 to 7:30 p.m. This program is provided by LifeSource Blood Services, and is held in the Health Department at Village Hall, 5127 Oakton Street, Skokie. Registration is not required for this event.

Individuals are eligible to donate blood if they:

Weigh at least 110 pounds;

Are in good physical health;

Are at least 17 years old (there is no upper age limit); and

Have not given blood in the past eight weeks (56 days).

For more information, please contact the Skokie Health Department at 847/933-8252.

Evanston Seniors Need Your Help

Do you enjoy shoveling snow? Are you willing to help seniors or persons with disabilities that are stranded in their homes after it snows?

The Evanston Commission on Aging would like to put you in touch with individuals who need their sidewalk or driveway shoveled. Please call 847-866-2919 or email: mbaraona@cityofevanston.org.

St. Peter Catholic School

Celebrates Service

8140 Niles Center Road, Skokie, IL 847-673-0918

CATHOLIC SCHOOLS WEEK

Join us for Mass at 10:30 AM

OPEN HOUSE AND REGISTRATION

January 25, 2009

12:00 p.m. – 2:00 p.m.

Book Fair & Educational Exhibits Refreshments

All Day and 1/2 Day 3 & 4 year old Preschool

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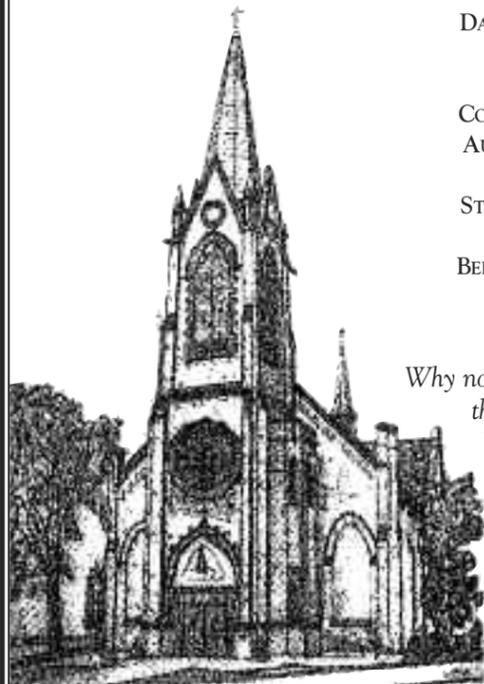
HOT LUNCH PROGRAM

ART AND MUSIC

*Why not stop by the Book Fair to see if
there is a book you must have?*

*We have items from pre-school to
adult and some other fun things
that may catch your fancy.*

*Take a few minutes to come join us.
Our parish school is one of the best
on the North Shore.
We'd love to see you!*



CONGRATULATIONS

President
Obama
and
Vice
President
Biden



**Our prayers go with you
during these trying times.**

Deadline Approaching to Apply for Skokie Fine Arts Commission Grants

The Village of Skokie Fine Arts Commission offers Cultural Arts Grants to Skokie schools and Project Grants for Skokie arts organizations. The deadline for both grant applications is February 6, 2009.

The Cultural Arts Grant for Skokie Schools provides a maximum of \$250 to offset the cost of providing fine arts enrichment programs to Skokie school children. Schools may apply for more than one grant per year and all proposed programs or projects must take place between May 1, 2008 and April 30, 2009.

The Project Grant offers grants to organizations and sponsors of visual, audio and creative projects. These competitive grants provide larger funding amounts and Skokie not-for-profit arts organizations and institutions are encouraged to apply. All proposed programs or projects must take place between May 1, 2008 and April 30, 2009.

Both applications are available on the Village's Web site at www.skokie.org or by calling the Public Information office 847/933-8257.

Applications for Community Public Art Program in Evanston due Feb. 2

Does your neighborhood have a space that would benefit from a community art project? Evanston's Public Art Committee invites neighborhood groups to apply for funding support for public art projects that would enhance the quality of the community. Projects may include mosaics, murals, benches, sculptures, community gardens or other forms of artistic expression.

Visit www.cityofevanston.org/government/boards/bcc/publicart.shtml to download program guidelines and an application, or call 847-448-8262 for more information. The deadline for applications is Monday, February 2, 2009.

Village of Skokie Home Delivered Meals Volunteer Drivers Needed

The Village of Skokie Human Services Division offers a Home Delivered Meals program and is in need of delivery drivers.

You can help Skokie residents to remain independent in their own homes by volunteering a small amount of time to deliver meals.

To become a volunteer, an application must be completed and a copy of your driver's license with proof of auto insurance is needed. A brief training and answers to any questions you may have can be done during the same visit. Please contact the Human Service Division at 847/933-8208 for further information.

Evanston Black History Month Art Exhibition Opens Jan. 23

In celebration of Black History Month, the art exhibition "Sapphire and Crystals: Beyond Race and Gender" opens Friday, January 23, at Evanston's Noyes Art Gallery. The exhibition, which showcases the work of 20 African-American women artists, addresses issues central to the election of America's new President and Vice President. Through their work, the artists explore the current state of race and gender in the United States as well as their expectations and hopes for the future. The exhibit fills both floors of the gallery.

The opening reception for "Sapphire and Crystals" is Sunday, January 25, from 3 to 5 p.m. Free and open to the public, the reception will feature a "self-portrait" silent auction (bids open at \$125) and a collaborative altar/installation that will be produced onsite. In addition, the Walter Clark Trio will perform and refreshments will be served.

Co-sponsored by the Fleetwood-Jourdain Art Guild, the art exhibition will remain on display through March 12. The Noyes Art Gallery is at 927 Noyes St., Evanston; admission is always free. Gallery hours are 10 a.m.-7 p.m. Monday-Saturday and 10 a.m.-6 p.m. Sunday. The building is accessible and group tours are available. For more information, call 847-448-8260.

Liberty Bank for Savings to Offer Computer Class for Senior Citizens

Part of an ongoing series, a free, two-day class for seniors on basic computer skills will take place from 10 a.m. to 12 noon on Wednesday, Feb. 4 and Thursday, Feb. 5 at Wright College, 4300 N. Naragansett, Chicago.

Students will learn basic Internet skills and how to Internet use search engines. The class will also include hands-on practice of effectively locating material on the Web and the use of timesaving tools and directories focused on particular topics.

Liberty Bank for Savings has been providing safe and secure banking service since 1898. The community bank, with offices on the northwest side of Chicago, in Park Ridge and Lincolnwood, celebrated its 110th anniversary in 2008. To make a reservation for an event or for more information on times, cost or location, call Susan Andrews at 773-489-4458 or visit www.libertybank.com.

SKOKIE NAMES NEW HUMAN SERVICES DIRECTOR

Village Manager Albert J. Rigoni has appointed Maureen DiFrancesca as Skokie's new Human Services Director. DiFrancesca has more than 20 years of social service experience in the North Shore area, including serving as the Executive Director for United Way of Skokie Valley from 1988 to 2006. Most recently, she served as Chief Professional Officer of the United Way North Shore.

"The Village of Skokie is fortunate to have an individual with Maureen's experience, educational background and professionalism as Human Services Director," said Rigoni. "Her knowledge of the community and the Skokie-area social service agencies will continue the Human Services Division standard of excellent service delivery." DiFrancesca succeeds retiring Human Services Director Meryl Rivenson.

DiFrancesca holds a Bachelor of Arts degree in History from Illinois State University. She also earned a Master's degree in Counseling from Northeastern Illinois University. DiFrancesca commented on her new position in Skokie, "I am very excited to join the Village's team of professionals and am delighted to once again work in Skokie where I was privileged to work with so many dedicated people during my years with United Way. I look forward to serving the community during this challenging time when the need for social services is so great and resources must be allocated in the most efficient, effective manner possible."

During her tenure as director of the United Way of Skokie Valley, DiFrancesca grew the organization's finances to \$1 million in fundraising revenues and other assets. She collaborated with volunteers and a market research team from the Kellogg School of Business at Northwestern University on a comprehensive community assessment. In addition to her work with United Way, DiFrancesca worked as a counselor and program coordinator at several local service agencies, providing direct service and counseling to individuals of all ages.

As Human Services Director, DiFrancesca will be responsible for overseeing the Village's annual Assist-A-Family Program that provides certificates for food, holiday gifts and household necessities to the community's neediest families and children. She also will work on the Village's Youth Outreach Program, designed to assist families with teens in crisis, and many other community assistance programs offered by the Human Services Division.

Village of Skokie Fire Department CPR Classes

The Skokie Fire Department offers CPR classes on Tuesday, February 17 and March 17, 2009.

Each class is held at Station 16, 7424 Niles Center Road, runs from 6:30 to 10 p.m. and covers infant, child, and adult CPR. Residents pay a \$15 refundable fee. Non-residents pay a \$20, non-refundable fee. This class is not certified for health-care professionals.

Save a life, register for a class today! Call 847/982-5340 to register.

Evanston Prostate Cancer Screenings (PSA)

Prostate Cancer Screenings (PSA) will be offered February 6 in the Civic Center, 2100 Ridge Ave, on from 10:00 a.m. until 5:00 p.m. The screenings will take place in room G800. Please keep in mind these are finger sticks and does not include a prostate exam.

For more information, call 847/866-2969.



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sfh.reshealth.org



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WWW.OURVILLAGECHICAGO.COM

for past and present editions of this publication as well as our Chicago paper, Our Village.

Skokie Citizen Police Academy

The next session of Skokie's Citizen Police Academy begins Tuesday, February 17. The classes are free and open to adults who live or work in Skokie. The 12-week class is held on Tuesdays from 7 to 10 p.m. at the Skokie Police Department, 8350 Laramie Avenue (Corner of Laramie and Main) and runs through May 5, 2009.

The course covers a wide variety of topics, including the canine unit, criminal and civil law, crime prevention, patrol procedures, Tactical Intervention Unit, Safety Awareness for Everyone (S.A.F.E.), juvenile law, evidence, traffic stops, 9-1-1 telecommunications, and use of force and investigations. All Citizen Police Academy attendees are invited to accompany an officer to a ride-along as well.

For more information or to enroll in the class, please call the Skokie Police Crime Prevention/Community Relations Unit at 847/982-5919 or 847/982-5921.

Village of Skokie Immigration Information Workshop Series

The Village of Skokie's final installment of a monthly Immigrant Information Series that focused on issues important to immigrant residents will be held on February 9, 2009. The workshop is located at the Skokie Public Library, 5215 Oakton Street from 7 to 8:30 p.m.

This workshop is free of charge and is conducted in the English language. People who do not speak English are encouraged to attend and bring an interpreter/translator. Children's activities are available for children ages five and up. Light refreshments will be served.

The final workshop is entitled, Health and Wellness - NorthShore University HealthSystem, Skokie Hospital. Good health is central to your well-being, relationships, and productivity. An expert from NorthShore University HealthSystem, Skokie Hospital will discuss steps to take today for a healthier life and how to get the most out of managing your health.

For a complete description of the session or to register, please e-mail info@skokie.org or call the Village Manager's Office at 847/933-8257.

This Immigrant Information Workshop Series is sponsored by the Village of Skokie and funded by a grant from The Chicago Community Trust/Immigrant Integration Initiative. For 93 years, The Chicago Community Trust has connected the generosity of donors with the needs of the community by making grants to organizations working to improve metropolitan Chicago. With assets of \$1.8 billion, the Trust made a record-breaking \$114 million in grants in 2007. From strengthening community schools to assisting local art programs, from building health centers to helping lives affected by violence, the Trust works to enhance our region.

Audition for Staged Reading at Oakton

Open auditions for the Performing Arts at Oakton production of *A Bicycle Country* are scheduled 6 – 9 p.m., Tuesday, Feb. 3 and Wednesday, Feb. 4, at Oakton Community College, 1600 E. Golf Road, Des Plaines.

Filled with themes of freedom, hope, and survival, *A Bicycle Country* follows three Cuban exiles on a harrowing journey across the Caribbean Sea. The director is casting two men and one woman, ages 18 and up. Prepared monologues and cold readings will be heard. No appointment is necessary.

A Bicycle Country will be presented as a stage reading Feb. 21 and 22, at Oakton's Des Plaines campus. For more information, call 847-635-1897.

Oakton Pastels Exhibition Softens Harsh Winter

Works by prominent pastel artists will be on display Thursday, Feb. 5 through Friday, March 27 at the Koehnline Museum of Art at Oakton Community College, 1600 E. Golf Road, Des Plaines. The exhibition is free and open to the public.

Presented by the Chicago Pastel Painters, Pastels Chicago is a juried exhibition featuring 100 works representing a diversity of visual styles and subjects. Curator Doug Dawson, a native of Oak Park and master pastel painter, has been honored by a variety of art organizations and recently was inducted into the Pastel Society of America Hall of Fame.

The public is invited to a free reception with refreshments, 5 – 8 p.m., Thursday, March 5. [Note: The March 5 date is correct. Reception will take place during the run of the exhibition.] Dawson will reveal his "best of show" awards during the reception.

The Koehnline Museum of Art is open 10 a.m. – 6 p.m., Monday through Friday, and 11 a.m. – 4 p.m., Saturday. For details call 847-635-2633 or visit www.oakton.edu/museum.

Saved By An Angel

An evening with Leon Leyson, Tuesday, January 27th at 7:30 p.m. at Niles West High School Auditorium, 5701 Oakton Street, Skokie.

Leon Leyson, the youngest survivor of "Schindler's List," tells the moving story of life inside the factory of Oskar Schindler, who kept the SS out and 1,200 Jews alive.

Born Leib Lejzon in Poland and was only 10 years old when he and his family were imprisoned in the ghetto in Krakow. Three years later, his father brought him to work at Oskar Schindler's enamelware factory. He caught the eye of Oskar Schindler, who became fond of the skinny Jewish kid. The factory owner called him, "Little Leyson" and showed him many kindnesses such as providing extra rations of food and excusing him from the night shift when his vision began to fail. Leyson's miraculous survival inspired him to tell his story to school and community groups to ensure it is not forgotten.

"Saved by an Angel," is a rare opportunity to hear an amazing true story from the man who lived through it all.

Tickets at the door are \$18/\$15 in advance.

Sponsorship: \$180 includes 2 tickets and VIP pre-lecture dinner with Mr. Leyson.

For more information, please call 312-283-0772.

The Skokie Health Department Nutrition Clinic and Lecture

The Village of Skokie Health Department offers a free monthly nutrition clinic for Skokie residents. The session includes height, weight, blood pressure, diabetes screening, hematocrit (testing for anemia) and cholesterol screening. A one-on-one meeting with a licensed dietician follows the physical. Advance registration is required. The next date for the nutrition clinic is Thursday, February 19, from 9 a.m. to 1 p.m.

The Health Department also offers a monthly nutrition lecture that is free and open to the public. The next nutrition lecture is entitled Calcium, A Major Nutrient and is scheduled for Thursday, February 19, at 2 p.m. All nutrition clinics and lectures are held at Village Hall, 5127 Oakton Street.

To make an appointment or for more information contact the Health Department at 847/933-8252. Visit www.skokie.org to keep in the know about Skokie.

Call for Artists for Evanston Festivals

The City of Evanston is seeking artists for its two summer arts festivals, the Ethnic Arts Festival, July 18-19, and the Lakeshore Arts Festival, Aug. 1-2. Set against the scenic backdrop of Evanston's lakefront, both festivals are held in Dawes Park, Church St. and Sheridan Road.

The Ethnic Arts Festival is a juried festival open to all ethnic, folk and fine artists whose work expresses the heritage of a national, regional, tribal or language group. Exhibitor fees are \$240 and the nonrefundable jury fee is \$35. The deadline to submit applications is Monday, April 6.

Always held the first weekend in August, the Lakeshore Arts Festival continues to earn its reputation as one of the North Shore's premiere fine arts summer festivals. Also a juried event, it is open to all fine visual artists and crafters. Exhibitor fees are \$310 and the nonrefundable jury fee is \$35. Applications for the Lakeshore Arts Festival must be received by Friday, March 6.

Artist applications for both festivals are now available online at www.cityofevanston.org/arts. For more details, call 847-448-8260. The Ethnic Arts Festival and Lakeshore Arts Festival are produced by the City of Evanston's Cultural Arts Division and are partially supported by a grant from the Illinois Arts Council, a state agency.

SKOKIE ART GUILD

FIGURE DRAWING WORKSHOPS

THURSDAYS -7:00 PM - 9:45 PM, SATURDAYS 10:00 AM- 1:00PM
Devonshire Cultural Center, 4400 Greenwood, Skokie

Live Models/No Instructor. Fees per session:

Skokie Art Guild Members \$10: non-members \$15. For information call: Richard Wilberg 847-677-3461

CALL FOR ARTISTS:

Skokie Art Guild's 48th Annual Art Fair. July 11-12, 2009. Fine Art. 75 artists. Held downtown Skokie on the Village Green, 5211 Oakton (next to the Library). Prizes and Awards. APPLY NOW! For information/application: skokieart@aol.com 847-677-8163

Federal Grant Award: New CTA Yellow Line Stop in South Evanston

A new CTA Yellow Line stop on the Skokie Swift in south Evanston took an important step forward this week. The Chicago Metropolitan Agency for Planning (CMAP) notified the City of Evanston that the City's application to fund an engineering feasibility study to locate a new rail passenger station on the CTA Yellow Line (Skokie Swift) has received federal agency approval and been given the "green light" to move forward. The federal Congestion-Mitigation/Air-Quality (CMAQ) grant provides the City of Evanston \$220,000 in federal funding for the study, which will be matched by \$55,000 in local funds from the City's Capital Improvement Program.

Last year, through a \$120,000 Regional Transportation Authority (RTA) grant, the City completed a market analysis of adding a stop on the Skokie Swift at 3 potential locations: Ridge Avenue, Asbury Avenue or Dodge Avenue. Cambridge Systematics, Inc. conducted the market study, which valued the three locations based on criteria that included multimodal access, community development considerations, physical design considerations, population and employment draw, available land, etc. The evaluation included a survey of over 500 residents within a ½ mile area of the potential station locations.

While the study and resident survey did not identify a clear preference for a station location site, it did conclude that a new station in south Evanston could significantly expand the market served by the Yellow Line. Depending on location, a new station could expand the total number of work trips served by the Yellow Line by 25 to 45 percent and attract up to 1,000 riders per day, more if the Yellow Line offered direct service to downtown Chicago.

The market study recommended that the costs of constructing a station at one or more of these locations be evaluated in an engineering feasibility study. The relative benefit/cost assessment that results from the engineering feasibility study is expected to provide clear direction on a preferred station location. John Burke, Evanston's Public Works Director expects the engineering feasibility study will kick-off in early 2009. This time-frame will allow the City to submit a 2010 CMAQ application to fund the engineering design and construction of the new station.

Evanston Snow Parking Regulations Continue through March 31

Evanston community members are reminded that snow parking regulations went into effect December 1 and run through March 31, 2009.

Please anticipate Snow Route Parking Bans and Snow Emergencies and call the snow hotline, 847-864-SNOW, to find out how to park vehicles accordingly. If snow is anticipated, community members should not park on the Snow Routes at night. They should park on the proper sides of residential streets between 9 a.m. and 9 p.m.

Be a good neighbor and clear sidewalks of snow and ice. Community members should clear parking lots and driveways for which they are responsible without pushing snow into adjacent streets, alleys or sidewalks. When shoveling a sidewalk, please clear a path that is at least 36 inches wide to allow everyone, including people with disabilities and the elderly, to travel freely using the sidewalks instead of the streets.

Several information outlets can be used to verify Evanston's snow situation: the information hotline, 847-864-SNOW; cable Channel 16; the City's website www.cityofevanston.org; and the City's radio station WPXZ-497 AM Radio 1650.

Additionally, community members can receive snow alerts by email. Sign up for the City of Evanston E-News, www.cityofevanston.org/newsletter. For more details on the City's snow regulations, contact Streets & Sanitation, 847-866-2940.

Evanston Salt Conservation Measures

As a result of the salt shortage and skyrocketing salt prices, many municipalities, counties and state agencies, including IDOT, are implementing a number of salt conservation measures this winter. While the City of Evanston has a commitment of 8,600 tons of salt, which is 3,000 tons more than used in a typical Evanston winter, yet it is nearly 2,000 tons less than what was used for last year's unusually heavy snow season. As a result, the Streets and Sanitation division has implemented the following operational changes to conserve the City's salt supply:

Equipment modification

Modifications are being made to the back of the smaller snow trucks to catch the salt that falls into the bed of the truck around the spreader. The modification will involve placing wood panels that will catch the salt overflow so that it can be swept off the truck for use.

Crew Training

Equipment Operators are being retrained on the quantities that each snow truck holds in an effort to reduce salt overflow.

Salt Dome Repairs

Several small holes in the salt dome were repaired in September to reduce any losses of salt from rain and moisture.

Expansion of the Number of Snow Routes

Staff has increased the number of snow routes from seven to nine. This will allow our drivers to plow more snow more quickly. By shortening the primary routes, staff can get to the residential streets faster and may be able to plow before chemicals are needed or the snow freezes.

Increase Pre-wetting with Liquid Deicer

Staff is working to increase the City's liquid deicing capabilities to ensure that salt spreads hit their intended targets. The liquid deicer that the City uses, GEOMELT, can be used to pre-wet the salt as it falls to the street. Pre-wetting the rock salt reduces the amount of salt used because wet salt sticks to the road and limits the amount of salt that bounces off the road. More salt on the road will result in more effective melting and less salt usage.

Modification to Salting of Residential Streets

Salting of residential streets has been modified to spot salting each street at the intersections and mid block. Vehicle traffic will carry the salt from those points to cover most of the block. This will prevent the need for sanding, which provides traction but has no melting capability. Increased salting would occur when needed to mitigate hazardous areas.

Staff believes that these measures will ensure that the City has enough salt for the entire season regardless of salt supply issues or severity of weather, while at the same time providing for the safe travel of the motoring public.



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FILM

February 27 · 8 pm Nosferatu Tickets are \$10 at the door

POP/JAZZ/FOLK

January 30, at 8pm Welcome to Laborland with Bucky Halker Tickets are \$20 in advance and \$25 at the door.

January 31, at 8pm Pop Goes the Classics! Tickets are \$20 in advance and \$25 at the door.

February 1, at 2pm KEVIN MOORE presents: SCORE BY SCORE- THE BEST OF BROADWAY - Rodgers & Hammerstein Starring Anne Burnell, Laura Freeman, KT McCammond, Beckie Menzie, Tom Michael and Daryl Nitz. Hosted by WJG Radio's Kevin Moore Tickets are \$20 in advance and \$25 at the door.

February 25, Rhapsody In Blue - Adam Marks, 1:30pm - \$15/\$20

February 28, Anne & Mark Burnell present COME RAIN or COME SHINE: the Harol Arlen Songbook, 8pm - \$20 in advance, \$25 at the door.

COMEDY

February 28, March 7,14,21,28: Cirque Da Uno Magic, juggling, unicycle, balancing, puppetry, ventriloquism, audience participation, physical comedy....all by one guy!!! Jeffery the Great brings his talents, as well as his great sense, of humor to the Skokie Theatre in a world premiere. A show that is sure to amaze and amuse the whole family!! All Shows at 2pm Tickets are \$15 for adults, \$10 for kids 16 and under.

STAGE

February 6-22 · 8 pm & 2pm HIZZONER - Tickets are \$35 Showtimes: February 6&7 8pm; February 8 2pm; February 13&14 8pm; February 15 2pm; February 20&21 8pm; February 22 2pm

February 12 at 7pm: The Pages In Between Erin Einhorn, Author Book-signing to follow. In a unique, intensely moving memoir, journalist Erin Einhorn pursues the story of a lifetime: to find the family in Poland who saved her mother from the Holocaust. But instead of a joyful reunion, Einhorn's discoveries force her to navigate bitter crossroads between memory and truth. Erin Einhorn is a reporter for the New York Daily News, where she's covered New York City's government and the nation's largest public school system. A contributor to public radio's This American Life, Einhorn and her story were the basis for one of the show's most popular episodes. Tickets are \$20 | \$15 for Spertus members | \$10 for students. Call 312.322.1773.

HIZZONER

Mayor Richard J. Daley (1902 - 1976), authoritarian politician, family man and dynasty builder, whose life was inextricably bound to Chicago, the city he loved, is explored in "Hizzoner: Daley the First." Written by and starring Neil Giuntoli, and directed by Stefan Brun, "Hizzoner" opened March 2, 2006 to critical acclaim. The New York Times said "From the moment Neil Giuntoli steps foot onstage...its as if the former mayor has come back to life." Neil Giuntoli stars as Daley The First <http://hizzonertheplay.com/>

"Hizzoner" is an intimate look at the man atop Chicago's political machine and a major influence on national policy and politics - Richard J. Daley. Set in the changing and tumultuous history of the 1960's and 1970's, the show offers a behind-the-scenes view of a world rarely scene beyond City Hall as well as personalities who worked with Daley and some - like Jesse Jackson - with whom he had a crucial crossing of paths. There is also a glimpse into how "Da Mare" may have seen himself.

Giuntoli, a Chicago native and relative of Chicago's Mayor Anton Cermak has written four plays and has a long list of additional credits including movie and television roles in "Shawshank Redemption," "Memphis Belle" and "Waterworld" among others. His notable TV guest appearances include "The Jeff Foxworthy Show," "CSI: NY," "CSI," "Monk," "NYPD Blue," "Ally McBeal," "Chicago Hope," "Seinfeld" and "ER."

"Hizzoner" has been performed more than 300 times for audiences around the Chicago area. This production includes many of the original performers, including Neil Giuntoli, Don Schroeder, William Bullion, Nick Leininger, Diane Honeyman, Gordon Gillespie, as well as newcomers Chas Vrba, Cecil Burroughs, Chuck Jacobson, Mike O'Brien.

Tickets are \$35 Price does not include ticket service fee.

Avoid service fees by mailing a check payable to STMF for your tickets. Showtimes: February 6&7 8pm; February 8 2pm; February 13&14 8pm; February 15 2pm; February 20&21 8pm; February 22 2pm

Guess Who's Coming to the Skokie Theatre?

On January 30 our favorite America artist, Bucky Halker, presents his great program of labor music, "WELCOME TO LABORLAND." This is one of the most exciting and unique songfests of its kind.

January 31st, it's the debut of "Pop Goes the Classics" tracing the roots of popular music to its roots in classical compositions. And, on February 1st at 2pm get ready for the Super Bowl with WJG radio host, Kevin Moore presenting a wonderful program featuring six of Chicago's finest cabaret artists in a rich program of the music of Rodgers and Hart.

February marks the return of HIZZONER. Neil Giuntoli reprises his award winning performance as Mayor Daley the First. This is a must see event. Get your tickets early for this one.

Check our schedule for the return of Chris Carter, Jim Post, Corky Siegal, Mike Toomey, and many of your other favorites

WWW.SKOKIETHEATRE.ORG

Submitted by Al Curtis for the Skokie Theatre

Fleetwood-Jourdain Theatre Holds Auditions February 5-7

Evanston's Fleetwood-Jourdain Theatre will hold auditions in early February for its summer production of "Once on This Island." Auditions will be held Thursday and Friday, February 5 and 6, from 7 to 9 p.m. and Saturday, February 7, from noon to 4 p.m. at the Noyes Cultural Arts Center, 927 Noyes St. Audition appointments are encouraged; call 847-448-8260, ext. 2519.

Actors, dancers and strong singers are sought for this production. Those who want to audition should prepare an a capella song of their choice and a one-minute monologue. Rehearsals begin March 1, and the show will be performed June 13-July 26.



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Urban Wildlife Coalition

Coyote

In Native American lore, the coyote (from the Aztec "coyotl") is portrayed as a trickster, a shape-shifter, a wise and cunning teacher. In fact, coyotes' intelligence and extraordinary ability to adapt are the only reasons they have been able to survive.

Coyotes are among the most violently tyrannized animals in North American history. Hunted, trapped, poisoned, and deprived of habitat, they've relied upon their shrewd instincts and hardiness to adapt to a hostile environment. These highly intelligent animals have been quite successful. Once found only in the western United States and Canada, they are now in almost every state, including Alaska, and have learned to thrive in urban environments. Myths and misinformation about these animals abound. Here are a few facts and tips about coexisting with urban coyote.

Coyotes are the fastest among canines, sprinting as quickly as 30 miles per hour.

Coyotes often mate for life, and pups may stay with their parents for a year or two, before moving out on their own.

They are smaller than you may think – adults generally weigh between 15 and 45 lbs.

Coyotes are omnivores and will eat just about anything available: berries, acorns, mice, rabbits, kibble, and pepperoni pizza.

If you do not wish to attract coyotes to your backyard, keep pet food and small pets indoors. Secure trash cans or store them in the garage until trash collection day. Pick fruit from trees when it becomes ripe. A yard littered with berries, apples, and pears is a coyote dessert bar.

Coyotes don't usually climb higher than six feet, so a tall fence (with a row of rocks buried to prevent digging) is usually a good deterrent.

Killing coyotes as a solution to population management not only is inhumane, it is ineffective. History has proved their ability to adapt. Like other wild animals, they will adjust, producing larger litters and cross-breeding to fill the gap.

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.

National Wildlife Federation

Across The Americas, Squash And Gourd Bees Are Superb Pollinators

ScienceDaily (Jan. 8, 2009) — Acorn squash and other winter squashes at your local supermarket likely got their start months ago, when their colorful blossoms were pollinated by hardworking bees.

An ongoing, science-based census called "Squash Bees of the Americas" is providing new information about the abundance of these bees and their excellence as squash and gourd pollinators.

Agricultural Research Service (ARS) entomologists Blair Sampson, James Cane and Frank Eischen are among the researchers and other specialists who document their observations for this international survey of 20 or so wild, indigenous bee species.

Cane, based at the agency's Pollinating Insects Biology, Management and Systematics Research Unit in Logan, Utah, originated the survey. Eischen, at the ARS Honey Bee Research Unit in Weslaco, Texas, has contributed three years' worth of data about squash pollinators of the Rio Grande Valley. Sampson, at the ARS Southern Horticultural Laboratory in Poplarville, Miss., has scrutinized bees pollinating pumpkin, zucchini, and crookneck and straightneck squash in fields near his laboratory.

According to Sampson, the pollinators that he studied--primarily *Peponapis pruinosa* and *Xenoglossa strenua*--appear to have all five traits of the world's most proficient pollinators: They're fast, efficient, competitive, abundant and consistent in their choice of crop.

These and other bee investigations at the three labs provide new insights into how growers, commercial and hobbyist beekeepers, and backyard gardeners can enhance populations of wild bees that pollinate crop plants. These bees augment the work of America's top pollinator, the European honey bee, *Apis mellifera*.

Today's honey bees not only have to deal with the still-puzzling colony collapse disorder, but also face on-going hassles from the usual sources--mites, beetles, disease organisms and Africanized honey bees.

Adapted from materials provided by USDA/Agricultural Research Service. Contact us at info@nwf.org, 1-800-822-9919, National Wildlife Federation, 11100 Wildlife Center Drive, Reston VA, 20190. © 2008 National Wildlife Federation. All rights reserved.

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Active Transportation Alliance

Help Create a New Kids Club

Active Transportation Alliance is creating a Kids Club. This special membership will be available only to children who enjoy biking, walking and transit. The Kids Club will feature special, low membership fees and kid-friendly incentives. If you are interested in helping us create the Kids Club, please contact Dan Persky at dan@activetrans.org or 312.427.3325 x229.

Add Your Own Events to Our Online Calendar

Active Transportation Alliance has added a new feature to their website that allows you to add events to their calendar. It's easy: all you have to do is create an account on the site and follow the link to the events calendar. Events usually show up on the calendar within a day. Go to activetrans.org for more info.

Early Registration Opens for GITAP Bicycle Tour

Explore Illinois by bike! The 7th Grand Illinois Trail and Parks supported bicycle tour will take place June 14-20. The week-long loop includes rural roads with some trails; overnight camping at Shabbona, White Pines, Johnson-Sauk, and Starved Rock State Parks (hotel option available); and more. Last year, the limit of 160 participants was reached months before the ride. For details and registration, see the League of Illinois Bicyclists' website at www.bikelib.org/gitap/2009.

For a complete listing of bicycling events in the region and beyond, visit our online calendar at activetrans.org/calendar.

Active Transportation Alliance, 9 West Hubbard St. #402, Chicago, IL 60654, 312.427.3325, activetrans.org.

"A Theatre Review"

HAMLET

The Prague Shakespeare Festival, Prague's only professional English-language classical theatre company, is pleased to announce that in preparation for a May 2009 European premiere, the Mermaid Theatre Company and PSF will present the American premiere of a new production of William Shakespeare's **HAMLET DIRECTED, ADAPTED & PERFORMED BY GUY ROBERTS** in Chicago at the Gorilla Tango Theatre, 1919 N. Milwaukee Ave. Chicago, IL 60647, February 6th-15th, 2009.

One man. Eighteen Characters. Ninety Minutes. In his tour-de-force one-man presentation of **HAMLET**, Guy Roberts presents unique insights into the mind of Shakespeare's greatest and most famous creation. Using only Shakespeare's words, the audience experiences the world of the play through Hamlet's eyes - only seeing and hearing the scene and moments that the character Hamlet himself experiences in the play. Taking this singular journey with the Prince of Denmark, audiences will understand the actions, themes and motives of the play's main character as never before. Whether seen as story of devastating human domestic passions or a suspenseful political mystery of intrigue, revenge and betrayal, the tragedy of Denmark's "sweet prince" continues to challenge and inspire.

PSF Artistic Director Guy Roberts starring as Hamlet, states, "Perhaps what keeps Hamlet fresh and exciting is that these questions remain for each audience: why does not Hamlet immediately avenge his father's murder? Is it the weight of the conscience 'that doth make cowards of us all?' What keeps us from acting on our basest and most immediate impulses-is it social convention or personal morality-or simply the fear of punishment? What keeps us alive when all forces point towards giving up and submitting to death-that 'undiscovered country from whose bourne no traveler returns?' Is Hamlet a hero? Perhaps-but the ambiguity of his heroic nature is what keeps him so fascinating. Though the play contains as much intrigue (and possibly bloodshed) as many action movies, perhaps no hero-or villain-in history has embodied such a complexity of thought and emotion. In the end, Hamlet is an exciting and essential theatrical experience compelling audiences to decide for themselves whether he is philosopher, dilettante, hero, villain, lover, madman, fighter, victim or some fluid, ambiguous and contradictory combination of all of these."

TICKETS: \$20 General Admission, (2-for-1 \$10 Student Tickets)

ONLINE RESERVATIONS: www.gorillatango.com

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"Gentlemen Prefer Blondes"

Circle Theatre, 7300 W. Madison St., Forest Park

Reviewed by Richard Allen Eisenhardt

Many of today's theatergoers associate Carol Channing with "Hello Dolly" which she has done with several revivals. They forgot she also played Ruth Sherwood in a touring production of "Wonderful Town" as well as "Legends" that she did with Mary Martin.

The show that made a star out of Carol Channing was "Gentlemen Prefer Blondes" back in 1949. The show has music and lyrics by Leo Robin and Jule Styne. One of the show's hit songs "Diamonds are a Girl's Best Friend," which became Ms. Channing's signature song when she appeared in nightclubs.

Kevin Bellie and Bob Knuth are now presenting Chicago audiences with the show which none of Chicago's regional theatres have ever done in their shoe box theatre in Forest Park.

Lorelei Lee is being played by Rachel Quinn who is a gold-digging blonde who is off to Europe on a luxury liner with her girlfriend Dorothy played by Brigitte Dittmars. Lorelei wants to marry Gus Edmonds played by Scott Neild but his father Edmond Sr., played by Kirk Swenk is demanding his don dump Lorelei, as the family owns a button tycoon business.

Lorelei is fascinated by the diamond tiara of Lady Beckman played by Patti Roeder. Lorelei not aware Sir Francis played by Brian Rabinowitz is her husband gets him to give her the \$5,000 to purchase it. When his wife discovers this, problems arise for Ms. Lee.

Dorothy finds an admirer named Henry Spotford played by Jeremy Myers who is traveling with his alcoholic mother who is played by Elizabeth Hope Morgan. When Esmond boards the ship he finds Lorelei showing interest in Josephus Gage by Tom McGunn.

It takes two and a half hours for everything to straighten out. Bellie's choreography is all first rate and the show is perfect medicine for the holiday season. The show ran 740 performances in New York. The show features 19 songs and has a cast of 20 actors.

Hopefully in the future Bellie will get the rights to "What Makes Sammy Run," "De Re Me," and "Tenderloin."

"Blondes" runs through February 1. For show schedule, times and reservations call 708-771-0700. Ticket prices are \$24 and \$26.

"The Seafarer"

Steppenwolf Theatre Company, 1650 N. Halsted St., Chicago

Reviewed by Richard Allen Eisenhardt

The Steppenwolf Theatre has opened their holiday season with Irish playwright Conner McPherson's "The Seafarer." Mr. McPherson is a bright young playwright with a great future but his plays tend to be dark and heavy with its story telling. Currently "Dublin Carol" is running in the upstairs theatre with William L. Peterson and runs an engrossing 100 minutes but "The Seafarer" runs will over two hours.

The play has a strong cast headed by John Mahoney. The play takes place on Christmas Eve in the Harkin family house. We find Sharkey played by Francis Guinan who is a middle-aged loser trying to stay sober who is looking after his blind brother Richard played by John Mahoney, who we feel is selfish. Other characters are Ivan played by Alan Wilder who is a buddy and who is the comic relief of the epic tale. Randall Newsome is Nicky who also drops by for a card game that turns out to be less than friendly and who lives with Sharkey's ex-wife and Sharkey's child. And last but not least is Mr. Lockhart played by Tom Irwin who comes dressed to perfection.

Under the fist rate direction of Randall Arney this powerful cast gives audiences a night of memorable entertainment.

The five actors talk about many subjects and the monologues are spell-binding as they discuss ghost stories, women problems, booze and so on. As the story unfolds we find the poker game turns out to have stakes higher than one might think.

It's a tragicomic play and well worth viewing. "The Seafarer" runs through February 8. Tickets are \$20-\$70. For performance dates, show times and reservations call 312-335-1650

book by John Weidman / music & lyrics by Stephen Sondheim / additional material by Hugh Wheeler



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Neal Adelman of the **Lyric Opera Lecture Corps** will discuss Richard Wagner's *Tristan and Isolde* at 2:00PM on Saturday, January 24th. The program will be held in the Community Meeting Room of the Main Library at 1703 Orrington Avenue.

John Piepgras of the **Lyric Opera Lecture Corps** will discuss Richard Wagner's *Tristan and Isolde* at 12:00PM on Tuesday, January 27th at the North Branch Library located at 2026 Central Avenue.

Roy Fisher of the **Lyric Opera Lecture Corps** will discuss Pietro Mascagni's *Cavalleria Rusticana* and Ruggero Leoncavallo's *Pagliacci* at the Main Library at 1703 Orrington Avenue. The lecture will be held in the Community Meeting Room at 2:00PM on Saturday, February 7th.

North Branch Book Group will meet at 7:00PM on Thursday, January 29th. The group will discuss *Team of Rivals: The Political Genius of Abraham Lincoln* by Doris Kearns Goodwin. The North Branch is located at 2026 Central Avenue. Call 847-866-0330 for more information.

The American President (1995, 123 min, rated PG-13) continues the presidential theme of the current Friday Films. Andrew Shepard (Michael Douglas) is approaching the end of his first term as President of the United States and his re-election seems assured. A widower with a young daughter, he tries to balance approval ratings and an aggressive political opponent while wooing environmental lobbyist Sydney Wade (Annette Bening). The movie shows at 3:00PM on Friday, January 30th in the Main Library Community Meeting Room at 1703 Orrington Avenue.

The African American Literature Book Discussion Group will be discussing *The Outsider*, by Richard Wright as their February selection. From Richard Wright, one of the most powerful, acclaimed, and essential American authors of the twentieth century, comes a compelling story of a black man's attempt to escape his past and start anew in Harlem. Register and pick up copies of the book at the 2nd floor Reader's Services desk, or call 847-8620. The book discussion group will meet at 7:00PM February 11th in the Community Meeting Room at the Main Library at 1703 Orrington Avenue.

Enroll in Single-Session Oakton Alliance Classes

Enroll in a variety of single-session continuing education courses offered by the Alliance for Lifelong Learning at Oakton Community College.

Pet First Aid (REC S19-01) offers a review of medical information that may save your pet's life, including how to perform CPR. Course meets 6 – 10 p.m., Wednesday, Feb. 4, at Niles North High School, 9800 Lawler Ave., Skokie. Course fee is \$45.

Sell Your Manuscript (COM S26-01) provides tips on how to get your manuscript noticed. Course is taught by a published author and meets 7 – 9 p.m., Thursday, Feb. 5, at Glenbrook South High School, 4000 W. Lake Ave., Glenview. Course fee is \$25.

The Business Voice That Sells (COM S25-01) helps to improve your speaking skills to deliver messages with more clarity and impact. Class meets 9 a.m. – 12 p.m., Saturday, Feb. 7, at Oakton's Skokie campus, 7701 N. Lincoln Ave. Course fee is \$50.

Food Safety Refresher Course (BUS R99-01) satisfies the continuing education requirement by the Illinois Department of Public Health for state sanitation certificate renewal. Class meets 9 a.m. – 3 p.m., Saturday, Feb. 7, at Oakton's Skokie campus. Course fee is \$80.

Unique Kitchen Skills: Polish Cooking (HEC C02-02) demonstrates how to make Polish cuisine, including pierogi, boiled dumplings, and golabki-stuffed cabbage rolls. Class meets 7 – 9 p.m., Monday, Feb. 9, at Niles North High School. Course fee is \$35.

For a complete Alliance for Lifelong Learning class schedule, including registration and fee information, visit www.oakton.edu/all, or call 847-982-9888, press 3.

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Jan 7 - Feb 25; 7 weeks (no class 1/14)

Mar 4 - April 22; 6 weeks (no class 4/8; 4/15)

Apr 29 - Jun 10; 6 weeks (no class 5/13)

Wednesday Afternoons

Jan 7 - Feb 25; 7 weeks (no class 1/14)

Mar 4 - April 22 ; 6 weeks (no class 4/8; 4/15)

Apr 29 - Jun 10 6 weeks (no class 5/13)

Fee, 4-week class: \$80 non-member, \$75 OSP member, \$70 sibling.

Fee, 6-week class: \$125 non-member, \$115 OSP member, \$90 sibling.

Fee, 7-week class: \$145 non-member, \$135 OSP member, \$100 sibling.

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New Year Brings Resolutions... and More



Chester M. Przybylo

The coming of the New Year presents an opportunity to reflect on the past year, and reorganize our priorities and goals. One important resolution is protecting our assets and our families through estate planning. The process to achieve this goal is discussed in this article.

At the start of a New Year we are each given an opportunity to reflect on the past year's ups and downs and gain a new perspective for the coming year. We look back at the good times: the holidays, vacations, birthday parties, and births of new children and grandchildren. We look back at the challenging times: the economic stresses, illnesses,

and other hardships. As we reflect, we have an opportunity to reorganize our priorities and goals.

As we reassess our lives, we plan for the future, beginning with a fresh set of resolutions. We may plan to get fit and lose a few pounds. One way we can gain control (especially in these uncertain economic times) is to make sure our estate planning is in order. We do these things not just for ourselves, but for those we love and who are ultimately impacted the most by our planning.

Estate planning is one of the easier things to check off your list of resolutions. First, find a qualified estate planning attorney to consult. You can find one by consulting the American Academy of Estate Planning Attorneys at www.aaepa.com/attorney_listing.aspx or by checking www.searchattorneys.com.

The consultation is painless. You will discuss your family and your goals. Then the attorney will suggest a course of action which will likely include these basic documents:

Property Power of Attorney. This allows someone appointed by you, your "agent," to make decisions for you during your incapacity.

Health Care Power of Attorney. Allows your agent to make health care decisions for you when you are unable to make them for yourself.

HIPAA Power. Allows your agent to gain access to health information. Without this, a hospital could refuse to release any information -- even your presence in the hospital.

Living Trust. This is the engine of your estate plan. You transfer the bulk of your assets to this Trust. It allows for management during your life, including when you are incapacitated. It provides for distribution in the desired way after you are gone. It allows you to avoid the probate process.

Last Will. This takes any assets accidentally omitted from your Trust and moves them to the Trust after your passing.

Getting your estate planning in order is an easy task. Starting with this simple task will give you the courage and motivation to move on to other resolutions - like losing those extra pounds that crept on over the holidays.

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

Don't Follow the Herd

There's a theory on Wall Street that goes something like this: If you follow the crowd and buy the hot investment of the day, chances are you'll be scooping up shares when most others are about to sell. This natural "herd instinct" of buying when everyone is euphoric may mean you've entered the game too late and are buying at the wrong time.

Investors often jump in at the wrong time because they're worried about what others are doing instead of focusing on good old-fashioned fundamentals such as a company's earning potential and its management.

History continually shows us that when individuals choose investments without a prudent basis for doing so, they often wind up losing money that can take many years to recover. We saw this from 1998-2000, when investors drove the Nasdaq composite over 5,000 -- only to see it fall to less than 2,000 over the following year.

History has also shown that when individuals avoid investments because the popular thinking is to steer clear of them, opportunities are often overlooked. We saw this in early 1982, when interest rates were high and companies had a difficult time impressing analysts with their earning potential. That period proved to be the beginning of a bull market that lasted more than fifteen years.

Good Advice

In response to market downturns, some investors shift a greater percentage of their assets to liquid investments. Time and again, this strategy has also proven to be a mistake.

Keep in mind that, over its history, the stock market has experienced nearly twice as many bullish periods as bearish periods. And while past performance is no guarantee of future investment results, the stock market has bounced back from every major market downturn to date.

When times get tough for stocks, we generally recommend that you maintain your confidence in their long-term growth potential and use these simple strategies:

Reduce your cost by averaging down. If one of your stocks declines in value, but the underlying business still appears sound, consider buying more shares. You will reduce your overall cost basis; you do, of course, increase your losses should the stock value continue to fall.

Stay diversified. Keep your assets spread among investments which have historically performed differently under the same market conditions. Profits from appreciated investments can help offset losses from any losing investments.

Stay focused on your long-term goal. Don't try to avoid the downturn by jumping out of the market. No one can accurately predict when it will rebound. Remembering why you invested in the first place will help you stay calm during times of market uncertainty.

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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A benefit performance for The Anti-Cruelty Society will be held on Thursday, February 5th beginning at 8pm. Fifty percent of all ticket sales will go directly to helping the animals at the society. The Anti-Cruelty Society will also be present with information and handouts in the lobby of the Theatre Building Chicago. Please come out and show your support! For more information contact Kristin Hanson at (312) 644-8338 ext. 307 or email khanson@anticruelty.org

International Kennel Club of Chicago Dog Show

The Anti-Cruelty Society will have a booth with giveaways and sale items at this year's International Kennel Club of Chicago Dog Show from Thursday, February 19th thru Sunday, February 22nd. For more information log on to www.ikcdogshow.com or call Kristin Hanson at (312) 644-8338 ext. 307.

Pawtience

By Bosley

Well my furry friends it's a New Year and I hope that all have recovered from the craziness of the howlidays! I will confess that mine was quite odd this year. Yes, it was the usual stuff, but my Human seemed even more, well nuts than normal!

As you may know my business, Canine Corral, is moving; which is very exciting! My Human told us early on to be pawtient because these things take time. Well, in my opinion it's been long enough. What takes so long anyway? I would have had 4 doghouses built by now! Anyway, the longer we haven't moved in; the nuttier my Human gets. So, what is a Poodle to do?

I have tried to be extra good and obedient; even my housemates are on their best behavior! But, I don't seem to be helping. My Human is so busy that normal activities have been stopped. We, of course, are still receiving plenty of love and affection! Actually I think that has increased, she seems to need the extra kisses! But, I miss my mom, err, Human! Again I understand that the Human's make the simplest things complicated, but I have really had enough!

So, I am trying my best to be pawtient, good things come to those who wait, right? The new Canine Corral will be great and finished soon (so my Human has said again.) My Human will soon be back to her normal lovable self.

My furry friends this year we must muster all the pawtience we can, not just my Human needs help. We must try to be even better than usual. After all, they are just Human and without our help would be lost!

The Pawtient Poodle Bosley

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



How to Protect Your Pet in Cold Weather

Continued from last issue

Wintertime Hazards

In the previous section we discussed techniques on how to protect your pet from the winter weather. In this portion we will cover some particular problems associated with winter.

Hypothermia

As mentioned earlier dogs/cats that are exposed to the elements can quite possibly develop hypothermia. Hypothermia is when the body temperature drops below normal. When this occurs the animal is too cold to produce enough heat to maintain their core (internal) body temperature. This leads to impaired function of the internal organs, eventually the loss of function and death.

Hypothermia may occur especially when a dog/cat is wet, cold and exposed to wind. Be careful if your dog is wet after running in the field with snow/rain, placed in the back of a truck and taken on the road. If wet, dry thoroughly before engaging in that activity. Puppies, older dogs and dogs suffering from illness are also more susceptible to hypothermia. It can also occur when a dog that is not accustomed to the cold is left outside for an extended period of time.

As hypothermia develops, the body temperature falls and metabolic processes (body functions) slow down. The skin and extremities are very susceptible to frostbite and freezing. Blood vessels in the skin contract to direct blood to the internal organs to maintain their function. The heart rate slows and the pulse weakens. Breathing becomes shallow and slow. The animal may begin to shiver. They become mentally slow and the pupils may dilate (widen). If the skin or extremities freeze they may turn bluish or pale and show little or no feeling. They may lapse into a coma. In the end the heart goes into ventricular fibrillation and stops.

Treatment begins by trying to return the internal temperature to normal. Bring the animal indoors, dry it if wet and wrap it in blankets/towels. They should be warmed slowly. A hypothermic dog may tend to burn easily if the heat is directly applied to the skin. Warming in blankets may help the mildly hypothermic animal but those that are more severely affected can be warmed with hot water bottles, placed in a tub of warm (not hot) water or on a heating pad/electric blanket. Do not place the hot water bottles or heating pad directly on the animal, wrap them in a towel or blanket to avoid burning the skin. If on a heating pad, turn periodically to prevent overheating or burning of the skin. A hair dryer could be used for warming but set it on the lowest setting. Periodically check the rectal temperature. Normal rectal temperature for a dog/cat ranges from between 100-102 degrees F. A hypothermic animal may have temperatures ranging from 86-90 degrees F to as low as 60 degrees F in severe cases.

As the animal begins to warm, wrap it in blankets or towels and go to your veterinarian for treatment. The doctor will be able to further aid the warming process and provide additional stabilization of the condition.

Frostbite

Frostbite occurs when the body tissue becomes so cold that it actually freezes. Severe cold can lead to lack of circulation to an area of the body. If this continues the tissue is destroyed. The extremities, such as the ears, feet, tail and in males, the scrotum, are susceptible to frostbite. Dogs are especially prone to the freezing of the pads of the feet if in long term contact with deep snow or cold surfaces. Frozen mud, snow or ice, which has accumulated between the toes, can lead to frostbite as well. Long eared dogs occasionally freeze the ends of their ears. However, short-eared dogs and cats can lose portions of their ears due to frostbite.

An animal that is suffering from frostbite should receive veterinary care immediately. Keep the animal warm and try to bring the body temperature back to normal. To thaw the frozen tissues wet heat, not dry heat, is preferred. Do not rub the frozen tissues as they can be easily damaged in this state. As the tissue thaws it will become red and swollen and blisters may develop on the skin. Quite often the animal will scratch or chew at the tissues. Severely damaged tissues may slough (fall) off or require surgical removal, leading to the loss of the tips of the ears, tail or toes. In severe cases of frostbite systemic antibiotics may be needed.

If the case of frostbite is mild recovery may be complete with no after effects. In severe cases tissue may be lost and the affected areas may not regrow hair or if it does regrow it may come in white. Previously frostbitten skin will be especially sensitive to cold due to the damage suffered to the circulatory system in that area.

Salt/Chemicals

As mentioned, snow/ice or mud adhering to the paws can lead to foot problems and frostbite. Try to keep the feet free from this material. Another hazard/irritant to the paws is salt used for clearing frozen roads and sidewalks. It is very irritating to the feet (just think what it does to your car!). Small grains may become embedded in the paw leading to the development of sores and infection. Animals may try to lick their paws in an effort to clean this material, leading to oral irritation and/or gastrointestinal disturbances.

To prevent such problems from developing keep your pet away from surfaces that have been heavily treated with salt or thawing chemicals. If these materials are used in your area get in the habit of cleaning (and drying) the feet, getting between the toes to remove any salt and packed snow/mud, after your pet has been outside. Boots may be helpful if your pet is especially sensitive to these products. Feet that have become irritated will benefit from topical or systemic antibiotics, if severe. Seek veterinary care if the feet develop sores or irritations.

Conclusion next issue

by Peter S. Sakas DVM, Niles Animal Hospital & Bird Medical Center.
7278 N. Milwaukee Ave. Niles

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The Staff of B.G. Salon Offers Beauty Tips For Women Over 40

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Today, women want to look great, fast. The solution lies in a precision haircut that adds freedom, movement and playfulness. One needs to start the New Year with a new style and color.

When a woman first notices gray hairs, she tends to become more open to suggestion. As gray increases, she tends to switch to all-over color. After a while she remembers how dimensional hair color gave her a youthful glow. She can achieve that with our organic multi-color foils. A lot of women are okay with brown-gray. This can be done with Organic semi-permanent hair color. It looks natural and dimensional.

During winter months with indoor heat and low humidity causes hair to lose its shine. As we age decreased estrogen levels also create a dry and brittle effect. Botanical, organic repair hair masque is essential to combat these conditions. Botanical oils will cling to the hair shaft which will strengthen it. Fatty amino acids and keratin will rebuild resilience and shine.

Start your New Year with an expensive look and a great attitude. Further enhance your beauty with a facial wax. Make an impact with well defined eyebrows. It can change your looks.

You are beautiful, and as you age, you become wiser and better. Do something special for yourself, because you are worth it!

B.G. Salon is located at 6704 Northwest Highway, Chicago (Edison Park), 773-763-6322

We are open Tuesday through Saturday with new evening hours for your convenience.

Evanston Youth & Adult Summer Camp Registration Begins Jan. 30

As of Friday, Jan. 30, Evanston residents can start mailing in their registrations for the City of Evanston's many youth and adult summer camps. Registrations with postmarks of Jan. 30 or later will be given priority treatment based on the date of the postmark. To keep the process fair for all, registrations must be sent via first-class U.S. mail only. Forms sent in by any other means, including priority mail or special delivery, as well as those postmarked prior to Jan. 30 will be held for processing at a later date. In addition, registrations may not be dropped off. Walk-in registrations will not be accepted until Monday, Feb. 16, which is also the first day nonresidents can begin to register for Evanston camps.

Once again this year, camps will be offered for adults as well as youth, starting as young as age 2 1/2. Choose from late afternoon/evening only camps as well as the more traditional full-day and half-day camp options. New this year is a Battle of the Bands Camp, July 20-24, that will help prepare band members age 11-18 for Evanston's Battle of the Bands audition on Saturday, July 25.

The 2009 Summer Camp guide, which describes each camp in detail and the registration procedures, is now available at all community centers and the Civic Center. In addition, the full guide, including a registration form that can be downloaded, is available at www.cityofevanston.org/summercamps. For details, call 847-866-2900.

Village Cooking Corner

Boursin Cheese

8 oz. cream cheese
1 clove crushed garlic
3 tsp. fresh minced parsley
1 tsp. basil leaves
2 T chopped chives
1 T dry white vermouth
lemon pepper

Blend cream cheese and garlic and add everything else. Serve with crackers or in celery.

Piquant Meat Balls

2 pounds ground beef
1 egg
2 tablespoons bread crumbs
1 teaspoon salt
pepper to taste
12-ounce bottle of chili sauce
6 ounces grape jelly
Juice of 1 lemon

Combine meat, egg, bread crumbs, and seasonings. Shape into balls the size of a walnut. Heat chili sauce, jelly, and lemon juice in a heavy skillet or Dutch oven until blended. Add the meat balls, cover, and simmer for 30 minutes. Uncover and cook 15 minutes longer, stirring frequently to prevent sticking. Serves 8 to 10. Keep hot in a chafing dish.

THE JOY OF JEWELRY Buttons & Clusters: Earrings for Everyone



By Cynthia Sliwa

This season's red carpet award shows can once again be depended upon to showcase every manner of dazzling earrings. While long "look at me" shoulder-dusters and multi-level chandelier-style earrings once again are guaranteed to be on display, we're also likely to see more versatile earrings styles that work beautifully on just about everyone, and not only for formal events.

Watch for attractive shorter styles of earrings. Stud earrings are the smallest and most basic, of course, the perfect accompaniment for an exceptionally elaborate necklace or detail at the neckline of a dress.

For earrings with more impact than studs, look for button earrings or cluster earrings that perch on the ear lobes. Designs that don't dangle and aren't suspended by wires below the ears bring the eye up to the middle of the face, above the chin and neck. Earrings of an inch or more in diameter provide maximum impact.

For example, Eva Longoria wore to the 2009 Golden Globe Awards an exquisite pair of diamond cluster earrings with her vibrant strapless red gown. She kept her neck and shoulders bare, giving the impression of more height. Diamonds would be more than a bit too much for daytime wear, of course, but the size and shape of the design is a beautiful choice for earrings that will provide lots of versatility.

Button earrings and cluster earrings are great for a number of reasons:

They don't tend to get tangled in scarves, coat collars and hats, not to mention long hair, as lengthy, dangling earrings are wont to do.

For a more mature woman, or any woman tending towards a double chin or a weathered neck, focusing the attention higher can be a flattering strategy.

Typically, they're not so heavy as to stretch pierced ear holes.

They're office appropriate in size and neatness.

And, did I mention, they bring the eye up? What better way to sparkle!

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.



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