

FREE

STREET LEVEL

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**Volume II P.O. Box 31391,
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Issue 15
May 1, 2009

COME, ENJOY, CELEBRATE EVANSTON TOWNSHIP HIGH SCHOOL'S 125TH ANNIVERSARY

Evanston Township High School is proud to announce its 125th anniversary, All Class Reunion Party, on Saturday, May 16th at the Masonic Temple located at 1453 Maple Avenue in Evanston (corner of Maple and Lake Streets).

For information please call: Mr. Jackson at 773-865-2858, or Mr. Green at 847-869-0835, or email to Evanston125@yahoo.com

“ALL ARE WELCOME”

Oakton Presents Free Concerts in May

Enjoy the sounds of spring at two free concerts in May at Oakton Community College, 1600 E. Golf Road, Des Plaines.

On Thursday, May 14, at 8 p.m., the Spring Choral Recital features classical, contemporary, and original compositions performed by talented voice students, under the direction of Eileen Berman. Berman has performed with the North Shore Center for the Performing Arts, Chicago Chamber Orchestra, and Skokie Valley Symphony Orchestra.

The Oakton Guitar Ensemble, directed by Tom Clippert, presents an afternoon of classical, contemporary, and original music Sunday, May 17, at 2 p.m. The concert features student quartets, trios, duets, and soloists. Clippert is a Yale School of Music graduate.

For more information, call the Oakton Box Office at 847-635-1900.

It's That Time of Year



Fantastic Mom

There's no doubt about it
no need to fret or fuss,
we all know you're
the worlds
most
"Fantastic Mom"
having kids like us...
Happy Mother's Day!



A. I. Ceznicki

VILLAGE IVY

OUR NEW ONLINE EDITION

joins *OUR VILLAGE* and *STREET LEVEL* newspapers as your local, grassroots, family-friendly, neighborhood communicators. We invite you to share your thoughts, submit your events and happenings of interest, as well as stories from your Chicagoland communities.

To access this new exciting venue, go to our website at www.ourvillagechicago.com and click on **VILLAGE IVY**.

Thank you,
The Editor



Skokie Public Information Division Village FY10 Budget Hearing Schedule

The Village of Skokie has scheduled a review of the proposed Fiscal Year 2010 Budget on the following dates: May 6, 11 and 18, 2009.

All Budget Hearings start at 6:15 PM and are held at Village Hall, 5127 Oakton Street in Skokie. Budget Hearings are open to the public.

For more information, please contact the Village Manager's Office at 847/933-8210.

The Village of Skokie offers Car Seat Loans and Proper Installation Programs

The Village of Skokie Health Department offers a short-term infant/toddler car seat loan program. The program is available to Skokie residents and is ideal when young guests are visiting.

A \$10.00 cash deposit is required for each seat borrowed. The participating resident receives \$5.00 of the deposit back once the seat is returned in good condition. Health Department personnel are able to assist residents with ensuring the proper installation of loaned seats. Seats are loaned subject to availability and are loaned for up to six weeks. Please contact the Skokie Health Department at 847/933-8252 for additional information or visit www.skokie.org.

The Skokie Police Department also invites residents to make appointments to check for proper installation of child safety seats. The proper installation and use of the child safety seats is critical and the process takes approximately 20 to 45 minutes. To make an appointment for this free community service, please call the Police Department at 847/982-5996.

Village of Skokie Board of Health to Present an Informational Health Insurance Program

On Thursday, April 30, 2009 the Skokie Public Library, in partnership with the Village of Skokie Board of Health, will present an informational program on health insurance. The program begins at 1 p.m. in the Mary Radmacher Room at the Skokie Public Library, 5215 Oakton Street.

Topics covered will include:

- Options for individuals who need health insurance
- Options for individuals who can't afford health insurance
- Options for individuals who have inadequate health insurance coverage

A panel of experts will be present to answer questions about health care and insurance concerns. Panelists include Kris Sadur from the Office of Congresswoman Jan Schakowsky, Jonathan VanderBrug from the Campaign for Better Health Care and Jessica Papp from the Gilead Center.

Melvin David Nudelman, M.D., chairman of the Board of Health Commission will moderate the program.

To learn more about this program, please call the Skokie Public Library Reference Desk at 847/673-3733.

Participate in SWANCC's At Home Pick-Up Program

The Village of Skokie and SWANCC (Solid Waste Agency of Northern Cook County) encourages recycling or donating materials to reduce waste whenever possible. To assist Skokie residents with this effort, SWANCC now offers an At Home Pick-Up Program for personal computers and various other home electronics. This option is convenient for residents that would prefer to have their equipment picked-up from their front steps rather than drive to a drop-off location.

Any SWANCC area resident who has front door access can either log on to swancc.org or contact SWANCC at (847) 724-9205 to arrange for a pick-up. The program is not available to those in multi-family buildings without direct front door access. Scheduled monthly pick-ups can be made beginning in May through October 2009. Residents are required to pay \$25 via credit card to offset program costs, and can recycle six items per pick up. Individual item cannot exceed 50 pounds. Cell phones and calculators do not count as "items", and do not have a limit on the amount accepted in the scheduled pick-up.

On the scheduled pick-up day, items must be placed on the front porch or steps, tagged with provided signage, by 7:30 am.

For more information on recycling in the community contact SWANCC at 847/724-9205 or at www.swancc.org. For information regarding residential recycling collection in Skokie, contact the Public Works Department at 847/933-8427 or visit www.skokie.org.

Lincolnwood Parks & Recreation Your Party Place – Lincolnwood Community Center Available for Rent

The Lincolnwood Community Center is part of the Parks and Recreation Department of the Village of Lincolnwood. We serve the community's recreational needs by offering various programs in our facility. However, when we're not serving the recreational needs of the community, we would like to make our Community Center available for rent to, businesses, individuals and families of Lincolnwood as well as those living nearby.

It is important for us to serve the public's recreational needs, but it's also important to assist families in attaining an affordable space to hold all types of functions, from birthday parties, bat/bar mitzvah parties, family reunions/celebrations, annual holiday parties, wedding engagements, retirement parties, to classroom enrichment programs and more.

We can fulfill almost every need of the community with our list of amenities including: round or rectangular tables, banquet chairs, kitchen, TV, podium with microphone, coffeepot, tablecloths and more. If you have a specific need that was not mentioned in our amenities list, talk to our staff to see if other arrangements can be made.

Availability is based upon seasonal Parks & Recreation Department programs and previously scheduled rentals. Stop by our facility, located at 6900 N. Lincoln Avenue in Lincolnwood, for a tour of the building, to inquire about availability, or to pick up a renter information packet detailing prices, policies and procedures. Or you can contact the Parks and Recreation Office at (847) 677-9740 for more information.

Lincolnwood Social Club (55+) Join the Lincolnwood Social Club

Are you tired of staying home? Would you like to do fun and exciting things? Do you want to make a few new friends? Then why not join the Lincolnwood Social Club 55+. You do not have to be a resident of Lincolnwood to join. We go to exciting places every week in addition to the numerous special events held at our Community Center. Give us a call and find out what we are all about, our number is (847) 677-9740. This is one phone call you won't be sorry that you made.

Lincolnwood Social Club (55+) Mix N' Mingle

Come to our monthly gathering and catch up with all your friends! This will be a cozy atmosphere and just a time to relax and socialize. Laptops and Wii will be available for use and we will also be celebrating our May Birthdays! Coffee and refreshments will be served. Don't miss a special musical performance by a musician that has people talking! Enjoy your regular mix n mingle around Robin on piano and keyboard playing pop and jazz standards music. Robin sounds like a one man orchestra, and is a great performer due to his 30 years of experience as a musician. Robin comes to us on behalf of several recommendations from other senior centers. Enjoy!

Friday, May 15, 2009, 11:00am – 1:00pm

Location: Lincolnwood Community Center, 6900 N. Lincoln Ave., Lincolnwood, IL

Fee: \$10 Club Member, \$12.50 Non-Members

Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

Lincolnwood Social Club (55+) Movie & Lunch, now showing “Australia”

“In northern Australia at the beginning of World War II, an English aristocrat inherits a cattle station the size of Maryland. When English cattle barons plot to take her land, she reluctantly joins forces with a rough-hewn stockman to drive 2,000 head of cattle across hundreds of miles of the country's most unforgiving land, only to still face the bombing of Darwin, Australia, by the Japanese forces that had attacked Pearl Harbor only months earlier.”

Lou Malanti's will be served to those who register for the lunch.

Friday, May 8, 2009, 11:30am – Lunch; Noon – Movie

Location: Lincolnwood Community Center, 6900 N. Lincoln Ave., Lincolnwood, IL

\$11 Club Member * Movie & Lunch / \$4 Movie Only

\$14 Non-Members * Movie & Lunch / \$6 Movie Only

Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

Free Lecture at the Evanston Library to Explore Minority Participation in Politics

The election of Barack Obama as the first African-American president demonstrates the ever-increasing role of minorities in the American political process. Educator, publisher and visionary Eric Wallace, PhD, the founder of Freedom's Journal Magazine, will share his views on race and politics in a free lecture for the community on Thursday, May 14 at 7:00 p.m. at the Evanston Public Library, 1703 Orrington Avenue. Dr. Wallace will discuss "Minority Participation in Politics" and the ideological struggles that exist within distinct minority groups.

In addition to writing his autobiography, *The Integrity of Faith*, and the book *Jesus on Trial*, Dr. Wallace holds several advanced degrees in theology, is a former police officer, a member of the National Guard, a Christian education consultant to the Apostolic Church of God on Chicago's south side and an adjunct professor at both North Park University and Elmhurst College. He is the son of the first African-American assistant secretary of agriculture, under President Carter, and the grandson of renowned Chicago artist William Edouard Scott.

Dr. Wallace has had extensive political experience as the co-chair of the Cook County Republicans, as the past chairman of the African-American Republican Coalition of Illinois, as a commissioner on the Illinois Transatlantic Slave Trade Commission and as a member of numerous local commissions and advisory boards.

Freedom's Journal Magazine, www.freedomjournalmagazine.com, is a bi-monthly online magazine dedicated to the black conservative political perspective. "Whether it be championing traditional values and expressions of African American life, or cultivating a political culture that addresses the issues of the African American constituency; Freedom's Journal Magazine aims to be the political voice of conservative reform," said Dr. Wallace.

Dr. Wallace's lecture is the third and last presentation in the Republican Club of Evanston's Spring lecture series held at the library. "This series has been a tremendous opportunity to reach out to people in our community in a forum for political and historical debate and discussion. We will continue to present a wide range of speakers and topics that are part of the community's political dialogue," said Richard O'Dwyer, club president. O'Dwyer said that the club plans to host another three-part lecture series at the library in the fall.

Persons interested in the program may contact the Republican Club of Evanston at 847 491-9190 or republicanclubofevanston@gmail.com.

Spiritual Master Panache Desai Returns to Oakton

Experience spiritual transformation with Panache Desai, who shares his gift of divine activation Wednesday, May 6, at Oakton Community College, 1600 E. Golf Road, Des Plaines.

Desai will offer three 75-minute sessions entitled "Making Peace with Ourselves and Our World," 9:30 – 10:45 a.m., 11 a.m. – 12:15 p.m., and 12:30 – 1:45 p.m., in the Business Conference Center. These lecture and meditation sessions are free and open to the public.

Described as an "avatar of awakening," London-born Desai spent his youth surrounded by a deeply spiritual family. Since he turned 23, Desai has traveled the world to share his energy and light with people of all backgrounds and beliefs.

For more information, contact Cheryl McKinley, professor of student development, at 847-635-2751.

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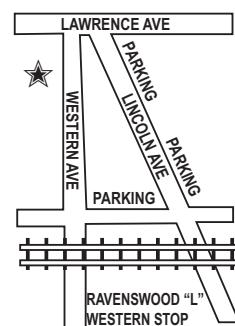
4744 N Western Ave.

(773) 561-4486

24 hr. voice & fax

(773) 334-3162

YES WE DELIVER!



Skokie Health Department Swine Flu Update: No known cases in Skokie; Preparedness Urged

The Skokie Health Department is working closely with regional, state and federal officials to prepare for the possibility of swine flu cases in Illinois. At present, there are no known cases of swine flu in the Chicago Metropolitan area, now is the time for Skokie residents to take steps to ensure that illness does not spread within the community.

The Skokie Health Department encourages all residents to practice the following:

If you are sick, stay home and get better. Do not spread illness at work, at school, at a store, at your house of worship or anywhere. Protect yourself and protect others.

People who believe they have swine flu symptoms should call their doctor or other health care provider, just as they would do if they suspected they had any type of flu.

If you have a respiratory illness, cough or sneeze into a tissue and discard it promptly.

Wash your hands regularly with soap and warm water.

Teach these good habits to your children.

The Skokie Health Department is communicating with Skokie Hospital, area physicians, local schools and other community partners to ensure that important health and safety messages reach the public. Critical information will be posted on the Village web site and updated as necessary.

Thus far, there have been 21 confirmed cases of swine flu in humans in the United States. No deaths have been reported to date. This flu can be treated with readily available anti-viral medications. Swine flu symptoms in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.

In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

For additional information, please visit www.skokie.org, sign up for SkokieNews, listen to AM 1660 Skokie or call the Skokie Health Department at 847/933-8252. For more information on swine flu please visit the Illinois Department of Public Health web site at <http://www.idph.state.il.us/>.

If you are an Evanston resident, contact the city of Evanston's Department of Health and Human Services at (847) 866-2969.

Oakton College Bowl Team #2 in State Turney

Derek Newhouse of Skokie earned All-State honors to help Oakton Community College to a second-place finish at the state College Bowl Tournament, Friday, April 24, at Moraine Valley Community College.

College Bowl, "the varsity sport of the mind," is a fast-paced competition between teams of students. Participants answer questions about current events, history, math, geography, sports, and literature. Oakton finished with 650 points in the state tournament, which also featured Moraine Valley Community College, Illinois Central College, Rend Lake College, Morton College, and Frontier Community College.

As high scorer, Newhouse was named to the All-State Tournament Team.

Oakton's College Bowl squad is comprised of captain Cheryl Valloni of Des Plaines, Pinal Chokshi of Des Plaines, Ghislaine Feusom of Evanston, and Newhouse. The team is coached by John Stryker, assistant professor of mathematics.

For more information, contact John Stryker at 847-635-1969 or jstryker@oakton.edu.

Have a heart-to-heart with your neighbor.

NEED CARDIAC CARE?

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Saint Francis Hospital
sfh.reshealth.org

Resurrection Health Care
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EVANSTON HAPPENINGS

Register May 16 for Summer Youth Basketball Leagues

Registration will be held one day only for youth who want to compete in the City of Evanston's three popular summer basketball programs. Players can sign up for Midget (age 5-7), Pint Size (age 8-10) and Middle School (grades 6-9) leagues from 9 a.m. to 2 p.m. Saturday, May 16, at the Fleetwood-Jourdain Center, 1655 Foster St. Parents/guardians must register a player in person on that day; no phone or online registrations will be taken. Registrations will be accepted on a first-come, first-served basis, and there will be no waiting list if a league fills. Midget teams play Saturday mornings, Pint Size teams play Saturday afternoons and Middle School games are Thursday evenings. All games are played at the Fleetwood-Jourdain Center. Practices start the week of June 15, with games beginning Saturday, June 27. The cost is \$60/Evanston resident. For more information, call 847-448-8254.

11th Aging Well Conference, May 8

As part of Older Americans Month, Evanston's Aging Well Conference takes place at the North Shore Hotel (1611 Chicago Ave.) on Friday, May 8. This free, half-day conference for older persons and those who care for them will present nine new workshops as well as two returning favorites for the opening and closing sessions. For further information, call the Commission on Aging office at 847-866-2919 or visit www.cityofevanston.org/agingwell.

Health Screenings, May 8 and 22

Evanston's Health & Human Services Department and the Illinois Department of Public Health will co-sponsor health screenings on Fridays May 8 and 22, from 10 a.m. to 2 p.m. Staff from Agape Global Outreach will provide the free screenings that include blood pressure, cholesterol, diabetes and cardiovascular. The May 8 screenings will be offered at the Howard Outpost, 633 Howard St. with some appointments available. Very limited appointments remain for the screenings on May 22 at Fleetwood-Jourdain Community Center, 1655 Foster St. For additional information or to schedule an appointment, please call 847-866-2959.

Inauguration of Evanston's 78th City Council, May 11

The City of Evanston's new City Council will be sworn in at its inauguration ceremony on Monday, May 11, at 8:30 p.m. in the Council Chamber.

A new mayor (Elizabeth Tisdahl) and five new aldermen (Judy Fiske, Donald Wilson, Mark Tendam, Jane Grover and Coleen Burrus), plus returning aldermen (Lionel Jean-Baptiste, Melissa Wynne, Delores Holmes and Ann Rainey) and the City Clerk (Rodney Greene) will take the Oath of Office. Retiring Council members (Cheryl Wollin, Steve Bernstein, Edmund Moran Jr. and Anjana Hansen) will be honored as well.

Portraits and Projections, opens May 12 at Evanston Art Gallery

An exhibition of photographs, Portraits and Projections, by artist Ursula Sokolowska, opens Tuesday, May 12, at Evanston's Noyes Cultural Arts Center Gallery. An artist reception, free and open to the public, will be held Sunday, May 17, from 3 to 5 p.m. in the gallery.

A native of Poland, Sokolowska studied photography at Columbia College and the School of the Art Institute of Chicago. Her works can be found in many private and public collections, including the Art Institute of Chicago and the Museum of Contemporary Photography.

The exhibit will remain on display through July 1. 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 information, call 847-448-8260.

3rd Annual Youth Summit, May 13

The 3rd Annual Evanston Youth Summit titled, "We are the Change that We Seek," will be held Wednesday, May 13, from 3:30-6:30 p.m. at Evanston Township High School in the Beardsley Cafeteria. Evanston's next generation of leaders will be trained. There will be:

- A roundtable discussion with young activists in the Chicago Area
- Community Asset mapping sessions, where youth will analyze what Evanston has and what Evanston needs
- Free T-shirts, food, prizes and more

Young people may register up until the beginning of the event. However, youth must pre-register to be guaranteed a 2009 Youth Summit T-shirt. Pre-registration ends April 29, 2009. To sign up, contact Sol Anderson, Youth Coordinator, 847-448-8049 or youth@cityofevanston.org. Your name, email/phone number and T-shirt size must be included. Please provide any dietary restrictions if you have them.

Evanston Public Library

1703 Orrington Ave.
847-448-8610

Friday Films in Community Meeting Room, Main Library

Friday, May 8, 2009 3:00 PM

Sense and Sensibility

Two sisters, pragmatic Elinor and passionate Marianne, try to find romantic happiness in a 19th-century English society obsessed with social and financial stature. (1995, 135 min, rated PG)

Purple Crayon Players Storytime in Children's Room, Main Library

Saturday, May 9, 2009, 10:30 AM

The Purple Crayon Players present creative readings, crafts and activities for parents and kids of all ages!

Teen Afternoon Movie The LOFT – Teens Only, Main Library

Saturday, May 9, 2009, 2:00 PM

Miracle

The amazing story of the 1980 U.S. Olympic hockey team, which stunned the heavily favored Soviet squad in the semifinals to advance to the championship game. (2 hours 10 minutes. rated PG)

Monday Movie in Community Meeting Room, Main Library

Monday, May, 11, 2009, 7:00 PM

The Pope's Toilet

It's 1988, and Melo, an Uruguayan town on the Brazilian border, awaits the visit of Pope John Paul II. 50,000 people are expected to attend, and the most humble locals believe that selling food and drink to the multitude will just about make them rich. Petty smuggler Beto thinks he has the best idea of all--he decides he will build a WC in front of his house and charge for its use. His efforts bring about unexpected consequences, and the final results will surprise everyone. (2008, 97 minutes. In Spanish with English subtitles.)

Reeltime inCommunity Meeting Room, Main Library

Wednesday, May 13, 2009, 7:30 PM

The Cats of Mirikitani

After 9/11, 80-year-old artist Jimmy Mirikitani finds himself homeless in New York. Jimmy, who is Japanese American, survived the trauma of WW2 internment camps and Hiroshima. Enter filmmaker Linda Hattendorf and together they embark on a journey that sensitively explores the wounds of war and the healing powers of art and friendship. Co-presented with the Aging Well Conference. (2006, 74 min)

Friday Films in Community Meeting Room, Main Library

Friday, May 15, 2009, 3:00 PM

Pride and Prejudice

"It is a truth universally acknowledged, that a single man in possession of a good fortune must be in want of a wife." And so spirited, fortuneless Elizabeth Bennet and handsome, rich Mr. Darcy engage in a subtle battle of the sexes until they both win. (1940,118 min, unrated)

Science Sunday in Children's Public Conference Room, Main Library

Sunday, May 17, 2009, 2:00 PM

Rudbeckia

Rudbeckia, or "Black-eyed Susan," are the yellow summer flowers that we will read about and plant in your own garden. Attendees must be between the ages of 4 – 7 years old. Please register online at www.epl.org or call 847-448-8610.

Online Resume/Job Application Help in Computer Training Lab, 3rd Floor, Main Library

Ongoing, Wednesday evenings, 6:00 PM – 7:00 PM

Drop In Computer Practice Sessions

Need help with online job applications, or emailing your resume? Computer instructors are available at EPL every Wednesday evening to teach you how to set up a free email account, or post a resume online. No need to call ahead.

PLEASE NOTE: Instructors are not career counselors; they can not edit or help write resumes. For employment help see our Career Resources page www.epl.org or call the Evanston Public Library Reference desk at 847-448-8630 for a referral.

Skokie Theatre Music Foundation



847-677-7761
7924 N. Lincoln Ave.
Skokie, IL 60077
www.skokietheatre.com



FOR KIDS - Summer Youth Program

Summer Youth Program Tickets are \$4 in advance and \$5 at the door. Niles Township residents only \$2 unless otherwise listed.

July 8 · 10:30 am My Dreams : Victor Pacini
July 15 · 10:30 am The Spellbinder - Walter King
July 22 · 10:30 am Jeff Bibik - "The Magician"

POP/JAZZ/FOLK

May 6, at 1:30pm Music of the World with Guitars of Spain Tickets are \$10.

May 8, at 8pm Gershwin's Greatest Hits with Elaine Dame Tickets are \$20 in advance and \$25 at the door.

May 9, at 8pm Be Good To Your Mother - KT McCammond with Bob Moreen Tickets are \$20 in advance and \$25 at the door.

May 10, at 2pm BECAUSE OF YOU... A Tribute to Tony Bennett starring Robert Whorton Tickets are \$20 in advance and \$25 at the door.

May 10, at 7pm Michael Ingersoll (of Jersey Boys) Tickets are \$20 in advance and \$25 at the door.

May 17, at 7:30pm "Lincoln Tales Tall & True" featuring Brian "Fox" Ellis & Barry Cloyd Tickets are \$20 in advance and \$25 at the door.

STAGE

May 13 · 7:30 - 9:30 pm NOHA presents: Dr. Russell Jaffe's Personal Health Secrets. Russell Jaffe, MD, PhD, will share his secrets for achieving and maintaining optimal health. A question & answer session is included. Dr. Jaffe completed his training in Clinical Pathology at the National Institutes of Health, where he was on the permanent staff as a practicing molecular biologist and molecular pathologist. He is also a published author and founding chairman of the Scientific Committee of the American Holistic Medical Association. A Question and answer session is included. All events are open to the public. Non-member lecture admission \$25.00. Discounts are available to NOHA members. To help support our mission Visit www.nutrition4health.org for more information or to order tickets.

May 15-17 Christopher Carter Messes With Your Mind Tickets are \$20 in advance and \$25 at the door. Showtimes: 5/15/09 8pm, 5/16/09 8pm, 5/17/09 2pm

May 22-31 Jim Post's MARK TWAIN & The LAUGHING RIVER Tickets are \$25 in advance and \$30 at the door. Showtimes: 5/22/09 8pm, 5/23/09 8pm, 5/24/09 2pm, 5/29/09 8pm, 5/30/09 8pm, 5/31/09 2pm

CALL FOR ARTISTS

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 for submitting 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

Skokie Art Guild's 48th Annual Art Fair. July 11/12, 2009. Fine Art. Prizes and Awards. \$150.00 Booth Fee. 75 Exhibitors. Held on the beautiful Village Green, downtown Skokie, IL., 5211 W. Oakton. APPLY NOW! Contact: skokieart@aol.com Tel. 847-677-8163

'Dr. Doolittle' Makes a House Call at Oakton May 16

Emerald City Theatre Company brings its production of Dr. Doolittle to Oakton Community College, 1600 E. Golf Road, Des Plaines for two family-friendly performances, at 12 and 2 p.m., Saturday, May 16.

Join nine-year-old Tommy Stubbins as he meets everyone's favorite animal doctor, John Doolittle. This is the story of a young hero who sets goals to achieve his dreams and in the process becomes a role model for all.

Tickets are \$7 for general admission; \$5 for children under \$12; and \$4 for groups of 15 or more.

To reserve tickets, call the Oakton Box Office at 847-635-1900.



Open Studio Project

Join us for Open Studio's Sweet Tooth Masquerade Art Show!

This event takes place on Wednesday, May 6th From 5pm - 6:30pm @ Gallery 901 Artwork can be viewed from April 30th - May 6th, 901-3 Sherman Ave., Evanston, IL, 847-475-0390

Featuring art work created by students from the Youth Organization Umbrella and the School of the Art Institute of Chicago. Both groups worked together with a variety of mediums such as candy, collage, paint, and plaster. Please come and join us for light refreshments and a welcoming and creative atmosphere.



ART + VISION: Open Studio Project

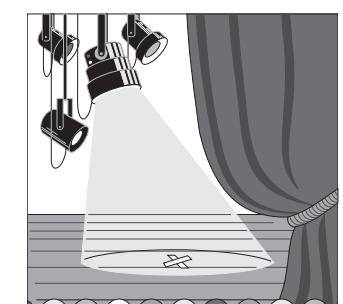
Join us for ART + VISION, featuring sculpture, painting and mixed media works by Cal Calvird, Dayna Block, Erin Mooney, Ted Harris, Janet Beals and Sarah Laing of Open Studio Project. This exhibit is in conjunction with a ProDesign eyewear trunk show. Stop by Spex on Central St. for the opening reception and a chance to meet the artists. Drinks and hors d'oeuvres will be served.

Spex, 2000 Central Street, 847-864-0300, www.spexchicago.com

LUNAFEST

LUNAFEST®, the fundraising film festival dedicated to promoting awareness about women's issues, highlighting women filmmakers, and bringing women together in their communities, will be hosted by the Chicago LUNA Chix at Victory Gardens Biograph Theater in Chicago on May 9, 2009. This unique film festival highlights women as leaders in society, illustrated through ten short films by women filmmakers. The films range from animation to fictional drama, and cover topics such as women's health, motherhood, body image, sexuality, cultural diversity, and breaking barriers.

All proceeds from LUNAFEST will benefit both Respiratory Health Association's Catch Your Breath Women's Lung Health Initiative and the Breast Cancer Fund. In addition, a silent auction will benefit the Catch Your Breath Women's Lung Health Initiative.



LUNAFEST Film Festival: Short Films By, For, About Women

All proceeds benefit Catch Your Breath Women's Lung Health Initiative and The Breast Cancer Fund

May 9, 2009, 6:30 pm Reception featuring a Silent Auction, 8:00 pm Show Time, at Victory Gardens Biograph Theater, 2433 N. Lincoln Ave., Chicago, IL 60614

Tickets: \$30 in advance, \$35 at the door at www.lunafest.org, www.catchyourbreath.org, www.victorygardens.org/lunafest or Victory Gardens Biograph Box Office 773. 871.3000.

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EDIBLE ARRANGEMENTS OF EVANSTON TAKES THE JOY OF CELEBRATING MOTHERS TO AN ENTICING NEW LEVEL

Each year, devoted offspring often find themselves baffled over selecting the right Mother's Day gift that conveys love and appreciation, along with a flair of creativity. More often than not, the choice comes down to either a beautiful, fragrant bouquet of flowers delivered right to her doorstep or dinner at her favorite restaurant. But now, there's another option that's sure to delight. Edible Arrangements, the pioneer and leader in hand-sculpted, fresh fruit arrangements, has created a variety of stunning Mother's Day gifts that offer all the beauty and color of a floral bouquet, but are over-brimming with ripe and succulent fruit within in a dazzling arrangement.

According to the U.S. Census Bureau, there are 83 million mothers in the United States today. The National Retail Federation estimates that Americans will spend more than \$15 billion this year honoring their mothers on May 10th. Dining out is expected to be the number one expense, with flowers following behind in a close second.

TIME FOR A FRESHER IDEA?

"While studies have shown flowers offer joy to the recipient, the feeling is fleeting due to a flower's limited duration," said Steve Thomas, vice president of marketing for Edible Arrangements. "To truly hit the mark, we have created a variety of Mothers Day displays that serve more than one delight -- the joy of a floral arrangement, the healthy, better-for-you aspect, and the opportunity to share her gift with the ones she loves the most. Each centerpiece is hand-crafted to order, using fresh fruit selected at the peak of ripeness."

Edible Arrangements offers several delicious and beautiful fruit arrangements especially for Mother's Day. Made to order from the highest-quality fruit, these edible sculptures are designed to delight recipients and make gift-givers proud:

Blooming Daisies® arrangement. This keepsake container is filled with an assortment of strawberries, pineapple, cantaloupe, and grapes to the point of near overflowing. Available in two sizes, the Blooming Daisies arrangement is available starting at \$58.

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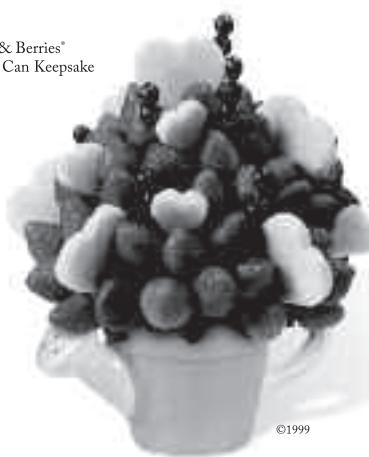
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The New Generation of Urhausers Carry On Family's 87-Year Tradition

Nick and Gerard Urhausen are of the newest generation of this well-known family that have been the providers of garden plants and flowers to the Chicagoland area since 1922.

When Gerard & Nick's grandfather and his brother started their life's work decades ago, the Lincolnwood property they continue to occupy was pure prairie land with no trees and only a scattering of houses - most of them summer residences. What is now Lincolnwood was all "Country." Vegetables were the mainstay of the greenhouse back then, with all the members of the Urhausen clan chipping in to help during this seasonally busy business. In fact, even today, this is still a total commitment by the entire family. "It seems like you can never work hard enough," Nick and Gerard comment. "Even in the off-season we're making ready for the next year. Because we grow everything ourselves, we offer more colors and varieties including hard to find blooms like zinnias and cosmos. We are really growers more than we are your typical plant and flower providers. As a result of that we are not merchants or marketeers. Our experience and training is as greenhouse growers."

For years now, people from far and wide have been making the "outing or excursion" as it was in the early days, to only a quick trip on any of the major roadways today to feast on the "conservatory" atmosphere of Urhausen's Greenhouse, where they can stroll among the living world of beauty the Urhausen's provide. And then to be able to take some of that beauty home with them and enjoy their choices for months afterwards is the ultimate treat.

Gerard and Nick add, "We appreciate all of our customers and the support they have given us through the years and always try to make their experience with us an enjoyable one. Our patrons love to be able to shop in a place where their future plants are actually growing."

We at Our Village thank the Urhausen family for all the service and beauty they have shared with us through these many years and are pleased to announce they will be doing an article for us on a regular basis in which they will continue to share their expertise with us.

Urhausen Greenhouses is located at 6973 N. East Prairie Road in Lincolnwood. Their phone number 847-675-1573. www.urhausengreenhouses.com

German-American Children's Chorus

The German-American Children's Chorus, together with the German-American Singers of Chicago, are pleased to announce their annual Mother's Day Concert and Dance to be celebrated on Sunday, May 17, 2009, at 2:30 p.m. The concert will be held at the Irish-American Heritage Center, 4626 N. Knox Ave., Chicago, Illinois

This choral presentation will feature songs both in German and English. The admission price is \$9.00 in advance or \$10.00 at the door for adults; children under 14 are admitted free. The ticket price also includes admission to the dance immediately following the concert. Food and beverages will be available at a moderate price. Wolfgang and Gody from the Chicago Brauhaus will provide the musical entertainment.

For more information, please visit our website at: www.dakinderchor.org

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Mother's Day

The second Sunday in May is the day set aside to honor our Mothers in America.

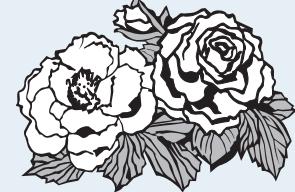
Mother's Day started in England many years ago. When begun it was called Mothering Sunday. Many other countries have a similar day to pay tribute to Mothers. Mother's Day was started in America in 1872 by Julia Ward Howe in Boston.

Although Mother's Day is celebrated every year on one specific day, our Mother's should be recognized each day for the devotion and sacrifice they give to us throughout their entire lives.

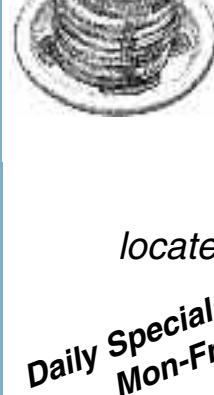
We may not always agree with her but her decisions are always made with her best intentions to do what is best for us. Her love is unconditional, and, in most cases, she is our best friend.

Happy Mother's Day to all our Mothers.

- The Editor



A Fresh Flower for all the Moms on Mother's Day from **Annie's Old Fashion Pancake House**



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Happy Foods on Oakton Turns 45!

Neighborhood grocery store, Happy Foods located at 4616 Oakton Street in Skokie is celebrating its 45th anniversary by enhancing the shopping experience!

The family owned and operated business has been a landmark in the Skokie community since the 60's. Naturally through the years the store has undergone change, but recently the family has been working hard to give the grocery store a variety of improvements in hopes to offer customers additional quality, convenience, and value.

In addition to visually enhancing paint job, shelving units, signage, and new cash register technology, Happy Foods on Oakton has added the following:

Floral department: Flowers can be found throughout the store, but pick up rose arrangements right at the front of the store or place a special order starting at just \$2.99. The store also features a dozen fresh cut roses for only \$6.49 so that making someone feel special can happen on any day!

Homemade Foods To-Go: The deli case offers a wide variety of homemade foods both by the pound and individually packaged. Try the delicious spinach or meat lasagna for only \$4.99/lb or peppercorn-crusted beef tenderloin slices for just \$9.98/lb.

Gift baskets: Gift baskets can be purchased right off the shelf or ordered to fit every occasion and price range. In addition, Happy Foods has everything you need to create a custom gift basket- simply shop throughout the store to choose your items and for just \$3.00 more have it placed in a beautifully wrapped basket with a bow!

After 45 years in business, co-owner Cary Tarant is optimistic about the recent enhancements. "My family and I are working hard to make it the best neighborhood grocery store possible for our customers, employees, and the community. We sincerely appreciate the support of those who have shopped with us for many, many years and are excited to welcome others."

For questions, comments, or to be added to the Happy Foods on Oakton weekly ad mailing list, please email happyfoodsonoakton@gmail.com or call 847-679-1661.

\$PEND LOCALLY AND \$AVE!

It is possible to pinch pennies and still have a good time! One easy way to trim budget bulge is to dine, shop, and play in our own neighborhood. A visit to your favorite local boutique, bowling alley, movie theater, and restaurant saves gas money and is more affordable than a trek to a downtown counterpart. Best of all, spending locally is a vote of confidence and an investment in the future health of our neighborhoods.



Jeremy and Patrick happily await you at the deli case which offers a wide variety of homemade foods.

"My family and I are working hard to make it the best neighborhood grocery store possible for our customers, employees, and the community. We sincerely appreciate the support of those who have shopped with us for many, many years and are excited to welcome others," says co-owner Cary Tarant



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Scams, Swindles, and Fraud, Oh my!



Chester M. Przybylo

With more and more financial swindles making the news, it is not unreasonable to be worried about where you are investing. But scams are not limited to the investment field. There are plenty of scams to go around, even in estate planning. Seeking the counsel of a qualified estate-planning attorney can help ensure you will not be the victim of an estate planning scam. This article explains what to look for in a qualified estate-planning attorney.

More and more often, it seems that financial swindles are front-page news. Even seemingly savvy investors have been swindled out of their life savings. One swindle,

involving Bernie Madoff and his investment company, recently ended in a guilty plea to numerous counts of fraud. Investors discovered that \$65 billion in their investment accounts held by Madoff simply did not exist.

The investors that fell prey to the Madoff ponzi-scheme had been very happy. Their investments always performed wonderfully and went higher and higher, as if by magic. There is an old adage that if something seems too good to be true, it usually is. Well, the Madoff case is just one example of the accuracy of the old adage.

Of course, scams are not limited to the investment field. There are plenty of scams to go around, even in a seemingly staid field like estate planning. Some people promise the moon, at a cost that is amazingly low. Some individuals and companies selling estate-planning services are really trying to sell you annuities or other insurance products. Some people are paralegals or unlicensed or novice planners, with little knowledge or experience. This lack of knowledge and experience could cost your estate tens of thousands of dollars or more.

If it seems too good to be true, it probably is. Don't get taken. Seek the counsel of a qualified estate-planning attorney:

Qualified: Does the person have the experience necessary to handle the complexities of your unique situation? Even the most complex situation may appear simple on the surface. Only a qualified estate-planning attorney has the experience necessary to spot all the issues involved.

Estate planning: Do they focus in estate planning? If you needed brain surgery, you would go to a brain surgeon. Estate planning is a complex field involving a nexus of several substantive areas of law. Only an estate-planning attorney has the knowledge, experience, and judgment necessary to design a plan to meet your unique needs.

Attorney: Are they licensed to practice law in your state? Only a licensed attorney has the legal knowledge you need to navigate this complicated legal field.

Someone who is unlicensed or unqualified may be cheaper, but unexpected problems may arise. Your family may discover, perhaps only after you are gone, that your estate plan is vague or ineffective to accomplish your goals. Your life savings might not go to the people you intended. Worse, an improperly drafted estate plan could result in your family members paying gift taxes, estate taxes, generation-skipping transfer taxes, and even income taxes that could have been avoided or reduced with proper planning. Even worse yet, a poorly drafted plan could result in family discord and years of litigation. In essence, your family may discover that what you have is really an estate scam rather than an estate plan.

A qualified estate-planning attorney can help you put a plan in place that will minimize the chance of discord and will ensure that your wishes are carried out.

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

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Help Your Company get Green and Healthy

Chicagoland companies looking to increase bike commuting at their offices now have a solution – Bike Commuting Ambassadors. Bike Commuting Ambassadors go to businesses' or organizations' offices and present on how to safely and effortlessly commute by bike – from purchasing the right gear to looking fresh.

The non-profit Active Transportation Alliance is providing the Bike Commuting Ambassadors for hire to encourage more people to experience the joy and ease of biking to work. All a company needs to do is make a call and it will be on its way to being green and healthy.

"Bike commuting is the answer for companies, whether they are focused on the bottom-line or concerned about employee health and happiness," said Rob Sadowsky, executive director of the Active Transportation Alliance, whose staff comprises the Bike Commuting Ambassadors.

The Bike Commuting Ambassadors also give companies a leg-up in the annual Bike Commuter Challenge, a competition between Chicagoland organizations to have the highest percentage of employees bike to work during Bike to Work Week, June 13-19, 2009. Employees who are curious about commuting by bike often find the Bike Commuting Ambassador's presentation just what they need to hit the road.

"There's no question more people want to bike," Sadowsky said. "We are the bridge between desire and feeling the breeze in their bike wheels."

Organizations and businesses can schedule a Bike Commuting Ambassador by calling 312.427.3325 or e-mailing commute@activetrans.org. Cost is \$50 and goes toward the Active Transportation Alliance's work to improve biking, walking and transit in the region.

For more information on the Bike Commuter Challenge, visit www.activetrans.org/commuterchallenge.

The Active Transportation Alliance is a non-profit, member-based advocacy organization that works to make bicycling, walking and public transit so safe, convenient and fun that we will achieve a significant shift from environmentally harmful, sedentary travel to clean, active travel. The organization builds a movement around active transportation, encourages physical activity, increases safety and builds a world-class transportation network. Formerly the Chicagoland Bicycle Federation, the Active Transportation Alliance is North America's largest transportation advocacy organization, supported by more than 6,000 members, 1,000 volunteers and 35 full-time staff. For more information on the Active Transportation Alliance, visit www.activetrans.org or call 312.427.3325.

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It is nest-building season. Help give our feathered friends a hand with recycled materials from your home. Natural materials are always best, but any of these items will work. Place them in a potato or onion sack (or any other mesh bag) and hang the bag from a tree or bush branch. Watch as birds use as nesting materials. Dryer lint, Pet fur or human hair, Leftover yarn or string (less than six-inches in length for easy weaving), Feathers, Raffia or other dried grasses, Unused Easter basket "grass", Small twigs and dried leaves

A drink and a bath are always refreshing after a long day of nest-building. Don't forget to keep your birdbath refilled with clean water.

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.

LOOK HIGH TO THE SKY THIS SPRING DURING THE CHICAGO PARK DISTRICT'S BIRDING WORKSHOPS

Look high to the sky this spring with the Chicago Park District's Birding Workshops during the bi-annual bird migratory passage through Chicago.

Designated as an "Important Bird Area" by the National Audubon Society, the Chicago Park District's lakefront and North Park Village Nature Center are the perfect locations to see a variety of birds. Such designation is given to nature areas that are vital to birds and biodiversity. Participants may possibly catch a glimpse of Hooded Merganser, Yellow-Rumped Warbler, Yellow-Belly Sap Sucker, and American Kestrel!

"This birding workshop caters to a wide-range of nature enthusiasts," said Peggy Stewart, Manager of Environmental Programs. "Children and adults can learn the basics of birding and learn about the various types of migratory birds that visit during migratory season."

Birding Workshops are offered throughout the season as part of the Chicago Park District's Nature Oasis program at various Park District locations or at North Park Village Nature Center. We invite you to join us at one of the following programs:

Spring Migration Bird Walks Saturdays; 8 – 10 am, May 2, 9, 16, 25, 30; North Park Village Nature Center, 5801 N. Pulaski Rd. 18 & up, Free

Join Chicago Audubon Society and look for yellow Warblers, Scarlet Tanagers, Indigo Buntings and other colorful migratory birds as they return to the Nature Center. Bring binoculars or check out a pair of ours.

Home Tweet Home Saturday, May 9; 9 am - noon, Jackson Park (Wooded Island), Science Dr. & Lake Shore Dr., behind the Museum of Science & Industry. All ages, Free. This is a free event and no registration is required.

Get a bird's eye view as participants can watch birds migrate home for the spring. Learn all about birds, go bird watching and make a bird craft to take home.

For more information about Nature Oasis programs, please call 312.742.5039. The Nature Oasis program helps Chicagoans experience and enjoy the wonder of nature right here in the city. It strives to cultivate environmental awareness and appreciation by offering a wide range of nature-based programs throughout the seasons, in locations across the city.

The North Park Village Nature Center provides urban citizens with an opportunity to interact with wildlife, plants, and other natural resources through environmental education and access to natural landscapes. For more information about programs and events offered at the Nature Center go to www.chicagoparkdistrict.com or call 312.744.5472.

Legends of the Lake

by Tracy Seglin

As demonstrated by the recent Crestwood contamination scandal, it's not always clear what is in our drinking water. For more than 20 years, the southern suburb allegedly supplemented its Lake Michigan supply with water from a polluted well without telling residents.

As this issue of Our Village goes to press, state officials are working to make sure that water quality is up to standards and that communication to citizens is improved.

Currently, under the Safe Drinking Water Act, municipalities must publish annual consumer confidence reports that reveal what is in their water. One proposal under consideration is to make it a felony to falsify these reports or to mislead the public about their water quality. Moreover, in response to Crestwood, many towns that purchase water from other locales now must test it before it gets pumped to residents.

What about Chicago's drinking water? If you live in the city, here's an abridged step-by-step process for how your water is treated (from the City of Chicago Department of Water Management's website):

Lake Michigan water enters an intake crib at 20-30 feet deep.

The water enters the purification plant's intake basin through a tunnel beneath the lake bed.

Filtered through eight screens to catch debris.

Goes through a preliminary chemical treatment*

Flows through mixing basins to begin flocculation process. Flocculation is when small particles in the water are combined or coagulated into larger ones that settle out of the water as sediment.

The flocculated water goes to settling bins and is then filtered through fine sand and gravel.

Transported to "clearwells" for a final chemical application *

Flows into the distribution system

* Chemicals applied in treatment include: chlorine (disinfectant), aluminum sulfate or alum and polymer (coagulation and settling), blended polyphosphate (coats pipes and prevents lead leaching), activated carbon (removes unwanted tastes/odors), fluoride (fights cavities).

Sounds pretty comprehensive. Yet, an April 2008 Chicago Tribune¹ investigative report found trace quantities of drugs and chemicals, including anti-seizure medication, acetaminophen, caffeine, and nicotine in our drinking water supply. The levels were not judged to be unsafe, but it makes you stop to consider just what you are drinking with your water.

What steps can you take to keep your own water safer?

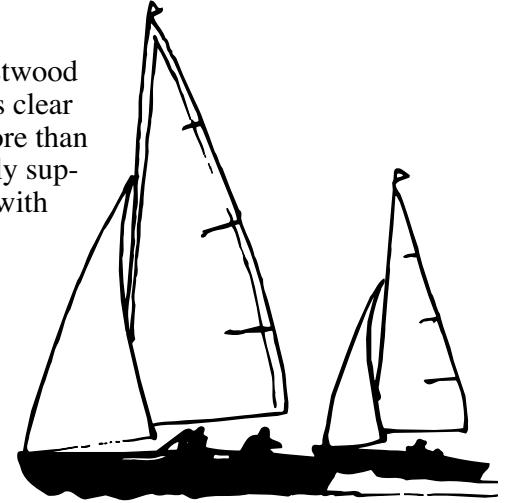
Purchase a water filter for your tap, refrigerator, or dispenser. Visit heartspring.net/water_filters_guide.html for a description of filter types and functions.

An array of home water tests is available at hardware and drug stores and online. Some examples are the First-Alert, Watersafe All-in-One, PurTest, SenSafe Water Quality kit. These kits test for many chemicals and pollutants, but not all.

Have your water tested by a state-certified laboratory. Call 800-426-4791 or visit www.epa.gov/safewater/labs for one in our area.

Request a Consumer Confidence Report. More information at www.epa.state.il.us/water/compliance/drinking-water/consumer-confidence-report.html#ccr2 and an online drinking water watch at <http://163.191.83.31/dww/index.jsp>

1. What's in Your Water, Chicago Tribune, April 17, 2008 by Michael Hawthorne and Alexia Elejalde-Ruiz



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Preseason Beach Token Sale Begins April 1

Beginning Wednesday, April 1, Evanston and Skokie residents can save money on 2009 beach tokens during the annual preseason token sale. Beach tokens will be sold at the discounted resident price of \$22/person through June 12. Fee assistance is available to help qualified Evanston residents with the purchase of tokens. In addition, a limited number of free tokens are available to residents who meet income guidelines. For more information, call 847-866-2900.

When Evanston's five swimming beaches open for the season on Saturday, June 13, token prices will increase to the regular season rate of \$30 each for residents. Daily beach passes will be sold at beach entrances for \$8 for those age 12 and older and \$6 for children age 1-11. Children under one year of age are admitted free. Tokens can be purchased at all community centers and the Civic Center, 2100 Ridge Ave. To obtain the discount, proof of residency is required at the time of purchase.

We R What We Eat!?

By Bosley

Hello my furry friends, I hope that everyone is doing well! Any itching and scratching out there? Been licking those paws raw? How about ear infections? Raise your paw if it is happening to you right now! Unfortunately, many of you are suffering from the effects of allergies. I stress I am not a Veterinarian, but I have noticed a trend and have done some research that I think is important. So, I want to share my new knowledge with my friends.

Spending my days in my Human's Dog Spa, I see too many friends suffering from allergies. I believe allergies can be caused by 1) Genetics which we can't do much about 2) The Environment, well not much we can do there either unless we move to another state, which actually not a bad idea because I am sick of this cold. Opps got on the wrong subject, anyway 3) you're Dog Food, which we CAN do something about. Yes, your hearing is correct I said the Dog Food. We are what we eat, and when we don't eat healthy things in our body go weird, i.e. allergies or irritations on our skin, ears, and eyes occur.

Did you know that we dogs have wolves as ancestors? Our wolf cousins hunt and kill their food making them carnivorous. Therefore, we are too! Thankfully we don't have to kill our food because this Poodle thinks that is gross! The majority of our diet needs to be a meat protein. Many of the new dog food commercials are showing all the vegetables that are great for us, well really are they? If we our carnivores then we really don't need the veggies in large quantities. I know that I am just a Poodle, but that makes sense to me!

Here is the hard part; you have to educate your Human on dog food. Not all dog foods are created equally, and just because they advertise that it is great for us, doesn't mean that it is. I will help you in my next few articles educate ourselves. Our Humans want the best for us, but sometimes don't have the knowledge to do so. So, we are now taking matters into our own paws and educating them! Keep your ear pricked to hear what I have discovered. In the meantime, read the ingredients of your current bag of dog food, what are the first 5 ingredients? You may be surprised!

Stop licking those paws! Bosley

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



Pet Smarts...



"I'll tell ya' nowadays, even my dog has become thrifty and economical. Why just the other day I dropped a penny and he picked up the s(cent)"

thatonesfunny@gmail.com
A.J.G.

Recognizing Illness in Pet Birds

Continued from last issue

Peter S. Sakas DVM, MS

Grit is a controversial subject. It should only be used sparingly as it is not continually required for the replenishment of the gizzard. However, for the purposes of our discussion, sick birds, especially those with gastrointestinal upsets, tend to overeat grit. This could lead to impaction/blockage. Very often it is believed that a sick bird is eating, when in fact it is consuming only grit. Thus excessive consumption of grit could be indicative of a problem.

The best means of determining whether or not a bird is eating enough and that food is passing through normally is to check the droppings daily. In an upcoming section we will discuss this in detail.

Water Consumption- Birds may not appear to drink a large amount of water but they do require an adequate fresh, clean source, changed daily. Birds that begin to drink excessive amounts of water may be suffering from a metabolic disorder (such as diabetes), kidney disease or a digestive tract disturbance. You should have a feel for daily water intake. You do not need to determine the exact amount consumed as some will be lost due to evaporation, for example. Rather you would notice that the water cup is half as full as it normally has been and also that the droppings have become more watery.

Evaluation of the Droppings - Droppings are an excellent indicator of a birds condition. Changes in the appearance of the droppings or their number may be early signs of an abnormality. First and foremost develop a feel for what is normal for your birds. Check the cage papers daily. The number of droppings per day should be fairly consistent, a reduction in number indicates reduced food intake (or passage of food material) and should alert you to a potential disease condition. For example, a healthy budgie should have more than 30-40 droppings per day. Also the appearance of the droppings should be roughly similar. Droppings will change depending upon the variety of food consumed, but if the bird has not had any unusual dietary changes and the droppings appear significantly different, a problem may be developing.

We recommend the cage bottoms be lined with paper so that the droppings can be observed easily on a daily basis and the cage papers discarded daily. If wood shavings or corn cobs are used, although convenient, the character and number of droppings cannot be easily determined. Also if these materials are used in cages they are not changed as often, which could increase the possibility of elevated bacterial populations in the cage bottom. Therefore if you do use wood shavings or cob you must make special efforts to check the droppings daily as well as perform frequent cleanings.

A normal dropping consists of three basic parts; a formed fecal portion, an off white urate portion, and a liquid urine portion. The fecal portion is usually green in seed eating birds as seed imparts no color to the droppings so the green bile color predominates. However if the bird would eat foods other than seed the color of the fecal portion would change. For example, a bird eating pellets would have brownish droppings, a bird fed strawberries would have reddish droppings. The consistency of the droppings will vary with the variety of bird and its diet. A bird that eats fruit, vegetables and other succulent foods will have more watery droppings. Pelleted diets, in addition to causing brownish droppings, may also lead to increased water intake and hence more watery droppings with a less formed fecal portion and increased urine.

Droppings that have suddenly changed consistency and color could indicate disease. The amount of fecal portion should be checked. If the bird is not eating, there may be a scant fecal element or a dropping that is mainly urine with a small amount of bile. It is normal for a bird to "urinate" when it will pass only liquid urine and urate crystals with no fecal matter. However, this is an occasional occurrence and if it predominates a problem exists. Remember that although a reduction in the number of droppings or amount of fecal portion indicates reduced food intake, it may also indicate interference with normal passage of fecal matter, such as with vomiting.

Continued next issue

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