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Rubber Ducks Flocking to Dawes Park for Annual Competition

Once again those popular yellow ducks are making their way to Evanston's lakefront to paddle their hearts out in the annual Duck Race and Pluck. The wacky rubber duck race, a fund-raiser for the Evanston En-

vironmental Association, takes to the water Saturday afternoon, Sept. 26, in the lagoon in Dawes Park, Church Street and Sheridan Road.

The afternoon begins with free duck-related children's games and activities starting at 3 p.m. After warming up, the sleek racing ducks will then slip into the water at about 4



p.m., ready for the much anticipated race. The first 10 ducks to push their beaks across the finish line win prizes for their sponsors. Ten other lucky duckies, plucked at random from the floating flotilla, also win prizes for their owners. Assisting the ducks in their race are human helpers with paddles, who will create the waves that the ducks will ride to victory. Sponsors are also encouraged to gather at the lagoon's edge to cheer on their numbered fowl.

The bright yellow ducks are now looking for sponsors to support their training and racing efforts. Sponsorship is \$10/duck or pick up a "quack pack" of 3 ducks for \$25. At the end of race day, all rubber ducks will go home with their sponsors. For more information, call the Ecology Center at 847-448-8256.



For our neighbors who will celebrate **Rosh Hashanah** and **Yom Kippur**, we wish you a Happy and Healthy New Year. From the Staff of Street Level

CITY OF EVANSTON REMEMBERS 9/11



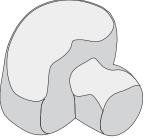
The City of Evanston held a memorial ceremony this morning remembering the victims, survivors and first responders of the tragic events of September 11, 2001.

The event was officiated by Deputy Chief Samuel Hunter of the Evanston Fire and Life Safety Services and attended by firefighters, police officers, residents, Alderman Ann Rainey, City Clerk Rodney Greene, City Manager Wally Bobkiewiecz and others.

"Posting of the Colors" Evanston Fire & Life Safety Services and Evanston Police Department Color Guard walking the flags to the memorial ceremony.

WILD MUSHROOMS

Mushrooms grow best when kept in the dark and fed bull dung. Today, it is often the case that service providers, elected officials, and businesses use this same methodology when dealing with customers and constituents. Unless we speak out and demand fair treatment, honesty, and transparency,



this practice will continue and worsen. We are informed and active taxpayers, not wild mushrooms, and as such, it is our responsibility to hold to a higher standard those we have elected to represent us – after all, they are "public servants" first – and the businesses to which we choose to give our hard-earned money. Might does not equal right.

We want to hear from you at mushroom@ourvillagechicago.com. We hope that Wild Mushrooms will be a regular feature in this paper, an opportunity for readers to voice legitimate concerns about injustices they experience as consumers and as citizens. Next Issue: Credit Cards.

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EVANSTON HEALTH AND HUMAN SERVICES FLU SEASON REMINDERS

The 2009-2010 influenza season is quickly approaching and it is likely we will be contending with both seasonal influenza as well as the novel H1N1 strain. This represents a challenge for all of us to stay informed and take action to protect ourselves, our families and community.

"Every year about this time, health organizations start campaigns to prompt people to prepare themselves for the upcoming flu season," said Evonda Thomas, Evanston's Director of Health and Humans Services. "This year, preparation is even more important because we face the added risks associated with the novel H1N1 virus."

It is very unusual to be seeing influenza-like-illness continue throughout the summer months. The Chicago and Cook County area has been no exception. Over the course of the summer all locally confirmed cases of influenza have been from the novel H1N1 influenza virus.

"We will see more illness from the H1N1 flu this fall than what has occurred this past spring and summer," explained Health Director Thomas. "Given that flu is typically transmitted more easily in fall and winter and the uncertain impact of H1N1 co-circulating with season flu strains, we must be prepared for perhaps an earlier and prolonged influenza season."

For more information on seasonal and novel H1N1 flu log onto the following websites:

Center for Disease Control at: www.cdc.gov or Evanston Health and Human Services at: www.cityofevanston.org\health. Additional supporting seasonal H1N1 flu information and brochures at:

CDC Seasonal Influenza http://www.cdc.gov/flu/

Key Facts about Flu Vaccine

http://www.cdc.gov/flu/protect/keyfacts.htm

Preventing Seasonal Flu http://www.cdc.gov/flu/protect/preventing.htm Questions/AnswersH1N1 Flu (Swine Flu) and You

http://www.cdc.gov/h1n1flu/qa.htm

CDC Says "Take 3" Steps to Fight the Flu http://www.cdc.gov/flu/protect/preventing.htm

Seasonal and Novel H1N1Flu – A Guide for Parents http://www.cdc.gov/flu/professionals/flugallery/2009-

10/parents_guide.htm

Illinois Department of Public Health Seasonal Influenza http://www.idph.state.il.us/flu/index.htm

H1N1 http://www.idph.state.il.us/h1n1_flu/index.htm

Village of Skokie Immunization Clinic

The Skokie Health Department offers immunizations to children living in Skokie or attending a Skokie school. There is a \$5 clinic fee. Certain vaccinations are also available for adults. Consultations on required immunizations are provided by the Village's public health nurses. An appointment is necessary.

Immunization Clinics take place at Skokie Village Hall, 5127 Oakton Street, Skokie. Available clinic dates and times are as follows. Please note that all Health Department services will be limited during October and November in order to administer H1N1 (Swine Flu) vaccinations.

Tuesdays and Thursdays, 9 a.m. to noon

Wednesdays, September 9 and 23, 1:30 to 4 p.m.

For more information or to schedule an appointment please contact the Skokie Health Department at 847/ 933-8252 or visit

www.skokie.org to view the community calendar of upcoming events.

Seasonal Flu Shots Offered This Fall at Levy Senior Center

Seasonal flu shots will be available in October and November at the Levy Senior Center, 300 Dodge Ave., Evanston. Available to anyone regardless of residency, the shots are given on a first-come, first-served basis. The cost is \$25 or free with Medicare Part B (please bring your Medicare card with you). These seasonal shots, which do not cover the H1N1 (swine) flu, will be given 9 a.m. to 3 p.m. Friday, Oct. 9, and 1 to 5 p.m. Friday, Nov. 6. Appointments are not necessary. For more information, call 847-448-8250.

Village of Skokie Flu Shot Program

The Skokie Health Department offers flu shots to Skokie residents beginning in September 2009. Please note that these clinics will administer the traditional annual flu vaccine for this year and not the vaccine to prevent infection with the novel influenza A H1N1 (Swine Flu) virus.

Any resident age 50 or older is eligible to obtain an annual shot with no out-of-pocket expense. Flu vaccines are available to adult residents under the age of 50 who have a chronic illness and provide can provide a physicians note. This note must state the person's chronic illness and that a flu shot is medically indicated. Proof of residency is required in the form of a valid driver's license, state I.D., voter's registration, current utility bill, or current lease or property deed.

Residents covered by Medicare Part B are asked to bring their card with them to the clinic. This is necessary for the Health Department to receive reimbursement from Medicare.

Flu clinics take place at the Oakton Community Center, 4701 Oakton Street, Skokie. Current clinic dates and times include:

- * Wednesday, September 30 from 1 to 5 p.m.
- * Tuesday, October 6 from 10 a.m. to 2 p.m.
- * Tuesday, October 13 from 10 a.m. to 2 p.m.
- * Monday, October 19 from 3 to 7 p.m.

The Oakton Community Center is accessible to people with disabilities and also accessible by CTA buses #97 and #54A. Dates and times are subject to change based on vaccine availability. For more information or to schedule an appointment, please contact the Skokie Health Department at 847/933-8252. For more information on the novel influenza A H1N1 visit www.skokie.org.

Evanston Fire Department Open House October 3

To kick-off Fire Prevention Week, the Evanston Fire and Life Safety Services will be holding open houses at all five of its fire stations throughout the city on October 3, from 1 to 4 p.m. Meet the firefighters and see up close the fire engines, fire trucks, ambulances and all the equipment used to save lives and protect property. All residents are invited to stop by and learn what it is like to live and work in a fire station! Open locations are Station 1 - 1332 Emerson, Station 2 - 702 Madison, Station 3 - 1105 Central, Station 4 - 1817 Washington, and Station 5 - 2830 Central.

For additional information, contact Captain Geoffrey Block at 847/866-5936 or send emails to gblock@cityofevanston.org.

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The Green Mama Café Comes to the Evanston Ecology Center

The Evanston Environmental Association, The Evanston Ecology Center and the Archer Patterson Foundation are teaming up with Chicago environmentalist, writer, teacher and green consultant Manda Aufochs Gillespie to bring her series of green parenting classes, called The Green Mama Café, to Evanston this fall. The weekly classes are designed to provide information, support and community for parents or expectant parents pursuing green lifestyles. Topics will include alternative health and your child, greener diapering, and organic sleep materials and products. Classes meet at 10:30 a.m. Mondays, Sept. 14-Dec. 14, at the Ecology Center, 2024 McCormick Blvd. The cost for all 13 sessions is \$35, or a drop-in fee of \$5 per class.

Parents are welcome to bring babies and children. Children age one or older can participate in an Animal Adventures program supervised by Ecology Center staff while the Green Mama Café is going on. There is a \$5 fee for Animal Adventures.

For registration or additional information about The Green Mama Café, call 847-448-8256 or go towww.cityofevanston.org.

Bike the Ridge October 4

Pull out the bikes and park the cars. Bikes rule when Bike the Ridge returns Sunday morning, October 4. For three hours, from 9 a.m. to noon, bicyclists can bike a 2-mile stretch of Ridge Avenue, from Howard Street to Church Street, a road normally closed to bicycles. To accommodate Bike the Ridge, this section of Ridge Avenue will be closed to all vehicular traffic from 8 a.m. to 1 p.m. that day. go to

http://www.cityofevanston.org for more inofrmation.

Lincolnwood Parks & Recreation Broadway – Our Way

Do you love to sing, dance and act? Here's your chance to shine and journey into the world of Musical Theatre! Whether you've performed before or you are just a beginner, these classes are designed to allow participants of all levels to enjoy an incredibly fun and rewarding experience. Develop self-confidence and performance skills that will benefit all aspects of your life: in a fun, up-beat and supportive atmosphere.

Learn and rehearse songs, dances and scenes from some of your favorite musicals including Beauty and the Beast, Bye Bye Birdie, Peter Pan, Aladdin and more. The class will culminate with a Broadway style revue, combining participants from both classes. Invite your family and friends to watch you perform in our spectacular production, complete with costumes and props.

Performance Date: Friday - December 11th, 2009 at 7:30pm

Date/Time/Age Wednesdays * September 16 – December 9 * 1st through 3rd grade students

Thursdays * September 17 – December 10 * 3rd through 5th grade students

Time: 3;30pm - 5:30pm

Lincolnwood Community Center, 6900 N. Lincoln Avenue Location: Fee: Resident = \$295, Non-Resident = \$325

Online registration is available by logging onto www.lincolnwoodil.org and navigating to the Parks and Recreation Department home page, then clicking on the REGISTER NOW button.

Arts + Humanities Month Kicks Off October 2nd

With so much to offer, Arts Week Evanston has expanded to Arts + Humanities Month for 2009. The month-long celebration officially begins at 6 p.m. Friday, Oct. 2, with a free open house at the Noyes Cultural Arts Center, 927 Noyes St. With activities and entertainment for all ages, the open house sets the stage for the next four weeks of programs, performances and activities that are entertaining, stimulating, and just plain fun.

Among this year's events are an Arts Walk along Central St., a Circus Art performance at Actors Gymnasium, an art trunk show at Simply Art Chicago and a picture book workshop for children at the Evanston Public Library. In addition, the month is full of musical and theatrical performances, presented by such organizations as the Evanston Symphony Orchestra, Piven Theatre, Orion Ensemble, Savoyaires and Light Opera Works. Literary events include the Evanston Public Library/NU Humanities Lecture Series and author programs. The always popular Dance Showcase, highlighting Evanston amateur and professional dancers, returns but at a new location. This year's showcase is at 3 p.m. Sunday, Oct. 11, at the Josephine Louis Theater on the Northwestern University campus.

Many Arts + Humanities Month activities are free while others are offered at reduced prices. A complete Arts + Humanities Month schedule will be available at www.cityofevanston.org/artsmonth by mid-September. Arts + Humanities Month is sponsored by the City of Evanston's Cultural Arts Division, the Evanston Arts Council, the Public Art Committee and the Illinois Arts Council, a state agency.

"Stitch Me a Story" to Open at Evanston's Noyes Art Gallery

The new art exhibition "Stitch Me a Story" opens Wednesday, Sept. 16, at Noves Arts Gallery in Evanston. An artist reception, free and open to the public, will be held 3 to 5 p.m. Sunday, Sept. 20, in the gallery.

"Stitch Me a Story" features the work of textile artists Ellen Roth Deutsch, Pam RuBert, Anita Garza and Danny Mansmith. The exhibition will remain on display through Nov. 10. The Noves Art Gallery is located within the Noves Cultural Arts Center, 927 Noves 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.

ALL OUR SONS: A Celebration of Evanston's Boys

ALL OUR SONS, a fund of the Evanston Community Foundation, encourages boys and young men to become full members of our community while encouraging our community to welcome boys and young men as valued participants.

Opening Reception: Friday October 2nd, 2009

4:30pm - 7:00pm @ Gallery 901 Program begins at 5:30.

901 Sherman Avenue, Evanston.

Project Partners include: Black Men and Boys Initiative, City of Evanston Youth Coordinator, Evanston Community Defender, Evanston Community Foundation, Evanston Public Library, Evanston Township High School, Metropolitan Family Services, Naomi Ruth Cohen Institute, Open Studio Project, Peer Services, & Youth Organization Umbrella



How Do I Keep From Running Out of Money?

The longevity of a retirement portfolio is influenced by a number of uncontrollable factors—inflation, return on investment, lifespan, etc. There is, though one crucial factor that we do have control over – our rate of withdrawal.

One of the most common misconceptions is that a safe withdrawal rate can be calculated from average rates of return. Many believe that since the stock market has averaged around 10% a year for the last 70 years, they can invest in the market and then safely withdraw 8% or more of their investment yearly.

The volatility of the market and the sensitivity of retirement portfolios to this volatility make this a very risky strategy. A person who retired with \$1,000,000 invested in the S&P 500 in 1982 could draw \$80,000 a year for 20 years and still watch their nest egg grow. However, if the worst 3 years of that 20 year market came right when they retired, or if they retired at the start of a bear market like that of 1966, the same plan would exhaust their portfolio in less than 15 years.

Various studies on this topic have placed the optimal rate of withdrawal somewhere between 3.5% and 5% of the initial investment. Anything above 5% risks exhausting your portfolio in under 20 years, while anything above 7% is downright dangerous. According to the most comprehensive study, the optimal rate is 4%; at 4%, regardless of market conditions, you have a 90% chance of making your money last for 30 years.

Unfortunately, an annual withdrawal rate of 4% of their total invested assets is not enough for many people to live on. Circumstances require that they withdraw money at a higher rate, meaning they must risk running out of money. This is a very real and frightening possibility.

The good news is that there are financial planning tools available, primarily certain annuities, which safely allow for higher rates of withdrawal. Some of these tools permit withdrawal rates of 6-8% that are guaranteed for life, allowing individuals to survive without worrying about running out of money. This can bring a lot of peace of mind at an economically very challenging and scary time. The hard part for most people is that it requires relinquishing some of the control that they're used to exercising over their nest eggs. We'll be speaking about this interesting psychological issue in the next column.

Aryeh Goldbloom, President AGT Tax and Insurance Services 5009 Oakton Street, Skokie; (847) 933-9222

The Levy Center Advisory Board Seeking Board Members

There are two board seats expiring in September 2009 and one board seat expiring in March 2010 - all three seats require the candidates to have a current Levy Center membership. The Levy Center Advisory Board advises staff on programs and serves as a liaison between staff and members and participants. Each board member may serve a two-year term, up to a maximum of three consecutive terms, or a total of six years. Meetings are generally the first Monday of each month at 8:30 a.m., typically last one hour and are held at the Levy Center. Levy Center membership is open to anyone 55 years old and better. The annual dues are \$30 for residents and \$50 for nonresidents. If you are interested or have questions, please contact Christina Ferraro, Levy Center Manager by e-mail at cferraro@city-ofevanston.org or at 847/448-8250 for an application. You will be notified by the nominating committee for a brief interview. Thank you for supporting the Levy Center!

TOOLS TO HELP YOU DECIDE WHEN TO RETIRE

By: Andrew Salata, Social Security Public Affairs Specialist

These days, everyone is taking a new look at their finances — and no one is looking more closely than the millions of baby boomers who are nearing retirement age. While some boomers expected to retire at one of the traditional milestones, such as age 62, the current economy is forcing many of them to re-evaluate their plans. Many are wondering if they should work longer, or how their Social Security benefit – or their spouse's benefit – would be affected if they continued working.

To help them find answers, Social Security has published a fact sheet called When To Start Receiving Retirement Benefits. You can read it online at www.socialsecurity.gov/pubs/10147.html.

As most workers know, your choice of a retirement age — from 62 to 70 — can dramatically affect your monthly Social Security benefit amount.

If you choose to start receiving benefits early, the monthly payments will be reduced based on the number of months you receive benefits before you reach your full retirement age. The rate of reduction will depend on the year you were born. The maximum reduction at age 62 will be:

25 percent for people born between 1943 and 1954.

30 percent for people born after 1959.

If you wait until your full retirement age, your benefits will not be reduced. And if you should choose to delay retirement, your benefit will increase up to eight percent a year from your full retirement age until age 70. However, there is no additional benefit increase after you reach age 70, even if you continue to delay taking benefits.

Social Security also has created several retirement planners to help you make an informed decision. Social Security has an online calculator that can provide immediate retirement benefit estimates to help you plan for your retirement. The online Retirement Estimator uses information from your own earnings record, and lets you create "what if" scenarios. You can, for example, change your "stop work" date or expected future earnings to create and compare different retirement options.

To use the Retirement Estimator, visit www.socialsecurity.gov/estimator.

Read When To Start Receiving Retirement Benefits at www.socialsecurity.gov/pubs/10147.html.

And for general information about Social Security, visit www.socialsecurity.gov.

Retirement decisions are unique to everyone. Make sure you are up to date with the important information you will need to make the choice that's right for you.

Apply for Medicare, Illinois Cares RX

The deadline for application for the Illinois Cares RX and Medicare D Prescription Drug Plans, or to switch drug plans, is December 31. However, to ensure that you receive coverage on January 1, 2010, you should apply for benefits or change plans prior to December 1.

All people with Medicare are eligible for prescription drug coverage under the Medicare D Prescription Drug Plan. Medicare beneficiaries not yet enrolled in a Medicare D Prescription Drug Plan or who wish to switch to a different drug plan will be able to do so between November 15 and December 31. These medication drug plans cover both brand names and generic drugs. Also, Medicare provides extra financial assistance for those with limited incomes.

The State of Illinois provides Illinois Cares RX, a supplement to the coverage provided through Medicare. Seniors 65 years of age or older and persons with disabilities that meet income eligibility requirements may qualify for Illinois Cares RX. Eligible persons may enroll in this program at any time during the year. For further information, call the Evanston Commission on Aging at 847/866-2919, Evanston/Skokie Valley Senior Services at 847/864-3721, Levy Senior Center at 847/448-8250 or AgeOptions at 708/383-0258 about Medicare and state prescription drug programs, assistance with enrollment or changing plans. Information about prescription drug programs is also available online at www.illinoisbenefits.org, www.cbrx.il.gov or www.medicare.gov.

African American History/ Genealogy Study Group

Historical research has become a passion for many African Americans and genealogy has become a fulltime hobby for many Americans. In this group, research will be shared and we will discuss the writings of such authors as W.E.B. DuBois, Larry Koger and Joel Williamson. A few topics of interest include "Slaves in New York," "Reconstruction" and "The Great Migrations." Individual research and pointers on how to use the Internet will be shared by the individual doing the family research. This group will meet on the second and fourth Monday evenings of each month at 7 p.m. in the Levy Center. There is no charge for this program. Get involved or just listen.



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PG. 4

CRUISE VACATION LIFESTYLE

Welcome again, this is the 2nd installment of Cruise Vacation Lifestyle, and we hope that you enjoyed the first article and found it informative. Cruising is such a wonderful experience for all ages, families and groups. In fact, in spite of the economy, many travelers now realize that taking a



cruise allows you to get much greater value for the money spent. Not only that, but the growth in new first-time cruisers has grown greatly over the past five years and growth is expected to boom in the coming years, especially when the economy takes off again. Which brings us to our topic for today.

Many of the major cruise lines have placed, or now have, on order new ships. This trend is focused out 2011-2012.. One of the new ships to be completed around June 2010 is Norwegian Cruise Lines's mega-ship, the Epic. This ship will be totally different from many existing ships and some that are coming from other cruise lines.

The sheer, size and passenger accommodation is truly magnificient. Here are just a few of her details: Gross Tonnage 150,000; Passengers 4228 Restaurants 14 Decks 19

• Continuous entertainment for all ages, including world- class performing acts

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• Spa Staterooms with 24/7 access to the Thermal Spa Suites for round-the-clock relaxation

• The Studios create a hip, urban feel with windows open to the corridor and private access to The Living Room where you can relax, read a book, or have a drink before dinner

• The Villas upscale experience includes a private restaurant, 24/7 concierge services, access to exclusive courtyard area with pool, hot tub and sundeck and every pampering amenity imaginable.

Take a peek online to see what spectacular entertainment awaits you at http://skdy7.cruiseepic.com/ We have secured space now for Early Bird Discounts for early December 2010, so if you want to experience the joy of this new ship and grab your stateroom soon, just send an email to cruise-info@cruise-now.com requesting more details. So,... that's it for this edition, come back again for tetails on the itineraries of this great new ship.

Jim Carter, Master Cruise counselor, (877) 735-6608

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September is Library Card Sign-up Month!

Did you know that Evanston Public Library cards are FREE for Evanston residents, non-resident taxpayers, and Evanston companies? To get your card, just present a state issued ID with an Evanston address OR other picture ID with proof of a current Evanston address like a utility bill, lease, or bank statement.

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www.lincolnwoodlibrary.org

Live@Lincolnwood Library. Sept. 20, 2 p.m. Dan Zahn and Kate Moretti perform a unique mix of folk, swing, and original music. Free tickets available at the Circulation desk.

Travel Through Time Presentation. Sept. 25, 10:30 a.m. Elise Ginsparg presents "A Jewish Trip through Moscow and St. Petersburg. Program preceded by 10 a.m. coffee time.

Morning Matinees, for early birds who want to see recently released films Thursday mornings, 10:30 a.m. Sept. 24: "Push."

Humanities Treasures. This free discussion group meets Wednesdays, 1–3 p.m. at the Lincolnwood Library to explore current events and selected readings. Humanities Treasures is affiliated with the Oakton Community College Emeritus Program.

Afterschool Cafe. Mondays, 2:30-3:30 p.m. Students of all ages can buy a snack and relax before tackling homework!

Stories & More. Tuesdays, 10:30 a.m. or 1:30 p.m. Children ages 3-5 enjoy language-rich activities during each 45-minute session. Siblings welcome.

Beginning with Books. Wednesdays, 10 a.m. Stories, songs, and activities for infants to 2-year-olds and a caregiver. New time conveniently leads into library's Playtime program.

Playtime at the Library. Wednesdays, 10:30 a.m. A friendly, social time for young children, ages 3 and under, and their caregivers. Toys and snacks are provided for the children.

Teen Acting Class. Mondays, 7-8:30 p.m. through Nov. 16 Students in 7th grade and up can learn acting techniques, study characters and lines, and try out for parts. Please register in the Youth Services Department (847-677-5277 x234 or youthservices@lincolnwoodlibrary.org). A "Fairytale Whodunnit" play will be performed in November.

Knitting for All Ages. Fridays, 3:30-5 p.m. Learn to knit or work on a project. Any level, ages 10 and up, welcome. Lincoln Hall students may receive community service hours for knitting or crocheting a baby hat to be donated to a local hospital.

English as a Second Language Class. Tuesdays, 6:30-8:30 p.m. Free weekly class for adults who want to learn to speak English. Sponsored by Oakton Community College. Call (847) 635-1426

Literacy Class. Saturdays, 10 a.m.-1 p.m. Free weekly class for adults who want to improve reading, writing, and math skills. Sponsored by Oakton Community College. Call (847) 635-1426.

Lincolnwood Parks & Recreation Magic Class Children are guaranteed to have a great time as they learn fascinating tricks

Children are guaranteed to have a great time as they learn fascinating tricks from a professional magician! Amaze family and friends with tricks that involve cards, ropes, coins, mind reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit to take home. Children always learn tricks that are appropriate for their age, and they can sign up for this class again and again since new tricks are taught at each session!

Ages: 5 - 12 Fee: Resident = \$17, Non-Resident = \$21 Date Friday, September 25 4:00 – 4:55pm

Location: Lincolnwood Community Center, 6900 N. Lincoln Avenue Online registration is available by logging onto www.lincolnwoodil.org and navigating to the Parks and Recreation Department home page, then clicking on the REGISTER NOW button.

For more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

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While you're exploring all that epl.org has to offer, don't forget to check out our brand new Reader's Services blog, Off the Shelf at evanstonpubliclibrary.wordpress.com/ You'll find news, reviews, interviews, videos and much more about the world of books, music, and movies. New this week we've got an interview with 2008 National Book Award finalist Joan Wickersham, Shark Poetry, Six-Word Memoirs and more. Stop in and have a look around, join the discussion, and be sure to check back often to see what's new. And while you're there, don't forget to breathe deep and enjoy that brand new blog smell! Mmmm! Just like Grandma used to blog.

Have a heart-to-heart with your neighbor.

NEED CARDIAC CARE?

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We have more than 500 internists, cardiologists, primary care physicians and OB/GYNs who are ready to care for you and your family.

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Saint Francis Hospital sfh.reshealth.org



SKOKIE ART GUILD

Market Your Artwork Online

Skokie Art Guild presents Artist and SAG Web Master, Joy Appenzeller Bauer.

Joy shares technique on personal websites, artist directories, search engine optimization and social media applications. Joy will unveil SAG's new Virtual Gallery.

Tuesday, Sept 22, 7:00 PM Skokie Library 5215 Oakton, Book discussion Room All Welcome! Refreshments served! Skokieartguild.org

Skokie Art Guild Live Model Figure Drawing Workshops Resume Sept. 10.

Thursdays 7:00 PM - 9:45 PM Saturdays 10:00 AM - 1:00 PM Devonshire Cultural Center, 4400 Greenwood, Skokie Live Models/no instructor Fees per session: Sag Members \$12; non-members \$20. For information call:Richard Wilberg 847-677-3461 or Skokieartguild.org

FREE PASSES FOR THE KOHL CHILDREN'S MUSEUM, BROOKFIELD ZOO AND OTHER MUSEUMS

Starting September 1, Evanston Public Library card holders can receive FREE admission to 17 exciting museums and cultural institutions throughout the Chicago area. Brookfield Zoo, the Chicago Botanic Garden, the Oriental Institute, Bronzeville Children's Museum, Kohl Children's Museum, and Evanston's own Mitchell Museum of the American Indian are among those included. This special opportunity is made possible by a generous contribution from Macy's, in partnership with the Metropolitan Library System.

For a full listing of participating institutions and for check-out guidelines, go to www.museumadventure.org, or ask the next time you visit the library.



"Art & Imagination" Parents (optional) & Children 6-8

Enhance and support your child's self-expression and discovery. We encourage kids to actively use their imagination to create characters and stories through 2-D & 3-D art (drawing, painting, sculpture, and creative play) in an open, non-judgmental atmosphere. Taught by Erin Mooney, \$120 non- members, \$110 members. Additional siblings \$90. Saturdays 9:30-10:30 am Oct 3 - Nov 14 (no class 10/31)

"Art & Story" for Children ages 9-11

Open Studio Project invites kids to explore creativity through art. In an open, non-critical atmosphere, we encourage kids to use their imaginations, using drawing, painting, sculpture, and creative writing. No art and writing skills necessary. Taught by Erin Mooney. \$125 non-members, \$115 members. Additional siblings \$90.

Saturdays 11am-12 pm Oct 3 - Nov 14 (no class 10/31)

Children's Art Classes Art & Adventure

Support your child's creativity in an open, playful atmosphere where ad-

Skokie Theatre Music Foundation





Plenty of free parking!Group Rate AvailableTicket prices do not include service feesBuy tickets online at www.skokietheatre.org

FOR KIDS - FALL Youth Program-Saturdays

Tickets will be \$15 for Adults and \$10 for children. All tickets available at door only. Group rates for ten or more available by calling the theatre at 847-677-7761

October 3 at 1:30 pm BELIEVE IN YOURSELF: The Journey To Your Dreams with Victor Pacini. Victor's original song, My Dreams begins this journey. This program is dedicated to helping people understand the importance of following their dreams and never giving up

October 10 at 1:30pm THE ARTIST WITHIN US: Creating A Masterpiece Of Kindness & Respect with Victor Pacini. This performance enables people to create their own masterpiece-their unique creative plan to feel good about themselves and to treat others with kindness and respect.

POP/JAZZ/FOLK

September 19 at 8pm A TRIBUTE TO PATSY CLINE starring Sherrill Douglas "Crazy 'Bout Patsy" - Musical Tribute to Patsy Cline, is an incredible re-creation of Patsy Cline in concert. Just close your eyes and imagine...could it be...is it...might be? That's exactly what you will think when you hear Sherrill Douglas sing the hits of Patsy Cline. Since she was a child, she has perfected the vocal style and range of Country's number one beloved Legend, Patsy Cline. She is the spittin' image of Patsy Cline and has been described as the "Cline Clone" or "Patsy Clone". This outstanding performance starring Sherrill Douglas has been known to run the gamut from poignant love songs to an all out hoe down and has received rave reviews worldwide. You'll hear all the great hits, including "Crazy", "Walking after Midnight", "I Fall to Pieces", "Sweet Dreams", "She's got You", "You Belong to Me" and many, many more in authentically duplicated costume, accurately portraying the Legend. You will really believe Patsy is in concert right before your eyes! Sherrill is recognized as the best in the world and the only true "Patsy Cline" voice since Patsy herself. The show recently was invited for an extended stay at the Tropicana World Casino in Atlantic City. Voted by Patsy fans as the number one impersonator of Patsy! One performance only, Saturday, September 19, 8:00 PM Hurry, seating is limited and a sell-out is expected for this superstar! If you're "crazy" 'bout Patsy, then you'll really be "crazy" 'bout Sherrill! Tickets are \$20 adv \$25 door

September 20 at 2pm A TRIBUTE TO DOLLY PARTON starring Sherrill Douglas One night only! It's simply the best entertainment! Not only does Sherrill Douglas look like Dolly Parton, she sings Dolly RIGHT! Flirtatious, sexy, funny and fun-loving, just like the "real thing"! Sherrill captures the essence of Dolly and pays tribute to the is great Legend with all of your favorites from, "Coat of Many Colors", "I Will Always Love You", "Jolene", "9 to 5" and much more. She's high energy, high octane and high on audience interaction...She will make you Rock! Hold on to your boots... She's sure to please everyone! Tickets are \$20 adv \$25 door



venturous use of materials is encouraged. Children will explore a variety of 2-D and 3-D projects. Taught by Jan Ellenstein who has been making art fun for children for the last 30 years. Age Level: 2-5 yrs (parent/child class)

Tuesday Mornings 10-11am Sept 8 - Oct 27 (no class 9/15, 10/13) Wednesday Mornings 10-11 Sept 9 - Oct 14 Wednesday Afternoons 1:30-2:30pm Sept 9 - Oct 14 (no class 10/7, 10/21)

Adult Art Classes

Connecting with the Creative Process

Take time to open the window to your creative side. No prior art or writing experience necessary - just an open mind. Cost \$165 non-members, \$155 members.

Tuesday Nights 6:30-8:30pm Sept 15-Oct 20 Friday Mornings 10am - 12noon Sept 18-Oct 23 Sunday Afternoons 1pm-3pm Sept 20-Oct 25 Thursday Mornings (Extended Class) Cost \$200 non-members, \$190 members 10:00am-12:30pm Sept 17 - Oct 22 You may register or for more information, call (847) 475 - 0390. September 23 at 1:30pm THAT'S AMORE - salutes America's great Italian Crooners with Jack Miuccio Tickets are \$10

September 25, at 8pm TONY BERNARD - A musical journey THROUGH THE YEARS Travel back through time with Tony Bernard as he showcases 60 years of the greatest pop songs in American History. Tony and his dancers take you on a musical journey, a sight and sound odyssey that starts with the Big Bands of the forties, into the rockin fifties, through the swinging sixties, the disco era known as the seventies, the mellow sounds of the eighties, a rebirth of country in the nineties, to the Latin explosion of the new millennium. The hits that have defined each and every generation. Join us for an exciting night that will have you toe tapping, dancing in your seat, and singing along as Tony Bernard presents-THROUGH THE YEARSTickets are \$20 in advance and \$25 at the door.

September 26, at 8pm The Pin-Ups present - A NIGHT OF TENDER ROMANCE Bring your sweetheart and listen to the tunes that made romance all warm and cozy. The Pin-Ups show is always a hit with our audiences. Tickets are \$20 in advance and \$25 at the door.

St. Peter Parish of Skokie, Founded in 1868, Plans Memorial **Garden Dedicated to School Sisters of St. Francis**

This gem of a Gothic church has seen a lot of history in 105 years. One of the first churches designed by architect Henry J. Schlacks, it was dedicated in 1895. With its 150-foot steeple pointing skyward, it sits in the center of the old town (once called Niles Center). Many of its stained glass windows were made in Munich by the Zettler Company and the sanctuary's five lancet windows depict the Evangelists, and St. Peter receiving the keys. The parish, originally for Germans and Luxembourgers, today welcomes direct

descendants of early parishioners as well as America's most recent immigrants - comfortable with its diversity. A Wicks pipe organ was installed in 1963 and two of the church's original bells still ring. One bears the inscription: "(The pastor) of this Church, consecrated me in the service of

God in 1878."

Peter."

The plaza and garden green of St. Peter Catholic Church are in the remaining section of the old convent area. The dedication paving bricks that will be installed in this area are a remembrance of all the School Sisters of St. Francis who staffed the school for many years.

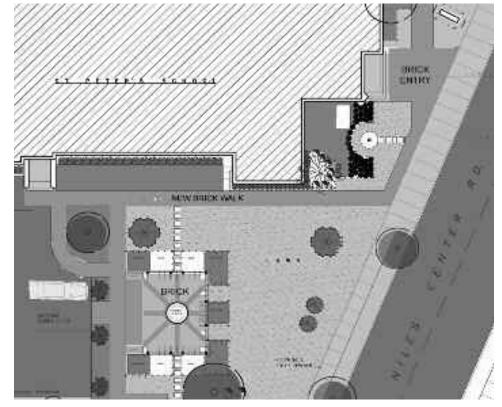
Rev. Michael A. Wulsch, along with the parishioners and staff of St. Peter Parish thank the community for their support through the years. "We hope all of our alumni and families from the parish will purchase one of these inscribed paving bricks as a remembrance of the School Sisters of St. Francis years here at St.

Please contact the parish office at 847-673-1492 for information about the Memorial Garden Project.

Below is a diagram of the Memorial Garden.

"Lost German Chicago" **Grand Opening** Friday Oct. 2nd 7:30pm at **DANKHaus**

The exhibit showcases treasures from German Chicago's establishments and institutions of the past. How many people married after meeting at the Lincoln Turner Hall? How many times did



SAVE THE DATE **St. Peter School** FRIDAY SATURDAY & SUNDAY SEPTEMBER 25, 26 & 27

Join us!

Hours: Friday 5 - 11pm, Saturday Noon - 11pm, Sunday 12 - 8pm Carnival Hours of Operation: Friday 6 - 11pm, Saturday Noon - 11pm, Sunday 1 - 7pm * Pre-Sale Mega Pass \$50 - Unlimited Rides for entire Fest / \$60 if purchased at the Fest * Unlimited Ride Special on: Saturday & Sunday 1 - 5pm \$20 per person per day

* Live Entertainment * \$10,000 Raffle * Rides * Games * Food * Bingo * Fun for the entire family

ENTERTAINMENT LINEUP

Friday

Alumni Night 6:00 PM - 10:00 PM Matt Stedman Band

Saturday

Lam Jam presents 6:00 PM - 7:00 PM Bobby G (swing/oldies) 7:30 PM - 8:30 PM Blues Band

you snuggle into Zum Deutschen Eck? How many times did you give yourself over to the magic at Schuliens's? Have you ever seen the carvings the Oscar Mayer family installed in Germania Place? German Chicagoans shaped the stockyards, beer law, labor law and raised the art of gemutlichkeit for all. Come remember with us.

4740 North Western Avenue, Chicago, IL 60625, 773.561.9181, www.dankhaus.com, dank@dankhaus.com



Matt has performed at the following venues: Buddy Guy's Legends Cafe' Amano Chief O'Neill's Pub The Curragh Depaul University Durty Nellies House of Blues Hotel Baker Illinois State University Irish American Heritage Center lartyrs McNally's Irish Pub Molly Malone's The North Shore Center for the Performing Arts 115 Bourbon Street

9:00 PM - 10:30 PM Special Musical Showcase

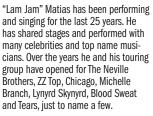


Sunday 4:00 PM - 6:00 PM Frank K & Co. – Traditional German Music



Raffle will be announced at 7:00 PM Sunday

Support St. Peter School • 8140 Niles Center Road, Skokie, Illinois 60077 • (847) 673-0918



When Time Is Short



Thinking about the end of a loved one's life is always tough to do. But what if you learned your mother only had one year to live, what would you do? After discussing treatment options, hospice, and her health care management, it may be wise to talk with your mom about setting an appointment with her estate-planning attorney. Chances are her current estate plan isn't up-to-date, or worse does not exist. This article reviews a number of issues that should be discussed with her estate-planning at-

Chester M. Przybylo

torney to ensure your mother's wishes are taken care of and her assets protected. This will help alleviate concerns and let your mom focus on making the most of her last days with her loving family.

As you drive your mom to her regular doctor appointment, you think of everything you need to do: Drop off Bobby at soccer, pick up Sally from softball, pick up groceries, make dinner, etc. It seems the list is endless. You wonder how your mom had time to do it all and still have time to be so loving. After flipping through old magazines in the doctor's office, you go in with your mother for her appointment. Your mom had some simple tests done and is to receive the results. When the doctor starts with "There is no easy way to say this..." you know what is going to follow. Your mom has less than a year to live. Your mind reels. What do you do? Of course, you hug your mom. You call your brother. But what's next?

After discussing treatment options, hospice care, and her health care management, you talk with your mom about setting an appointment with her estate-planning attorney. Your mom last did estate-planning decades ago when you and your brother were still kids, and your dad was still alive. Now that you have kids of your own, that seems laughable. But, time flies when you have a busy life.

A qualified, estate-planning attorney, who focuses their practice in estate planning, can make sure that your mom can rest assured that things will be left the way she wishes. In addition to updating her Trust or Will, the attorney will make sure your mom has powers of attorney in place for both financial and health matters. This way, your mom can name someone (perhaps you and/or your brother) to make decisions when she is no longer able to make them herself. The attorney will also prepare a HIPAA power, to allow you and your brother access to her protected health information. Finally, the attorney will prepare a Health Directive or similar document that will allow your mother to express her wishes regarding end-of-life decisions.

The attorney might also suggest these and other items:

Prepare new documents in light of changed circumstances.

Make sure beneficiary designations are up-to-date (on life insurance, retirement plans, and other financial accounts).

Sell loss assets in order to harvest income tax losses (which would otherwise be lost at your mom's death).

Avoid selling gain assets (which would get a "step-up" in income tax basis at your mom's death).

Accelerate any charitable bequests into life (in order to obtain an income tax deduction, as well as remove the sum from the taxable estate).

Your mom has always been there for you. Now, you can give her the gift of peace of mind, knowing that her legal affairs are in order. A qualified, estate-planning attorney can help alleviate concerns and let you mom focus on making the most of her last days with her loving family.

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.

Save Early, Often — and Wisely — For College

It's that time of year when college students reach for their backpacks and head back to campus — while their parents reach for their checkbooks and head for the Tylenol. If your children are still quite young, though, you can take steps now to reduce the headaches that may come from those big college bills.

Just how expensive is it to send a child through college these days? It's pretty expensive. In fact, it costs more than \$16,000 for one year at a four-year public college or university, according to the College Board.



Neil Gardner

And college costs have been rising considerably faster than the general rate of inflation, so the high costs of higher education are, in all likelihood, only going to rise further.

Of course, you may not have to foot your child's college bills all by yourself. Scholarships and loans are available, and many students work part-time jobs, both during school and on summer vacations. And yet, you may need, or want, to help pay for a sizable percentage of college expenses. To meet this obligation, you need to save early, save often and use the right savings vehicles.

Fortunately, you've got some attractive options. Here are some of the most popular:

• Coverdell Education Savings Account — Depending on your income level, you can contribute up to \$2,000 annually to a Coverdell Education Savings Account (ESA). Your Coverdell earnings and withdrawals will be tax-free, provided you use the money for qualified education expenses. (Any non-education withdrawals from a Coverdell ESA may be subject to a 10 percent penalty.) You can place your contributions to a Coverdell ESA into virtually any investment you choose stocks, bonds, certificates of deposit, etc.

• Section 529 savings plan — In a Section 529 savings plan, you put money in specific investments, managed by an investment professional. Contribution limits are quite high — more than \$200,000 per beneficiary in many state plans, although special gifting provisions may apply. Contributions are tax-deductible in certain states for residents who participate in their own state's 529 plan. And all withdrawals will be free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of your child or grandchild. This tax benefit was scheduled to expire in 2010, but it was made permanent by one of the provisions in the Pension Protection Act of 2006. (Withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes. Also, Section 529 distributions will appear as income on the child's tax return, which could affect financial aid calculations.)

• Permanent insurance — If you own some type of "permanent" insurance policy, such as whole life or universal life, you'll have a chance to build cash value. Your earnings can grow on a tax-deferred basis, and you can take policy loans for virtually any reason you choose — including paying for college. Keep in mind, though, that if you don't fully repay the loan, your policy may lapse, and if you pass away before repaying the loan, the total amount owed, including interest, will be subtracted from the death benefit.

Before making any of these moves, please consult with your tax and financial advisors. But don't wait too long: Your children may be young now, but tempus fugit — time flies.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Neil Gardner is a financial advisor with Edward Jones, 9175 Gross Point Road, Skokie, IL 60077, 847-933-9845..

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Jerry's Quality Meats, and Much More!

Fresh Amish fryers, perfectly trimmed boneless chicken breasts, tender brisket, savory marinated turkey "London broil," and thick skirt steaks have drawn neighbors to Jerry's Quality Meats for 10 years. Before moving to his current location, Jerry Roberts worked just down the street for 15 years, so he knows his customers by name, and has watched as a generation has grown up. "Years ago, I'd see little kids coming in with their parents. Today, they come into my store with kids of their own!"

Renowned for his meticulous attention to detail and his commitment to carrying only the freshest, highest quality local beef, lamb, pork, and poultry, Roberts' family-owned and operated store is ideal one-stop shopping for family gatherings, holidays, barbeques, and other special meals. "We offer quite a variety," he explains, "but if a customer doesn't see what he or she wants, my brother Jim and I are always happy to prepare special cuts."

Jerry's wife, Carol, creates perfect complements: tantalizing side-dishes and prepared dishes that keep 'em coming back for more! "People rave about her twice-baked potatoes!" Jerry says with pride. Also popular are her five varieties of cakes, including an unbelievable chocolate chip poundcake.

With the high holidays just around the corner, Jerry's is running a special brisket sale (cooked and sliced by Carol), plus soup chickens, kishke, chopped liver, matzo balls, kreplach, glazed carrots, and green bean casserole. Thanksgiving isn't as far away as it seems, and Jerry's offers Harrison turkeys from Glenview and honey glazed bone-in or out ham with a homemade glaze, plus stuffing and Carol's amazing pumpkin bread.

Jerry's Quality Meats is located at 3706 W. Dempster Street, and is open Tuesday through Friday from 9 a.m. to 6 p.m., Saturday from 8 a.m. to 5 p.m. Closed Sundays and Mondays. 847-677-9360.

Think Green, Choose Green, Live Green

With a theme of "Live Green, Live Inspired," Evanston's third annual Green Living Festival takes place 9 a.m. to 3 p.m. Saturday, Oct. 3, at the Evanston Ecology Center, 2024 McCormick Blvd. Find out how being kinder to Mother Earth can save time and money as well as build a better future for coming generations. Admission to this educational and enter-taining festival is free, and all ages are welcome.

The keynote speaker for this year's festival is Howard Learner, the award-winning Executive Director of the Environmental Law and Policy Center. His presentation, "Creating Evanston's Green Economy While Solving Global Warming Problems," begins at noon. As in past years, the eco-festival will include demonstrations, presentations and hands-on activities that will pique the curiosity of young and old. A marketplace highlighting the products and services of green businesses and organizations will also be set up.

The Evanston Green Living Festival is presented by the Evanston Environmental Association and the City of Evanston. For more information, call 847-448-8256 or go to www.evanstongreenfest.org.

Pledge to go Car-Free September 22

Thousands of people will pledge to leave their cars at home for Chicagoland Car-Free Day Sept. 22. We are excited to partner with RTA, CTA, Pace and Metra to celebrate the ways we can get all get around sans auto. Take the pledge and get \$1 off Caribou Coffee that day. If you are unsure about going car-free, we have you covered. Learn about all your options at www.chicagolandcarfree.org. And, if Chicagoland Car-Free Day is everyday for you, spread the word to your friends, neighbors and co-workers.

Village Cooking Corner

With autumn fast approaching, here's a delicious way to enjoy those fresh apples of any type.

Apple Crisp

4-5 Servings

1 1/4 to 1 1/2 cups sugar
2T Butter or margarine, melted
1/4 t Salt
3/4 to 1 t cinnamon
5 cups sliced, peeled tart apples (I used golden delicious) just reduce sugar
2 cups cereal flakes
1/4 cup butter or margarine
1 1/2T Flour

Cream, ice cream or sour cream topping (optional)

Combine half the sugar with 2T butter, salt and half the cinnamon. Sprinkle in bottom of greased 2 qt. baking dish. Arrange apples on top of the sugar mixture.

Blend remaining sugar with 1/4 cup butter, remaining spice and 1 1/2T flour and toss with cereal flakes. Sprinkle over top of apples.

Bake, covered in a 350° about 30 min. Remove cover and continue to bake until apples are tender and topping is lightly browned.

From the Kitchens of Rose Suter

Free Youth Fishing Program Continues

Young anglers, age 5 to 15, can grab a pole and fish for free on Saturday mornings at the pond in Lovelace Park, located on Gross Point Road at Thayer St. Sponsored by the Illinois Department of Natural Resources, this is a catch-and-release program designed to give youth a chance to experience firsthand the fun of fishing. Free equipment and bait are provided, and staff from the Evanston Ecology Center are on hand to offer their expert advice. This fishing program is held from 10 a.m. to noon every Saturday through October 31. Children must be accompanied by an adult. Fishing licenses are not needed for anglers under age 16. For more details, call 847/448-8256.

Later Ending Date of Beach Season May Lead to Swimming Area Shortage

The final day of Evanston's beach season traditionally takes place on Labor Day. However, because this year Labor Day is celebrated on the latest possible date (Monday, September 7) and because public schools will already be in session, there could be fewer lifeguards than usual on duty Monday, August 31through Friday, September 4. during this time, the sandy sections of all five public swimming beaches will be open to those with a season token or who pay a daily fee, but swimming may be prohibited at some beaches. Visitors can check the beach status in advance by using the beach status quick link on the home page of the City of Evanston's web site, www.cityofevanston.org, or by calling 847/859-7822 ext. 7. Both the web site and phone hotline are updated no later than 10 a.m. daily.

Walk and Roll to School Day Oct. 4

Remember what it was like to walk to school? Millions of children will be walking, biking and rolling to school on Oct. 4 as part of an international celebration of fun and active commutes. Any school can celebrate this fun day.

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

For a complete listing of events and to add your own, visit our online calendar at http://www.activetrans.org/calendar. You can submit your events when you create an account. Submissions are posted within two days.

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First Grooming

The following scenario occurs daily at grooming shops nationwide. Let's say you're a Shih Tzu puppy in need of your first haircut and bath; your Human makes the appointment for you and brings you to some new place. You hear and smell the other dogs and begin to get nervous, but luckily your Human cuddles and coos you to calm down. You are greeted by a nice lady who gives you a rub on the head and tells you how cute you are; she is called the Groomer. You realize that she is smart and flaunt your stuff for her; but wait a minute your Human is leaving! Panic sets in and you begin to shake; the nice lady is trying her best but she is not YOUR Human! She puts you in the jail where you are forced to sit. In fear you begin to whine, scream, anything to get out of jail!

After what seems like years of waiting, the Groomer finally takes you out! She talks nicely, but you are really freaked out! Opps... you poop and piddle on the table! The Groomer tries to tell you to calm down, but you think she is crazy! Then this crazy person grabs a weapon, oh no! They begin to rub this weapon all over your coat, hey wait a minute! This doesn't hurt; it feels kind of good and you begin to relax. Then the Groomer yields another contraption this one is loud and vibrates; again you are back in panic mode! The Groomer shaves under your feet and your private area, and then they have the nerve to give you a pedicure! You do your best screaming in the hope they will stop, but the evil Groomer continues on her way. Next she goes into your ears and pulls out the hair! Ouch! The Groomer finally says your done for now and cuddles you! You give in for now, plus you are exhausted!

Next, you are put onto this cold surface where you hear water. Oh no! The water is touching me, panic! You are now breathing heavy and are trying to jump out of this place! The massage you are getting is putting you in a much better mood; oh what fun bubbles! Not again, here comes the water, IKES! With the water turned off you again begin to relax, but then you here the loudest noise you have ever heard! It's a dryer and it headed straight for you, mayday! May-day! Mayday! Oh finally it's stopped and your returned to your jail!

You decide that jail isn't so bad and take a short nap! You are woken by that evil Groomer again, now what? She puts you back onto the table and that noise begins again, you are being dried! Then the vibrating thing is back; the groomer moves it all over your body! You want to complain, but are too tired and just want to wake up form this nightmare! The Groomer finally stops the vibrating tool and brings out this knife looking things. They aren't so loud by are scary; she uses them all over and then holds your face to get the hair she wants. You fight and pull; you don't want your face held (even if she isn't hurting you)! After long last the groomer cuddles you and tells you you're done; and you are placed back into jail!

When they get you again you are freaking out, but then see your wonderful Human! You dance around and yelp at the torture you endured! As typical, the Human doesn't understand you but goes on about how cute you are! Well they are right! You do feel good and smell a lot better! Nah! You tell yourself that you will be a good dog and just maybe they won't bring you to this terrible place again!

The above story does make Groomers sound like Monsters! They are not! They are simply doing their job; many dogs don't understand that it's better for them! For that matter, most Humans don't understand it either! All dogs regardless of size, shape, coat length, and coat texture need grooming! There is nothing better than a good brushing to stimulate the oils of the skin and get us feeling our best! Some of us dogs need grooming quite often (like me), while others need just frequent brushing; it really is dependent on the dog! The important thing to remember is that ALL dogs need grooming of some sort! Our hair acts as our heating and air conditioning units; if not properly maintained we are NOT comfortable in any weather. Plus, if we are all tangled we are uncomfortable; imagine never being able to take off that itchy sweater!

My purpose was to help my Human out; Groomers do a lot of work and usually don't get the credit for it! Some dogs, like me, are a pleasure to work with; while others require a lot more patience. Groomers do their best to not only make its dog looks its best, but have an enjoyable experience. The puppy in the story will learn to like grooming; all it takes is frequent grooming for any dog;

We dogs have to remember we may not like grooming, but we must learn to tolerate it! After all, when it's all over our Humans cuddle and loves us even more!

As for you Humans, look at your poor dog, does it need a makeover?

Should People Sleep in the Same Room with Their Birds?

by Peter S. Sakas DVM, MS

I know people like to have their birds sleep in the same room with them as it is comforting for both, however, there is a potential problem. I hate to be a spoilsport but a strong consideration is the risk of "Hypersensitivity Pneumonitis," also known as "EAA" (extrinsic allergic alveolitis) or more popularly as "Bird Keeper's Lung."

This condition develops in people who have a sensitivity to the protein in aerosolized bird fecal matter. There are various forms including acute (sudden onset), subacute (more low grade symptoms) and chronic, which is the type to fear. The chronic form develops slowly over time and can be caused by an exposure to even just one bird if you are hypersensitive. The danger is that due to the exposure to the fecal protein material the lung tissue in allergic individuals begins to undergo fibrosis (scarring) which is irreversible. Over time, lung capacity decreases and people suffering from this condition show respiratory problems including coughing, exercise intolerance, lethargy, chest pains and becoming easily winded. (One of our clients who had the condition said he felt like he was having a heart attack). Testing can be conducted to verify the diagnosis and treatment can be undertaken to prevent the disease from progressing, but the scarring is permanent and will never go away. Scary, huh?

Right now some of you are saying....."I don't have any allergies so I should be OK." But this sneaks up on you. The people who are at risk are people who have birds in multiple rooms in their homes and they do not really get away from the birds. Why should the bedroom be an issue? Just think about it. How many hours do you spend in there and when you are sleeping you are sucking stuff into your lungs. If a bird is in there you are inhaling fecal protein (as gross as that seems).

A real life example....We had a client whose daughter was with her and I noticed she was coughing a great deal. I asked her what was wrong and she said she had been having respiratory problems and no one knew why. My advantage as a veterinarian is that I do know about zoonoses (diseases you can get from animals) so I questioned her about where she kept the bird....IN HER BEDROOM. The room where she studied, slept and spent a great deal of time. I recommended that she move the bird out of the room and have her doctor check for EAA. It was verified and she improved. So this is not a theoretical problem, it is real.

I hope I have your attention now. All of you with birds should follow these guidelines. 1) Have an area where you can get away from your birds or keep them in one room. DO NOT keep them in a bedroom with you sleeping with you. 2) Purchase a quality air cleaner. 3) Clean the cage papers/cage frequently to prevent the drying out of the feces and great risk of aerosolizing the material. 4) If you have allergies wear a mask when cleaning cages or have someone else do it for you. This disease can sneak up on you, I know several people who have had it and some of you probably are slowly developing it now unless you take precautions.

Niles Animal Hospital & Bird Medical Center. 7278 N. Milwaukee Ave. Niles

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For more info on The Anti-Cruelty Society and our adoption process, please visit our website www.anticruelty.org or call (312) 644-8338.

Anti-Cruelty Society

It's Raining Cats & Dogs

Friday, October 2nd, 6:30pm – 10:00pm

Our annual *It's Raining Cats and Dogs* benefit is the be-seen event at The Anti-Cruelty Society. Enjoy a variety of tastings from fabulous Chicago chefs, refreshments, live music, silent and live auctions and more. Proceeds will support our life-saving programs and services including Adoptions, Low-Cost Spay/Neuter Clinic, Charity Veterinary Clinic, Cruelty and Abuse Investigations and Rescue, Humane Education and Community Outreach, Dog Training Classes, our Bruckner Rehabilitation & Treatment Center, the Virginia Butts Berger Cat Clinic and much more. Cost to attend is \$125 per person/\$600 for a reserved table of 4 with parking. For more information call Emily Ledergerber at (312) 644-8338 ext. 319.

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

HOWL-O-WEEN PARTY Sunday, October 18th Costume Contest and Games for Our Four Legged Friends! CANINE CORRAL 6460 N. MILWAUKEE 773-775-1040 CANINECORRAL@ SBCGLOBAL.NET www.CanineCorral.net

Does your Dog STINK?



GREAT OUTDOORS LOCAL FARMERS' MARKETS Urban Wild

EVANSTON

Date: Saturdays, May 16 - Nov. 7, 2009 Time: 7:30am to 1pm

Place: Intersection of University Place and Oak Avenue

Enjoy the bounty of Midwest farmers every Saturday throughout the summer. For over 30 years, the Evanston Farmers' Market has been a crowd-pleaser with 30+ vendors of fruit, vegetables, meat, flowers, cheese and bakery items. Now We're Cookin' and Home Grown Artists are going to be at the Market certain Saturdays throughout the summer. Free parking is available in the Maple Avenue Parking Garage. Senior coupons for Farmers' Markets are available through the Commission on Aging.

Home Grown Artists

Home Grown Artists began in 2005 as a showcase for Evanston artists and their work at the busy and thriving Farmers' Market. In 2005 a survey funded by the Illinois Arts Council and the Evanston Community Foundation determined that Evanston has ten times the national average of artists living and working here. 75% of them support themselves with their art. And in the year of the survey, artists generated \$25 million in the Evanston economy.

Each year the Farmers' Market hosts local artists who display for sale a wide variety of their works including pottery, paintings, sketches, home made paper making, and many other mediums. A portion of the proceeds from the artists renting spaces is used to provide art scholarships.

In 2008, the City Council made Home Grown Artists a permanent part of the Farmers Market. The Market is located at University Place between Railroad and Maple Avenues, north of the municipal garage that serves the Century movie theaters at Church and Maple. It is one block south of Emerson Street/Golf Road and east of Green Bay Road and Ridge Avenue. The hours are Saturdays from 7:30 a.m. to 1 p.m. through November 7, 2009.

Home Grown Artists will appear at the Farmers Market from 7:30a.m. to 12:30 p.m. on September 12 and 26; and October 3.

Mini-Book Sale at Evanston Farmer's Market

Evanston Public Library will be holding a Mini-Booksale on Saturday, September 26th 7:30 am to 1 pm at the intersection of University Place and Oak Avenue.

SKOKIE

Visit the "Best on the North Shore" Skokie Farmers' Market held on Sundays beginning Sunday, June 28 through Sunday, October 25. The market is open from 7:30 a.m. until 12:45 p.m. Arrive early for the best selection. The market is conveniently located in the Village Hall parking lot, 5127 Oakton Street. The Skokie Consumer Affairs Commission, a volunteer commission, hosts the Skokie Farmers' Market. For more information on the Skokie Farmers' Market, contact Terry Oline, Market Master at 847/933-8224 or visit www.skokie.org.

Urban Wildlife Coalition: Squirrely September

September is Bourbon Heritage Month, Mom and Apple Pie Month, and Hug a Texas Chef Month. Mark your calendar! Here in the Midwest, it easily could also be Squirrely Squirrels Month.

During September, these bright-eyed and bushy-tailed urban dwellers seem to throw caution and common sense to the wind in a pell-mell nutgathering hullaballoo. Scout a popular chestnut tree or acorn-dropping oak and see for yourself. Fixated only on the next nut, tree squirrels fly from branch to branch (sometimes missing altogether), eager to grab what they can before the cold weather sets in. Though squirrel mating season is late winter, in the fall, watch as they chase after one another. Unfortunately, their preoccupation often leads them to dart across streets and into harm's way. For this reason, September also is a good time to drive slowly and carefully, especially near forest preserves on tree-lined streets. When faced with an oncoming car, squirrels may try to confuse you, their potential predator, by making an erratic path across the street. Best advice: don't swerve to avoid them, just stop.

Squirrel Fast Facts:

Tree squirrels sweat through their paw pads – on a hot day, notice their wet pawprints on dry sidewalks

Ever see a squirrel rub a nut on its face before burying it? This marks the squirrel's scent, making it easier to find the nut later.

Generally, squirrels do not hibernate, but when we get an extended cold snap, they may stay in their cozy nests for days at a time.

Squirrels are most active a few hours after sunrise and a few hours before sunset.

The gray squirrel has been traced back some 50 million years.

Keep squirrels out of your birdfeeder by positioning it at least eight feet away from nearby structures or branches.

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.

Nat'l Wildlife Federation: Attract Hummingbirds to Your Yard

Hummingbirds are the world's tiniest birds. Fascinating to watch and great pollinators, it's no wonder they're one of the most popular back-yard birds.

To attract hummers to your yard, simply provide a regular source of nectar: Naturally - Plant red, tubular flowers, native to your area.

Artificially - Provide feeders designed to hold sugar water (see recipe below).

Want to do more for hummingbirds and other wildlife? Join our nationwide drive to create 150,000 wildlife-friendly yards through National Wildlife Federation's Certified Wildlife Habitat[™] program.

Just provide the things that animals need most: food, water, shelter, and places to raise their families. Certify your yard today and receive some exciting benefits. Go to http://www.nwf.org/gardenforwildlife/certify.cfm for more information.

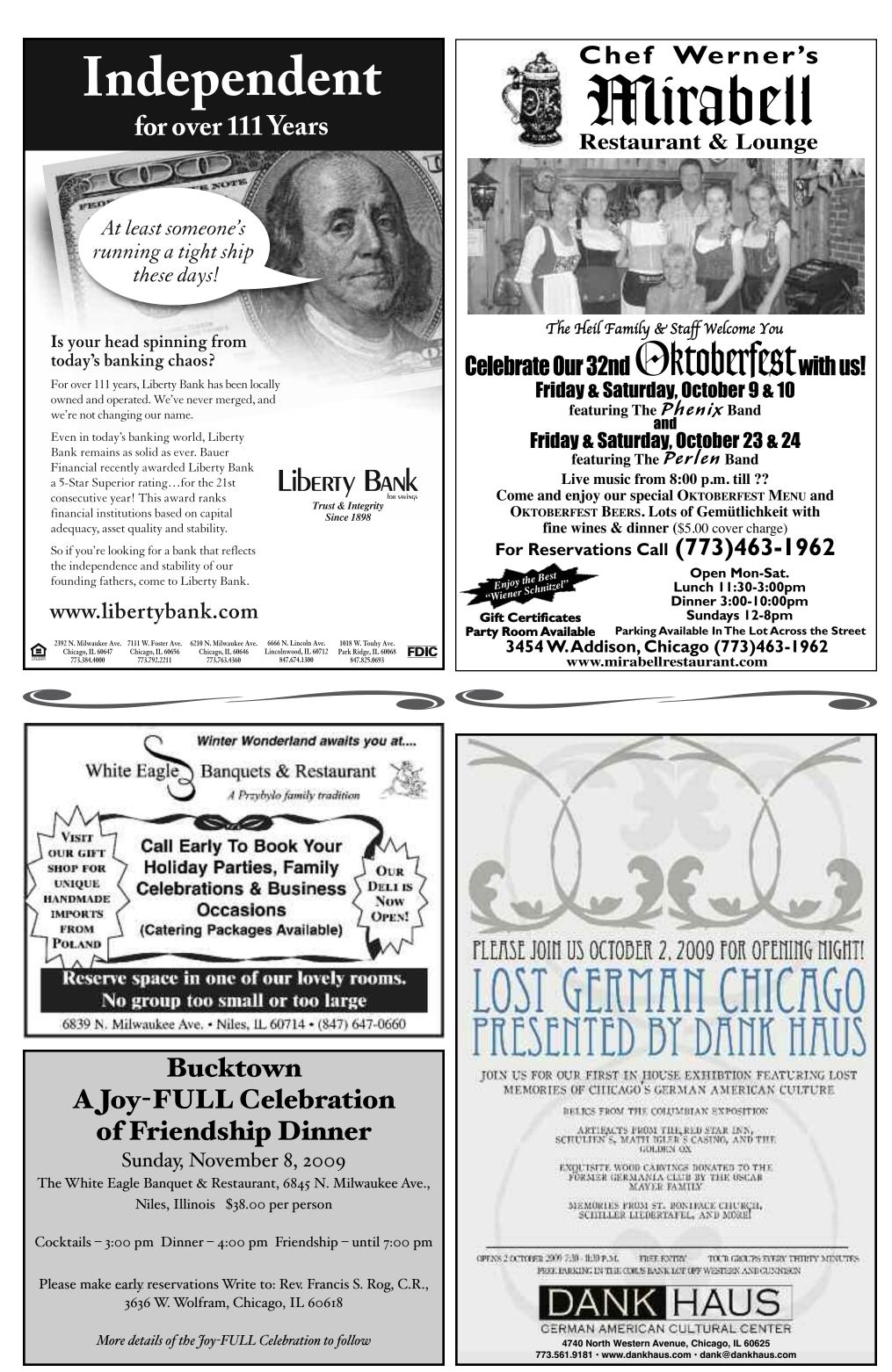


Make Your Own Nectar

Dissolve one part sugar in four parts hot water. Boil the water if you plan to store the nectar in the refrigerator. Never use honey, which ferments easily, or artificial sweeteners, which have no food value for birds.

Let the solution cool to room temperature before putting it in your feeder. You can store homemade nectar for up to a week in the refrigerator. Once you fill your feeder, don't forget to empty, rinse and refill your feeder every two to three days (especially in warm weather) to prevent spoiling. This ensures that hummingbirds won't become sick from drinking bad nectar.

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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