

# NewSkokie



September 2008

The award-winning municipal information source

Attention  
Skokie Residents...  
Know Your Neighbor Week  
is October 16-28.  
Learn more on page three.

## 2008 Village of Skokie Open House

**Village of Skokie Open House • Sunday, October 26, 2 to 4 p.m.  
Skokie Village Hall, 5127 Oakton Street**

**Join your neighbors at the Village Open House on Sunday, October 26 from 2 to 4 p.m.**

The Village and invited community organizations, including National Louis University, Niles Township, North Shore Center for the Performing Arts in Skokie, Oakton Community College, Rush North Shore Medical Center, Skokie Chamber of Commerce, Skokie Park District and the Skokie Public Library have planned an afternoon of enjoyment.

**Village Hall activities include:**

- Tour the Village Hall, view information regarding departments and speak with Village Officials.
- Raffle drawing for a "Quality of Life" Basket - winners announced at 4 p.m. (see information to the right for basket details)
- Skokie Crime Prevention materials.

- Health Department blood pressure and body composition analysis services.
- Public Works trucks and other equipment displays.
- Refreshments, including apple cider, doughnut holes and apples.
- Mini-pumpkins for children.

**After visiting Village Hall, take a stroll across Oakton Street to the Skokie Heritage Museum (8031 Floral Street) for activities including:**

- Fire Department historical information.

- Tours of the old fire house.
- Fire safety activities for children.
- Fire Department apparatus display.
- Refreshments, including chili and popcorn.

An up-to-date schedule of Open House activities will be posted at [www.skokie.org](http://www.skokie.org) and SkokieVision Cable (channel 25 on RCN and channel 17 on Comcast) the week before the Open House event.

### "Quality of Life" Baskets

All Skokie residents in attendance who complete an event passport are eligible to participate in a drawing to win one of three "Quality of Life" baskets. The baskets contain gift certificates and items from local businesses with a total expected value of over \$500 per basket.

A fourth "Quality of Life" basket will be raffled off specifically for residents that participate as a host during

*Know Your Neighbor Week.* To learn how you can be a host or for more information on *Know Your Neighbor Week*, please turn to page three. ↻

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**Skokie Village Hall will be closed on Monday, September 1, 2008 in observance of the Labor Day holiday.**



## Stormwater Runoff Information

Heavy rains can challenge the Village's sewer systems. The Village has a comprehensive stormwater runoff control program designed to mitigate basement flooding and sewer backups. The following provides answers to common questions about the program:

### Why do my streets flood after a heavy rainfall?

**Answer:** Runoff control intentionally ponds water on Village

streets. Without ponding, the water would flow into sewers at a greater rate than the sewers can handle. This can cause a surcharge into basements.

Water levels in the streets should abate within a few hours after a heavy storm. If the street is still flooded after this period, contact the Public Works Department at 847/933-8427. Public Works staff will check to see if a sewer inlet is clogged.

### Does this program eliminate seepage into my house?

**Answer:** No, the program is designed to mitigate problems with sewer backup into basements, not to address seepage problems. Seepage is clear stormwater that enters basements through cracks in the foundation or through window wells. A private licensed plumber, flood control contractor or water proofer can assist with seepage problems. Some of the things a contractor may suggest are waterproofing basement walls, installing new foundation drains, placing glass blocks in basement windows and sealing around window wells.

### Why do certain streets flood more than others?

**Answer:** The topography, sewers and other appurtenances are unique to each street. A topographic survey conducted by the Village showed that each street's water holding capacity varies. The system of berms and detention areas is designed to work with

each street's unique topography.

### Is the program a guaranteed solution to basement flooding?

**Answer:** The program has substantially decreased the number of sewer surcharges into homeowners' basements. Heavy rainstorms that exceed the design capacity of the storm water program (2.1 inches in one hour)

may still cause problems for some homeowners.

If frequent sewer back ups are a problem, contact a private licensed plumbing company and review private flood control options. These options may include installation of overhead sewers or other types of stormwater control. Before selecting a contractor carefully check references. In addition, remember that a permit and inspections are required by the Village.

### Final Notes

- Disconnect downspouts from the sewer system.
- Never dump anything into the street sewers!



**Shown above:** Gabion Pond on Oakton Street in Downtown Skokie. Depressed landscaped areas like Gabion Pond are used to detain stormwater runoff during heavy rainstorms. The ponds fill with excess water and drain into the combined sewer system at a rate that reduces the chance of sewer surcharge.

- Regularly clear curbside gutters of leaves, paper and other debris.
- Have private house drains and catch basins cleaned regularly by a licensed plumber.
- Service and maintain private stormwater control devices.

Visit [www.skokie.org](http://www.skokie.org) for detailed information on the stormwater runoff control program such as an interactive presentation and video. ∞

## Skokie Fire Department to hold September 11 Remembrance

On Thursday, September 11, 2008, the Village of Skokie Fire Department will dedicate a moment of silence with a bell ceremony beginning at 8:58 a.m. at the flagpole of each of its Fire Stations. At 8:59 a.m. a "last alarm" bell ceremony will take place followed by a minute of silence at 9 a.m. The public is invited to attend.

Station locations include:

- Fire Station 16: (Headquarters) 7424 Niles Center Road.
- Fire Station 17: 8157 Central Park Avenue.
- Fire Station 18: 9024 Gross Point Road.

For more information, please contact the Skokie Fire Department at 847/933-5320.



## Participate in *Know Your Neighbor Week*

*Know Your Neighbor Week is October 18 through October 26, 2008.*

Sponsored by the Village of Skokie and the Skokie Human Relations Commission and funded by The Chicago Community Trust Immigrant Integration Initiative, *Know Your Neighbor Week* is a program to encourage residents in Skokie's multicultural community to get to know one another and to celebrate our similarities and differences.

- **Host a coffee:** A coffee is an informal gathering of neighbors and friends.
- **Who to invite:** Neighbors new and old, new people from your church, school and any other friends or acquaintances new to the community. A mix of new and established residents is ideal.
- **The Village will help:** The Village of Skokie will provide all registered hosts with a coffee kit, which will include invitation flyers, name tags, markers, information about Village programs and services, conversation starters/ideas and a certificate for a **free** coffee cake to serve at the coffee.
- **Register to host and you could win:** All registered hosts will be entered into a drawing for a Quality of Life Basket (expected value over \$500) which will be given away at 4 p.m. during the Village of Skokie Open House on Sunday, October 26, 2008 at Skokie Village Hall, 5127 Oakton Street (please turn to page one for Open House details). *Need not be present to win.*

*For more information or to register as a host and receive your coffee kit, please complete the registration form to the right, email [info@skokie.org](mailto:info@skokie.org) or call 847/933-8257.* ∞

## Skokie Farmers' Market

### *Have you visited the Skokie Farmers' Market?*

Skokie's "Best on the North Shore" Farmers' Market, celebrating more than 30 years of operation, presents farmers and vendors from Illinois, Indiana, Michigan and Wisconsin.

The Skokie Farmers' Market is open from 7:30 a.m. until 12:45 p.m. through the last Sunday in October. For the best selection, arrive early when the market opens.

The market is located near the Village Green between the Skokie Public Library and Skokie Village Hall.

*For questions about the Farmers' Market, please contact Market Master Terry Oline at 847/933-8224.* ∞

## Know Your Neighbor Week October 18-26, 2008

### Coffee Host Registration Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

TELEPHONE:

(work) \_\_\_\_\_

(home) \_\_\_\_\_

(cell) \_\_\_\_\_

DATE OF COFFEE: \_\_\_\_\_

NUMBER OF INVITATIONS NEEDED: \_\_\_\_\_

I will need a coupon for a:

Coffee Cake

Kosher Coffee Cake

Both

***Please return this registration form by OCTOBER 1, 2008 to:***

Village of Skokie  
ATTN: Janelle Silva  
5127 Oakton Street  
Skokie, Illinois 60077

***Questions? Please call 847/933-8257 or email [info@skokie.org](mailto:info@skokie.org)***

# Immigrant Information Series

*Sponsored by the Village of Skokie*

**All sessions are held at the Skokie Public Library, 5215 Oakton Street from 7 to 8:30 p.m.**

*All sessions are free and are conducted in the English language. Light refreshments will be served. Children's activities will be available in the Youth Department for children ages 5 and above.*

## Upcoming Sessions Include:

### **September 8:**

*Special Education and Services for Children with Disabilities*

### **October 6:**

*Insuring Your Home, Your Property and Yourself*

### **November 3:**

*Emergency Services: Protection, Prevention and Preparedness*

### **December 1:**

*Getting Around: Buses, Trains and Automobiles*

### **January 5:**

*Health and Wellness: Skokie Health Department*

### **February 9:**

*Health and Wellness: Rush North Shore Medical Center*

**For a complete description of each workshop or to register for a workshop please e-mail [info@skokie.org](mailto:info@skokie.org) or call 847/933-8257**

*Funded by The Chicago Community Trust Immigrant Integration Initiative*

## Geographical Information Systems

The Village of Skokie maintains a geographical information system (GIS). The Village joined the GIS Consortium as one of 15 area municipal members united by the goal of enabling GIS technology for Village staff and residents.

GIS integrates maps and other geographical data for capturing, managing, analyzing and displaying information. Examples of information include both aerial photography and zoning. GIS technology works by linking information in databases to a specific location and displays it in an illustration.

GIS can be used for nearly everything from scientific investigations, environmental impact assessments and urban planning to sales and marketing. Over the next few months, Skokie will be working with the GIS Consortium to update the current GIS software in an effort to provide more user-friendly navigation for public users.

To view the Village's GIS please visit [www.gisconsortium.org](http://www.gisconsortium.org) and in the left toolbar choose the Village of Skokie as the Regional MapOffice™ member.

If you would like more information on GIS, please visit the E-Government Services link on the Village's website at [www.skokie.org](http://www.skokie.org). ∞

## November 4, 2008 Presidential Election

Voter registration for the November Election ends on October 7, 2008. Anyone who was registered and moved to a new address must re-register. Likewise, anyone who changed his or her name must re-register. People who will be 18 years of age by Election Day and new U.S. citizens will need to register in order to vote.

Voter registration is available at Skokie Village Hall, 5127 Oakton Street, Monday through Friday 8:30 a.m. to 5:00 p.m. and Saturdays 8:30 a.m. to 12 p.m.

Registered voters may "early vote" at Skokie Village Hall from October 13, 2008 through October 30, 2008.

Students and "snowbirds" who will not be able to vote on Election Day or "Early Vote" may request an application for an absentee ballot by coming to the Village Clerk's Office or calling the Clerk's Office at 847/933-8203. ∞

## Downtown Skokie Business Incentives

Skokie has designed a special package of business retention and attraction incentives to increase commercial activity in the Downtown area. Retail and restaurant establishments are the primary focus of these incentives. Available spaces await your business, and “bonuses” are available to your real estate broker as well. Eligible properties must be located in the Downtown area. These incentives are available through 2011 and are subject to available funding.

Skokie’s objective is to attract and retain high-quality retail, restaurant and entertainment uses to complement the growing employment base at the Illinois Science + Technology Park, recent high-density residential developments, the nearby Skokie campus of Oakton Community College and upcoming new CTA Yellow Line transit station for Downtown Skokie.

*The following information provides a brief overview of the available incentives. To receive a brochure containing a detailed explanation of available incentives and requirements, please contact the Economic Development Division at 847/933-8446.*

### Façade Assistance Program

Assistance is available to owners of existing properties (or tenants with owners’ approval) for rehabilitation or replacement of building façades. The property owner can receive 50% of the cost of a complete façade renovation up to \$50,000 per façade, or 15% of limited façade improvements such as signage and awnings. Owners of buildings over 100 feet long or corner properties with two prominent façades can receive up to \$100,000 in assistance. Typical improvements include tuckpointing and masonry repairs, new windows and doors, cornice/coping repair or replacement, rebuilding front walls and foundations, improving display areas and lighting.

### Interior Rehab Program

Assistance is available to Downtown Skokie properties for interior rehab work on the basis of 50% of cost up to \$50,000 per building, but is limited to restaurant and retail uses. The program cov-

ers building materials, fixtures, HVAC and major kitchen equipment, electrical, plumbing, all general rehab resulting in fixed capital improvements and building permit fees. The program is limited to existing properties at least five years old.

### Design Assistance

In connection with either the Façade Assistance or Interior Rehab Programs, the Village will rebate 50% of the architectural/design service expenses incurred by a property owner or tenant up to a maximum grant of \$3,000.

### Change of Use Allowance

Downtown property owners have the unique ability to change the use of a building without being subject to a different parking requirement. Only in the Downtown Core area can commercial uses change between retail, office, restaurant, beauty salon, business services, entertainment or any other zoning-permitted land use without requiring alterations in the amount of required parking.

### Parking Requirement Waiver

Additions to existing commercial buildings resulting in less than 8,000 square feet of total gross floor area are not subject to any parking requirements if used for retail or restaurant operations. Also, all new commercial buildings up to 8,000 square feet also are not required to provide any parking as long as they are occupied by retail or restaurant uses. The parking requirement for an additional 2,000 square feet (total building size of 10,000 square feet) also can be waived when it is shown that appropriate shared parking or municipal parking exists in the immediate area.

### Broker’s Bonus Program

The Village of Skokie is offering a special bonus up to \$5,000 to real estate brokers earning a professional commission for an arms-length

lease or sale of commercial space in Downtown Skokie for a retail or restaurant use. Brokers must be licensed and able to prove their role in the lease/sale negotiations and rental/sales contract. The bonus does not apply to leases or sales for any office, medical, entertainment or commercial services such as banks or hair/nail salons. The primary purpose of the business must be the sale of goods or prepared foods to the general public. Leases must be for a minimum of five years and the bonus will only be paid after the premises are occupied by the retailer or restaurant for a minimum of six months.

*For additional information please contact Tom Thompson, Economic Development Coordinator at 847/933-8446 or [tom.thompson@skokie.org](mailto:tom.thompson@skokie.org).*



**VILLAGE OF  
SKOKIE**  
ECONOMIC DEVELOPMENT INITIATIVE



The Skokie Village Board meets the first and third Mondays of each month, except in the case of a holiday. Meetings begin at 8 p.m. in the Council Chambers of Skokie Village Hall, 5127 Oakton Street.

**Watch Village Board Meetings on SkokieVision Cable Television (Channel 25 on RCN systems, Channel 17 on Comcast systems). The Board Meetings are broadcast at noon and 8 p.m. on the Thursday, Saturday and Tuesday following a Board Meeting.**

## Upcoming Public Meetings

All meetings are held at Village Hall (5127 Oakton Street).

**Board of Trustees:**  
September 2 and 15

**Plan Commission:**  
September 4 and 18

**Appearance Commission:**  
September 10 and 24

**Zoning Board of Appeals:**  
September 3 and 17



## Recent Village Board Action

The Village Board approved amendments to the Building Code regarding landscaping of a site after the demolition of a building or structure when there is no immediate plan to construct a new building or structure. Currently, properties are often left with a stoned surface, which may control vegetation growth but is consequently unsightly and indicates the impression of abandoned properties. The required landscaping will include greening of the property through sodding or seeding.

The Village Board approved acceptance of grant funding from the Judicial Advisory Council of Cook County in the amount of \$9,160 to be used towards programs such as Youth Outreach and Bicycle Patrol. The Village Board has approved this program for a number of years which has assisted in implementing many successful Youth Outreach programs including: truancy, curfew and the shoplifting intervention and prevention programs.

Historically the Board budgets approximately \$1.25 million annually for road work. Recently, the Village Board approved a fiscal year 2008-2009 budget increase of \$600,000 to fund two additional road repair and street resurfacing projects as a result of the harsh weather conditions from last winter. The first is the High Priority Street Patching Program. The budget will fund the removal and replacement of asphalt at 54 locations, including 19 berms, using state-of-the-art "hot patching" equipment. The second project is a supplemental street resurfacing program for 13 streets, or approximately 1.6 miles of Village-owned roadways. This is in addition to the 24 streets, or approximately 2.8 miles of resurfacing already included in the fiscal year 2008-2009 budget.

## Board and Commission Members Needed

The Village's many fine programs and services rely on community volunteers. More than 250 of your neighbors volunteer their time and expertise to ensure that Skokie is a great place to call home.

Commissioners are appointed by the Mayor and approved by the Village Board. Skokie Boards and Commissions with openings include: Advisory Commission on Disabilities, Advisory Commission on Human Services, Beautification and Improvement Commission, Board of Health, Cable Television Advisory Commission, Consumer Affairs Commission, Fine Arts Commission, Human Relations Commission and Traffic Safety Commission.

*For more information on how to become an active member of the Skokie community by joining a Skokie Board or Commission,*

*or for more information about volunteer opportunities, please contact Mayor George Van Dusen at 847/933-8269.*



## Skokie Fine Arts Commission

The Skokie Fine Arts Commission is accepting applications for the 2008-2009 granting year. To be eligible for a grant, all projects and programs must take place between May 1, 2008 and April 30, 2009. Schools and arts organizations are invited to submit arts-related projects and programs for grants of either \$250 for Skokie schools or varying amounts for arts organizations. If you are a first-time grant applicant, please consider attending the Fine Arts Commission Grant Workshop on Wednesday, November 12 at 7:30 p.m. at Village Hall, 5127 Oakton Street.

*For more information or to download a copy of the grant application, please visit [www.skokie.org](http://www.skokie.org).*



## Skokie's Going 'Green'

*Skokie's Going 'Green' article communicates the Village's environmentally friendly practices and initiatives and features 'green' tips for residents and business owners.*

### Skokie makes it easy to recycle!

Earlier this year the Village Board approved a change in the Village's comprehensive recycling program allowing for weekly recycling collection for single-family residential areas. With this change to weekly recycling collections, Village staff estimated that recycling volumes would increase. The June 2008 total was 591 tons of recycling collected which is 12.5% higher than last June and almost 8% higher than the three-year average.

The Village of Skokie is proud of the increase in the amount of recyclables but

strives to do better. Now that recycling is collected weekly, residents will have a much easier time storing and properly disposing of recyclable items.

To help keep you motivated to recycle, here are the Top 10 Reasons to Recycle according to the National Recycling Coalition:

- 1. Good for the Economy:** American companies rely on recycling programs to provide the raw materials they need to make new products.
- 2. Creates Jobs:** Recycling in the U.S. is a \$236 billion a year industry. More than 56,000 recycling and reuse enterprises employ 1.1 million workers nationwide.
- 3. Reduces Waste:** The average American discards seven and a half pounds of

garbage every day. Most of this garbage goes into landfills, where it's compacted and buried.

- 4. Good for the Environment:** Recycling requires far less energy, uses fewer natural resources and keeps waste from piling up in landfills.
- 5. Saves Energy:** Recycling offers significant energy savings over manufacturing with virgin materials. (For example, manufacturing with recycled aluminum cans uses 95% less energy.)
- 6. Preserves Landfill Space:** No one wants to live next door to a landfill. Recycling preserves existing landfill space.
- 7. Prevents Global Warming:** In 2000, recycling of solid waste prevented the release of 32.9 million met-

ric tons of carbon equivalent (MMTCE, the unit of measure for greenhouse gases) into the air.

- 8. Reduces Water Pollution:** Making goods from recycled materials generates far less water pollution than manufacturing from virgin materials.
- 9. Protects Wildlife:** Using recycled materials reduces the need to damage forests, wetlands, rivers and other places essential to wildlife.
- 10. Creates New Demand:** Recycling and buying recycled products creates demand for more recycled products, decreasing waste and helping our economy.

*For more information on Skokie's 'green' initiatives please call the Village Manager's Office at 847/933-8210.*



## Skokie Named One of the First 100 Illinois Towns Prepared to Save Newborn Infants

The Save Abandoned Babies Foundation announced the Village of Skokie to be among the first 100 Illinois towns in compliance with a law passed on August 17, 2007. The Illinois law requires that all Illinois hospitals, fire stations, police stations and sheriff offices that are "safe havens" to post regulated signs in a conspicuous location on the exterior of the building. These new signs indicate where a parent who cannot care for a newborn infant (up to seven days old) can anonymously relinquish the unharmed baby to a staff member without fear of prosecution for abandonment. In Skokie, these signs are posted at:

- Skokie Police Department, 8350 Laramie Avenue
- Skokie Fire Department Headquarters/Station 16, 7424 Niles Center Road; Skokie Fire Station 17, 8157 Central Park Avenue; and Skokie Fire Station 18, 9024 Gross Point Road
- Rush North Shore Medical Center, 9600 Gross Point Road

The law gives parents in crisis a safe, legal, confidential and anonymous option to unsafe abandonment in their babies' first days of life, when infants are most at risk of being killed or illegally abandoned.

*For more information on the program, please visit the Save Abandoned Babies Foundation website at [www.saveabandonedbabies.org](http://www.saveabandonedbabies.org) or call the Foundation at 312/440-0229.*

### Skokie Communicates

Visit the Village online at [www.skokie.org](http://www.skokie.org)

Subscribe to **SkokieNews** newsletter

Call **847/675-INFO**

Read **NewSkokie**

Watch **SkokieVision** Cable

## Monday Senior Group

*All programs take place at the Smith Activities Center located at 5120 Galitz Street. Programs begin at 1:30 p.m. unless otherwise noted. For more information on a Monday Senior Group Program please call 847/933-8208.*

**SEPTEMBER 1 - OFFICE CLOSED FOR LABOR DAY HOLIDAY**

**SEPTEMBER 8 - SALUTE TO LABOR DAY**

*NOTE: THIS EVENT BEGINS AT 12 p.m.* Join the Smith Center for an after Labor Day celebration including a lunch of pizza, salad and dessert. Entertainment will be provided by the North Shore Senior Center Stompers Band. Come dressed patriotic! There is a \$6 fee due at registration.

**SEPTEMBER 15 - DIGITAL TV INFORMATION**

Chris Jelinek from the Federal Communications Commission (FCC) will present information about the upcoming February 2009 switch to digital television.

**SEPTEMBER 22 - BUILDING BETTER BONES**

Barbara Milsk from the Center for Jewish Elderly will present information on how seniors can keep their bones in good shape.

**SEPTEMBER 29 - CASH DASH AND TABLE GAMES**

The Office of the State Treasurer will assist participants by researching if there is money in their name that they can claim. Afterwards, play table games with a group of friends.

## Cook County Treasurer's Website

The Cook County Treasurer's Office website gives taxpayers the ability to make online payments, learn about exemptions and savings, apply or search for refunds as well as learn about services for seniors. In addition, the site offers information about the property tax system in 21 languages and about individual properties.

To access the Cook County Treasurer's website please visit [www.cookcountytreasurer.com](http://www.cookcountytreasurer.com). ☞

## Assist-A-Family Program

Help make the season brighter for Skokie families in need. The Village's Assist-A-Family program asks businesses, individuals and groups to contribute to the effort. Human Services Division staff screens each applicant family to ensure that donations go to help Skokie's neediest families. Families receive gift certificates for area businesses to purchase holiday food and to buy items specific to each child's needs and wants. Monetary contributions and/or certificates are gratefully accepted by the Human Services Division staff.

*If you would like to participate in this program, please contact either Meryl Rivenson or Terri Williams at 847/933-8208.*

Skokie families who believe they may qualify for the Assist-A-Family program must contact Beth Lindley or Cynthia Benton at 847/933-8208 before October 10, 2008 to schedule an interview. Only families with extremely low income are eligible. ☞

## U.S. Citizenship Class

Anyone interested in studying to take the U.S. citizenship test is welcome to join this group which meets at the Smith Activities Center, 5120 Galitz Street, on Thursdays at 1:30 p.m. *Please call (847)933-8208 to sign up for this class.* ☞

## Skokie Teens Help Seniors through Skokie TeenLink Program

The Village of Skokie's TeenLink program unites residents who are in need of outside seasonal yard work with teens who are available for hire to do the work. This program is only available to Skokie residents.

The TeenLink program is a compilation of contact information of Skokie teens available to do seasonal yard work. The list includes the name and address of the teen, days available, type of work they are willing to do and their expected rate of pay. Residents can receive the list by mail or email. The resident is responsible for contacting the teen and for making financial and scheduling arrangements.

If you would like the TeenLink contact list please call the Village Manager's Office at 847/933-8257. Skokie teens can also complete an application to be added to the TeenLink program by contacting the Manager's Office or visiting [www.skokie.org](http://www.skokie.org) to download an application. ☞

## September is National Cholesterol Month

In conjunction with National Cholesterol Education Month, the Skokie Health Department would like to share the following facts about cholesterol.

### Why Is Cholesterol Important?

Blood cholesterol level has a lot to do with the chance of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases the chance of getting a disease. In fact, the higher one's blood cholesterol level, the greater the risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease.

### How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in the blood, it builds up in artery walls. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. Blood carries oxygen to the heart, and chest pain may occur if not enough blood and oxygen reach the heart. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important that people know their cholesterol numbers because lowering high cholesterol levels lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease. Lowering one's cholesterol is important for everyone at every age.

### What Do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a "lipid profile" to find out your cholesterol numbers. This blood test is done after a 12-hour fast and gives information about your total cholesterol, including:

- **HDL (good) cholesterol** – helps keep cholesterol from building up in the arteries.
- **LDL (bad) cholesterol** – the main source of cholesterol buildup and blockage in the arteries.
- **Triglycerides** – another form of fat in your blood.

Current guidelines for Lipid Levels are:

#### Total Cholesterol:

- Less than 200 Desirable
- 200-239 Borderline high
- 240 and above High Risk

#### HDL Cholesterol

- Above 40 Desirable
- Below 35 High Risk

#### LDL Cholesterol

- Less than 100 Desirable
- 100-159 mg/dL Borderline High
- 160 and above High Risk

#### Triglycerides

- Less than 150 Desirable
- 150-159 Borderline High
- 160 and above High Risk

The Skokie Health Department provides lipid profile screening by appointment only on Monday and Thursday mornings and Wednesday evenings. Cost of the screening is \$12 and requires only a simple finger stick of blood. Results are available within minutes of the screening. To make an appointment, contact the Skokie Health Department at 847/933-8252.

## Flu Shots Offered Beginning in October

The Skokie Health Department will offer flu shots to Skokie residents beginning in October (see dates below). Clinics will be held at Oakton Park, 4701 Oakton Street. The site is accessible to persons with disabilities and also is accessible via the #97 and #54A CTA buses.

Any Skokie resident age 50 or older is eligible to obtain a flu shot at no cost. Residents under the age of 50 also are eligible to receive a flu shot if they have been diagnosed with a chronic illness and have a note from their physician. This note must state the person's chronic illness and that a flu shot is medically indicated. Proof of residency is required and includes 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.

Clinics are scheduled for:

- **Tuesday, October 21 from 10 a.m. to 2 p.m.**
- **Wednesday, October 29 from 10 a.m. to 2 p.m.**
- **Monday, November 3 from 3 to 7 p.m.**

Clinic dates and times are subject to change based on vaccine availability. For more information please contact the Skokie Health Department at 847/933-8252.

**September 2008**



**Refuse, Recycling and Yard Waste Collection**

**Refuse and Recycling**

**Due to the Labor Day Holiday on Monday, September 1:** Monday refuse and recycling collection will occur on Tuesday, Tuesday collections will occur on Wednesday. Thursday and Friday collections are unchanged.

**Yard Waste**

Yard waste is collected every Wednesday through mid-October. For details on this program and how to bundle your yard waste for collection please visit [www.skokie.org](http://www.skokie.org).

**Health Happenings**

*Unless otherwise noted, all clinics are held at the Health Department, 5127 Oakton Street. Clinics marked with an (\*) require advance registration. For more information or to register for a clinic, call 847/933-8252.*

**Blood Pressure Screening**

Tuesdays and Thursdays from 3-4:45 p.m., Wednesdays from 9-10:30 a.m. and 5-8 p.m.

**Diabetes Screening\***

Tuesday, September 23 from 9 a.m.-12 p.m. *Please see page 11 for more information.*

**Nutrition Clinic\***

Thursday, September 18 from 9 a.m.-1 p.m.

**Hearing Screening\***

Friday, September 19 from 9 a.m.-12 p.m. *Please see page 11 for more information.*

**Body Composition Analysis\***

Mondays from 2-4:30 p.m., Wednesdays from 5-8 p.m. and Thursdays from 9 a.m.-12 p.m. \$4 fee.

**Lead Screening\***

Wednesdays from 5-8 p.m. and Wednesday, September 3 from 2-4 p.m. \$20 fee.

**Lipid Profile Screening\***

(Total Cholesterol, HDL, Triglycerides, LDL, Cholesterol/HDL Ratio) Mondays and Thursdays from 9 a.m.-12 p.m. and Wednesdays from 5-8 p.m. \$12 fee.

**Simple Cholesterol Screening**

(Total cholesterol screening only) Mondays from 9 a.m.-1 p.m., Wednesdays from 5-8 p.m. and Thursdays from 1-4 p.m., \$5 fee.

**Immunization Clinics\***

Tuesdays and Thursday from 9 a.m.-12 p.m., Wednesdays from 5-8 p.m. and Wednesdays, September 10 and 24 from 1:30-4 p.m.

**Nutrition Lecture**

Thursday, September 18 at 2 p.m. Topic: "Menus for One or Two".

**TB Skin Testing\***

Mondays and Fridays from 9 a.m.-1 p.m. and Tuesdays from 1-4:45 p.m.

**Well Child Clinic\***

Tuesday, September 16 from 8:30 a.m.-3 p.m.

**Smith Center Activities**

*Located at 5120 Galitz Street. Please call 847/933-8208 for more information or to register.*

**Rules of the Road**

*Review for driver's exam.* Monday, September 8 from 9:15 a.m.-12 p.m.

**Needlework**

*Socialization and needlework.* Mondays at 10 a.m.

**Chess**

Wednesdays and Fridays from 12-4:30 p.m.

**Woodcarving**

*Fee required.* Tuesdays from 9-11:30 a.m. Instructor: Irv Marion

**Monday Group**

*See page eight for details.* Mondays at 1:30 p.m.

**Low Vision Support Group**

Everyone is welcome. Tuesday, September 9 from 1:30-3 p.m.

**Womens' Discussion Group**

Wednesdays, September 10 and 24 from 1:30 to 3 p.m.

**Stamp Club**

Wednesdays, September 3 and 17 from 1:30 to 3 p.m.

**Illinois Cares RX and RX Plus**

(Formally known as Circuit Breaker) *Appointments are necessary.* Monday mornings.

**Conversational Yiddish**

*No fee or registration required. Everyone is welcome.* Tuesdays, September 16 and 23 at 1:30 p.m.

**Silver Singers**

Monday, September 15 at 1:30 p.m.

**Bright Ideas ESL Class**

*Registration required.* Mondays and Thursdays from 9:15-11:15 a.m.

**Conversational German**

Thursdays, September 4 and 18 at 1:30 p.m.

**Medicare Supplement Claims Assistance/ Senior Health Insurance Program**

*Appointments are necessary.* Wednesday, September 10 from 9 a.m. to 12 p.m.

**Simple Will/Durable Power of Attorney/ Living Will Program**

*Program for low-income seniors who meet requirements. Fee charged by attorney. Call for program details. Must have at least seven to eight people registered in order for program to occur.*

**Skokie Senior Mens' Group Discussion**

Wednesdays at 9:30 a.m., Weber Park, 9300 Weber Park Place.

**News and Views Discussion**

Fridays, 10 a.m.

**Mens' Discussion Group**

Fridays at 1:30 p.m.

**Hearing Loss Support Group**

Thursday, September 11 1:30 to 3 p.m.

**U.S. Citizenship Class**

Meets Thursdays at 1:30 p.m. at the Smith Activities Center. Please call 847/933-8208 to register for the class.

**CPR Schedule**

Please call the Skokie Fire Department at 847/982-5340 for September 16, 2008 program information.

**Residents:**

\$15 refundable fee.

**Non-residents:**

\$20 non-refundable fee.

**Skokie Park District**

For more information on Park District programs, call 847/674-1500 or visit [www.SkokieParkDistrict.org](http://www.SkokieParkDistrict.org).

**Nature Photography Contest Deadline**

Last chance to take photos at Emily Oaks Nature Center. Contest submission deadline is September 7. For contest information call 847/674.1500, ext. 2500. Emily Oaks Nature Center, 4650 Brummel Street.

**Touch a Truck**

September 20 from 10-11:30 a.m. Here is your chance to see the big rigs up close! This event is sure to impress, featuring many different trucks from the community. All children must be accompanied by an adult. Free. Oakton Community Center, 4701 Oakton Street.

**4th and 5th Grade Back-to-School Dance**

September 26 from 7-9 p.m. Get ready to dance and party the night away at the Oakton Community Center. The event will include a guest DJ, games, prizes, movies and pool! Pizza, pop and supervision will be provided. Pre-register by September 21 for \$7 or registration at the door for \$8. Grades: 4-5. Oakton Community Center, 4701 Oakton Street.

**Chicagoland Whiffleball Championship**

September 20, 8:30 a.m.-6 p.m. The first 24 teams to enter this tournament will be guaranteed four games and take their shot at the Chicagoland Whiffleball Championship. This one-day event is sanctioned by the World Whiffleball Commission. The Skokie Park District is the new home of the National Whiffleball Championship. To enter call 847/929-7171 or go to [www.SkokieParkDistrict.org](http://www.SkokieParkDistrict.org). For information about the game go to [www.whiffleball.org](http://www.whiffleball.org). Ages: 10-adult. Early fee through September 6: \$50 per team, late fee through September 15: \$70 per team. Niles West High School, 5701 Oakton Street.

**Skokie Public Library**

For more details on library activities and events, please visit [www.skokielib.org](http://www.skokielib.org) or call 847/673-7774.

**The Japanese Garden: Paradise on Earth**

Wednesday, September 10 at 7 p.m. A Japanese garden expert and photographer presents Japan's most beautiful gardens.

**Musicians from Japan's Kobe College**

Saturday, September 13 at 3 p.m. Kobe College Music Department faculty and graduate students present Classical music by western and Japanese composers.

**East Meets West**

Sunday, September 14 at 3 p.m. The Lunae Duo play music of Debussy, Miyagi, Kishio, Gaubert, Ravel and others.

**Lyric Opera Season Preview**

Saturday, September 20 at 1:30 p.m. Hear about the full 2008-2009 Lyric Opera season.

**Sisai: Music of the Andes**

Saturday, September 20 at 3 p.m. The enchanting sounds of Andean winds and strings in the shared indigenous musical heritage of Peru, Bolivia and Ecuador.

**Conjunto Presents Latin Jazz**

Sunday, September 21 at 3 p.m. Zesty Latin jazz, mixing in the zing of salsa and upbeat dance rhythms with slower, bossa-like elegance.

**Death to Boring Resumes**

Tuesday, September 23 at 6:30 p.m. Learn to create resumes that get noticed. Registration required, call 847/673-3733.

**Spanish and Latin American Songs**

Sunday, September 28 at 3 p.m. Members of vocal collective VOX 3 present fun and flashy songs by Spanish, Brazilian and Argentinian composers.

**North Shore Center for the Performing Arts in Skokie**

Located at 9501 Skokie Blvd. For 2008-2009 performance dates and information please call the box office at 847/673-6300 or visit [www.northshorecenter.org](http://www.northshorecenter.org)

**Church Basement Ladies**

Centre East Theatre September 10-11, 13-14, 17-21 and 23-27 Call for showtimes.

**WFMT Midnight Special Folk Festival**

Centre East Theatre September 28 at 3 p.m.

**Dr. Jekyll & Mr. Hyde**

Northlight Theatre September 17- October 26. Call for showtimes.



**Diabetes and Hearing Screenings**

The Health Department offers free monthly diabetes and hearing screening clinics by appointment for Skokie residents.

The diabetes clinic is for those who are not known to be diabetic or borderline diabetic. The test requires an eight-hour fast prior to the appointment. A small blood sample is taken from the finger and results are available in just over a minute. People with elevated readings are referred to their family physician for follow up. The next diabetes screening clinic will be held on Tuesday, September 23 from 9 a.m. to 2 p.m.

The hearing clinic is for those who do not have a known hearing loss and do not wear a hearing aid. If the client fails a brief screening test, a more comprehensive test is performed. Those who fail that test will be referred to their family physician for follow up. The hearing screening clinic will be held on Friday, September 19th from 9 a.m. to 12 p.m.

All clinics take place at the Skokie Health Department, 5127 Oakton Street, unless otherwise noted. For more information or to schedule an appointment for a clinic please contact the Health Department at 847/933-8252.



The Village of Skokie  
www.skokie.org  
Council/Manager Government  
Since 1957



**Officials:**

**Mayor**  
George  
Van Dusen

**Clerk**  
Marlene Williams

**Trustees**  
Michele L. Bromberg  
Michael A. Gelder  
Frank G. McCabe  
Donald P. Perille  
Randall E. Roberts  
Edie Sue Sutker

**Manager**  
Albert J. Rigoni

**Counsel**  
J. Patrick Hanley

**Phone Numbers:**  
**Emergency**  
9-1-1

**Information**  
847/673-0500

**TTY**  
847/933-8455

**Fire Non-Emergency**  
847/982-5300

**Police Non-Emergency**  
847/982-5900

**Citizens Assistance**  
847/933-8480

**Managing Editor**  
Ann E. Tennes

**Assistant Editor/Layout**  
Natalie M.K. Marquez

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## Immigrant Information Series

*Sponsored by the Village of Skokie and paid for  
by a grant from The Chicago Community Trust  
Immigrant Integration Initiative*

**September 8:  
Special Education and Services for  
Children with Disabilities**

All sessions are held at the Skokie Public Library,  
5215 Oakton Street from 7 to 8:30 p.m.

All sessions are free and are conducted in the English language.  
Light refreshments will be served. Children's activities will be  
available for children ages 5 and up in the Youth Department.

*For more information on the Immigrant Information Series please  
see page two or email info@skokie.org.*

### Feedback

The Village is pleased to respond to your questions and concerns.  
If you have a suggestion for the Village web site or for a future  
NewSkokie article, or have a question, return this form to the Vil-  
lage Hall or e-mail info@skokie.org. Please provide your address  
for a direct response.

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Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

Forward inquiries to: Village Manager's Office, 5127 Oakton Street, Skokie, IL 60077.

### Village Departments

**Animal Control**  
847/933-8484

**Building/Housing/Zoning**  
847/933-8223

**Citizens Assistance**  
847/933-8480

**Civil Engineering**  
847/933-8231

**Clerk's Office**  
847/933-8203

**Community Development**  
847/933-8446

**Health Department**  
*Administration*  
847/933-8252

*Environmental Health*  
847/933-8484

*Personal Health*  
847/933-8252

**Human Services**  
847/933-8208

**Public Works**  
*Forestry*  
847/933-8427

*Refuse and Recycling*  
847/933-8427

*Signs and Street Lights*  
847/933-8232

*Streets and Alleys*  
847/933-8427

*Water and Sewer*  
847/933-8427

*Traffic Engineering*  
847/933-8232

**Village Hall**  
847/673-0500

**Village Manager's Office**  
847/933-8210

**Water Billing**  
847/933-8418

# NewSkokie

Village of Skokie  
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