

NewSkokie

January/February 2009

The award-winning municipal information source

Winter Forecast

Salt Update

Similar to last year's long and difficult winter, this upcoming winter season has already proven to be challenging. The salt shortages impacting the Chicagoland area last year continue as domestic salt mine production is unable to

keep up with demand in restocking depleted supplies. Vendors are warning of salt shortages and there have been dramatic price increases impacting municipalities and private companies. Skokie, like most communities, participates in the State of Illinois

Joint Purchase program for salt and, unfortunately, the cost for salt under this program has more than doubled.

The Village has secured a sufficient supply of rock salt for the winter season. In order to make sure that this supply covers the Village's needs for the winter season, the Village will focus on conservation of salt. This will include reducing the amount of material spread on streets throughout the Village to the minimum needed to protect the safety of the motoring public and possibly mixing salt with sand to help stretch the material and to provide tire traction.

The Village remains committed to providing safe roadways for Skokie residents and visitors. One positive benefit of less salt being used throughout the Chicagoland area is the beneficial environmental impact. Less salt reduces the amount of damage to trees, grass and shrubs adjacent to the roads and reduces the chloride content of run-off that goes into lakes and streams.

The Village asks that residents please take extra caution and be aware of the conditions on the roadways throughout the Northern Illinois region this winter season. Be sure to tune into local weather forecasts, allow extra time for traveling, increase

the intervals between your vehicle and the vehicle in front of you and, most importantly, reduce your speed.

Alternate Side Parking Reminder

After a snowfall of two inches or more, the Village places an alternate side parking program in effect from 8 a.m. to 6 p.m. The program stays in effect for at least two days. On even-numbered days, cars must be parked on the even-numbered side of the street. On odd-numbered days, cars must be parked on the odd-numbered side of the street.

Residents are informed that the program is in effect by an "alert" warning siren that sounds at 7 a.m. The siren sounds again at 6 p.m., after which residents may move their vehicles to the opposite side of the street.

To confirm that the Alternate Side Parking program is in effect please call the Village's snow hotline at 847/675-SNOW(7669) or tune to 1660 AM Skokie, the Village's municipal advisory radio station. Turn to page two for more information.



Need help shoveling snow? Turn to page 8 for TeenLink program information.

Digital Transition

On February 19, 2009, all analog broadcast television in the United States will end as the nation's full power television stations complete their transition to an all-digital system. This change will mark the end of the traditional analog method of broadcasting over-the-air television.

This does not mean the end of free broadcast television, and your favorite broadcast programs and local television stations will still be available.

How can you tell if you will be affected by the transition? If you don't currently subscribe to cable or satellite AND your television set was purchased prior to 2008, you will be affected. This means you currently receive analog television over the air or via an antenna, and your TV set is not able to handle digital transmission. To be able to continue to watch over-the-air, broadcast TV, you will need a converter box available at many electronics stores, for which the federal government can provide a \$40 coupon. You must apply for the coupon directly with the National Telecommunications and Information Administration (NTIA) through the website at www.dtv2009.gov, or by requesting an application via phone at 1-888-DTV-2009.

If you have any questions about the digital transition please call the Public Information Division at 847/933-8257.



2009 Community Video Awards Application

The Skokie Cable Television Commission invites residents to submit locally produced, non-professional video programs for this year's video awards competition. All videos produced in 2008 or 2009 are eligible for entry. Entries must be submitted in VHS or DVD format. Please provide a log for entries over five minutes long. Entries are not returned.

Please submit entries no later than March 16, 2009.

Producer Name: _____

Address: _____

Organization: _____

Program Title: _____

Production Location: _____

Production Date: _____

Run Time: _____

Producer Age Group (please circle one):

Junior High School High School Adult

Category (please circle one):

Art & Culture

Entertainment (music, sports, comedy, etc.)

Educational

Public Service

Other: _____

Please deliver completed entry form and DVD or VHS tape by March 16, 2009 to:

Village of Skokie - Village Manager's Office
5127 Oakton Street
Skokie, Illinois 60077

For more information, please contact the Public Information Division at 847/933-8257.



Tune to 1660 AM

Village of Skokie Municipal Advisory Radio Station

For emergency preparedness information, up-to-the-minute reports, alerts and relevant instructions for what to do in an emergency and national weather service announcements.

Forms, Permits and Applications

The Village of Skokie wants to make it easy for residents and business owners to complete Village forms, permits and applications and has made them available online at www.skokie.org. The forms are designed to be printed on your printer, but may be completed electronically (using Adobe Acrobat) or by hand. Adobe Acrobat is a free program and if your computer does not have this program, a link to download it is available on the forms, permits and applications page. All completed documents may be submitted in person or by mail to the Village of Skokie, with specific addresses listed on each form, permit or application.

If you notice a form, permit or application you frequently use that is not listed and would like it posted online, please contact the Village Manager's Office at 847/933-8257. ↻

We want to hear from you!

The Village welcomes comments and questions from residents. A number of options are available for residents to share questions, thoughts and concerns with the Village:

- Complete and submit the Feedback form below, or on the back page of any edition of *NewSkokie*.
- Email the Village at info@skokie.org.
- Call one of the Village departments (see back page).

2009 Refuse and Recycling Schedule

Refuse Collection

- *If you live on the north side of Greenleaf Street or north of Greenleaf Street, refuse is collected on Monday and Thursday.*
- *If you live on the south side of Greenleaf Street or south of Greenleaf Street, refuse is collected on Tuesday and Friday.*

2009 Holiday Refuse Collection Schedule:

Thursday, January 1 - New Year's Day: Monday, Tuesday and Friday collections unchanged, Thursday collection on Wednesday.

Monday, January 19 - Martin Luther King Day: Monday collection on Tuesday, Tuesday collection on Wednesday, Thursday and Friday collections unchanged.

Monday, February 16 - President's Day: Monday collection on Tuesday, Tuesday collection on Wednesday, Thursday and Friday collections unchanged.

Monday, May 25 - Memorial Day: Monday collection on Tuesday, Tuesday collection on Wednesday, Thursday and Friday collections unchanged.

Friday, July 3 - Independence Day: Monday and Tuesday collections unchanged, Thursday collection on Wednesday, Friday collection on Thursday.

Monday, September 7 - Labor Day: Monday collection on Tuesday, Tuesday collection on Wednesday, Thursday and Friday collections unchanged.

Thursday and Friday, November 26 and 27 - Thanksgiving Holiday: Monday and Tuesday collections unchanged, attempt to complete Thursday and Friday collections on Wednesday.

Friday, December 25 - Christmas Holiday: Monday and Tuesday collections unchanged, Thursday collection on Wednesday, Friday collection on Thursday.

Household Chemical Waste Disposal

The Illinois Environmental Protection Agency offers a household hazardous chemicals disposal facility at Goose Island, 1150 North Branch Street in Chicago. For more information or for drop-off time, please call 312/744-7606.

Recycling Collection

- **MONDAY:** Residents living east of Kostner Avenue and north of Greenleaf Street have recycling collection every Monday.
- **TUESDAY:** Residents living east of Kostner Avenue and south of Greenleaf Street have recycling collection every Tuesday.
- **THURSDAY:** Residents living west of Kostner Avenue and north of Greenleaf Street have recycling collection every Thursday.
- **FRIDAY:** Residents living west of Kostner Avenue and south of Greenleaf Street have recycling collection every Friday.

In curbside collection areas, set out recycling containers by 7 a.m. on the day of pickup, but not before 6 p.m. on the night before collection.

2009 Holiday Recycling Collection Schedule

Thursday, January 1st (New Year's Day): Monday, Tuesday and Friday collections unchanged, Thursday collection on Wednesday.

Monday, January 19 - Martin Luther King Day: Normal collection schedules remain in effect.

Monday, February 16 - President's Day: Normal collection schedules remain in effect.

Monday, May 25 - Memorial Day: Monday collection on Tuesday, Tuesday collection on Wednesday, Thursday and Friday collections unchanged.

Friday, July 3 - Independence Day: Monday and Tuesday collections unchanged, Thursday collection on Wednesday, Friday collection on Thursday.

Monday, September 7 - Labor Day: Monday collection on Tuesday, Tuesday collection on Wednesday, Thursday and Friday collections unchanged.

Thursday and Friday, November 26 and 27 - Thanksgiving Holiday: Monday, Tuesday and Friday collections unchanged, Thursday collection on Wednesday.

Friday, December 25 - Christmas Holiday: Monday and Tuesday collections unchanged, Thursday collection on Wednesday, Friday collection on Thursday.

For more refuse and recycling collection information, please visit www.skokie.org. ∞

Deadline extended!
Ballots due January 31, 2009.

Merchant of the Year

Which store, service or business in Skokie is outstanding? The Consumer Affairs Commission will recognize a business that has distinguished itself to consumers. The Merchant of the Year plaque will be awarded to the business receiving the highest number of votes. The two merchants receiving the next highest number of votes also will be honored. Please return signed ballots by January 31, 2009.

Name of Business _____

Address of Business _____

Your Comments _____

Your Name _____

Your Signature _____

Your Address _____

Rules

- All ballots must be signed. One vote per person please.
- Merchant must be located in Skokie.
- Any Skokie business providing goods or services for at least one year is eligible.
- Merchant of the Year winners from the previous three years are not eligible.
- Photocopying of the ballot is acceptable. Additional ballots also are available at www.skokie.org.
- **Ballots must be received by January 31, 2009.**

Return ballots to:
Consumer Affairs Commission
ATTN: Terry Oline
Village of Skokie
5127 Oakton Street
Skokie, IL 60077

Spring 2009 Citizens' Police Academy

Tuesdays, February 17 to May 5 from 7-10 p.m.

The Citizens' Police Academy provides insight into law enforcement techniques and classes are geared to assist citizens in understanding laws and police practices/programs. The program is 12 weeks long and the curriculum includes information about: canine unit, criminal and civil law, crime prevention, juvenile law, evidence, traffic stops, 9-1-1 telecommunications, use of force, investigations, gangs and drugs, scams and confidence games, etc.

Students represent a wide variety of diverse backgrounds, ages and occupations, including students, retirees and working professionals. The Skokie Police Department believes that the entire community benefits when residents take personal interest in the protection of their neighborhood. This academy also provides an opportunity for the students to personally know the men and women who protect their community. Additionally, the Department obtains citizen input and develops support throughout the Village.

There is no charge to attend the Citizens' Police Academy and materials are provided by the Skokie Police Department. Students must be at least 18 years of age, live or work in Skokie and pass a criminal background check. The deadline to register for the Academy is Tuesday, February 3, 2009. To register or for more information, please visit www.skokie.org or call the Crime Prevention/Community Relations Unit at 847/982-5919 or 847/982-5921. ∞

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:

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 or call the Public Information Division at 847/933-8257.

Funded by The Chicago Community Trust Immigrant Integration Initiative

Emergency Preparedness in Skokie

Tip of the Month: Preparing Your Animals for an Emergency

As you prepare your family for an emergency, you also should prepare your animal for an emergency. The Skokie Health Department - Environmental Health Division offers the following information on ways you can prepare your animals for an emergency.

Preparing an Emergency Supplies Kit for Your Pet

Preparing an emergency supplies kit for your pet is just as important as preparing an emergency supply kit for your family (learn more about this at www.skokie.org.) Here's a basic list for your first-aid kit:

- Tweezers
- Cotton batting, gauze bandages and pads
- Adhesive tape
- First-aid cream - a triple-antibiotic
- Antiseptic spray
- Hydrogen peroxide
- Rectal thermometer
- Scissors
- Food, can opener, water, bowls, litter pan and litter.
- Pet carrier or portable crate. (*A collapsible metal show crate will accommodate more than one cat.*)
- Medical records, pertinent information about your pet and phone number of your veterinarian.

(Most kennels require proof of current rabies and distemper vaccinations before accepting a pet.)

- Comfortable bedding for the crate. A blanket can be used for the dual purpose of bedding and wrapping an injured animal in to prevent shock.
- Nail clippers, comb and/or brush.
- Recent photos of your pet. Hopefully you won't need them, but if your pet is lost in the confusion, you'll want to place posters around the area without delay.

To learn about Emergency Supplies Kits you can create for your family, visit the Village's Emergency Preparedness webpage at www.skokie.org.

What to do in an Emergency Situation

If you must evacuate your home, it's always best to take your pets with you. For health and space reasons, pets may not be allowed in public emergency shelters. (*Trained guide dogs for the blind, hearing impaired or handicapped will be allowed to stay in emergency*

shelters with their owners.) If, as a last resort, you have to leave your pets behind, make sure you develop a plan for your pets before there is a need to use it. Learn more on what to do in this situation by visiting the Emergency Preparedness website at www.skokie.org.

Personnel from the Village of Skokie will handle the initial response to any disaster or unusual occurrences within the geographical limits of Village of Skokie. If necessary, the Village of Skokie will establish shelters for mass care and animal care. Officials will assist in finding temporary housing and supplies for displaced animals. Animal Shelter facilities will be opened as close as possible to the affected area, but safely away from hazards that may exist from the disaster. In the event that the disaster affects multiple jurisdictions, a regional center will be activated.

If the size and type of disaster warrants it, the Red Cross may take over in establishing these shelters. The Red Cross will not accept pets at their emer-

gency shelters, so make a list of "pet-friendly" motels in case you need to temporarily relocate with your pets.

As an alternative, ask your veterinarian or your local animal shelter if they provide emergency care for pets following disasters. Obtain the numbers to several veterinarians outside your immediate area in the event your own veterinarian's office has to close because of the emergency. If your pet is on medication or a special diet, find out from your veterinarian what you should do in case you have to leave it alone for several days. Contact a friendly neighbor and make a reciprocal agreement to take charge of each others pets in the event of an emergency when one of you is not home. Exchange cell phone numbers if you both have them. Make a list of all the above phone numbers for you to include in your pet's emergency supplies kit.

If you would like more information on preparing your animal during an emergency, please visit the Village's Emergency Preparedness webpage at www.skokie.org or call the Skokie Health Department – Environmental Health Division at 847/933-8484. ∞



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:

January 5, 20

February 2, 17

Plan Commission:

January 8, 22

February 5, 19

Appearance Commission:

January 14

February 11

Zoning Board of Appeals:

January 7, 21

February 4, 18



Recent Village Board Action

The Village Board approved a series of resolutions allowing for an intersection improvement project at Golf Road and Skokie Boulevard. The project includes an intersection improvement to Golf Road and Skokie Boulevard, including the intersection at Foster Street and Skokie Boulevard. The project also includes a new water main, storm sewer, street lighting improvements, traffic signals and street and sidewalk improvements as well as pedestrian crossing enhancements. The project, estimated to cost \$5,345,791, will mostly be funded by federal and state government. Skokie's share of the project cost is estimated at \$395,135, with half of this amount associated with the water main construction. The project is scheduled for competitive bidding this winter, with construction beginning in summer 2009.

Skokie Fine Arts Commission Grants

Cultural Arts Grants

The Village of Skokie Fine Arts Commission offers Cultural Arts grants to Skokie schools for in-school performing arts programming.

The maximum grant level is \$250 and schools may apply for more than one grant per year. All proposed programs/projects must take place between May 1, 2008 and April 30, 2009.

The final deadline for Cultural Arts Grant applications is February 6, 2009.

Project Grants

The Skokie Fine Arts Commission also offers grants to organizations and sponsors of visual, audio and creative art projects, such as artist-in-residence programs.

These grants are competitive and provide larger funding amounts than the Cultural Arts grants. Village of Skokie

not-for profit arts organizations and institutions are encouraged to apply. To be eligible, all projects must take place between May 1, 2008 and April 30, 2009. The final deadline for Project Grant Applications is February 6, 2009.

Applications for both the Cultural Arts Grants and Project Grants are available online at www.skokie.org or by contacting the Public Information Division at 847/933-8257.

Skokie's Budget Nationally Recognized

For the 17th consecutive year, the Village of Skokie has received the Distinguished Budget Presentation Award from the Government Finance Officers Association of the United States and Canada (GFOA). The award is the highest form of recognition in governmental budgeting and represents a significant achievement by the Village of Skokie.

The GFOA award recognizes Skokie's budget for satisfying nationally accepted guidelines for effective budget presentation. The award also recognizes a significant achievement and commitment by the Village Board and staff in meeting the highest principles of governmental budgeting for fiscal year 2009, in effect from May 1, 2008 through April 30, 2009.

The GFOA states that in order to receive the Distinguished Budget Presentation Award a budget must be rated as proficient in the following categories: how well the entity's budget serves as a policy document, financial plan, operations guide and communications device.

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.

Computer and Electronics Recycling

Why recycle electronics? According to the Solid Waste Agency of Northern Cook County (SWANCC), as consumer electronics technology rapidly improves and prices get lower, it is estimated that billions of consumer electronics will be scrapped during the rest of

this decade. Through reuse and recycling programs, such as those offered by SWANCC, these materials can be refurbished for reuse or demanufactured for recycling. By not putting your electronics in the trash, natural resources and energy are conserved, valuable and potentially harmful materials are recovered and landfill space is saved.

Skokie residents have many options to recycle computer and electronics items through the following programs:

- SWANCC At Home Computer Pick-up. This program begins spring 2009

and offers convenient pick-up of computer and electronic equipment at your home for a nominal fee. Visit www.swancc.org for program information.

- Permanent Drop-Off Options. There are dozens of permanent drop-off locations throughout the Chicagoland area, including Abt Electronics, Circuit City, Office Depot, Office Max and Staples. A fee may be involved. For more information visit www.swancc.org.
- Donation options. There are many organizations that accept used personal com-

puter equipment. The SWANCC website gives contact information for these organizations. Learn more at www.swancc.org.

- Mail-in Options. Dell, Hewlett-Packard and United Recycling each offer computer mail-in recycling programs. Visit each of these companies websites for details.

To learn more about SWANCC recycling programs and events by email, join the SWANCC Elist at www.swancc.org. ∞

Register to Vote and Passport Services Offered through the Village Clerk's Office

Register to Vote

Did you just turn 18 years of age or have you recently become a citizen? If so, remember to register to vote. Anyone who has moved or changed his or her name must re-register at the Village Clerk's Office at Skokie Village Hall, 5127 Oakton Street from 8:30 a.m. to 5 p.m., Monday through Friday.

Passport Services

Are you traveling overseas? Do you need to renew or apply for a passport? The Village Clerk's Office provides passport services from 8:30 a.m. to 5 p.m. Monday through Friday. Passport applications can also be downloaded in advance at www.travel.state.gov.

For further information, please contact Skokie Village Clerk Marlene Williams at 847/933-8203. ∞

Call for Professional Artists

The Village of Skokie Public Arts Advisory Committee (PAAC) is seeking submissions from artists to be included in a database of pre-qualified artists, from which the Village may draw for public art projects and Commissions during the fiscal years 2009 and 2010, a period that runs through April 30, 2010.

Candidates will be identified in a number of media, including but not limited to sculpture, murals and mosaics. Artists can submit work in more than one medium.

Artists who wish to be considered for upcoming public art projects must complete an Artist Application Form, available at the Village's website, www.skokie.org. Each pre-qualified artist will be invited to submit a proposal when a project opens in their category.

To complete an Artist Application Form, please visit the forms, permits and applications webpage at www.skokie.org. Learn more about forms, permits and applications on page two. For further information please contact the Village Manager's Office at 847/933-8210. ∞

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 Monday Senior Group Programs please call 847/933-8208.

January 5 - Diabetic Shoe Information and Table Games

Dr. Averiek will give information on diabetic shoes and their importance in keeping feet healthy. Afterwards, gather your friends for a fun afternoon of table games of your choice. Bring treats to share.

January 12 - BINGO

Join the Smith Activities Center for a fun afternoon of BINGO. This activity is free and small prizes will be awarded to the winners.

January 19 - Martin Luther King Day

A video will be shown in honor of Martin Luther King.

January 26 - National Aging Seminar

The National Aging in Place Council will give several short presentations on who they are and a variety of other subjects.

February 2 - Table Games

Gather your friends for a fun afternoon of table games of your choice. Bring treats to share.

February 9 - Healthy Cooking on a Budget

Charlotte from Allied Home Health will cook a healthy chicken soup dish for all participants.

February 16 - Offices Closed

The Human Services Division will be closed in observance of President's Day.

February 23 - Opera

Rochelle Klapman from the Chicago Opera will feature the opera *Porgy & Bess* by George Gershwin. ☞

Special Jack Diamond Presentation of Nat King Cole

The Smith Center will host a special Jack Diamond Presentation of Nat King Cole on Tuesday, February 17, 2009 from 10:30-11:30 a.m. The program includes entertainment and a treat and will cost \$2, payable at the time of registration. For more information please call the Smith Center at 847/933-8208. ☞

TeenLink Program: Uniting Residents & Seniors with Local Teens

The Village's TeenLink program provides residents with names of teens willing to do various tasks, such as yard mowing, pulling weeds, raking leaves and snow shoveling. Teenagers are needed year-round, but especially during heavy snowfalls.

Skokie residents often request assistance for snow shoveling during harsh winters and for lawn care in the summer. When a teen provides their contact information to the TeenLink list, Skokie residents can be provided with a complete list of available teens in their area. The resident is responsible for contacting the TeenLink teenager and for making financial/scheduling arrangements. The TeenLink teenager is responsible for completing the task or notifying the resident if they are unable to complete the work.

The Village TeenLink program has been connecting residents with Skokie teenagers for over 20 years. Many communities have implemented similar programs with limited success. The success of the Skokie TeenLink program is a testament to our community's spirit. Help out your community - become a member of TeenLink today!

If you are a teen that would like to register or a senior that would like a list of available teens, please call 847/933-8257 or visit www.skokie.org ☞

Federal Income Tax Program

Federal Income Tax help is provided free-of-charge beginning February 10, 2009 and continuing through April 7, 2009. The help is available to low- to moderate-income senior residents who are at least 60 years of age or to residents with a disability. The program is held on Tuesdays only **by appointment only**. No walk-in appointments will be available.

The appointments will last approximately one hour and take place at Human Services Division, 5120 Galitz. Tax aides will assist individuals with the review and completion of simple taxes only. You must have all paperwork ready at the time of the appointment.

This program is available to U.S. citizens only. Please call 847/933-8208 for more information or to make an appointment. ☞

Winter Health Tips

Colds

More than 100 viruses can cause colds, the world's most common illness, so few people escape being exposed to at least one of them. In the United States, most people average about three colds every year. Once a cold enters the body through the nose or throat, the cold virus begins to multiply causing any of a number of symptoms: sore throat, sneezing, runny nose, watery eyes, aches and pains, mild fever, nasal congestion and coughing. A cold usually lasts a week or two.

The best way to treat a cold is to take a mild pain reliever, avoid unnecessary activity, get as much bed rest as possible and drink plenty of fluids, especially fruit juices.

While there is no vaccine to protect you from catching a cold, there are ways to lessen your chances of coming down with the illness. Keep up your natural resistance through good nutrition and getting enough sleep and exercise. Turn your thermostat down and keep the humidity up in your home. Dry air dries out the mucous membranes in your nose and throat and causes them to crack, creat-

ing a place where cold viruses can enter your body. Avoid direct contact with those who have colds and wash your hands frequently.

Influenza

Influenza, or the flu, is not a serious health threat for most people, but for the elderly or those who have a chronic health problem, influenza can result in serious complications, such as pneumonia. Symptoms of the flu usually develop suddenly, about three days after being exposed to the virus and may include fever, chills, cough, sore throat, runny nose and soreness

and aching in the back, arms and legs. Although these are similar to symptoms caused by cold viruses, flu symptoms tend to be more severe and to last longer.

The flu is highly contagious and if it occurs in your family, there is no practical way to avoid exposure to the virus. Bed rest, a mild pain reliever and lots of fluids are the best treatment. Unless advised by a physician, a child or teenager with a flu-like illness should not take aspirin. Its use in the presence of a flu infection is linked with an increased risk of Reye syndrome. Instead use another mild pain reliever that does not contain aspirin. Antibiotics are not effective against flu viruses.

Flu vaccines, while not always effective in preventing the illness, do reduce the severity of the symptoms and protect against complications that could develop. The shots are strongly recommended for persons 65 years of age and older and those who suffer from such chronic health problems as heart disease, respiratory problems, renal disease, diabetes, anemia or any disease that weakens the body's immune system. Infants, children and young people up to 18 years of age who are receiving long-term treatment with aspirin should also get a flu shot.

If you have any questions or would like more information on these and more winter health tips, contact the Skokie Health Department at 847/933-8252.

Take Care of Your Heart

Heart disease is one of the leading causes of death for Skokie residents. There are many things a person can do to reduce the risk of heart disease. These include keeping your blood pressure in the normal range, having an acceptable cholesterol level, maintaining a good level of physical fitness, and eating right. The Skokie Health Department offers screenings and clinics to help you monitor all of these.

February is National Heart Month. In recognition of this event, the Health Department will offer Cholesterol Screening, Lipid Profile and Body Composition Analysis for \$2 off the regular prices. In addition, Blood Pressure Screening and the Nutrition Clinic/Lecture are offered to Skokie residents at no charge. To learn more about Health Department clinics and screenings, please see page 10.

If you would like more information or to make an appointment, contact the Skokie Health Department at 847/933-8252.

Stop Smoking Clinic

The Skokie Health Department, in conjunction with the Evanston Health Department, is offering a stop smoking clinic. It is free of charge for anyone who lives or works in either of the two communities.

The clinic begins on Monday, January 19 at 7 p.m., and also will meet on January 20, 21, 22, 27 and February 3. This clinic will be held at the Skokie Village Hall, 5127 Oakton Street.

Mr. Jerry Zabin will conduct the clinic. Mr. Zabin has many years of experience in the development and implementation of smoking cessation and prevention programs. He has a unique style that is very popular with his clinic participants.

Advance registration is required for the stop smoking clinics. For more information or to register for the clinic, contact the Skokie Health Department at 847/933-8252.

Village Hall Closed

The Village of Skokie will be closed on Thursday, January 1, 2009 in observance of New Year's Day and on Monday, February 16 in observance of President's Day.

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 Drive

Wednesday, February 11 from 2:30-7 p.m. at Skokie Village Hall, 5127 Oakton Street.

Diabetes Screening*

Thursday, January 15 and Tuesday, February 17 from 9 a.m.-12 p.m.

Stop Smoking Clinic

Mondays, January 19, 20, 21, 22, 27 and February 3 at 7 p.m. *For more information, please turn to page nine.*

Blood Pressure Screening

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

Nutrition Clinic*

Thursday, January 22 and February 19 from 9 a.m.-1 p.m.

Hearing Screening*

Friday, January 16 and February 20 from 9 a.m.-12 p.m.

Nicotine Addiction Seminar

Wednesday, January 28 and February 25 from 7-9 p.m.

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, January 7 and February 4 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 Thursdays from 9 a.m.-12 p.m., Wednesdays from 5-8 p.m. and Wednesdays, January 14, 28 and February 11, 25 from 1:30-4 p.m.

Well Child Clinic*

Tuesday, January 13 and February 10 from 8:30 a.m.-3 p.m.

TB Skin Testing*

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

Nutrition Lecture

Thursday, January 22 at 2 p.m. Topic: "Eating Local & Organic Foods", and Thursday, February 19 at 2 p.m. Topic: "Calcium, a Major Nutrient".

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, January 5 and February 2 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.

FOCUS (For Optically Challenged Upbeat Sorts)

A low vision support group that meets in the evenings. Please call Juanita at 847/933-8208 for more information.

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

Tuesday, January 13 and February 10 from 1:30-3 p.m.

Hearing Loss Support Group

Thursday, January 8 and February 12 from 1:30-3 p.m.

Womens' Discussion Group

Wednesdays, January 14, 28 and February 11, 25 from 1:30 to 3 p.m.

Stamp Club

Wednesdays, January 7, 21 and February 4, 18 at 1:30 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, January 20, 27 and February 17 and 24 at 1:30 p.m.

Bright Ideas ESL Class

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

Conversational German

Thursdays, January 15 and February 5, 19 at 1:30 p.m.

News and Views Discussion

Fridays, 10 a.m.

Medicare Supplement Claims Assistance/ Senior Health Insurance Program

Appointments are necessary. Tuesday, January 13 and February 10 from 9 a.m. to 12 p.m.

Skokie Senior Mens' Group Discussion

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

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.

Mens' Discussion Group

Fridays at 1:30 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 January 19 and February 16 program information. **Residents:** \$15 refundable fee. **Non-residents:** \$20 non-refundable fee.

Niles Township Schools ELL Parent Center

All programs and activities at the Center are free and are for parents of children in Niles Township Schools. For further information, to register for classes and/or to serve as a bilingual volunteer, please call 847/568-7611.

Free English as a Second Language Class

Saturdays from 9:15 a.m. to 12 p.m. beginning January 10, 2009. Please register by January 10, 2009.

Free Family Literacy Class

Tuesdays and Thursdays through April 30, 2009. Please register by January 27, 2009.

Free Family Literacy Class

Thursdays from 6-9 p.m. through June, 2009. Please register by January 27, 2009.

Free Positive Parenting Skills Workshop and Parent Education Class

For parents of children 12 and older. Classes conducted in English, Spanish and Assyrian. January 27 to March 17 from 6-8 p.m. Please register by January 27, 2009.

Free English Conversation Classes (Tea & Talk)

Wednesdays from 10-11 a.m. beginning January 7, 2009.

All programs and activities at the Center are free and are for parents of children in Niles Township Schools. For further information, to register for classes and/or to serve as a bilingual volunteer, please call 847/568-7611.

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

Northlight Theatre presents *Po Boy Tango*

A play celebrating the human spirit and the joy of cooking. January 7 through February 15. Call for showtimes.

Elvis Birthday Tribute Artists Spectacular

Thursday, January 8 at 7:30 p.m.

Skokie Valley Symphony Orchestra

Concert featuring the winners of the 28th Young Artist Competition. Sunday, January 18, 2009 at 3 p.m. A pre-concert lecture will take place at 1:30 p.m.

The Capitol Steps

Thursday, January 22 at 7:30 p.m., Friday, January 23 at 8 p.m., Saturday, January 24 at 5 and 8 p.m. and Sunday, January 25 at 3 p.m.

Chinese Golden Dragon Acrobats

Saturday, January 31 at 2 and 5 p.m. and Sunday, February 1 at 2 p.m.

Giordano Jazz Dance Chicago

Saturday, February 14 at 8 p.m.

I Love You, You're Perfect, Now Change

Saturday, February 21 at 5 and 8 p.m.

Ars Viva Orchestra

Sunday, February 22 at 4:30 p.m. and Monday, February 23 at 7:30 p.m.

Northlight Theatre presents *Mauritius*

A gripping play blending sharp comedy and heart-pounding drama

in the stamp-collecting world. February 25 through April 5. Call for showtimes.

Schoolhouse Rock Live!

Saturday, February 28 at 1 and 3 p.m.

Skokie Park District

For more information on Park District programs, call 847/674-1500 or visit www.SkokieParkDistrict.org.

"In the Garden" Art Show & Reception

View the artwork of Skokie artists Michael Latala and Fran Mazur. Opening Reception on Friday, January 9 from 7-9 p.m. at Emily Oaks Nature Center, 4650 Brummel Street. Exhibit open through March 1.

Summer Camp 2009 Open House

Meet camp directors and compare programs and fees. Wednesday, January 14 from 6:30-8 p.m. at Oakton Community Center, 4701 Oakton Street.

Camp Resident Registration Begins

January 25 is the first day for Skokie residents to register for 2009 camps. February 22 is the first day for non-residents to register. Register at www.skokieparkdistrict.org or by calling 847/674-1500, extension 1. Walk-in and mail-in registration also is accepted.

Daddy-Daughter Valentine's Dance

Ages 1+. Saturday, February 7 from 5-7 p.m. \$20-30 per couple, \$10 for additional attendees. Oakton Community Center, 4701 Oakton Street.

Winter Chilly Fest

Enjoy outdoor ice skating and a cozy chili dinner overlooking the pond at Emily Oaks Nature Center. Admission is \$4-10. Saturday and Sunday, February 7-8 from 7-9 p.m. Emily Oaks Nature Center, 4650 Brummel.

Spring Program Registration

February 15 is the first day for Skokie residents to register for spring 2009 programs. February 22 is the first day for non-residents to register. Register at www.skokieparkdistrict.org or by calling 847/674-1500, extension 1. Walk-in and mail-in registration also is accepted.

Fourth and Fifth Grade Dance

Friday, February 27 from 7-9 p.m. \$8-9 fee. Oakton Community Center, 4701 Oakton Street.

Snowshoe Rentals at Emily Oaks Nature Center

Durable snowshoes are available to rent at Emily Oaks Nature Center when four or more inches of snow are on the ground. \$4-5 per hour. Call for hours at 847/674-1500, extension 2500. Emily Oaks Nature Center, 4650 Brummel Street.

Skokie Public Library

For more details on library activities and events, please visit www.skokiepubliclibrary.info or call 847/673-7774.

Demystifying Seed Starting: Flowers, Herbs and Vegetables

Thursday, January 8 at 7 p.m.

Beginning Genealogy

Sunday, January 11 at 1:30 p.m.

High School Finals Study Hall

Monday-Wednesday, January 12-14 from 5-9 p.m.

Fun with Flickr (Sharing Photos Online)

Thursday, January 15 at 7 p.m.

Preschool and Child Care Fair

Tuesday, January 20 at 7 p.m.

Meritage Piano Quartet

Sunday, January 25 at 3 p.m.

International Holocaust Remembrance Day Program

Tuesday, January 27 at 7 p.m.

Tovi Khali: Vocal Jazz

Sunday, February 8 at 3 p.m.

Images of Honest Abe

Wednesday, February 11 at 7 p.m.

Preview of *Alice in Wonderland*, by Evanston Dance Ensemble

Sunday, February 22 at 2 p.m.

SOUL Experience: African Drumming and Dancing

Saturday, February 28 at 3 p.m.

The Village of Skokie
www.skokie.org
1660 AM Skokie
Council/Manager
Government
Since 1957



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NewSkokie

Village of Skokie
5127 Oakton Street
Skokie, IL 60077

Immigrant Information Series

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

**January 5:
Health and Wellness: Skokie Health Department**

**February 9:
Health and Wellness: Rush North Shore
Medical Center**

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 four 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.

Name: _____ Telephone: _____

Address: _____

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

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847/933-8484

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847/933-8223

Citizens Assistance
847/933-8480

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847/933-8203

Community Development
847/933-8446

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847/933-8484

Personal Health
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