



OUR VILLAGE



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Volume XII

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Issue 24
January 23, 2009

RESIDENTS PROTEST MENTAL HEALTH CENTER CLOSING

Coalition to Save Our Mental Health Centers volunteers held a second informational picket line in front of the North River Mental Health Center, 5801 N. Pulaski Rd. Friday, Jan. 23. Despite sub-zero temperatures, members picketed at the same location Jan. 16 to alert residents to the proposed closing of the Center scheduled for Jan. 31.

The group distributed flyers urging residents to call the Mayor's office (312-744-3301) to protest the elimination of the center, which will leave 450 severely mentally ill citizens without the treatment they need. The facility has served over 138,000 residents of the Albany Park, North Park, Forest Glen, Portage Park and Irving Park communities for the past 40 years. If the center is closed, residents will have to travel to the Rogers Park Center at 1607 W. Howard St. to obtain treatment. Many fear that they will not have the wherewithal to make that trip and will go without the medication and therapy they need.

The city is going through with the planned closing despite the Nov. 4, 2008, passage of a referendum calling for an increase in property taxes to expand services at the NorthRiver facility. By a more than 70 percent majority, 23,000+ residents voted to pay additional real estate taxes so that services at the Center could be restored to the level residents enjoyed 20 years ago. Then 15 therapists treated residents of the area served by the Center, which extends from Devon Avenue south to Belmont and the North Branch of the Chicago River west to Cicero Avenue. Today, only two therapists are employed at the Center.

"This callous and insensitive action goes directly against the wishes of the community," said the Rev. Linda Forbes, pastor of the Sauganash Community Church. In addition to the Rev. Forbes, the group has garnered the support of 35 religious leaders with congregations in the catchment area who have signed letters supporting the Center and urging its remaining open. Coalition members presented the letters to Mayor Daley Jan. 9, but have received no response to date.

"This is a slap in the face to all the people who gathered signatures, worked for and voted for the referendum," said Rosemary Tirio, Sauganash resident and member of the Coalition.

Although the area served by the Center encompasses nine wards, only Ald. William Banks [36] has supported the cause. He has called for the City Council to review the proposed closing.

Submitted by Rosemary Tirio

CONGRATULATIONS

President
Obama
and
Vice
President
Biden



Our prayers go with you during these trying times.

Community Meeting Scheduled

Alderman Brian Doherty and the Edison Park Community Council have scheduled a community meeting in regards to noise concerns related to Northern Runway 9 Left/ 27 Right at O'Hare International Airport. The meeting will be held at 7PM on Wednesday, February 11, 2009 at the Teamsters Local 734 Headquarters, 6643 N. Northwest Highway. (See page 3 for complete details.)

Notice to the Concerned Citizens of Norwood/Edison Parks...

The Norwood Park Post Office on Northwest Highway has reopened as of January 21st and is operating as usual.

Some concerned citizens called our newspaper to report that on January 20th, a handwritten sign had been placed on the outer door informing people that this post office branch would be closed until further notice due to a power outage.

As of January 21st we have been assured by the Post Office that they are now up and running.



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Our Lady of the Resurrection Medical Center Offers February Health Programs

Our Lady of the Resurrection Medical Center, 5645 W. Addison St., Chicago, will offer the following health events in February.

The **Diabetes Support Group** will meet Tuesday, February 3, from 6:30 p.m. to 8 p.m., in the second floor Community Education Room. These free sessions are tailored for adults who have Type 2 diabetes and focus on the emotional side of diabetes, allowing participants to share coping strategies, feelings and problems in living with diabetes. For further information about the Diabetes Support Group, call certified diabetes educator Kathy Byrne-Bellavia, R.N., at 773-794-8329.

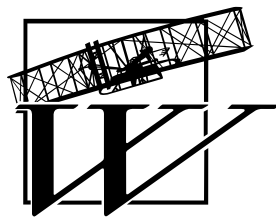
Come for a cardiac check-up at **HeartFest 2009** on Saturday, February 7, from 8 a.m. to 11 a.m. For \$30, participants will receive an electrocardiogram interpreted by a board-certified cardiologist, cholesterol and blood glucose screenings (12-hour fasting recommended), blood pressure screening, consultations with a registered pharmacist about medications and a registered dietitian about healthy eating and good nutrition, health information including "Act in Time for Heart Attack" signs, refreshments and more. Advance registration is required by calling 877-RES-INFO (877-737-4636).

A free **Healthy Aging Program** will be held Friday, February 13, from 1 p.m. to 2:30 p.m., in the seventh floor Centennial Conference Center A. This program for seniors aged 55 and older consists of social time, health topics and voluntary armchair exercises. Registration is not required.

The **Arthritis Support Group** will meet Thursday, February 26, from 1 p.m. to 2 p.m., in the seventh floor Centennial Conference Center B. These free sessions aim to provide mutual support and education. Registration is not required.

"**Living a Healthier Lifestyle**" is a program to help heart patients and people concerned about cardiac health develop a healthy lifestyle. Sessions are part of the hospital's cardiopulmonary rehabilitation program. A cardiac stress test, lipid profile, risk factor analysis and diet counseling are required to participate. To learn more, call the Cardiopulmonary Rehabilitation staff at 773-794-8420.

Free parking is available in the hospital's parking facility on Addison Street.



Wright Launches Senior Discount Program

Senior citizens can get a "passport" to staying mentally and physically fit through a new program launched this year by Wilbur Wright College, 4300 N. Narragansett Ave.

Seniors will be able to take four continuing education classes, attend two social events and get half-off additional classes for the price of just once class by joining Wright's Golden Age Club for just \$50. The first spring session of continuing education classes starts Jan. 31. The list of courses included in the program is long. It includes Senior Morning Workout, Introduction to Brian Gym and Retirement Planning Today as well as dance classes, Senior Morning Workout and water exercise.

Many of these classes would cost about \$50 individually, but the membership in the Golden Age Club entitles seniors to the discount. The social events will be informal gatherings featuring lectures, music and refreshments. Dates are to be announced. Mostly getting together, might be a speaker, something to do with duet group, informal gathering, speaker and music and refreshments

For a complete continuing education spring schedule or to register for the program, visit the Continuing Education Department in Room A139. A spring schedule can also be found online at wright.ccc.edu. For more information, contact (773) 481-8059.

Wright Spring Courses Offered for Busy Schedules

Wilbur Wright College, 4300 N. Narragansett Ave., is offering classes on various schedule formats for the spring semester -- which is now open for registration -- to adjust to the schedules of busy students.

Students can choose from five scheduling options: once weekly, twice weekly, three times a week, five times per semester or distance-learning courses that are taught entirely online. The most common offering is the two-day-a-week, in-class format. Spring classes being Jan. 20 To download the spring course schedule with admission information, go to wright.ccc.edu and click the link for "Spring Schedule 2009."

The once-a-week classes meet Monday through Saturday, and the two-a-day-week courses generally meet on either Monday and Wednesday or Tuesday and Thursday. The three-day-a-week courses meet on Monday, Wednesday and Friday. The duration of class periods vary with the subject and credit hours earned.

Saturday Seminar hybrid courses meet just five times per semester while the rest of the class is taught online. Because the nine courses offered in this format are divided into three groups, students may select one, two or three classes for their Saturday program. Wright also offers "hybrid" classes that meet during the week and are taught online.

Finally, the City Colleges of Chicago Center for Distance Learning offers courses that are taught online and through classes broadcast on WYCC Channel 20.

New students must register in person in Room A120 at Wright. Returning students can register online at my.ccc.edu or by phone at (312) 553-3450.

Wright tuition is just \$72 per credit hour, so a typical three-hour course costs just \$216 plus fees and books. Financial aid is available. Attending the first two years of college at Wright can shave thousands of dollars off the cost of a four-year degree. For more information, call (773) 481-8200.

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Saved By An Angel

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

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

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

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

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

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

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

Liberty Bank for Savings to Offer Computer Class for Senior Citizens

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

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

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

Lincolnwood Social Club (55+) Rules of the Road

This is one program you don't want to miss! Sponsored by the Secretary of state, this class prepares you for everything you need to know in order to retake your driving test. Sign up today!

Date: Tuesday, February 17, 10:15am – 12:15pm

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

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

SKOKIE ART GUILD

CALL FOR ARTISTS:

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

Noise concerns from Northern Runway 9 Left/27 Right at O'Hare International Airport

(From page 1)

Dear Neighbor:

I am writing this letter in regards to the noise generated from the new Northern Runway 9 Left/27 Right at O'Hare Airport. My office has been in contact with Executive Director Brian Gilligan of the O'Hare Noise Compatibility Commission. In conjunction with the Edison Park Community Council, we have scheduled a meeting with Director Gilligan and Mr. Aaron Frame, Assistant Commissioner with the Department of Aviation, to address this issue. The meeting will take place on Wednesday, February 11, 2009 at 7PM in the lower level of the Teamsters Local 734 Headquarters located at 6643 N. Northwest Highway, Chicago, IL 60631 (N. Olympia and N. Northwest Highway). This is located directly across the street from my ward office.

I apologize that it took so long to set this meeting up but the time was needed to compile and confirm new data necessary to intelligently discuss the situation at hand. This also allowed Executive Director Gilligan an opportunity to discuss matters with the Department of Aviation, the airlines, and the air traffic controllers. This will be an informational meeting designed to discuss the noise contour issue and how the sound insulation process is conducted. I would like to thank the Edison Park Community Council for their help in organizing this meeting. I would like to thank you for your interest and concern for our community. If you should have any questions, please do not hesitate to contact my office at 773.792-1991. I hope to see you on February 11th.

Sincerely,

Brian G. Doherty, Alderman, 41st Ward

Daddy/Daughter Dance in Lincolnwood

Our Annual Daddy/Daughter Dance promises to be an extremely memorable evening. Enjoy the evening with your daughter(s) as you feast on a buffet dinner, tasty desserts, participate in contests and games, and dance the night away while our D.J. plays your music requests.

Ages: K – 6th Grade

Date: Friday, February 6, 6:00pm – 9:00pm

Location: Monastero's Ristorante 3935 W Devon Ave., Chicago, IL

Fee: R: \$55 per couple - (\$15 each additional daughter) NR: \$69 per couple - (\$20 each additional daughter) Pre-Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

Lincolnwood Social Club (55+) Horseshoe Casino Trip

Wednesday, February 25 9:00am – Depart

Bus departs from the Village of Lincolnwood parking lot, 6900 N. Lincoln Ave., Lincolnwood, IL Register early because this is one trip you won't want to miss! The Horseshoe Casino has been remodeled and is beautiful! Trip includes Luxury Motor Coach transportation, buffet lunch and \$5 in cash!

Fee: \$57 Club Members \$71 Non-Members

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

State Representative
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and
Alderman **Brian Doherty**, 41st Ward

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Urban Wildlife Coalition

Coyote

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

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

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

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

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

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

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

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

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

Urban Wildlife Coalition is a community-based organization founded to help preserve our treasured urban wildlife. For more information about urban animals and tips for living in harmony with them, visit www.urbanwildlifecoalition.org. Questions? Call 773-545-8136 or e-mail us at urbanwildlifecoalition@gmail.com.

National Wildlife Federation

Across The Americas, Squash And Gourd Bees Are Superb Pollinators

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

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

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

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

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

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

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

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

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Active Transportation Alliance

Help Create a New Kids Club

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

Add Your Own Events to Our Online Calendar

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

Early Registration Opens for GITAP Bicycle Tour

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

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

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



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THE WEST RIDGE CHAMBER OF COMMERCE

ATTENTION BUSINESS OWNERS!

Snow & ice removal along with LITTER PICK UP are required of all business owners and licensees.

Please shovel any snow/ice from the public way and pick up any litter from sidewalks abutting your property.

Questions? Call the 50th Ward Streets and Sanitation office at 312-744-3099.

For businesses located within the Devon Avenue SSA area, snow removal is being provided when there is an accumulation for 2 inches or more by the SSA/West Ridge Chamber of Commerce.

Need to know if you are located in the SSA area? Please contact the Chamber office. 7730743-6022

RECYCLE for EDUCATION

The West Ridge Chamber of Commerce is pleased to announce an additional way to recycle in our neighborhood!

365 days per year, 24 hours per day you can simply drop off your paper items to be recycled at 2 Paper Retriever Boxes in the neighborhood.

Devon Bank - Easily accessible in the southeast corner of the lot at 6445 N. Western Avenue. High Ridge YMCA - Accessible to all through the YMCA lot 2424 W. Touhy entrance on Western Avenue.

We can accept your newspapers, school & business documents, junk mail, catalogs, soft cover books & magazines.

Did you know that 1 week of daily newspapers can add up to 10 lbs of paper? The West Ridge Chamber of Commerce is committed to community education. Our local RECYCLING program is in place not only to help the earth, but to assist community schools. In the 2007-08 school year the Chamber raised \$2,000 through these programs. Funds provided financial assistance to Boone Community School. The entire 4th grade class and 5 teachers were able to attend a science field trip at Experiencia at no cost to them.

On the trip, students had a chance to experience hands on learning of subjects like recycling, composting and water conservation and collection.

Help us generate funds to do it again! Recycle your paper with us Please call the Chamber offices with questions 773-743-6022

Chicago Board of Education To Honor Illinois' Top Elementary School in Illinois

On December 17, 2008, Decatur Classical School, located in the East Rogers Park community, was recognized and congratulated by Arne Duncan and Rufus Williams at a Chicago Board of Education meeting.

Decatur's Principal Kukielka and members of Decatur's Local School Council attended the meeting to receive the impressive recognition.

Decatur Classical is a selective enrollment school, offered by Chicago Public School's Office of Academic Enhancement for gifted and enriched academic programs.

CPS Job Shadow Program

The West Ridge Chamber of Commerce is partnering with Chicago Public School's Education to Careers Program is winter.

We are looking for local businesses who would be will to sponsor 1 or more student job shadows on February 4, 2009.

If your businesses is interested in getting involved, please call Jim Peterson 773-553-5060 or email jpeterson@cps.k12.il.edu [<mailto:jpeterson@cps.k12.il.edu>].

The West Ridge Chamber of Commerce

2720 W. Devon Ave. | Chicago | IL | 60659 | 773-743-6022 | F:773-743-2893
westridgechamber@sbcglobal.net | www.westridgechamber.org

2009 Winter Organic Gardening Series at Kilbourn Park Organic Greenhouse

Discover the wonderful world of nature! Spark your curiosity and explore the fun & educational offerings fall 2008 at Kilbourn Park Organic Greenhouse, 3501 N. Kilbourn Ave., the Chicago Park District's only park with a teaching organic greenhouse. Register online for winter programs @ www.chicagoparkdistrict.com or in-person at the park.

Seed Starting Basics

Nancy Benjamin, Chicago Master Gardener

Saturday, February 7 10 AM – Noon Fee: \$20

Maybe you crave unique vegetables, old-fashioned French marigolds, delicate herb chervil, or other plants that are hard to come by. Maybe you want to share the wonders of plants with your children. These are just some of the reasons to grow plants from seed. Come and learn the basics of seed starting from Nancy Benjamin, a Master Gardener and organic advocate. Seed sources, trays, growing mediums, lights, and germination tips and times for many vegetables and flowers will be covered.

Keeping a Garden Journal

Bonnie Tawse, Millennium Park

Saturday, February 28 10 AM – Noon Fee: \$20

Do you have a connection to plants and enjoy observing the natural world? Have you toyed with the idea of keeping a journal? This workshop will get you started on the wonderful process of keeping a garden (or nature) journal. It will cover nuts and bolts of journaling, explore paths for inspiration, and suggest how to stay connected to both your garden and your journal. Bonnie Tawse is the Coordinator of Environmental Programs for Millennium Park. She has a Master's Degree in Creative Writing and recently led nature journal workshops as part of the Chicago Public Library's "Read Green, Live Green" series.

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KEEP YOUR NEW YEAR'S RESOLUTION BY SAMPLING FREE FITNESS CLASSES IN FEBRUARY AT CITYWIDE PARKS

Promotion Runs Feb. 2-9 at Citywide Locations

The Chicago Park District helps you stick to your New Year's resolution as the year goes on by varying your workout. From Feb. 2-9, walk into any of the 158 participating Chicago Park District field houses and sample a class for free. For a full list of nearly 600 class offerings, locations and schedules, click here.

"Our citywide facilities offer a wide range of classes at affordable prices, and we encourage patrons to boost their workouts by trying something new during this admission-free period," said Chicago Park District General Superintendent and CEO Timothy J. Mitchell.

The Chicago Park District is currently offering free admission to its 60 fitness centers now through Jan. 16 where patrons can walk in and use the state-of-the-art equipment.

From Feb. 2-9, the new promotion offers free admission to a variety of fitness classes such as aerobics, circuit training, conditioning, kickboxing, Pilates, stretching, yoga, weightlifting and more.

Classes are available for all age groups from youth to seniors and for all abilities. Courses that encourage parents and children to exercise together are also available, such as MightyfitFamily, which is for families with children ages 3-5. Not only do families discover the benefits of physical exercise, but also get to spend quality time doing fun activities together as part of the program.

For more information, visit www.chicagoparkdistrict.com or call 312.742.PLAY, 312.747.2001 (TTY).

St. Peter Catholic School

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

CATHOLIC SCHOOLS WEEK

Join us for Mass at 10:30 AM

Open House and Registration

January 25, 2009 12:00 p.m. — 2:00 p.m.

Book Fair & Educational Exhibits Refreshments

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

All Day Kindergarten Grades 1-8

Spring Flourishes Under Glass at the Lincoln Park Conservatory

Saturday, January 24 - Sunday, May 10

Under the snowy landscapes of Chicago, spring is still able to make an early entrance with the help of the Lincoln Park Conservatory this February. Escape the frozen tundra-like landscape to the Spring Flower Show at the Lincoln Park Conservatory, 2391 N. Stockton Drive, January 24 – May 10 daily from 9a.m. to 5p.m.

"This historic glass house in Lincoln Park offers Chicagoans and visitors to Chicago a chance to escape frigid cold temperatures by visiting our Spring Flower Show exhibit," said Timothy J. Mitchell, Chicago Park District General Superintendent.

The free annual Spring Flower Show offers visitors a chance to experience the beauty of spring with a rare opportunity to meet the direct descendents of the great Azaleas that once bloomed at the World's Columbian Exposition of 1893. In addition, this year's flower show will feature a changing selection of spring blooming plants including Azaleas, spring flowering annuals and spring flowering perennials.

The Lincoln Park Conservatory, owned and operated by the Chicago Park District, was designed by nationally renowned architect of the Victorian era Joseph Lyman Silsbee in collaboration with architect M.E. Bell. The Conservatory was built in phases between 1890 and 1895, replacing a small greenhouse that dated from the 1870s and was designed both to showcase exotic plants and to grow the thousands of plants needed for use in the parks, which it still does today.

Lincoln Park Conservatory (312.742.7736) is located just five minutes north of downtown. From Lake Shore Drive, exit Fullerton Avenue and travel two blocks west. From I-94, exit Fullerton Avenue and travel two miles east. The Conservatory is located on the southeast corner of Fullerton and Stockton.

Zumba Classes

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements. Zumba integrates the basic principles of aerobic interval training to maximize caloric output and total body toning. It's fun, easy to-do exercise in disguise! (Min 10 / Max 30)

Ages: 21+

Date: Session II * Tuesday(s) March 3 – April 7, 10:00 – 11:00am

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

Fee: Resident: \$42 per session Non-Resident: \$56 per session Pre-Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

Lincolnwood Glamour Tables

Hospitality is one of the most precious gifts. Learn how to make a memory-making table. Make your next luncheon or dinner party an event to remember with the simple elegance of an eye catching table setting and centerpiece. Whether it's tea with a neighbor, supper for the family or a dinner party for associates; learn the secrets to making a lasting impression. Several tables will be set up to help you visualize and borrow ideas for different occasions. To get you in the mood; a sweet table, coffee and tea will be included in the program. Please register by January 30. (Min 12 / Max 20)

Date: Friday, February 6, 10:00 – 11:30am

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

Fee: Resident: \$25, Non-Resident: \$32. Pre-Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740



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Did You Know...?

It seems only natural that February is National Weddings Month. After all, Valentine's Day is the most popular day of the year for wedding proposals. The second-most popular day to "pop the question" is New Year's Eve.



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"A Theatre Review"

HAMLET

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

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

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

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

ONLINE RESERVATIONS: www.gorillatango.com

PHONE RESERVATIONS: 773-598-4549

"Gentlemen Prefer Blondes"

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

Reviewed by Richard Allen Eisenhardt

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

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

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

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

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

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

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

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

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

"The Seafarer"

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

Reviewed by Richard Allen Eisenhardt

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

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

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

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

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

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



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Pacific Overtures

From the creators of *Assassins* comes this fascinating exploration of the Westernization of Japan as told through the story of two friends caught in the inevitable winds of change. Mixing elements of Kabuki theatre with conventions of the Broadway musical, this is considered by many to be the artistic pinnacle of the legendary Sondheim-Prince collaborations.

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Story Time at Your Library!

Toddler Time: Tuesdays at 10:00 AM
Preschool Pals: Thursdays at 10:00 AM

Please note: There will be no Preschool Pals program on Thursday, Feb. 12!

Toddler Time and Preschool Pals are thirty-minute programs consisting of songs, finger plays, rhymes, flannel board stories and books for children and their parent or caregiver.

Toddler Time is designed for children ages 18-36 months and their parent or caregiver.

Preschool Pals is designed for children ages 3-5 years and their parent or caregiver.

Registration is recommended!

Homework Break!

January 28 at 4:00 PM February 11 and 25 at 4:00 PM

Take a homework break at the Northtown Branch and listen to folk and fairytales at 4:00 PM. Homework Break is designed for school-age children.

After School Homework Help!

Northtown's Teacher in the Library provides free homework help for elementary, middle and high school students! The Teacher in the Library is available Monday through Thursday from 3:00 PM to 6:00 PM.

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Teen volunteers are needed and service learning hours are available for all teens between the ages of 15 and 18. They shelve books, prepare for book sales and can even help with research for upcoming programs. To register as a teen volunteer, please call the library at 312-744-8313.

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THE HISTORY OF CHOCOLATE

PRESENTED BY LESLIE GODDARD

For centuries it's been revered as a food of the gods and a powerful aphrodisiac. What is it about chocolate that makes so many people so devoted to it? We'll talk about the history of chocolate, from the Aztecs who used chocolate as currency to Milton Hershey and Frank Mars. Along the way we'll learn about how chocolate is made and why it has become so closely associated with romance and love. Ever wonder what's the difference between semisweet and bittersweet chocolate? Or how to properly savor a piece of chocolate?

COME TO OUR PROGRAM! THERE MIGHT EVEN BE SOME SAMPLES!!! Date: Saturday, February 14, 2009, Time: 11:00 AM

PORTAGE-CRAGIN BRANCH
5801 W. Belmont Avenue, Chicago, IL 60641
(312) 744-0152

The **Polish Book Discussion Group** meets the first Monday of the month at 7:00 p.m. The selection for February 2 Luty is Dzieci Cesara by Claire Messud. Copies are available at the Information Desk. Meet other fluent Polish readers to discuss interesting and controversial ideas.

The **Fourth Tuesday Book Discussion Group** meets the fourth Tuesday of each month at 7:00 p.m. Discussions are always lively and entertaining. The group participates in the selection of titles to be read. For the month of January we are reading *Holidays on Ice* by David Sedaris. There are still copies available.

Early Literacy Parent Workshops

Learning to read begins with parents. Learn how you can help your child develop the skills necessary for learning to read. For parents of children ages birth to age 5. Saturday, Feb. 28th. Another session will take place in March. Reservations required.



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New Year Brings Resolutions... and More



Chester M. Przybylo

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

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

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

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

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

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

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

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

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

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

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

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

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

INVESTMENT IDEAS

Don't Follow the Herd

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

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

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

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

Good Advice

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

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

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

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

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

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

A.G. Edwards does not render legal, accounting or tax preparation advice. You should consult your tax and legal advisors for questions regarding your specific situation.

This article was provided by Vimal M. Prajapati, AAMS, Financial Consultant, A.G. Edwards, a division of Wachovia Securities, LLC. Member SIPC., 5215 Old Orchard Road Suite 960, Skokie, IL 60077, 847-967-8505

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Benefit Performance of Slaphappy, A Romantic Comedy of Lost Lovers and Tormented Ducks

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

International Kennel Club of Chicago Dog Show

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

Pawtience

By Bosley

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

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

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

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

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

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



How to Protect Your Pet in Cold Weather

Continued from last issue

Wintertime Hazards

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

Hypothermia

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

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

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

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

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

Frostbite

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

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

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

Salt/Chemicals

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

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

Conclusion next issue

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

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

You want to look younger and hope to achieve the perfect style and color for your age? Beauty is complete when you have healthy and shiny hair.

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

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

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

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

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

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

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

Village Cooking Corner

Boursin Cheese

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

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

Piquant Meat Balls

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

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

THE JOY OF JEWELRY Buttons & Clusters: Earrings for Everyone



By Cynthia Sliwa

This season's red carpet award shows can once again be depended upon to showcase every manner of dazzling earrings. While long "look at me" shoulder-dusters and multi-level chandelier-style earrings

once again are guaranteed to be on display, we're also likely to see more versatile earrings styles that work beautifully on just about everyone, and not only for formal events.

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

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

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

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

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

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

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

They're office appropriate in size and neatness.

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

Cynthia Sliwa, AICI CIP, is an image consultant, jewelry designer and co-author of the book *Jewelry Savvy: What Every Jewelry Wearer Should Know*. Have a question or a story of interest? Contact me at CynthiaSliwa@aol.com or call 310-379-1742.



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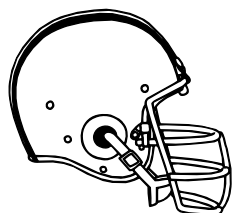
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