

**Bugle Guide
to Health
and Fitness**

Pages 15-21

The Bugle
Village of Niles Edition
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**Harczak receives probation
in bank fraud case**

Richard Harczak, long-time Niles civic leader and former President of the Dempster Plaza State Bank, was sentenced on Thursday, Jan. 12, to four years probation following his pleading guilty to two counts of an eight-count indictment of bank fraud. Harczak, a former Niles trustee, was indicted in the U.S. District Court following charges he had defrauded the bank of \$70,000 after issuing false statements and an unapproved letter of credit to bank customer Anthony Salemi. Additionally, Harczak was charged with making a false statement in an attempt to help



Richard Harczak

Surplus food distribution

The monthly distribution of surplus food products for eligible Maine Township residents will be on Wednesday, January 25, from 1 to 3 p.m. at the new township office building, 1700 Ballard Rd., Park Ridge.

The distribution operation will be much more convenient at the new office, says Supervisor Paul K. Halverson, since there is ample parking near the entrance, and there is room inside to serve.

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**Family
Winter Carnival**

The "Life. Be in it." Family Winter Carnival will be held on Saturday, January 21 at Lake Park in Des Plaines. The following park districts are combining their efforts to bring the residents of their towns a day filled with winter fun. Des Plaines, Niles, Park Ridge, Skokie, Morton Grove and Maine-Niles Assoc. of Special Recreation, are all willing to help you get involved in "snowy activities." Have you ever tried Broom Ball? When was the last time you made a snow sculpture? Or how about entering an ice fishing derby?

The entire carnival is free (including ice skate and cross country ski rentals). In fact, even the transportation to Lake Park is free. Just call your local park district for information.

In addition to the events mentioned above, speed skating, cross country ski clinics, snow golf and hay rides will also be available. Niles residents may call the Niles Park District at 967-6633 for information on the Family Winter Carnival.

**DP man charged in
rape/assault cases**

Persistence of a Cook County Sheriff's Police Investigator and continued cooperation of several suburban police departments have led to rape and aggravated battery charges against a 27-year-old Des Plaines man, formerly of Addison.

Sheriff Richard J. Elrod announced Friday that Michael C. Busja, 27, 772 Timothy, Des Plaines, was positively identified in a line up Thursday, Jan. 12 by victims from Schaumburg, Niles and unincorporated Cook County. Continued on Page 22

**Niles library receives
\$27,000 state grant**

A grant of \$27,000 in per capita funding is being awarded to the Niles Library District by the State of Illinois in order to supplement budgeting for library services. A note from the State Librarian in regard to the grant was read to Library board members at a

regular meeting Wednesday, Jan. 11. Members of a board committee scheduled a meeting to discuss current status of application toward another grant for construction. Both a library consultant and engineer of tentative construction were present. Continued on page 31

**Resignation forced as board
turns down contract renewal**

**Koehnline out
as Oakton
president**

by Anthony DeBartolo

"Obviously we were incompatible," said Oakton Community College President William Koehnline, after the board of trustees in a 6 to 1 vote Tuesday night, with Trustee Ralph Goren dissenting, approved terms for his early retirement effective June 30th.

Although a press release issued by Oakton last week announcing Koehnline's retirement after 14 years as president suggested the move was voluntary, it became clear Tuesday night the resignation was forced.

**Niles police help
Santa Claus**



On Christmas Eve some off-duty members of the Niles Police Department drove Santa Claus to some 90 homes in the village to greet young children who were waiting for his annual call. Shown above is Sgt. John Katsoulas who brought Santa, by squad car, to the home of two smiling and surprised children. Others involved in "Operation Santa Claus" were Gary Amato, Pat Byrne, Dennis McEnerney, Kim Kollath, and Joanne Annamarie and Diane Katsoulas.

Eight members of the faculty and two former trustees addressed the board before the vote, protesting both Koehnline's termination and the manner in which it was done.

Contending that the decision not to renew Koehnline's contract was reached during the Christmas break and that no faculty input was sought, Beverly Friend, Associate Professor of Communications said, "While you have every legal right to do so, can you morally defend an action that you have chosen to take behind the faculty's back while everyone was out of town? Can you morally defend ignoring faculty input? You meet somewhere between weekly and monthly, in what, for some of you may well be no more than a civic hobby, and you are taking actions that affect our entire professional lives. And you are doing so capriciously."

Continued on page 31

**Niles Historical
Society meeting**

The Niles Historical & Art Society will hold its next meeting on Monday, January 23, at the Trident Center, 8060 Oakton St., Niles at 8 p.m.

Our program for this meeting will feature a collection of historic movies, slides, pictures, etc. from some of our own members who have, through their lifetime, cherished local history.

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Big winner at Mac Cleen's Car Wash



Niles resident Andrea Solomon was the recent winner of one year's free car washes at Mac Cleen's Car Wash, 7849 Waukegan rd. Up to 6,000 contest applications were submitted.

Shown above is Mac Cleen's Car Wash manager Art Stephens (l) presenting Mrs. Solomon (r) with her one year supply of car wash coupons. Also shown are Steven and Aaron Solomon.

Birth and death certificate fees increased

William L. Kempiners, Director of the Illinois Department of Public Health, announced that, in accordance with a newly enacted state law, fees for birth and death certificates requested from the state health department have been increased to \$10, beginning January 1; and the fee for short-form birth certificates increased from \$3 to \$5.

"The increased revenue will be used to computerize the vital records system in order to provide faster service to the people of Illinois," Kempiners said.

A short-form birth certificate contains only the name and sex of the child, the date and place of birth, the date the birth record was filed and the certificate number. In addition, the fee for filing a delayed birth record, for correcting an existing record or establishing a new record based on adoption, will increase from \$5 to \$10. The \$10 fee will include a certified copy of the record after the change has been made. Additional copies of birth records will be available for \$2 each, if the copies are requested at the same time a certified copy is asked for.

January Savings For You!

BABY BACK RIBS \$2.89 L.B. FREE JUG OF B-BQ SAUCE W/ PURCHASE OF 10 LBS. OR MORE
GROUND SIRLOIN PATTIES \$2.39 L.B. EXTRA LEAN. IDEAL FOR SPECIAL DIETS

NUTRITIOUS FISH - LOW CHOLESTEROL - LOW COST
COD FILLETS \$2.09 L.B.
HADDOCK FILLETS \$2.19 L.B.
TURBOT FILLETS \$1.98 L.B.

GREAT FOR SOUP TURKEY WINGS 33¢ L.B.
EXCELLENT PET FOOD TURKEY LIVERS & GIZZARDS 29¢ L.B.
NECKS 19¢ L.B.

HOMEMADE STUFFED PEPPERS 98¢ EA. (QUICK & EASY)

DELI SPECIALS
ITALIAN SAUSAGE \$1.59 L.B.
BAKED HAM \$1.09 1/2 L.B.
SWIFT'S HARD SALAMI \$1.49 1/2 L.B.

Schau's Poultry & Meat Co.
7221 N. Harlem Ave., Niles, Ill.
647-9264 HOURS: MON. - FRI. 9-6 SAT. 9-5:30

Hosati's pizza WILL BE OPEN FOR SUPER BOWL SUNDAY
Don't Interrupt Your Game. Stay Home and Let Us Deliver Your Pizza. We Are Offering
8166 N. Milwaukee Niles
FREE DELIVERY + 2 FREE QUARTS OF RC
With ANY Pizza *1 Coupon Per Order*
825-5855 *1 Coupon Per Customer*
COUPON GOOD 1-19-84 TO 1-26-84

Senior Citizens' NEWS AND VIEWS

News for all Niles Seniors (age 62 and over) from the Niles Senior Center
8060 Oakton, Niles 967-6100 ext. 76

SENIOR FORUM
The Niles Senior Forum will meet on Thursday, Jan. 19 at 1 p.m. All with an interest in planning the programs of the senior center are invited to attend.

LUNCHEON
The Niles Senior Center is planning a magical luncheon on Friday, Jan. 20 at 12:30 p.m. The featured entertainment will be magician Joe Falen. The cost is \$3. The menu will include Sloppy Joe's, fried chicken, American potato salad and jello. Please call 967-6100 ext. 376 to check on ticket availability.

WOMEN'S CLUB
The women's club will meet on Monday, Jan. 23 at 1 p.m. Following the regular business meeting the program committee has planned a special treat. There will be a candy making demonstration by Mary Steinert and Marge Breen at 2 p.m. All ladies registered with the Niles Senior Center are invited to attend.

SQUARE DANCING
The Niles Senior Center offers square dancing free to all Niles Senior Center registrants on Tuesdays at 1:30. The next time the square dancing group will meet in January 24.

OPEN SHUFFLEBOARD
The shuffleboard courts will be open on Wednesday, Jan. 25 from 10:45 to 1 p.m. All are invited to join in for a game of shuffleboard during that time.

HEALTH REFERENCE RESOURCE REVIEW
The Niles Senior Center staff nurse Christine Frisoni, M.S.N. will discuss easy methods of utilizing the center's health reference library on Wednesday, Jan. 25 at 1:30 p.m.

MYSTERY TRIP
The Niles Senior Center Mystery trip will take place on Friday, Jan. 27 from 10 a.m. to approximately 4 p.m. The cost of the tickets is \$11.50. The day promises to be a fun one. Please call 967-6100 ext. 376 for ticket reservations.

PINOCHLE TOURNAMENT TO BEGIN IN FEBRUARY
The Niles Senior Center is planning a six week pinochle tournament beginning on February 3. The tournament will take place on Fridays beginning at 1 p.m. The entry fee is \$1. Persons planning on participating in the tournament should make advance reservations by calling 967-6100 ext. 376. Please supply the name of the partner in making a reservation.

Leaning Tower Senior Adult Center
New Officers for 1984 were installed at the annual installation of officers held on Monday, January 9th at Leaning Tower Senior Adult Center, 6300 W. Touhy Ave., Niles. Installing Officer was Mr. Arthur Michael, the new Executive Director of Leaning Tower Family Y.

Re-elected as president is Mrs. Blanche Pollack; Marie Schildknecht is Executive Vice President. Other officers installed January 9th are: Virginia Holm, V.P. Committees; Betty Coken, V.P. Programs; Joseph Bunzel, Recording Secretary; Alfred Pollack, Corresponding Secretary; Svea Engberg, Financial Secretary; Anthony Dornier, Treasurer; and Mike Heiberg, Sgt-at-arms.

Leaning Tower Senior Adult Center has over 1,100 members and over 60 different activities for seniors. It is one of the most active Senior Centers in the Niles Township area. The officers are pleased with their new jobs and look forward to serving fellow members with much enthusiasm. It is through the dedicated and untiring efforts of the officers, staff and members that Leaning Tower Senior Adult Center continues to prosper and provide fellowship, recreation, social, physical, educational and charitable projects.

Village of Skokie
Gilbert Gordon, attorney of Skokie, will present a slide and commentary program titled "China Revisited: Six Years of Change, 1977-1983" to the women's discussion group of the Smith Activities Center, Lincoln and Galitz, Skokie on Monday, Jan. 23 at 1:30 p.m. Please call 673-0500, ext. 335 for further information.

The Bugle
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David Besser - Editor & Publisher
Diane Miller - Managing Editor
Robert Besser - City Editor
P A G E 3

Former MG resident killed in accident

Services were held January 10 for a Highland Park policeman who was a former Morton Grove resident.

Officer Robert Reimann Jr., 32, was on duty in Lake Forest, January 6 when he, along with other Highland Park and Lake Forest police, stopped a burglary suspect on U.S. Highway 41.

While questioning the suspect a semi-trailer truck crashed into the Highland Park squad car killing Reimann and injuring two other policemen.

The truck driver, a 23-year-old Wildwood, Illinois man, has not been charged with violating any traffic laws.

Officer Reimann lived in Morton Grove over 20 years. He was a 1970 graduate of Maine East High School where he played on the baseball team and was twice named most valuable player.

He also had played Pony League, Little League and American League baseball in Morton Grove.

He graduated from Southern Illinois University in 1974 where he received a degree in Administration of Justice. He also



played baseball for the university.

Officer Reimann is survived by his wife Cheryl and was the son of Robert Sr. and the late Virginia Reimann of Morton Grove and the brother of Janet.

Services were held January 10 at the Highland Park United Methodist Church and interment took place at Ridgewood Cemetery in Des Plaines.

Auto thieves arrested after stealing car at gunpoint

A Des Plaines man and a juvenile were arrested on Monday, January 9, after allegedly stealing an auto at gunpoint from a Niles woman.

Police report that a 20-year-old Niles woman was leaving Butera Foods, 290 Golf Mill, when the man approached her. Pointing a gun at her he took her car keys and fled the area in a 1979 Ford van. The woman ran back into the stores where she contacted police.

Niles Police chased the van north on Milwaukee Ave. Glenview Police continued the chase as the van headed east on Lake Ave.

The Des Plaines man and the youth abandoned the van at an apartment complex at 4250 Lake Ave. in Glenview. A search of the area resulted in both suspects being apprehended, however, no

weapon was found.

The Niles woman was brought to the scene of the arrest where she identified the men.

The following day, Tuesday, January 10, Niles Police returned to the area where, following a sweep, they found the gun in the apartment complex swimming pool.

Police officials said the gun was, in fact, a pellet gun.

At the Police Department Donald S. Ammer, 23, of Des Plaines was charged with armed robbery. Following his being processed he was transferred to Cook County Jail. The juvenile, a 16-year-old Des Plaines boy, is being held in Chicago's Audy Home and may be tried in juvenile court on armed robbery charges.

If convicted, Ammer faces a possible jail term of 6 to 20 years.

Meeting location changed

Due to an unforeseen mishap, the Jan. 25 meeting of the Ladies Auxiliary of the North American Martyrs, K.C. will not be held at the Niles Recreation Center. Our Jan. 25 meeting will be held at the Trident Center, 8060 Oakton st., Niles at 7:30 p.m. Please enter from the Family Service Entrance.

Donations are being accepted for long time Morton Grove resident, Highland Park Police Officer Robert Reimann Jr. Proceeds from the fund will be turned over to Officer Reimann's widow Cheryl.

Donations can be sent to the Robert C. Reimann Jr. Memorial, care of Carol Heriache, First National Bank of Highland Park, 513 Central Ave., Highland Park, 60035.

First money-making year for park program

Cross country skiers crowd Tam course

K.C.'s complete donation for handicapped park

Following a commitment made three years ago, the Niles' Knights of Columbus North American Martyrs presented a final check to the Niles Park Board Tuesday night completing an \$11,000 donation for handicapped park facilities.

The park, located at the Niles Recreation Center, 7877

Former Niles trustee dies

Former Niles trustee and long time resident Rene Maitzen, 81, died January 10 at his Florida home.

Mr. Maitzen had been a Niles trustee during the late 1940's and lived in Niles over 30 years. He worked with his late brother Donald Maitzen at their business, Ideal Uniform Rental Service.

Mr. Maitzen is survived by his wife Ella, son Donald who resides in Texas and many grandchildren. Cremation took place in Florida.

by Bob Besser

Cross Country skiing is proving to be a popular sport with Niles residents as reports come in of possibly the largest crowds ever at Niles Park District ski facilities.

During Tuesday night's Park Board meeting, Niles Park Director Bill Hughes announced that for the first time since the park district took over the cross country skiing facility at the Howard St. Tam Golf Course, it appears the facility will make money. The ski facility, said Hughes, "is, at this point, generating revenue over expenses."

Hughes speculated that area residents have taken to the slopes

Niles to seek 'Certified City' rating from State

In a bid to attract more business, industry and residents to Niles, village officials announced Tuesday that Niles will begin the process which they hope will result in the village becoming an Illinois Certified City.

This designation, which will be awarded by the Illinois Department of Commerce and Community Affairs, would mean the State of Illinois would advise businesses relocating in Illinois that Niles is a desirable location.

Maine Senior Citizen volunteers



Over 90 members of Maine Township Senior Citizens organization braved bitter cold weather to attend the Christmas luncheon at Brigantes in Des Plaines on December 18 which climaxed the group's activities for the year. Volunteers who have served on committees throughout the year were presented Certificates of Appreciation during the festivities.

Shown above left to right (front row): Helen Jung, Park Ridge, Margaret Bernkofer and Lore-

ta Drogosz, Des Plaines, Bernice Schadeck, Niles, Elsie Loecher, Park Ridge, Dorothy Prellberg, Alice Boedecker and Bea Ballin, Des Plaines. Back row: Maine Township Supervisor Paul K. Halverson, Des Plaines, Sam Guiliano, Andy Schadeck and Harvey Frindt, Maine Township Trustee and Executive Director of the Senior Citizens, all of Niles, Helen and Emil Poch, Park Ridge, Mildred Klekamp, Des Plaines, and Bruno Liput, Niles.

Sobczak's promotes SJB's Festival 14



What a perfect combination! FESTIVAL 14 tickets and delicious homemade sausages and specialties offered by the Sobczak family at St. John Brebeuf FESTIVAL 14 in the International Cafe. Featured nightly will be Polish, Italian and German dinner specials along with a variety of sandwiches and snacks to enjoy all four nights while being entertained with lively music on: Feb. 24 & 25 and March 2 & 3. Tickets are available at Sobczak's Shop, 8705 Milwaukee; St. John Brebeuf rectory, 8307 Harlem; or call 966-8145, 965-5036, 967-5859 or 698-0949. Plan to be with us! Shown above is the Sobczak family in their Sausage Shop, 8705 Milwaukee Ave. with FESTIVAL 14 Poster and tickets for sale.

American Technion Society meeting

Professor Ram Sagi, head of Livestock Engineering at Technion Israel Institute's

LEGAL NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, February 6, 1984 at 8:00 P.M. in the Municipal Council Chambers, 7206 Milwaukee Ave., Niles, Illinois, to hear the following matter:

83-ZP-16 Ann Curley, Petitioner, requesting a variation of required side yard from 6 feet to 3 feet at 6821 New Castle for construction of a garage.

83-ZP-15 John L. Lapish, Construction Manager, Dunkin Donuts of Illinois Inc. Change in zoning from B-1 to B-2 Special Use for carry out donut restaurant with counter at 7113 Dempster Street.

Sydney Mitchel, Secretary Plan Commission & Zoning Board of Appeals

John G. Frick, Chairman Plan Commission & Zoning Board of Appeals

Rosenberg speaks to Spares Club

Edward D. Rosenberg, former judge of the Circuit Court of Cook County, will be the guest speaker at 7:30 p.m. on Sunday, January 22, for the Spares club meeting in Morton Grove.



P.C. Sam Barrie has announced that the meeting will be held at the American Legion Hall, #134, 6140 W. Dempster, Morton Grove.

Rosenberg's topic will be "Pre-nuptial Agreements". He will speak for 15 minutes and follow-up with a 15 minute question and answer period.

Agricultural Engineering Department, will come from Haifa to address the new board of directors of Chicago Chapter, American Technion Society, Jan. 26 at the Standard Club.

Prof. Sagi also heads the Israeli team participating in a \$250,000 three-year project with the University of Illinois to improve the management of dairy herds. Israel farmers are recognized among the world's finest in dairy farming thanks to advanced technology.

New president of Chicago Chapter of Technion is Eugene B. Shapiro.

LEGAL NOTICE

Notice of Public Hearing

Notice is hereby given that a Public Hearing on the Tentative Budget and Appropriation Ordinance for the Township of Niles for fiscal year 1984-1985 will be held Monday evening, March 12, 1984 at 7:30 P.M., at the Edward A. Warman Administration Center, 5255 Main Street, Skokie, Illinois.

Given under my hand at the Edward A. Warman Administration Center this 12 day of January, 1984.

Louis Black, Town Clerk, Niles Township

Senior Citizen News

Morton Grove Senior Citizens 965-4100

INCOME TAX

Morton Grove senior citizens, age 55 and over, can receive free assistance in filing their 1983 income tax returns from the Volunteer Tax Aides for Senior Citizens. Appointments can be made, beginning on Monday, January 23, by calling the Senior Hot-Line any weekday morning at 965-4658. Counseling sessions will be held on Mondays and Wednesdays between 9 a.m. and 2 p.m. beginning Monday, February 6 in the Prairie View Community Center, 6834 Dempster. The Volunteers will also make free home visits to prepare the tax returns of homebound seniors.

IF YOUR BODY WEARS OUT

The Morton Grove Public Library's January health lecture is titled, "If You Wear Out Your Body, Where Are You Going To Live?". Dr. Jere Jarrett, from the Omni Chiropractic Group in Glenview will be the guest speaker at 7:30 p.m. on Monday, January 23. The Library is located at 6140 Lincoln Ave.

BINGO

Bingo games will be held in the Morton Grove Village Hall Senior Center on Tuesday, January 24 at 1:30 p.m. The Morton Grove Bank will provide free refreshments as well as cash prizes. Tickets for entry are now available at the Senior Center, and each senior must have a ticket to play.

PASSAGES THROUGH LIFE AT OAKTON

The lecture, "What Do We Do Now? Changing Priorities After The Middle Years", will be offered at 1 p.m. on Tuesday, January 31 at Oakton Community College's Skokie Campus, room 115. The empty nest syndrome is a dilemma that accompanies aging, characterized as a period free from child care and employment opportunities. The challenge is what to do with the energies and resources which were previously devoted to family and work responsibilities. Margaret Huyck, Ph.D., Associate Professor at I.I.T. and author of "Growing Older: What You Need to Know About Aging", will be the speaker.

COUPON CLIPPING

Saving money, cash rebates, coupons, sales, discounts, no frills shopping, and more, will be the topic of discussion at 11 a.m. on Monday, February 6 in the Village Hall Senior Center. Mrs. Zerah Miller will present some helpful ideas for seniors who wish to shop with savings in mind. The program is free and shoppers of all ages are welcome to attend and share their own ideas and their valuable coupons.

FOOT MASSAGE

It is said that "a comfortable pair of feet, makes the walk of life seem smoother". On the first Wednesday of each month at 10 a.m. on Monday, February 6 in the Village Hall Senior Center. Appointments are required for the upcoming demonstration on Wednesday, February 1. To sign-up, call the Morton Grove Senior Hot-Line at 965-4658, any weekday morning.

POOL TOURNAMENT

All men and women interested in testing their skill in the Village Hall Senior Center's third annual pool tournament are invited to sign-up today. The first round, for both the men's and women's single elimination 8-ball tournament commences Monday, February 20. All matches will be played in the Morton Grove Village Hall Senior Center and prizes will be awarded at the finals on March 26. There is no charge to enter, but openings are limited. To sign-up call the Morton Grove Senior Hot-Line any weekday morning at 965-4658.

For additional information about these and other senior citizens services, call Ralph Birmingham at the Morton Grove Senior Hot-Line weekdays, 9 until noon at 965-4658, or Bud Swanson, Director of Senior Citizens Services at the Village Hall, 965-4100.

Self Hypnosis Workshop/Seminar offered by MONNACEP

MONNACEP announced that a Self Hypnosis Workshop/Seminar will be offered in the winter semester at Niles West starting Thursday, January 26 from 7:30 to 9:30 p.m. for seven weeks.

This program was developed in response to many requests by students who had taken the Relaxation and Self Hypnosis courses offered during the year. This workshop was designed to increase and enhance their knowledge and abilities in the use of self hypnosis, developing suggestions and various new techniques of inductions as well as using and developing imagery techniques.

It will be a practical seminar/workshop allowing the students to practice what they are being taught in class under the supervision of a qualified instructor.

The instructor, Walt Sala, is a professional hypnotist and counselor, a past president of the Illinois Chapter of the Association to Advance Ethical Hypnosis, a member of the International Society for Professional Hypnotists, also a member of the National Speakers Association.

For more information call the MONNACEP office at 982-9888.

ART GALLERY CLOSING

★ ★ FINAL WEEKEND ★ ★

Centurion Art Gallery is closing its doors at Golf Mill Shopping Center on January 25, and MUST SELL OFF its entire collection of Beautiful, High Quality Oil Paintings.

Featuring Top Quality European and American Artists.

MUST LIQUIDATE INVENTORY

Prices have been reduced from 50% to 75% and even lower!

THIS SALE IS AT THE GOLF MILL STORE ONLY - (Greenwood Ave. entrance)

ALL SALES FINAL

For information call 299-0278 or 661-0220

Permit #22819

MEATS

FRESH LEAN WHOLE PORK BUTTS 99¢ LB. GROUND - \$1.19 LB.

FRESH LEAN PORK STEAKS \$1.19 LB.

FRESH SMALL MEATY SPARE RIBS ... \$1.49 LB.

LEAN TENDER SHORT RIBS OF BEEF ... \$1.29 LB.

LEAN GROUND CHUCK ... 3 LBS. OR MORE \$1.59 LB.

MINELLI ITALIAN SAUSAGE \$1.49 LB. DELI

LEAN SLICED BACON 99¢ LB.

AGED DOMESTIC PROVOLONE ... \$2.98 LB.

CARANDO MORTADELLA .. 99¢ 1/2 LB.

IMPORTED ROMANO CHEESE One Piece 5 Lbs. or More \$2.69 LB.

DAIRY & FROZEN

HOMEMADE RAVIOLI ... MEAT & CHEESE \$2.19 Dozen

DANNON Y.E.S. CUSTARD STYLE YOGURT 39¢ 6oz.

CENTRELLA COOL WHIP ... 59¢ 8oz.

COKE DIET COKE CAFFEINE FREE COKE 16 OZ. BTL. PLUS DEP. \$1.39

SALE ENDS WEDNESDAY, JAN. 25th

Wines - From Germany - GRAF-HUBER LIEBFRAUMLICH WEINKELLEREI ZELLER SCHWARZE KATZ

- From France - CUVEE - JEAN-PAUL LES MEDAILLONS

- From Italy - VILLA BRANCA CHIATI RUFFINO CHIANTI

YOUR CHOICE! \$2.99 750 ML.

Liquors

EARLY TIMES BOURBON ... \$9.69 1.75 Liter

USHER'S SCOTCH ... \$9.99 1.75 Liter

MARTELL COGNAC ... \$11.99 750 ML.

GALLO SWEET OR DRY VERMOUTH ... \$1.69 750 ML.

OLD STYLE BEER \$2.29 12 OZ. CANS

STROH'S BEER \$6.99 24 12 OZ. CANS

BECK'S BEER \$3.69 12 OZ. BTL.

SWISS VALLEY FARMS 2% MILK ... \$1.39 Gallon

SWISS VALLEY FARMS HALF & HALF 39¢ Pint

SWISS VALLEY FARMS ORANGE JUICE \$1.29 1/2 Gallon

LOUIS RICH TURKEY ... \$1.99 12 OZ. STICKS - PATTIES - NUGGETS

PRODUCE

CALIFORNIA HEAD LETTUCE 39¢ HEAD

EGGPLANTS ... 59¢ LB.

SNO WHITE CAULIFLOWER ... \$1.29 HEAD

FRESH CUCUMBERS ... 3/\$1 ONE LB. PKGS.

CALIFORNIA CARROTS ... 3 \$1 4 LB. BAG

SUNKIST NAVEL ORANGES ... \$1.39 4 LB. BAG

GREEN CALMARIA OR RED EMPEROR GRAPES ... 69¢ LB.

GROCERY

HOLSUM WHITE BREAD 69¢ Loaf

SOFT 'n' PRETTY TOILET TISSUE 99¢ 4 Pack

FOLGER'S (All Grinds) COFFEE \$3.99 2 Lbs.

DONKEY KONG JUNIOR CEREAL \$1.39 11 Oz.

STARKIST TUNA-IN-WATER ... 79¢ 6 1/2 Oz.

LIBBY'S PINK SALMON \$1.89 15 1/2 Oz. Can

LIQUID PLUMR \$1.29 32 Oz.

DYNAMO DETERGENT \$1.69 32 Oz.

DI NAPOLI CRUSHED TOMATOES 69¢ 28 Oz. Can

4" HARD ROLLS REG. \$1.89 DOZ. \$99¢ Dozen

FRESH BAKED TREATS JUMBO COFFEE CAKES \$1.99 EACH APPLE STRUDELS \$1.99 EACH FRIED CAKES \$3.99 DOZ.

MINELLI BROS. NILES 7780 MILWAUKEE AVE. PHONE: 965-1315 MON. thru FRI. 9 A.M. to 7 P.M. SAT. 9 to 6 P.M. - SUN. 9 to 2 PM

Workshop for teachers

Teachers can learn how to use art, music, dance and drama to help students enhance self-esteem by attending a workshop at National College of Education. The workshop will be held Feb. 4 and 16 and March 3 and 17 from 9 a.m. to 5 p.m. at the college's Evanston campus, 2840 Sheridan Rd. Participants will learn how to use the arts to increase creative expression in students.

Teachers completing the workshop may receive two hours of graduate credit for \$175 or one hour of graduate credit for \$100. The workshop is sponsored by National College of Education and the Institute for Therapy Through the Arts, a division of the Music Center of the North Shore. For additional information call 446-3822.

National College of Education offers studies in teacher education, health and human services and applied behavioral sciences.

Hughes honored for literary contribution



At a recent Niles Park District Board Meeting, William E. Hughes (Director of Parks and Recreation) was presented with a plaque from the Illinois Park and Recreation Assoc. Administration and Finance Section for his literary contribution through the official journal of the association. Making the presentation is President of the Board, Elaine Heinen (r) and Vice President Mary Marusek (l). Also present were Commissioner Dan Kosiba, Walter Beusse and Jim Pierisk.

North Maine "Wreath Red" program successful

The North Maine Fire Protection District's "Keep the Wreath Red" program was a success according to Fire Chief Richard Holtz.

During the Holiday Season a six foot wreath was hung in front of the fire station. The wreath had seven bright red bulbs on it. For each fire determined to have been caused or originated from holiday decorations, a red bulb would have been changed to white.

The North Maine Fire Protection District had no incidents or fires caused during the 1983 Holiday Season originating from Christmas decorations.

Workshop for parents of adolescents

The Adult and Family Center of Loyola Academy is sponsoring a workshop for parents entitled "Families with Adolescents" on Saturday, Jan. 28 from 9:30 a.m. to 3 p.m. at 1100 N. Laramie, Wilmette. Adolescence is one of the most difficult times in the life cycle for both adolescents and their families. The objective of this day is to provide parents with a framework for understanding the process of adolescence as well as some guidelines for aiding their adolescents' development.

The fee for the day, which includes lunch, is \$40 a couple or \$25 an individual. Pre-registration is necessary and will be limited. For further information, call the Adult and Family Center office, 256-1100, ext. 39.

Portrait drawing class

The Figurative Art League, 927 Noyes St., Evanston, is offering a new class, "Beginning Portrait Drawing," to be taught by Joyce Moskow. Figure drawing and painting workshops (day and evening) will begin Feb. 6 and will run for 14 weeks. Models provided. Call 475-9466 or 869-6969 for information.

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Singles Scene

The Singles Spirit

January 20
The Singles Spirit (formerly Social Singles) invites singles to an evening of Spirit, Dancing & Socializing to the Music of Yesterday, Today & Tomorrow, 50's-80's with various D.J.'s and M.C.'s Friday, Jan. 20, 8:30 p.m. til 1 a.m., at the Skokie Holiday Inn Singles Center, 5300 W. Touhy, Skokie. Free wine, 8:30-9 door prizes, private dance instruction, free snacks, dance contest and cash bar.

Admission: \$5. For further information call 761-7288.

Saints and Sinners Singles

January 20
All single men and women in the 25-50 age range are invited to a huge Mid-Winter Cocktail Dance sponsored by the Saints and Sinners Singles on Friday evening, Jan. 20 at the Kimberly Ballroom of Nielsen's Restaurant, 7330 W. North Ave., Elmwood Park. A superb new band "Precious and Few" will provide dance music from 8:30 p.m. to 1 a.m.

Admission to the dance is \$5 and all profits are contributed to aid the needy and handicapped. Saints and Sinners is a congenial group and hopes you attend and bring your friends. Plenty of free parking is available.

St. Peter's Singles

January 20
St. Peter's Singles Dance, Friday, January 20, 9 p.m. Park Ridge VFW Hall, Canfield and Higgins. Donation \$4. Live Band, Free Parking. No Reservation needed. Info at 334-2589 or 824-4808.

Catholic Alumni Club

Jan. 21 & Feb. 11
All singles, ages 21 to 38, are welcome to participate in racquetball sponsored by the Catholic Alumni Club from 7 p.m. to 11:30 p.m., on Saturdays, Jan. 21 and Feb. 11, at the Downtown Court Club, 441 N. Wabash Ave., in Chicago. The non-member fee is \$10. Reservations are required. Parking is available in the building for an additional charge. For more information, call 726-0735.

The Spares

January 21
The Spares Sunday Evening Club is having a "Internats Jamboree Dance" on January 21. To be held at the Casa Royal, located at 783 Lee St., Des Plaines. The time is 8:30, music by Ray Rafferty, and his Sight and Sounds Band. The dress code is International, or casual. There will be a cash bar, and refreshments will be served. The donation is \$4 for members, and \$6 for guests. For more information call, 446-3125, or 593-2469.

Combined Club Singles

January 21
All singles are invited to a Combined Club Singles Dance at 8:30 p.m. on Saturday, Jan. 21, at the Wheeling/Northbrook Holiday Inn, 8275 N. Milwaukee Ave., Northbrook. Music will be provided by disc jockey Mike Broad. The dance is co-sponsored by the Northwest Singles Association, the Aware 21-30-9 door prizes, private dance instruction, free snacks, dance contest and cash bar.

Admission: \$5 for non-members, \$4 for members. For information, call 769-2800.

North Shore Formerly Married

January 22
North Shore Formerly Married will have Coffee and Conversation on Sunday, January 22 at the Oakton Bowl, 4833 W. Oakton, Skokie at 8 p.m. The topic will be a review and discussion of the recent best seller "Having It All" by Helen Gurley Brown. This book will shock and delight you. You may even learn how to have it all - love, success, money, sex written by a woman who has done it all. This promises to be a very delightful evening. Members: \$2, Non-Members: \$2.50. For further information, call Dick 676-3865.

The Spares

January 22
The Spares Sunday Evening Club will hold its meeting on Jan. 22. Place: The American Legion Hall 6140 W. Dempster st., Morton Grove. Time: Social hour 6:30 p.m. meeting to follow at 7:30 p.m. The speaker for the evening will be: Edward D. Rosenberg, former Circuit Court Judge. He is a nationally known author and lecturer at N.U., University of Chicago, and etc. He has also had a distinguished career as a criminal lawyer, with much experience in various courts throughout the United States.

As past chairman of the Family Law Section of the Illinois State Bar Association, he helped draft the laws that brought Illinois Family Law into the 20th Century. Don't miss this one. Refreshments and dancing will follow.

Parents Without Partners

January 25
Thomas Ryan, a certified public accountant, will speak on "You and Your 1983 Taxes" at the Wednesday, Jan. 25 meeting of Parents Without Partners, Chapter 1108 at the Golden Flame Restaurant, 6417 W. Higgins Rd. Under discussion will be the new laws and credits. There will be a question and answer period. Refreshments will be served followed by dancing to live music. Registration begins at 8 p.m. Admission is \$3 for PWP members and \$4 for visitors. For more information, call 286-1643.

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Church & Temple Notes



Ecumenical prayer service at St. John Brebeuf

On January 29 Northwest Suburban Citizens Advocating Peace, (C.A.P.), an interdenominational outgrowth of St. John Brebeuf Pax Christi, will sponsor an ecumenical prayer service—an evening to reflect on the gospel call to trust and hope in God's peace. It will be held at 7:30 p.m. in St. John Brebeuf Church, 8307 Harlem Ave. The service will touch on the opportunity and responsibility each of us has to be a peacemaker at all levels of our experience—personal, local and national. It is a call to all believers of the community to pause in prayer to gain a steady perspective on the fear that the nuclear threat inspires.

Among the religious and lay leaders expected to participate in the liturgy are Deaconess Eileen Peterson, Fr. Tom Dore, Dr. Doug Saleen, Fr. Julie Weckwerth, Sr. Dorothy Schwendinger, Dick Siewkowski, Rev. Bruce Anderson and Fr. Larry Springer. The service will be informal. Refreshments will be served at a reception following the service.

Church leaders and members from all of the local churches will receive a special invitation to this event. C.A.P. hopes to continue initiatives toward building a community coalition for peacemaking. It expects to sponsor a three-session study series on the Bishops' pastoral on the 3

Fridays following the prayer service. An announcement will be made for those interested in joining the study group on the evening of the prayer service. Anyone interested in more information about this evening or about C.A.P. initiatives is asked to call Dick Siewkowski, C.A.P. chairperson, (824-3511).

Baha'i Community of Niles

The Baha'i Community of Niles will conduct one of its regular monthly firesides on Saturday evening, January 21, 7:30 p.m., at 7780 Nordica Ave., Apt. 2E. Mr. David Rouleau of Evanston will be the fireside speaker.

Mr. Rouleau is a graduate of Michigan State University with a major in both English and Religious Studies. He is the coordinator of a national program for training members of local Baha'i institutions on behalf of the Baha'i National Center in Wilmette. He is married and has an infant son.

A Baha'i fireside is a meeting open to the public for the purpose of learning about the Baha'i teaching relating to any subject. It is informal, free of cost, and usually held in a members home. Anyone wishing additional information about this meeting is invited to call 966-1679 or 824-4903.

MTJC

Sabbath Services at Maine Township Jewish Congregation, 8800 Ballard Rd., Des Plaines on Friday, January 20, 8:30 p.m. will include Hebrew Literacy Class-Adult Education Graduation and January Birthday/Anniversary celebrants will be blessed.

Senior Citizens "Over 60" Luncheon Club will meet Wednesday, January 25 at noon for a gourmet lunch and special entertainment program.

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Rev. McLaughlin to head Niles College

Joseph Cardinal Bernardin has appointed a southside Chicago pastor and former high school seminary and university teacher as rector of the college-level seminary of the Archdiocese of Chicago.

Very Rev. Robert E. McLaughlin, 43, since 1981 the pastor of Our Lady of Good Counsel Church, 3528 S. Hermitage Ave., Chicago, will head Niles College Seminary of Loyola University, Niles, succeeding Most Rev. John G. Vianzy, newly-ordained Auxiliary Bishop of Chicago.

The new seminary rector taught religion and communications studies at Quigley Preparatory Seminary-North, 1967-74. While serving on the Quigley Seminary faculty, Father McLaughlin also instructed in communications studies at Loyola University of Chicago.

Receiving the Licentiate in Sacred Theology degree from St. Mary of the Lake Seminary in 1966, Father McLaughlin also earned in 1971 the Master of Arts

degree in Communications Studies from Northwestern University, Evanston, Ill.

The priest attended St. Frances of Rome Elementary School, Cicero; Quigley Preparatory Seminary, Chicago; and St. Mary of the Lake Seminary, Mundelein, Ill. prior to his 1966 ordination to the priesthood.

He served as associate pastor at both Holy Name Cathedral, 1966-76, and Mater Christi Church, North Riverside, 1976-81.

Father McLaughlin formerly served as vice-president of the Presbyteral Senate of the Archdiocese of Chicago and also as a former president of the Association of Chicago Priests.

He is the 175-man seminary's fifth rector since its founding in 1961. Seminarians study a largely liberal arts curriculum and typically attend two year of classes at the Niles campus, an academic affiliate of Loyola University. The junior and senior undergraduate years are undertaken at Loyola's Lake Shore or Water Tower campuses.

Pancake Day at Edison Park Lutheran

This coming Saturday, January 21, the Luther Leaguers of Edison Park Lutheran Church will sponsor their Annual Pancake Day at the church, located at 6626 N. Avondale Ave., Chicago. They will be serving from 7 a.m. until 2 p.m. The menu will include fluffy pancakes made from the Original Pancake House batter (all you can eat), steaming hot sausages, fruit juice, and your choice of coffee, tea or milk.

Tickets are \$2.50 for Adults, Children only \$1.50 (under 12), and a special Senior rate (over 65) only \$2. Tickets may be obtained from any member of the Luther League, the Church office (631-9131) or at the door on the 21.

Proceeds from the Pancake Day go towards the support of the League's entire youth program at Edison Park Lutheran Church. Matching funds will be given by Lutheran Brotherhood North DuSable Branch No. 8026. Plan to attend this worthwhile and tasty event. Bring your family, friends and neighbors.

Effective Parenting series

A series of meetings focusing on improving parent-child relationships will be held at 8 p.m. Thursdays starting Jan. 19 at St. Anselm's Episcopal Church, 1600 N. Greenwood ave., Park Ridge.

The STEP Program (Systematic Training for Effective Parenting) will continue March 1. Dr. Ron Falbe, Niles, one of the leaders of the St. Anselm program has a doctorate in child guidance and has served as a family counselor in the Crete-Monee school district. He is the father of two children.

The STEP Program is the most widely used parenting education program in the country. More than one million people throughout the United States, Canada and other countries have participated in STEP discussion groups and used the accompanying Parents' Handbook since the American Guidance Service (AGS), of Circle Pines, Minn., introduced the program in 1976. For more information call Loraine Hinton, 825-5811 or 692-9450.

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Congregation Adas Shalom

Congregation Adas Shalom, 6945 W. Dempster, Morton Grove, will hold Friday evening family services starting at 8 p.m. and all are cordially invited to attend. Rabbi Israel Porush will officiate and an Oneg Shabbat will follow. Saturday morning services begin at 9 a.m. with a Kiddush afterwards.

"Entertainment 84" books are available again through Adas Shalom for only \$25. There are hundreds of discounts for restaurants, theatres, hotels, sporting events and more. Call 966-2273. Also available are "Steppin Out" books for the north suburban theatres and restaurants for only \$12. For details, please call 965-7491.

If you would like more information about Adas Shalom and its activities, please call Harvey Wittenberg at 440-3100 or 965-1880.

Beth Emet The Free Synagogue

Shabbat evening services will be conducted at Beth Emet The Free Synagogue in Evanston Friday, January 20, at 8:30 p.m. Rabbi Peter S. Knobel will conduct the service, assisted by Cantor Jeffrey Klepper. Rabbi Knobel will give a D'var Torah entitled "Take These Two Tablets—An Examination of the Current Status of the Ten Commandments". An Oneg Shabbat will follow the services. Shabbat morning services are held every Saturday at 9:30 a.m.

Niles Assembly of God

January 22 will be "Bring a Friend to Church" Sunday. We will be having coffee and fellowship following the service in order to get to know each other. Service starts at 10:30 a.m. in the lower level of the Niles Sports Complex at 8435 Ballard rd.

Our home Bible Study fellowship will be meeting Jan. 20 at 7:30 p.m. at 7731 W. Jerome st. (one block south of Howard at Overhill). All are invited to attend. Call 794-1148 if you have any prayer requests or questions.

Nursery School/Day Care registration

The Pearl Goodman Schoen Nursery School and Day Care Center Open House and Registration for the 1984-85 season will take place on Sunday, February 12, at 7:30 p.m. at the Mayer Kaplan Jewish Community Center, 6050 W. Church St., Skokie. Both Dads and Moms are encouraged to attend.

Staff from our Glenview school, which is located at Temple B'nai Jehoshua Beth Elohim, 901 Milwaukee Ave., Glenview, will be present to explain the school's goals and philosophies, answer questions, and/or accept registrations.

To observe our West Branch before the Open House, please call Joan Goldberg, supervisor at 724-5698 for an appointment.

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Women's World

PR-VFW presents check



Members of Park Ridge VFW Auxiliary 3579 present \$112 check to Principal Harriet Shudon of Jeanine Schultz School. Shown above (l-r) Elaine Langer, Child Welfare Chrm. Rose Vojack, and Dept. Public Relations & Publicity co-chrm. Elaine von Schwedler.

Potter to speak at Horwich JCC

Jessie Potter, nationally-known educator, lecturer, author and counselor on human sexuality, will appear at the Bernard Horwich Center on Tuesday, January 24 from 10 a.m. until 12 noon.

Potter will discuss marriage and relationships, and intimacy and communication. In addition, she will show The Touch Film, which she scripted.

Potter's credentials include membership on the faculties of the University of Illinois Medical School, the Northwestern University Medical School, the National Sex Forum and the Institute for the Advanced Study of Human Sexuality. She has published numerous works on this subject as well.

Admission for members, \$2.50; for non-members, \$3.50. For more information, call Debbie Widran, 761-9100.

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OLR hosts film series for women

A new film series featuring best-selling author Joyce Landorf will be presented by Our Lady of Ransom Church on Tuesdays, effective immediately at 7:30 p.m., 8300 N. Greenwood, Niles. The new series, entitled "His Stubborn Love," addresses the problems common to many women who are trying to balance marriage, career, children, work, and are quietly suffering from the conflicting demands on their time and their identities.

Filed at one of her seminars near Dallas, Texas, "His Stubborn Love" is a six-part series. Four of the hour-length films are especially suited for women, while the last two are designed for married couples. The films are entitled: "Change Points," "You Irregular Person," "Mourning Song," "God's Waiting Room," "His Stubborn Love," and "Tough and Tender." There will be no charge for these films.

Openings in OCC Child Development

Limited openings remain in the afternoon sessions of the Oakton Community College Child Development Center.

The center, for children 3 to 5 years old, is supervised by Pat Kovar, a specialist in early childhood education, and staffed by experienced personnel. An excellent ratio of adults to children is maintained.

Current openings include the Monday-Wednesday-Friday session, from 12:30 to 3:30 p.m. (\$82 a month) and the Tuesday-Thursday session, from 1:15 to 3:45 p.m. (\$42 a month). The Tuesday-Thursday openings are for OCC/Skokie only.

There is a \$15 registration fee per semester and registration may be for more than one session. Children must be completely toilet trained.

For further information, call Pat Kovar, 635-1441 (Skokie) or 635-1940 (Des Plaines).

Honor Society member

Mark Blumenthal, son of Mr. and Mrs. Jack Blumenthal, of Skokie, has been named to the Presidential Honor Society at the DeVry Institute of Technology in Chicago.

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Register for Pre-School today

The Niles Park District will be holding registration for its' session II Pre School classes on Thursday, January 19 at the Recreation Center, 7877 Milwaukee Ave. Residents of Niles may register from 9:30 a.m. to 11 p.m. Non-residents as well as residents may also register from 7-9 p.m. A birth certificate is required at the time of registration. Pre School classes run for 15 weeks beginning January 30. 3 year old classes are as follows: Oakton Manor Fieldhouse, 9:30 a.m. to 11:30 a.m. on Tuesday and Thursday, or Mon. Wed. and Fri. at 9:30 a.m. Rec. Center on Mon. Wed. and Fri. 9:30 a.m. to 11:30 a.m. The resident fee for 2 days a week is \$40 for 15 weeks and 3 days a week is \$60 for 15 weeks. Non-resident fees are doubled.

Fantasy Auction at Centre East

Centre East at 7701 Lincoln in Skokie is the site for Fantasy Auction II, to be held Saturday, February 4. The evening begins at 7:30 p.m. with a champagne preview of the auction items, the bidding at 8 p.m. The auction will offer everything from a vacation package to a pizza party, fine jewelry, brass, mirrors, antiques, fantastic surprise fantasies and much more!

This evening will be the first public appearance for the candidates of the 2nd Annual Miss Northeastern Illinois Scholarship Pageant, the non-profit, civic event and official Miss America preliminary which the proceeds benefit. Each contestant will be introduced and present the next items up to bid!

Young Couples' Club

The first meeting of the Bernard Horwich Center's Young Couples' Club will be held at 8 p.m. on Wednesday, January 25 at the Center.

This organization, created for couples in their twenties and thirties, will meet monthly for recreational activities and conversation. Refreshments will be served.

For more information, call Debbie Widran, 761-9100.

JCC opens babysitting co-op

The Bernard Horwich Center will open a babysitting co-op, providing its members with an opportunity to exchange babysitting services with fellow participants.

Those interested in participating are invited to an opening session on February 9 at 10 a.m.

For further information, call Debbie Widran, 761-9100.

Welcome

A girl, Alexandra Noel, 7 lbs. 4 1/2 oz., on January 1, to Mr. and Mrs. Ronald H. Berndt, 1610 S. Kennicott, Arlington Heights. Brother: Andrew, 3. Sister: Barbara, 5. Grandparents: Mr. and Mrs. Hans Berndt, Niles and Mr. and Mrs. George Dadian, Wilmette. This was the first baby of 1984 born at Lutheran General Hospital.

Pre-school at Golf Maine Park District

The Golf Maine Park District is currently accepting registration for the next session of Pre-school. The morning class is for those children that were 3 years of age by December 1, 1983, while the afternoon class is for those entering kindergarten in the fall of 1984.

The morning session is designed to aid the child's socialization process while providing a pleasant atmosphere for individual growth. Children are gently introduced to all skills through the use of shapes, colors, numbers and the alphabet, in addition to gaining confidence through improvement of both fine and gross motor skills. This session meets from 9-11 a.m. on Monday, Wednesday and Friday.

The objective of the afternoon session is to develop and refine learning skills in preparation for elementary school while continuing to emphasize the socialization process. Children engage in play acting, science, sensory activities, music appreciation, creative story telling, painting and arts projects in addition to continued development of gross motor skills through use of gym equipment.

Each class begins on January 30 and continues through June 8. The fee for the morning session is \$159 for residents and \$198.75 for non-residents. The fee for the afternoon session is \$199 for residents and \$248.75 for non-residents. There is a \$50 deposit due at the time of registration.

Because enrollment is limited, this program fills quickly and some people are placed on a waiting list. If you have any further questions, please stop by the park district office at 9229 Emerson or call us at 297-3000.

SJB Women host stress discussion

The Art of Managing Stress: A Holistic Approach will be the topic of discussion on Tuesday, January 24 at 7:30 p.m. in Flanagan Hall, St. John Brebeuf School, 8301 N. Harlem Ave., Niles. Featured speakers will include Dorothy Schwendinger, OSF, M.A., Brebeuf Counseling Center, Lois Colewey, RN, B.S., Lutheran General Clinical Pastoral Education and Linda Dudek-Francis, DN, Naprapath, Nutritionist.

This Family Affairs Program, sponsored by the St. John Brebeuf Catholic Women's Club, is an opportunity to learn more about the nature of stress and how to control the negative side effects of stress using practical methods.

Welcome

A boy, Robert Isaac William, 7 lbs. 14 oz., on December 25 to Mr. and Mrs. David Booker, 9337 National, Morton Grove. Brothers: David, 21 and Eric, 14. Sisters: Lynn, 25 and Allison, 18. Grandparents: Mr. Francis Booker, Chicago and Mr. Thurale Snow, Kalamazoo, MI.
A girl, Megan Ann, 7 lbs. 11 oz., on December 26, to Mr. and Mrs. Larry Brandt, 1290 Margaret st., Des Plaines. Brother: Ryan, 5. Sister: Kristin, 3. Grandparents: Mr. and Mrs. Clarence Wohlbrandt, Des Plaines and Mr. and Mrs. Jack Brandt, Morton Grove.

Series on Family Communications

A five session series dealing with Family Communications will be sponsored by the Adult and Family Center of Loyola Academy on five consecutive Tuesdays beginning Jan. 24 thru Feb. 21 from 9:30 a.m. to 11:30 a.m.

The objective of this course entitled: Did I hear? Did you listen? Improving Family Communications is to encourage personal and family growth through the use of active listening, effective cooperation and skills for constructive conflict management.

Registration fee for the series is \$25. Pre-registration is required and will be limited. For further information call the Adult and Family Center office, 256-1100 ext. 39.

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Welcome

A girl, Frances Lauren, 7 lbs. 10 1/2 oz., on December 26, to Mr. and Mrs. Robert Bruce, 8908 Steven dr., Des Plaines. Grandparents: Mr. and Mrs. Irving Ridge and Mr. and Mrs. Leonardo Custodio, San Leandro, CA.
A girl, Melissa Erin, 7 lbs. 1 1/2 oz., on December 22 to Mr. and Mrs. Phil Farber, 9124 W. Terrace pl., Des Plaines. Grandparents: Mr. and Mrs. Irving Farber, Lincolnwood and Mr. and Mrs. Hal Farber, Skokie.

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Off the NILES POLICE BLOTTER

Drunk driver arrested after hit and run accident

A 25-year-old Morton Grove man was arrested for drunk driving in Niles after crashing into a parked car and then driving off on Friday, Jan. 13.

According to police, the Morton Grove man was traveling north on Harlem ave. when he struck a parked car in the 7900 block of Harlem ave. and continued driving north.

Witnesses immediately contacted the Niles police giving a description of the car. Morton Grove police apprehended the driver and, according to reports, he had a strong odor of alcohol on him and needed help standing.

Morton Grove police also reported finding a thermos filled with an alcoholic beverage on the front seat of the car.

Additionally, the offender was given a breath test which registered an alcohol level in his blood stream of .35. The level at which the law considers a person intoxicated is .10.

At the Niles Police Department the Morton Grove man was charged with driving under the influence of alcohol, leaving the

scene of an accident, illegally transporting open liquor, improper lane usage and driving too fast for conditions.

Following his being assigned a February court date, the driver was released after posting a \$100 bond.

Burglar suspected as arsonist

Police suspected a burglar was responsible for a fire at a Niles business on Saturday, Jan. 14.

Fire trucks were called to Car-X Mufflers, 8900 Milwaukee ave., after passing motorists reported seeing fire in the rear of the building.

After firemen had extinguished the fire a policeman noticed a broken window in an overhead door. When firemen said they had not broken the window the business's owner inventoried his office and discovered that a burglar had apparently attempted to break open a safe.

Police speculated the unsuccessful burglar had set the fire before leaving the building.

Church burglar surprised!

A church choir member surprised a burglar in a Niles church on Wednesday, Jan. 11.

A member of the choir of St. Haralambos Church, 7373 Caldwell ave., was opening the church at 7 p.m. when he discovered a closet door ajar. Going over to the closet he tried to open it but found it was being held shut.

Suddenly the door swung open and a man described as five foot eight inches and weighing about 230 pounds ran out of the closet and out of the church.

When police arrived on the scene they discovered the burglar had gained access to the church by breaking a window.

It was not known if anything was missing.

Vacant townhouse burglarized

A vacant Niles townhouse was burglarized during the night of Friday, Jan. 6.

Police said a burglar gained access to the townhouse, located in the 7700 block of Nordica ave., by prying open a window. Once inside the burglars took four bathroom mirrors and four light fixture globes.

The townhouse management firm, which discovered the break-in, did not immediately know the dollar value of the stolen items.

Home break-in

A home located in the 9800 block of Robin dr. was burglarized on Tuesday, Jan. 10.

Some time between 8 p.m. and 10:45 p.m., burglars entered the house by kicking open a rear door.

Ransacking a bedroom the burglars took numerous items of jewelry and possibly a number of credit cards.

Home vandalized

A Niles resident reported his home was vandalized during the night of Sunday, Jan. 8.

Some time between noon and 10 p.m. vandals threw a rock through a 20 inch by 20 inch window of a home in the 8300 block of New England ave.

The resident said the replacement cost of the window was \$20.

Bed spread thief charged

A 21-year-old Prospect Heights man was arrested for shoplifting and charged with theft in Niles on Saturday, Jan. 7.

The Prospect Heights man had been shopping at Sears Roebuck and Co., 400 Golf Mill, when he was observed removing a \$106 bedspread from a rack, taking it to customer service, and receiving a refund for it. After he had received the money, he was detained by security.

At the Niles Police Department he was charged with theft, assigned a January court date and released after posting a \$100 bond.

Stereo stolen

A Niles home was burglarized on Wednesday, Jan. 4.

Police were called to a home located in the 7400 block of Main st. where some time between 7 a.m. and 3:10 p.m., burglars had entered the house. As there were no signs of forced entry police suspected the burglar may have had a key.

Taken from a bedroom was a stereo system. No other items appeared to have been taken.

Cigarette theft

A thief stole nearly \$50 worth of cigarettes from a local gas station on Tuesday, Jan. 10.

Officials of the Cigarette Depot, 7662 Milwaukee ave. said a man described as in his 30's and weighing 160 pounds came into the store and put six cartons of

Judge Urso speaks to K.C.'s

Judge Joseph Urso of the Circuit Court of Cook County will be the guest speaker at 8 p.m. on Monday, January 23, for the Bishop Gabro-Knights of Columbus. Ken Pressiak, program chairman, has announced that the meeting will be held at St. Joseph Ukrainian Catholic Church, 5000 N. Cumberland in Chicago.

Judge Urso has been an Associate Judge for six years. He

Clothing store burglarized

A Niles store was reported burglarized some time during the night of Monday, Jan. 9.

Officials of Kids Wear, 8227 Golf rd., said a burglar broke into their store by prying open a door lock with a screw driver.

Once inside the store the burglar took an undetermined amount of children's clothing. Store officials said they would submit a list of missing clothing to the police.

Patronage well represented in Maine Township

Dear Editor:

During the 1981 campaign for positions on the Maine Township Board, one of the Republican candidates warned that if Democrats were elected to the board, Maine Township would become "the 61st ward of Chicago." The messages implied here are that Democratic officeholders are accountable to their political organizations rather than to the public, and Democratic job holders are accountable to the officeholders who appoint them rather than to the public they serve.

However, patronage was well represented recently, when the Maine Township Board appointed a new Highway Commissioner. While qualifications made their usual brief appearance, board members made sure that the person they picked to run the township's highway department would run with them for re-election in 1985. Therefore, they specifically looked for one of their own and appointed a fellow Republican.

While present board members are busy explaining away patronage practices by claiming that they had to consider political party in their appointment to the board, forces attempting to replace them with a bi-partisan coalition of people dedicated to important township issues want the public to be heard. Anyone disappointed with the work of the present township board members can contact me at 890-7375 (days).

Larry Gombreg

Illinois tollroad sets safety record

The year 1983 proved to be the safest year since 1959 for motor vehicle fatalities on the Illinois Tollroad System.

A total of 12 fatalities resulting from 9 fatal accidents during 1983 is a reduction of 40% less than 1982 when 20 fatalities occurred.

Captain Hugh S. McGinley, Commander of District 15, the largest state police district in Illinois, commented, "Our foremost goal in 1983 was to reduce fatalities on the system to enable the Illinois Tollway to remain the 'world's safest' by miles of roadway traveled."

"One of the reasons the Illinois Tollroad is so safe is because 150 uniform state troopers patrol the system 24 hours a day. Through vigorous traffic law enforcement, 1,333 drunk drivers were arrested in 1983, along with 25,338 arrests for speeding. Drunk drivers and speeders are far and above the main causes of fatal accidents in Illinois," McGinley added.

"We inspected 2,748 trucks and put 815 of them out of service as unsafe. I feel that with the 80,000 pound weight limit now in Illinois only the safest trucks should be able to ride our roads," said Captain McGinley.

In 1982, the fatality rate of 0.6 cents per 100 million miles traveled dropped in 1983 to 0.35 cents per 100 million miles traveled.

The miles traveled on the tollway system has increased

On dean's list

One hundred and five students from Mundelein College, 6363 N. Sheridan Rd., Chicago, have been named to the Dean's Honor List for the fall term. Local students included: Mary Rebello of Des Plaines, Susan M. Meyenberg of Niles, and Mary M. Finch of Skokie.

Children playing amid piles of snow may be difficult to see. And, it's easy for a child running to or from a bus to slip and fall on icy streets.

A new law effective January 1 requires a drivers license suspension following two convictions for passing a stopped school bus in a three-year period.

We expect the new law to increase the number of suspensions resulting from dangerous driving practices near school buses that have stopped to load or unload passengers.

Bus drivers signal an approaching stop at least 100 feet in advance (200 feet in rural areas) by flashing the amber and red lights on the front and rear of the bus. The stop signal arm is extended after the bus comes to a complete stop.

After stopping, you may proceed if the school bus resumes motion, the bus driver signals you to go ahead, or the flashing lights are turned off and the stop signal arm is no longer extended.

You are not required to stop for a school bus on the other side of a highway separated in the center by a median strip, or if the bus is in a loading zone where pedestrians are not permitted to cross.

letters to the editor

Patronage well represented in Maine Township

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Larry Gombreg

Heinen expresses thanks for award

Dear Editor:

I wish to thank the Niles Chamber of Commerce and Industry and all its members for the Citizen of the Year Award. It is indeed an honor to receive it. I consider myself fortunate, and it is a privilege to be able to serve my community. Working for the handicapped and senior citizens is very rewarding to me, as has been my participation in the Niles Park District, Woman's Club of Niles and various organizations over the years.

The more active an individual is in his community, the more he becomes aware of what is needed to make that community a better place to live. I have especially enjoyed getting to meet so many people, which, of course, is one of the benefits of taking part in such activities. I feel that the more active a person is, the more he will grow personally.

I have donated many hours to many projects, but to me it isn't work. My deep civic concern is to help make Niles, the community I love, be a Village not only for the present, but more importantly, for the future.

I also want to express my gratitude to the news media of the area for their fine coverage of the award and also to the many people who have called and written to me conveying their best wishes.

Sincerely,
Elaine Heinen

Roses for blood donors

Dear Editor:

January is National Volunteer Blood Donor Month. At this time, we wish to express our appreciation to all community residents who donated blood or volunteered their time and talents in support of the regional volunteer blood donor program.

Thanks to their altruism, we have been able to meet the blood needs of thousands of patients in the metropolitan area.

During 1983, residents of Des Plaines, Morton Grove and Park Ridge donated approximately 6,500 units of blood in support of The Blood Center of Northern Illinois.

Most of this blood was separated into blood components

such as red cells, platelets, plasma and cryoprecipitate so that one single unit of blood might benefit as many as four different patients at Holy Family, Lutheran General and 23 other hospitals in the Chicagoland metropolitan area.

The need for blood is increasing—physicians are finding new uses for blood components: the treatment of cancer and various medical procedures such as heart surgery, hip replacements and organ transplants. The Blood Center's collection goal for 1984 is 95,000 units of blood...or an increase of 19% over 1983 totals.

In proclaiming January as National Volunteer Blood Donor Month, President Reagan emphasized the need for voluntary donations now, when blood supplies are low and the need acute. If you haven't donated blood in the last eight weeks (or have never donated before) please consider doing so now. The need is great; we will deeply appreciate your help. Call us at 298-9660 for information on where you can donate near your home or business office.

Together, we can assure that blood will be available for everyone who needs it this year.

Sincerely yours,
J. Daniel Connor
President-Blood Center of Northern Illinois

Seeks stamp enthusiasts

Dear Editor:

I am a native of Cook County and am seeking those of your readers who are interested in postal history and the collecting of postmarks.

The National Postmark Collector's Club has over 1,000 members from throughout the United States and Canada. We are a non-profit group of collectors interested in preserving this area of American history through town names, postal cancels, and postal history in general.

Our Club is also the sole support of the Pfund Memorial Post Mark Museum in Bellevue, Ohio, which houses the world's largest known postmark collection.

This area of my home state does not have any members in our club and I am hoping a few collectors that do not know about our organization will see this letter and write to me for further information.

Thanking you in advance, I remain,
Sincerely,
David K. Drawets

Nilesites Commends police and neighbors for help

Dear Editor:

We have already waited too long for this, but here it is. My wife had been in the hospital for an 8 week period (with the exception of 2 weeks at home) just before Christmas. This period of time included surgery, biopsies, chemotherapy, etc.

We walked in the door at home on Friday afternoon completely ecstatic after this experience only to find that our dog Tinker, was missing. We don't know how it happened, but we didn't find her until 47 hours later and by that time my wife was just about having a relapse.

Officer Amato and other Niles Police officers worked continuously on the problem and were in constant touch with us until we located Tinker. (she was found the afternoon of the 1st time the temperature dropped to -15°) To the kind lady who saw her and alerted her neighbors across the street who were also very helpful—a special thank you.

We appreciate all of this very much and especially commend the Niles Police who consider all problems a serious matter when they concern Niles residents.

With much love & respect,
Ralph and Rae Pignato
Niles, Illinois.

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JOIN A MID-SEASON LEAGUE TODAY!

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● MONDAY MENS SCRATCH — MONDAY 9:30 P.M.
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SPORTS NEWS

Carthage basketball team member

Stan Kapka of Niles is a starting guard on the Carthage College men's basketball squad.



The 6-foot Kapka earned a letter last season for his first year of Redmen basketball and had a 10 point per game scoring average.

Kapka majors in business administration and is the son of Stanley and Teresa Kapka, 7233 W. Conrad, Niles.

MNLL registration

Registration for the 1984 Maine-Northfield Little League will take place on January 15, and January 22, at the Glenview Ice Center, 1851 Landwehr Rd., Glenview, from 12 Noon to 4 p.m. Bill Buckner of our fabulous Chicago Cubs will be on hand to greet all registrants and sign autographs at the January 15 registration.

All new registrants must bring a copy of their birth certificate with them. The league accepts children between the ages of 8 and 15 years, including 7-year-olds if they reach the age of 8 before August 1, 1984.

Tax deductible registration donations are due at the time of registration.

For more information please call 564-2757 or 298-2465.

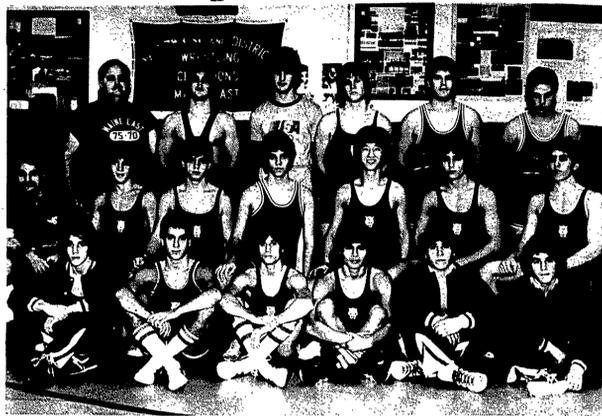
ND wrestlers victorious

The Christmas vacation started off with a good sign for the Notre Dame High School for Boys, Niles wrestling team as they defeated conference foe Joliet Catholic 51-12 on Dec. 16. The varsity was led by pins from Capt. Ken Wallenberg, Morton Grove, 145 lb., and George Ratin, Chicago, 185 lb.

On Dec. 17 the varsity traveled to Palatine where they defeated Palatine, 27-21, but lost a close meet to Niles West 33-24, and then were defeated by state ranked Leyden 41-14. Again Ken Wallenberg, 145 lb. led the team with 3 victories. The varsity dual meet record is 9-2.

Dec. 22 and 23 the varsity wrestlers participated in the Lake Park Tournament where they finished 8th out of 16 teams behind championship perfor-

Demon varsity wrestling



The Demon varsity wrestling team will compete at Evanston Friday, Jan. 27, and at LaGrange/Plainfield on Thursday, Feb. 2. Members include (front, l-r) John Loos, Steve Lofredo, Dennis Wolf, Alex Grimaldi, Al Ramos, and Brad Gottlieb. (middle, l-r) Coach Jerry Muccianti, Jeff Uslander, Steve Revesz, Larry Grazian, Won Kim, Ralph Milito and Joe Madonia. (top, l-r) Head Coach Don Presern, Jim Katris, trainer Jeff Kessler, Jim White, Jeff Janick, and Dave Katzenberg.

Scholarship deadline

Junior and senior class high school students who are interested in applying for \$1,000 college scholarships should request applications by March 15 from the Educational Communications Scholarship Foundation, 721 N. McKinley rd., Lake Forest, 60045. To receive an application, students should send a self-addressed, stamped envelope with a note stating their name, address, city, state and zip code and approximate grade point average.

Fifty award winners will be selected on the basis of academic performance, involvement in extracurricular activities and need for financial aid.

Manages from Joe Ambrose, Niles, 105 lb., and Doug Staley, Des Plaines, 155 lb. Ken Wallenberg lost his first match of the year to a wrestler from Conant in the closing seconds of the championship bout at 145 lb.

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BOWLING

St. John Brebeuf Holy Name

Team	Jan. 13 standings	Points
Riggios		15
Kappy's		14
Skaja Terrace		14
Wiedemann Ins.		13
Niles Federal		12
Franks Lawmower		12
State Farm Ins.		12
1st National Bank of Niles		11
Windjammer Travel		11
Suburban Shade		9
Easy Wash Laundromat		8
J & B Sheetmetal		7
Anderson Secretarial		6
Norwood Federal		4

Team	Top 10	Points
B. Biewald		710
C. Lindquist		689
T. Hanrahan		605
D. Kovich		599
K. Wozniak		592
W. Kensek		591
M. Koenigs		585
E. Aley		569
J. Walsh		567
J. Wendel		562

St. John Brebeuf Women's Bowling

Team	Week of Jan. 10	W-L
Chips Ahoy		10-4
Ginger Snaps		8-6
Sugar Waters		8-6
Peanut Shorties		8-6
Almonettes		7-7
Lorna Doones		7-7
Cameos		7-7
Pecan Sandies		6-8
Chocolate Chips		6-8
Pitter Patters		3-11

Team	High Series	Points
A. Rinaldi		500
J. Hoppe		482
B. Beierwaltes		473
P. Nelson		477
M. Coronato		462

Team	High Games	Points
P. Nelson		191
I. Safranik		188
J. Hoppe		185
C. Sparkowski		180
M. Coronato		176
A. Rinaldi		175

OCC offers course variety in Skokie

Residents of Niles, New Trier and Evanston Townships can take advantage of a variety of spring class offerings at the Skokie campus of Oakton Community College.

Students have 22 subject areas to choose from this spring at OCC/Skokie, 7701 N. Lincoln ave., ranging from accounting, business, data processing and math to Hebrew, literature, political science and psychology.

Eight different classes will be offered in the popular data processing area, including Introduction to Data Processing, COBOL Programming and Systems Analysis.

College transfer program courses such as composition, speech, math and political science are available at OCC/Skokie, as are vocational/technical courses such as office systems technology and real estate.

Students who haven't registered for classes at OCC/Skokie can do so January 19. For further information, call the Office of Admissions at 635-1400.

Health and Fitness Guide

New device removes clots to save limbs

A balloon which pulls dangerous clots out of vital blood vessels is giving susceptible patients new years of freedom from the threat of loss of their limbs.

The device, developed in Chicago by a team led by Dr. Edward M. Goldberg, surgeon at Michael Reese Hospital and Medical Center, is being used to help about 25 patients a week.

Dr. Goldberg says the balloon is also safe enough to use in the brain. That's because it is designed not only to clean blood vessels but to reduce injury to them.

He explains that the original balloon catheter design, about 20 years old, has been effective in removing clots but ineffective in preventing the blood vessels from clogging again.

The problem is that as they remove clots, the older balloons also strip away the inner lining of veins and arteries. According to Dr. Goldberg, blood vessels repair this lining damage by growing a layer of rough, scar-like tissue.

In experiments with laboratory animals, conducted with Drs. Mark Goldberg, Lokendra N. Chowdhury and Steven A. Gould, Dr. Goldberg demonstrated the next step in the clogging process in which platelets are trapped by the scar tissue and they, in turn, accumulate cholesterol. As the cholesterol accumulates, the opening of the blood vessel narrows, and may completely clog.

This plug-up of the blood vessel is accompanied by starvation of living tissue. Then organs or limbs supplied by the blood vessel are damaged, the Michael Reese researchers explained in a report in the Journal of Cardiovascular Surgery.

In a later report, to the International Society for Cardiovascular Surgery, at Rio de Janeiro, Brazil, Dr. Goldberg, Drs. Mark and Robert Goldberg and Willis Hills, surgical technician, and Seymour Brazell, engineer, explained how they improved upon the original design of the blood vessel balloon.

The biggest improvement is in material. The original balloons were made of latex. This form of rubber is very strong and thin but produced heavy damage as it was pulled through blood vessels. The Michael Reese balloon is made of silicone rubber, which is slippery and more compliant and thus slides easily through blood vessels, producing very little damage.

The other improvement is in the shape of the new balloon. The old balloon was sausage-shaped, which gave a lot of surface contact and thus added to frictional forces. The apple-shaped new balloon has a minimum of surface contact, which becomes even smaller as it is pulled through.

Most recently, in a report to the American College of Surgeons in Atlanta, Dr. Goldberg, with Drs. Mark Goldberg, Harris Goldenberg, and Brazell, explained that he had perfected his balloon so that it effectively pulls out clots with a minimum of force and with negligible injury to veins and arteries.

In an interview, Dr. Goldberg explained how his new balloon catheter works. Attached to the end of a silicone tube, it is slipped (deflated) into a blood vessel and guided by X-ray images. Once the balloon and tube have pierced the clot, saline (salt water) is pumped through the tubing to inflate the balloon. Then the balloon is slowly withdrawn, pushing the blood clot as it backs out. Finally the clot is pulled out of the incision.

Dr. Goldberg said X-ray pictures show that not only does the new silicone-rubber balloon provide minimum surface contact with a better surface, it also produces less surface damage as it is pulled.

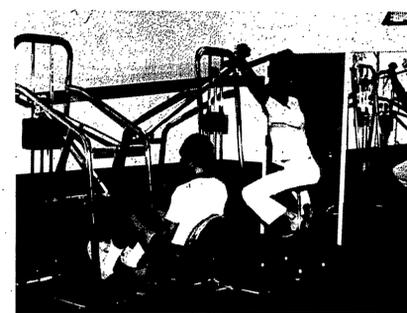
Paying tribute to the doctors who developed the blood-vessel balloon concept, Dr. Goldberg said this new design represents the second generation of such treatment. As such, it offers a new alternative to persons whose health is threatened by clots in their veins and arteries.

Niles Park District offers complete fitness center

Is the high cost of fitness keeping you "out of shape"? Well, the Niles Park District has one of the most complete fitness centers in the area and the cost is minimal. The Grennan Heights Recreation Center, 8255 Oketo Ave. in Niles, is a fully equipped recreational center that will meet all your fitness and recreational needs.

The center's fitness room houses 10 individual single staged Universal weight machines to tone both the upper and lower body muscle groups; two DKB sit-up boards to trim the waistline and two exercise bicycles to improve ones' cardiovascular system. Trained staff members are on hand to show you how to use the machines to best work your body and they'll set you up with a fitness program suited to your health condition.

Also located within the Grennan Heights Recreation Center is a full-size gymnasium with a hardwood maple floor and six basketball baskets. Whether you want to just "shoot around" during our open gym times or sign up for one of our various



recreational programs, our gymnasium is sure to satisfy even the most active participant.

Our programs range from the fun, instructional youth basketball, volleyball and gymnastics classes, to the competitive men's basketball leagues and our ever-popular adult fitness sessions. Various fitness classes are conducted by our famous health and fitness expert, Maggie Holleb. Conclude your visits to Grennan Heights with a relaxing shower in the locker room facilities.

Stop by soon and take at what this vibrant facility has to offer. Staff members will be happy to show you what you've been missing! Don't delay any longer—exercise more in '84!

EXERCISE MORE IN '84

NILES PARK DISTRICT
GRENNAN HEIGHTS FITNESS ROOM
8255 Oketo

If you're interested in slimming down or building up, this is the place for you. Trained personnel are available to introduce and instruct participants as to the proper use of the Universal Equipment.

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AND MUCH MORE

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Sunday 12:00 Noon-9:00 PM

MORE INFORMATION
967-6633
OR
967-6975

McCormick named president of Swedish Covenant

James B. McCormick, MD, long-time director of the hospital laboratory and member of the hospital board of directors, has been named president and chief executive officer of Swedish Covenant Hospital, effective November 5. The announcement was made by Nils G. Axelson, president of Covenant Benevolent Institutions, Inc., parent organization of the hospital, which is located at 5145 N. California ave. in Chicago.

A recognized expert in the health evaluations, laboratory technology, and computer applications in medicine, Dr. McCormick has combined many interests during his years in practice. Not only has he been director of the department of laboratory medicine at Swedish Covenant Hospital; he also has headed his own companies devoted to health testing, medical computers, and medical equipment. He remains chairman of Peiam, Inc., and technical consultant to Miles Laboratories, Inc.

In terms of humanitarian ac-



tion field to work and provide short-term assistance. Dr. McCormick's scientific and professional society memberships also include the American Society of Clinical Pathologists, the College of American Pathologists, the Science Advisory Council of the University of Notre Dame, the American Medical Association, the Chicago Medical Society, the Chicago Pathological Society and the Chicago Cytology Society.

He lives with his wife Suzanne and their children, Jeremy, 6 and Amanda, 5 in Lincolnwood.

Suntan Center of Glenview offers healthy, successful look

A deep, golden tan has become an accepted sign of beauty, vigor and also success. That healthy successful look that comes with a good tan just naturally makes you feel better and in turn will make you more successful at anything you do.

A deep golden tan also prevents sunburning to a certain degree. If you are an outdoor oriented person, a rich tan will allow you to stay in the sun longer than usual. Wear your tan like a beautiful coat and feel more secure.

How does the sun tan? It is our skin's natural way of protection against the burning effects of the sun. When the skin is exposed to sunlight, a brown pigment called melanin which is present in deeper layers of our skin, rises and oxidizes, resulting in a tan.

Various tanning devices that reproduce parts of the sun's ultraviolet (UV) radiation have been in existence for over 70 years. But only since 1976, have artificial suns been able to produce a good tan without any unpleasant side effects.

The Klafsun Tanning Systems being featured at Suntan Center of Glenview, Inc. (1926 Waukegan rd., Glenview) are using the revolutionary patented UV-A "Wolf System". Forget all you have heard or experienced about sunbathing! The Klafsun cannot be compared with any of the old UV-B sunlamps, which caused skin damage and never really tanned.

Millions of people in Europe,

Alcoholism Intervention Workshop at Alexian Brothers Medical Center

An Alcoholism Intervention Workshop will be held at Alexian Brothers Medical Center on Monday, Feb. 6 and 13, beginning at 7 p.m. The workshop, sponsored by Alexian Brothers' Alcoholism Treatment Center, will be held at the Medical Center, 800 W. Biesterfield Rd., Elk Grove Village.

Intervention is a technique that can be used by family members or concerned friends to persuade an alcoholic to seek help. Intervention is a planned, structured, confrontation. It does not create problems but no longer hides the undesirable and unacceptable behavior which accompanies or results from drinking.

For further information and to register for this workshop, call 981-3524. There is a \$44 fee per family which includes up to five family members. Alcoholism Intervention Workshops are scheduled every month at Alexian Brothers Medical Center.



where this new UV-A tanning trend started, have enjoyed the benefits of these fantastic devices. They use them at home, in clubs and in special sunbathing operations. Even dermatologists recommend the UV-A tanning, because it is safer than the sun.

Don't hesitate - try the exciting Klafsun Tanning System today. You will experience a new and totally different sunbath and you will like it very much. In one way it is similar to tanning in the natural sun - you lay down and relax. But you don't have to fear

sunburning, peeling or drying of the skin any more.

Klafsun's guarantee you a beautiful tan after a maximum of ten treatments. The first tan you can already see after 2 sessions. So get ready and sign up for an inexpensive vacation and get your deep glowing tan right now at The Suntan Center of Glenview, Inc., 1926 Waukegan rd., Glenview.

Suntan Center of Glenview is now the Official Suntan Center for the Chicago Sting. In addition, massages are now being offered. Tuesday nights by appointment only.

The Suntan Center is open from 9 a.m. - 9 p.m. Monday through Friday; Saturday 9 a.m. - 5 p.m. and Sunday, 12 noon - 3 p.m. Call Dorothea Lotter or Leonore Bohnen at 724-9295 for information or an appointment.

Baby sitting course at Glenview Immediate Care Center

A two-day course in baby sitting, covering all aspects of the subject from how to change a diaper and heat baby food to how to set a fair price for your service, will be held at the Glenview Immediate Care Center, 1415 Waukegan Rd., in Glenview (in the Glen Oak Plaza Shopping Center), on Monday and Tuesday, January 30 and 31, from 4-6 p.m.

Sponsored by Highland Park Hospital, the class is held without charge for young people 11 years of age and older. The course covers the basics of baby care including how to prepare a simple meal, as well as fire safety, emergency procedures, discipline and entertainment. Training in what to do if the young child chokes is also part of the course. There will be ample time for questions and discussion of problems.

Attendance both days is necessary to receive a Red Cross Mother's Aid certificate. It is necessary to register ahead of time as class size is limited. Call 729-0244 to register.

NOHA speaker on health

J. Daniel Mathein will speak on Stress, Productivity And Your Health for the Nutrition For Optimal Health Association on Wednesday, February 1, at 9:30 a.m. at the Winnetka Community House, 620 Lincoln; Winnetka, IL. Daniel Mathein is Executive Director-Personal Management System, Forest Hospital and Foundation; Des Plaines. He is a nationally known consultant, author and lecturer. He has eighteen years professional experience in stress management, productivity and health improvement and has appeared on numerous radio and television programs. He brings hard fact, practical knowledge and wit to his presentations.

Admission is free to members. Non-member admittance is \$4 per person.

Health and Fitness Guide

Hubbard Tank at Holy Family



Holy Family Health Center has obtained a Hubbard Tank to give residents therapeutic full body whirlpool treatments. Physical Therapy Assistant Cheryl Morton, Skokie, helps resident Tom Durr complete his leg exercises.

What holds 312 gallons of warm water, is shaped like a flared "T" and was made in Sweden?

The new Hubbard Tank in the Physical Therapy Department at Holy Family Health Center, a skilled-care nursing facility at 2380 Dempster st., Des Plaines. Holy Family has become one of the few nursing centers in the area to obtain one of the tanks used to give residents therapeutic full body whirlpool treatments.

"The tanks have been used widely in Europe, but they're just becoming more common now in the United States," said Roger Streu, registered physical therapist and head of the center's Physical Therapy Department. Streu said the tank is used primarily to treat pain, especially in the back and legs, and for exercise. It can also be used for effective treatment of

decubitus or ulcers or bed sores. The "T" shape enables users to move both their arms and legs freely. Water temperature is kept at about 100 degrees.

Residents selected for daily treatments are lowered into the tank on a specially-designed reclining chair coated with bacteria-resistant plastic. Each treatment lasts about 20 minutes, after which the tank is automatically disinfected in 30 seconds.

Mark A. Colletti

A twenty year resident of Niles, Mark A. Colletti, son of Mr. and Mrs. John Colletti of 8561 Bruce Dr., joined the Navy last February and was just promoted to third class Petty Officer while attending F.T.M. school at Great Lakes Naval Base. Congratulations Mark.

Birthing room opens at Weiss Hospital

When little Nina Karamoleagos decided to enter the world on October 31, 1983, she was to be a very special baby, since she was the first to be born in the hospital's new Birthing Room.

Commenting on the experience, her mother, Mrs. Theoni Karamoleagos, said, "Having my baby here felt just like being at home - it was very relaxing and very satisfying."

The birthing room is comfortably furnished with home-like furniture, including a large rocking chair, TV set and radio. Attractive wallcoverings and bedding add to the cozy setting. Carl Jarolin, M.D., Chairman of the Obstetrics-Gynecology Department at Weiss, noted, "The birthing room combines all the comforts of home with the safety of a hospital delivery room. The room is equipped with comfortable furniture and a special labor and delivery bed, but it also has sophisticated equipment right in the room to meet most problems that might present themselves during labor or delivery. If a major emergency occurs while in labor in the birthing room, the patient can be immediately transferred to a traditional delivery room, if necessary."

He said, "Many mothers and fathers today plan to take an active role in the labor and delivery of their baby, and the birthing room represents parents' growing attitude that they can

have a better experience in a comfortable, friendly atmosphere. The birthing room also gives parents much more time to get acquainted with their new baby right after birth."

Lecture series on stress

"Learning To Cope With Stress Effectively" will be the topic Friday, January 20, of Council for Jewish Elderly's Health Education Series, presented by Dr. Michael Flenzimer of St. Francis Hospital, Evanston. The monthly lecture series, which focuses on health concerns of senior citizens, is held in Congregation B'nai Zion, 1447 Pratt Blvd., Chicago, on the third Friday of each month. Each lecture starts at 10:45 a.m.

For more information, contact Gayle Barron, R.N., CJE, 570-7000.

Salvador D.R. Ramos Jr.

Pvt. Salvador D.R. Ramos Jr., son of Salvador G. and Nila D. Ramos of 7935 N. Kenneth St., Skokie, has completed basic training at Fort Leonard Wood, Mo.

FAMILY DENTISTRY

John A. Ranieri D.D.S., M.S.

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Holy Family's system of caring is designed to meet the diverse health care needs of residents and employees in the Northwest Suburbs of these 'Family Care' facilities.

Holy Family Hospital
Since June 1981, the 246-bed acute care community hospital at 100 N. River Road (Golf and River Roads), Des Plaines, has provided full-service health care to area residents and employees. It provides extensive services, the latest diagnostic equipment and community education programs. Call 297-1800.

Holy Family Professional Plaza
Connected to the hospital, the expansive office building features a full-service pharmacy and houses offices for many physician specialties.

Holy Family Ambulatory Care Center
Emergency treatment, outpatient services and physicians' offices are

available at the Center, 201 E. Strang Ave. (Milwaukee and Strang) Wheeling. The Center also offers a host of community health education programs, and special programs for area residents and the business community. Open 7 days, 8 a.m. to 10 p.m., call 520-0100.

Holy Family Health Center
The 372-bed, skilled and intermediate care nursing center provides the full scope of extended nursing, and pastoral care services needed for the elderly and those convalescing from surgery or illness. Well-planned recreational activities appeal to a variety of interests.

The Health Center is located at 2380 Dempster Street, Des Plaines. Call 296-3335.

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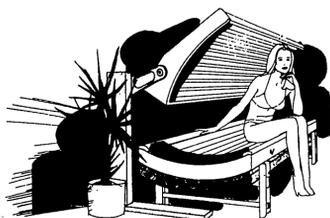
Marking our thirtieth anniversary of service as one of Chicago's major community teaching hospitals, dedicated to providing high quality patient care, medical education, clinical research and community service.

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Free session with this ad. Specials available.

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Chicago Medical and Dental names Dentistry Director

The Chicago Medical and Dental Center, 6000 W. Touhy Ave., Chicago is pleased to announce the recent appointment of Barbara A. Laskowski, D.D.S. as the Director of its Department of Dentistry. Dr. Laskowski is a summa cum laude graduate of Mount Holyoke College in South Hadley, Massachusetts and earned her Doctor of Dental Surgery degree from Northwestern University School of Dentistry. Prior to her association with the Chicago Medical and Dental Center, Dr. Laskowski was invited to join the private practice of the internationally recognized dentist, Dr. Emil Stutz in Richterswil, Switzerland. Upon her return to the United States, Dr. Laskowski was associated with a group practice on the southwest side of Chicago. Dr. Laskowski is skilled and experienced in all phases of den-



Dr. Laskowski is skilled and experienced in all phases of den-

dentistry including prosthetics, endodontics, oral surgery and restorative and preventive dentistry. Dr. Laskowski is trained in and has had tremendous success with the newer techniques of cosmetic dentistry such as tooth bonding. Bonding, a technique which has recently received much publicity, is used to reshape teeth, fill in spaces, repair broken teeth and to brighten discoloration.

Dedicated to the well-being and dental health of the members of our community, Dr. Laskowski welcomes inquiries and visits to her office. Her hours are 10 a.m. through 6 p.m., Monday through Friday. The Chicago Medical and Dental Center is now open from 7 a.m. to 7 p.m. Monday through Friday and from 10 a.m. through 2 p.m. on Saturday.

Area dentists provide care for the homebound

Two Morton Grove dentists, Dr. Gary La Mantia and Dr. Richard Mazanek, of 5744 W. Dempster St., recently began participating in a program to provide dental care for the homebound. This unique outreach system allows those individuals who are homebound or even bedridden to receive dental care to which they would other-

wise not have access. It is estimated that there are 5 million homebound individuals in the United States. These patients must often experience intense pain, facial disfigurement, or infections before care is received. To answer this need, a van is used to bring a portable dental office to the patient's home. Utilizing this equipment, a dentist can perform a total range of dental treatment, including dentures, x-rays, oral surgery, and root canals.

The "Dentistry for the Homebound" program is sponsored by the Illinois Foundation of Dentistry for the Handicapped. Dentists utilizing the system pay a fee to the foundation. Patients in need of dental work are charged the regular office fee of the dentist even though making house calls requires more of the dentist's time. Fees may be waived or reduced under special circumstances. If you have any questions about the program or are a homebound patient, call your dentist for more information. If the person's dentist does not participate in the program or if the person doesn't have a dentist, they can call the Illinois Foundation of Dentistry for the Handicapped at 871-3889 to schedule an appointment with a dentist in their area.

DENTAL DIGEST
BY RICHARD C. MAZANEK, D.D.S.
Occasionally, your dentist may refer you to a specialist. Below is a list of dental specialists and the services they provide:
-Endodontist: treats diseases of the dental pulp, usually with root canal therapy.
-Oral Pathologist: performs laboratory tests and examines biopsy material to diagnose problems of the mouth.
-Orthodontist: prescribes and fits braces to straighten crooked or badly spaced teeth and to correct a poor bite.
-Pedodontist: specializes in the care of children's teeth from birth through the early teens.
-Periodontist: treats gum disease in order to prevent tooth loss.
-Prosthodontist: fits and designs bridges and dentures to replace missing teeth.
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DR. RICHARD C. MAZANEK
5744 W. Dempster
Morton Grove

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BARBARA A. LASKOWSKI D.D.S.

Holly Schmid Electrolysis offers personal service

A great many women have unwanted hair somewhere on their bodies, and when it appears in obvious and embarrassing places, such as faces, necks, arms, stomachs and other "unfeminine" places, they often resort to all of the usual remedies; like plucking, waxing, shaving, etc. They rapidly discover, to their chagrin, that these measures only worsen the problem and make growth stronger and more noticeable.

The truth is that all "solutions" but one lead to a cycle of coping with an ever-increasing dilemma. Electrolysis is the one solution that actually deserves the name. This process ALONE can destroy the root or growing cells that produce each hair so it can NEVER return to plague its unwilling host.

The word "process" is a key one since even with today's modern, efficient and safe equipment, a trained electrologist may have to treat a hair more than once with a carefully controlled amount of current. Unless it is fine and shallowly rooted, a hair is dealt with in stages. Coarse and deeply rooted ones may be treated 3 or 4 times; each time the root struggles to produce another hair until the follicle is rendered incapable of producing one.

"A client should understand the importance of strictly following the appointment schedule set up by her electrologist," explains Gail Richardson, electrologist at

Holly Schmid's Electrolysis Salon, 281 Waukegan rd., Northfield. "By making sure that regrowth is dealt with immediately before it has a chance to strengthen and gain nourishment, the electrologist insures successful treatment for her client."
When a client decides to plot her own schedule, or simply doesn't appear for a month or two, she lengthens her treatment time considerably and/or places in jeopardy the efforts of her electrologist. "Often, when an electrolysis dropout tells friends that the treatment didn't work, a much more accurate statement would be 'I just didn't do what I was advised and didn't stick to my appointment schedule,'" adds Holly Schmid.

Electrolysis is medically approved and recommended by physicians everywhere. Plastic surgeons favor it as the only safe and reliable hair removal technique between and after operations. Dermatologists know that visits to an electrologist can improve a patient's skin because there will be less oiliness, resulting in fewer skin eruptions.

Come in and see Gail and Holly at Holly Schmid's Electrolysis Salon, one block south of Willow rd., in Teddie's Hair Designers. They are open Monday thru Saturday, with evening hours Tuesday, Wednesday, and Thursday. Call 446-4040 for an appointment.

Mobile adult health clinics

The Cook County Department of Public Health is co-sponsoring mobile adult health check-ups with community groups throughout suburban Cook County. The clinics are held on a temporary basis at the community group's location.

"By moving the clinic to different places, we are more accessible to the public," said Dr. Karen Seitz, medical director of Cook County Department of Public Health. "Many people are unable to attend clinics at our regular sites because of transportation problems. This way the clinics will be right in their neighborhoods. The more community groups that volunteer to have clinics the more people we can reach."

Clinic services include a head-to-toe physical examination with blood tests for anemia and diabetes, blood pressure checks, Pap smears, breast exams and urinalysis. Vision, hearing and dental checks are available. The clinic also provides glaucoma testing, tetanus boosters and TB screening.

Those who attend will also receive counseling to encourage healthy living habits. The clinics will be open to those at least 18 years old who meet financial eligibility. Clinics will be conducted if at least 10 people from the community make appointments. Community organizations wishing to co-sponsor an adult health clinic should contact Ruth Elberfeld at 865-6125.

Upcoming mobile adult health clinics are scheduled at the Senior Citizens Center in Calumet Park in January 27, Triton College in River Grove on January 20.

Speaker on arthritis

Dr. Ira Fenton, Rheumatologist at Holy Family Hospital will speak on "You and Your Arthritis" at the Holy Family Ambulatory Care Center in Wheeling.

The program will be held on Monday, January 23 from 10:30 a.m. to noon at the Center, 201 E. Strong Ave., Wheeling. For more information or to register, call 520-0100.

Health and Fitness Guide

Crash dieting may worsen your weighty winter woes

Many people become disheartened during the winter as they see the wind-chill factors go down and their waist size go up. Either in a state of desperation or from a bout of curiosity, they embark on a quick weight loss trip to rid themselves of their excess baggage. These desperados proceed... eating ONLY pre-packaged milk shakes, or outer-space cakes, or cottage cheese and grapefruit, or meat and eggs a la Dr. Atkins, or fresh fruits, Beverly Hills-style. WOW! 8 lbs. gone the first week; 5 lbs. the next week. This is great! Then, 4-6 weeks later, it's not so great. The foods become boring. An attitude of "I'm doing so well, I can cheat just a little" prevails, until the only thing growing slimmer is the net weight

Holy Family seeks volunteer help

Hundreds of people like yourself have discovered the difference they can make by becoming a volunteer at Holy Family Hospital in Des Plaines. The personal satisfaction of comforting a patient, working at the gift shop and supplementing the work of the professional staff are all productive adventures with great personal reward.

You can make great use of your spare time and bring a little cheer into the lives of those less fortunate than yourself by volunteering at Holy Family Hospital. The Volunteer Department is currently in need of volunteers for general patient contact, escorting discharged patients and to work in the hospital's Auxiliary Showcase (Gift Shop). Do yourself and someone else a favor. Volunteer at Holy Family Hospital. Call the Volunteer Department at 297-1800, extension 1160.

New hospice offers service in Des Plaines

Rainbow Hospice is a new service in Des Plaines which offers care for dying persons and their families through volunteers trained and supported by a consultant experienced in the field of death and dying counseling. Services are available to residents of the northwest suburbs. Volunteers offer supportive assistance through sympathetic listening and taking care of daily tasks such as preparing meals, running errands or babysitting to help ease stress and allow families the freedom and time to deal with the changes taking place in their lives.

Rainbow is holding a 10 session volunteer training class which begins with an all day session on Saturday, Feb. 18 and continues Monday evenings from 7-9 p.m. Classes will be held at the First United Methodist Church, 666 Graceland in Des Plaines. For information call Betty Brosius at 690-6023.

loss and their pocket book. So much for the New Year's resolution...better luck next year!

"Not so!" The staff at the Center for Nutritional Counseling think otherwise. This topic was recently discussed at a conference held at the Center in Glenview. Jacqueline King, a registered dietitian, thought that "people don't understand what is happening to their bodies when they diet." Shirley Huber, another of the staff dietitians, explained this in more detail.

She said, "Instead of giving up, think about what happened to the dieter's body that 'set 'em up' for failure. Prior to dieting, the overweight person is clinically 'over-fat'. For example, a 160 lb. woman who weighed 125 lbs. at age 25, is probably carrying 35 lbs. of body fat. When she begins to lose weight faster than 2 lbs. per week, she is losing mostly water and muscle. The fat remains. If she continues on her monotonous diet, she will continue to lose muscle, water and only a small amount of fat."

Dr. Mary Speno, the staff psychologist, commented, "It's easy to understand why so many people get disheartened when they can't achieve the unrealistic weight loss goals they set for themselves."
Dr. Ronald L. Kirschner, the Center's Medical Director, said, "The dieter was not doomed to such a fate. This dilemma CAN BE PREVENTED with a common sense approach to losing weight. Professionals will tell you that weight lost at a slower rate, i.e., at 1-2 lbs. per week will most likely be fat and not muscle.

How can you learn a professional common-sense approach to weight loss that include the foods you don't like and fits into your personal schedule? Contact The Center of Nutritional Counseling in Glenview, where registered dietitians, a psychologist and a physician are trained and interested in meeting your needs.

For more information call 729-6717.

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A Way of Life reopens in Millbrook

One of Chicagoland's largest and most complete health food and nutrition centers, A Way of Life Natural Foods, established in 1978 in the Golf Mill Shopping Center in Niles, recently relocated in the Millbrook Shopping Center, which is situated one block south and east of Golf Mill.

A Way of Life is a unique store specializing in nutritional supplements, medicinal teas, homeopathic remedies, natural cosmetics, macrobiotic and allergy foods, healing herbs and tonics and a host of other healthful and unique items.

Customers are treated as friends by a courteous and knowledgeable staff, who have years of experience dealing with vitamins and minerals, amino acids, enzymes, glandulars, and other specialized health aids.

Manager, Marlene Lacy, has attended lectures and seminars throughout the country by noted experts in the field of nutrition, such as Lelord Kordel; Gaelord Hauser; Dr. Lyndon Smith, author of "Feed Your Kids Right"; Dr. Robert Mendelsohn, Chicago physician and author of "Male Practice"; Dr. Jeffrey Bland; Dr. Richard Passwater; Carleton Fredericks; Gloria Swanson and William Duffy; Dale Alexander, author of "Arthritis and Common Sense"; Dr. Kurt Donsbach; Dr. John Christopher, master herbalist and Hannah Kroeger, healer.

Whether the problem is a hyperactive child, allergies, celiac disease, hypoglycemia, hair loss from illness, tiredness, sleeping problems, lactose intolerance, acne, bronchitis, or

others, the staff at A Way of Life can offer food and supplement suggestions as well as a large selection of books and free literature to consult, advise and educate.

The store has three mottoes: "Health is your best investment," "Good health is real wealth" and "Your health is your responsibility."

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Would you like to solve it?
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Glick named marketing director

Extended Coverage

By Gordon R. Falter C.I.C.

It's MEDICAL malpractice that makes the headlines, but many non-medical professionals are being sued, too.

In recent years, attorneys, accountants, architects, engineers, and consultants have been held liable because acts they performed in their professional capacity may have caused others to incur losses or damage.

Special Professional Liability policies have been developed to cover such damages arising out of the performance of professional services.

What makes a "professional"? These days, anyone who provides advice or consultation on a regular basis may be liable for such a lawsuit.

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Mondays & Wednesdays: 10:30 a.m. - 2:30 p.m. or 5:30 p.m. - 9:30 p.m.

REGISTER NOW: LIMITED ENROLLMENT

CALL: TRUDY CASEY/DIRECTOR
541-8484
Columbus Hospital
2520 Lakeview, Chgo.

Arlene L. Glick has joined Alden Care, Ltd. as marketing director. The Chicago-based company owns and operates six nursing homes in the area.

Mrs. Glick was previously a marriage counselor for Dundee Family Services, Dundee. She was graduated from Roosevelt University in 1975 with a B.S. degree in Sociology-Psychology. She is also recipient of an MSW (Master of Social Work) and MBA in marketing degrees from George Williams University.

Mrs. Glick is married and has three children. The Glicks reside in Morton Grove.



EMT-A: Emergency Medical Technician training program

Classes will start in January, 1984 at Columbus Hospital for the 120 hour Emergency Medical Technician program. Classes are Mon. and Wed., 10:30 a.m.-2:30 or Mon. and Wed., 5:30 p.m.-9:30 p.m. or Sat. only, 9 a.m.-5 p.m.

The program is 13 weeks long and is the prerequisite for paramedics. All didactic and clinical training is done at the hospital and an auto-extraction course is held with the Evanston Fire Dept. The course is taught by physicians, nurses, and certified paramedics from the

Chicago Fire Dept. The program is approved by the Illinois Dept. of Public Health and licensed by the State Board of Education. Trudy Casey who has been a member of the EMS Team since 1975 is the Director/Coordinator of the program. For information and registration, call 541-8484. Register now-enrollment is limited for January classes.

Blood drive at Mary Seat of Wisdom

Mary Seat of Wisdom Church, Park Ridge, will host a special blood drive during January, National Volunteer Blood Donor Month, on Sunday, Jan. 22. Park Ridge residents are invited to join church members and walk-in to donate at the drive which will be held from 8 a.m. to 3 p.m. in the gymnasium, Cumberland and Granville, Park Ridge.

Resolve to learn CPR, first aid in 1984!

Make you New Year's resolution now to be ready for emergencies!

A full schedule of monthly CPR classes, first aid training and free blood pressure readings has been scheduled at Highland Park Hospital during 1984. The classes are available at nominal cost for anyone who wishes to register.

Blood pressure readings are given free of charge each Friday morning from 9 to 11:30 a.m. at the Green Bay Pavilion of the hospital, 1936 Green Bay Rd., Highland Park. No reservations are needed; those who wish to have their blood pressure read are asked to enter through the driveway off of Park Ave. just west of Green Bay Rd.

Cardio-pulmonary resuscitation (CPR), a method of supporting the life systems of persons who have experienced sudden cardiac or respiratory arrest un-

til trained help arrives, is taught in one four-hour session at the hospital the first Thursday evening of each month from 7-11 p.m. Next scheduled session is Thursday, February 2, in the Education Center on the lower level of the hospital, 718 Glenview Ave., Highland Park. Reservations must be taken in advance for this class as attendance is limited to 30. Call 480-3785 to make a reservation. There is a materials fee of \$2.

An eight-hour, multi-media class in first aid leading to a Red Cross First Aider certificate is held on the fourth Saturday of each month from 8:30 a.m. to 5 p.m. in the Education Center at the hospital. Next scheduled class is set for Saturday, January 28. Those who wish to participate must register in advance by calling 480-3785. There is a materials fee of \$9 for the class.

Arthritis self-help series begins in February

When people hear that there is no cure for arthritis, many assume that there is no hope, either. In fact, just the opposite is true.

Most forms of arthritis can be effectively controlled, and an important first step is self-management. The Arthritis Self-Help Course, soon to begin its next series of classes in Northern Illinois, teaches this technique.

Sponsored by the Arthritis Foundation, Illinois Chapter, the course consists of two-hour sessions held over six weeks which give the participants the skills and knowledge which can help them manage the pain and the limitations caused by the disease. Relaxation exercises, doctor-patient relationships, depression, what to expect from

medications, stretching and strengthening exercises, nutrition and evaluation of unproven remedies are covered in the course.

The next series of classes will begin the week of February 27 in Hinsdale, Park Ridge, Skokie, Libertyville, River Grove, Glen Ellyn, La Grange, Joliet and several locations in Chicago.

Call the Arthritis Foundation, Illinois Chapter, at 1-800-572-2397 for applications. The deadline for registration is Monday, February 13.

If you have already requested to be put on a waiting list, an application will automatically be mailed to you. The course fee is \$15 and physician consent is required. Consent forms are included in the application.

Diabetic Retinopathy

Support Group being formed

Providing a forum for those with diabetic retinopathy, the Maine Township Area Branch of the American Diabetes Association (ADA) is sponsoring a support group for people to meet to exchange experiences and practical information.

The group's meetings will be held the first Thursday of every month at 7:30 p.m. in the Nesset Center, 1775 Ballard Rd., Park Ridge. February 2 is the first meeting. All members are free, no pre-registration is required, and family members are welcome to attend.

Diabetic Retinopathy is a disease of the small blood vessels of the retina in the eye. It can be divided into two types: background retinopathy and proliferative retinopathy. Those affected by background retinopathy experience blurred vision due to blood vessels leaking fluid in the retina. About 80% of these people never encounter serious problems with their vision. However, in its more progressive stage, proliferative retinopathy, the blood vessels break and bleed, leading to a loss of vision, and blindness. Diabetes is now the leading cause of new cases of blindness in Americans ages 20-74.

For more information on the Retinopathy Support Group call Ms. Miriam Goldberg between 11 a.m. and 2 p.m. at 965-8588 or the Northern Illinois Affiliate of the ADA at 346-1805.

National College offers new health programs

Two new programs offered at National College of Education are meeting the need for respiratory therapists and for allied health managers and educators.

The respiratory therapy program, offered in cooperation with the Metropolitan Group of Hospitals, combines clinical studies with a baccalaureate degree. It is the only such program in the state, according

to Program Director George Kacmarek, of Bridgeview. The program prepares students to treat patients having pulmonary, or lung, disorders.

Classes meet at state-approved sites whenever 16 or more students form a group. A group is now forming in the downtown Chicago area, Shriver said.

For more information about National College's allied health program, call 256-6771.

Health and Fitness Guide

Morton Grove Rehab Center provides therapy services

The complete therapy services, diversified staff, and flexible hours at the Morton Grove Rehabilitation Center have been tailored to the needs of therapy patients in the North suburbs.

The outpatient clinic's comprehensive multidisciplinary rehabilitation services include evaluation and treatment in physical and occupational therapy, speech/language pathology, audiology, and clinical social work.

The Center's staff includes registered occupational and physical therapists, speech/language pathologists, certified audiologist, clinical social worker, registered rehabilitation nurse, accredited medical records technician, and physical therapists specializing in pediatrics.

"Our diversified staff enables us to provide complete rehabilitation services to patients of all ages; from infants to the elderly," said Suzanne K. Bowman, R.P.T., who with Sharon L. Trotter, O.T.R., is a director of the clinic.

The Morton Grove Rehabilitation Center is believed to be the only outpatient clinic specializing in pediatrics in the North suburbs. Along with specialized physical therapy for pediatrics, the Center also provides occupational therapy, speech/language pathology, audiology and social work services for children.

"We established the clinic because we saw the need for an outpatient rehabilitation center with flexible hours," said Mrs. Trotter. The clinic provides complete therapy services by appointment from 8 a.m. - 8 p.m., Monday - Friday. Saturday services are occasionally made available by special appointment.

The Center's complete audiology services include hearing screening and evaluation; hearing aid testing, dispensing and maintenance; and group lip-reading classes.



Complete audiological services are now available at the Morton Grove Rehabilitation Center, 9346-48 Waukegan rd. Here, the clinic's directors Sharon Trotter (l) and Suzanne Bowman (r) look on as audiologist Ken E. Moore, MA, CCCA, conducts a hearing screening with a patient. The Center's audiological services include hearing screening and evaluation; hearing aid testing, dispensing and maintenance; and group lip-reading classes.

Physical therapy is provided to patients of all ages with a variety of disabilities including amputees, arthritis, low back pain, multiple sclerosis, neurologic disorders, orthopedic problems, sports injuries and stroke. All physical therapy treatment requires a physician's referral.

Among the special occupational therapy services offered are a hand splinting and therapeutic treatment clinic, pediatric evaluation and therapy program, vocational testing and therapy for industrial injuries, and fabrication of adaptive equipment.

Speech and language pathology diagnostic and treatment services are offered to patients with communicative disorders such as stuttering, delayed speech and language development, hearing impairment, cerebral palsy, articulation and voice disorders.

Gottlieb's CT scanner now a 'showcase' installation

More than 150 medical diagnostic specialists have traveled to Gottlieb Memorial Hospital from around the nation in recent weeks to inspect the hospital's newly upgraded \$1 million CT scanner.

"It's a showcase installation," says director of CT scanning Dr. Richard Goldwin. "With improvements in image quality and scanning speed, we now have a scanner that is among the best in the world."

Installed about a year ago, Gottlieb's Technicare 2060 whole body CT (computerized tomography) scanner was selected by the manufacturer to be its first state-of-the-art clinical test

site in the United States. Upgrading was completed last November with improvements in the x-ray tube, illumination system and image processor.

Now called the Quantum 2060, the scanner can detect the presence of a stroke and tell what kind it is and how extensive. It can detect tumors, spinal disc disease, nerve problems, pelvic fractures—almost any defect in the human anatomy.

"The CT scanner can often detect abnormalities in their earliest stages, eliminate the need for costly, painful exploratory surgery and help a surgeon plan an operation with maximum precision."

Gottlieb Memorial Hospital has PEP

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- Stress Management • Health Risk Appraisal
- Back Injury Prevention
- Cardiac Rehab Phase 1, 2 and 3

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9346-48 Waukegan Road
Morton Grove, IL 60053
(312) 966-3536

A division of Illinois Therapeutic Associates, Ltd., a Medicare-certified rehabilitation agency serving nursing homes, hospitals and other health care facilities in the Chicago area.

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Rape/assault... Continued from Page 1

in two cases investigated by Sheriff's Police. Investigator Irv Kraut of Sheriff's Police said Busija was originally arrested in May 1983 by Arlington Heights Police. A teletype message was sent out by Arlington Heights Police and noticed by Leon Sullivan, a civilian radio operator in the Cook County Sheriff's Police Communications Section, who called Kraut.

Under questioning by Kraut Busija gave a statement to police admitting certain criminal activities. However, a motion to suppress the statement prevented the line-up from being held at that time.

The motion to suppress was denied by Judge Edward Fiala, who ruled in September 1983 that the statement was given voluntarily. Kraut then pursued the case obtaining court orders to pave the way for the line up Thursday afternoon at the Niles Police Department.

Of the six victims in cases from

1980 to 1982 who attended the line up, four made positive identifications, Kraut said. The following charges have been placed against Busija by the respective police departments: Schaumburg - deviate sexual assault, robbery and aggravated kidnapping; Niles - aggravated sexual assault; and Cook County Sheriff's Police - aggravated kidnapping, rape and aggravated battery in one case and aggravated battery in a second case.

Sheriff Elrod said the investigation into Busija's activities is continuing. Busija was being held Friday at the Cook County Department of Corrections in lieu of \$500,000 bond pending a court appearance Jan. 20 in Niles branch of the Circuit Court.

Sheriff Elrod said Busija is definitely not a subject known as the "Palatine rapist," whose identity is still under investigation by Sheriff's Police.

Fire Chief... Con't from Skokie-L'wood P.1

the Village of Skokie and the state will benefit from this continuation of dedicated service. We are delighted that he will continue to live and office in Skokie and remain our friend. We wish him well," continued Eppley. Acting Chief Tedeschi joined the Skokie Fire service in December of 1957, was promoted to the rank of Lieutenant in 1963, Captain in 1966, and Deputy Chief in 1967. Commenting on Tedeschi's appointment as Acting Chief, Eppley remarked, "Chief Tedeschi has been an outstanding firefighter and administrator throughout his career with the Village's fire service. His valuable services as Acting Chief will insure a smooth transition. I have every confidence in Chief Tedeschi's leadership during this period."

Chief Burke was an integral part of the long-term upgrading of the Village's Fire Department which saw the Village's fire rating improve from a grade 7 to

a grade 3, one of the best ratings of any community of similar size in the state. Burke was also responsible for the Village's receipt of a Governor's Cost Cutor Award in 1981 for his Rescue Truck 2 innovation.

Burke is a graduate of Niles Township High School and completed several fire protection and administrative courses at both Northwestern University and the Illinois Institute of Technology. Burke has been extremely active in state and national fire service associations, including work on the development of curriculum for fire service training and education.

Burke was born on June 15, 1928 at St. Francis Hospital is married and has five children. He served a two year tour of duty with the Army during the Korean conflict. Arrangements for a retirement dinner in honor of Chief Burke's many years of service is being planned for early this spring.

Maine Twsp... Continued from Page 1

the clients. The parking lot entrance is on Ballard Rd. As in the past, only those residents who have filled out the application form in advance will be given surplus food. A new application form must be filled out each month, indicating that the person's or family income

meets the federally mandated guidelines to receive surplus food. For further information on this matter, call Maine Township General Assistance, 297-2510. The new Maine Township office is on the north side of Ballard Rd. between Home and Woodview.

Space Available For Fall Leagues 1984/85 Season SIGN UP NOW! Daytime - Nighttime Men's - Women's Mixed Leagues BOWL Daytime Senior Citizens Wouldn't You Rather Bowl At Classic Classic Bowl 965-5300 8530 Waukegan Rd., Morton Grove

Cancer Unit... Con't from Skokie-L'wood P.1

Bank of Lincolnwood, have been elected Vice Presidents. Mr. James Hamilton also heads the Income Development post. Mr. John Barbino and Dick Rossi are Co-Chairmen of the Residential Crusade which will be held in early spring.

Mr. Cal Steinlauf leads the Special Event scheduled for March 9. His committee of Heloise Silverstein, Graham Fletcher and Carl Gubitz have come up with a first - an X-R Cyclethon. Riders will be asked to obtain sponsors in order to ride at either of the two Banks in Lincolnwood, non-stop for 24 hours. Information on the new Unit is available at Village Hall, number 673-1540.

Important posts in our local Unit are staffed by such well known Lincolnwood residents as: Vladimir Skul, M.D., Gwen Blumenthal, David Colton, Florence Feinzimer, Errol Kroner, Susan Kroner, Jean Malnati Miller, Dolores Nitsche, John Porcelli, Al Spielman, Delphine Stark, R.N., and Howard Vernof, M.D.

Certified City... Continued from Page 3

In announcing the program Trustee Abe Selman said, "The Village of Niles has a reputation for being a progressive, business-conscious community. We, in the government...have long advocated an economic atmosphere in which businesses can come to Niles and prosper as part of the fabric of the community."

Niles Administrator Charles Kohlerman said on Tuesday that a detailed evaluation of the village must be submitted to the state. Kohlerman added, "By qualifying it says you have a very balanced set of community resources."

Among the areas of the village which will be reviewed include all village departments, the Niles Library Board, the Niles Park District, area schools and the Niles Chamber of Commerce, as well as the general business climate and various civic organizations.

Kohlerman said he hoped Niles will be certified "within a couple of months."

Candidates meeting... Con't from Skokie-L'wood P.1

both of Glenview, seeking the state senate candidacy for the GOP, according to Lieberman.

United States Senate candidates have also been invited. They are Senator Charles Percy and Congressman Tom Corcoran on the Republican side and Democrats State Controller Roland Burris, State Senator Philip Rock, Alex Seith, and Congressman Paul Simon.

Lieberman said Tucker and Corcoran have accepted the invitation, "and we expect good partition from all the candidates, especially the local area ones. The Skokie Freedom Committee has quickly become known as a group to reckon with," Lieberman noted.

The group is credited with organizing the community outcry which brought about the defeat of the Skokie gun ban proposed last October.

Cross Country... Continued from Page 3

ded the Midwest Institute of Park Executives "Park Professional of the Year" award.

Commenting on the award park president Elaine Heinen said, "It was a great honor for Tom to have been selected. The whole community enjoys what Tom has done in our park system."

Heinen told the board that 25 area teens had volunteered to work with handicapped area residents who participate in Maine-Niles Association of Special Recreation programs. Heinen said it will be possible to add more programs to the special recreation schedule because of these volunteers.

Commissioner Mary Marusek announced that department heads have submitted their budget requests to Director Hughes. Hughes and business manager Pat Swanson are currently reviewing the budget requests as they work to complete a budget to submit for board approval.

Marusek also told the board that a search is currently underway to fill the vacant Administrative Assistant position. Following a review of the position it was decided to maintain the position with a greater emphasis on administrative participation than in the past. Marusek said some of the responsibilities of the Administrative Assistant will include public relations, applying

K.C.'s... Continued from Page 3 Milwaukee Ave., and to be named for the Knights of Columbus, will provide recreational equipment for handicapped residents. The Knights of Columbus had pledged promised to pay the \$11,000 within five years, however, they paid it off in three years.

Park Board President Elaine Heinen commented, "It is a great thing for the community to have dedicated people like the Knights of Columbus."

entire 20 week period. The entire Health and Racquetball facility is available to your group on a rental basis on Saturday evenings from 7:30 p.m. to 11:30 p.m. The rental fee is \$200 and includes use of all 9 courts, including two which may be used for wallyball, dry heat saunas in each locker room, a giant co-ed whirlpool, and a weight/exercise room. Remaining open dates include Feb. 18 and 25. The month of March is still available. Check your Morton Grove Park District brochure for your \$25 off coupon.

New Members party at Legion

The Morton Grove American Legion Post #134 are combining a Saturday theme party on an informal basis, with their annual get together for new members. The social event gives members and spouses the opportunity to meet other new members/spouses, the Legion commander and the Auxiliary president.

The event is being planned for Saturday, Jan. 21 at 7:30 p.m. in the upstairs lounge of the Legion Memorial Home.

for grants, accident prevention and safety management, and supervision of the Park Rangers program.

Hughes told the board he has received 91 applications to fill the position. He said he will begin interviewing applicants based on the number of years of experience in park administration they have.

Marusek announced that Niles School District 71 had approved a plan to allow the Culver School gym to be used for a park district volleyball program.

Commissioner Walt Beusse told the board he would like them to consider the possibility of establishing a program in which individuals, organizations and businesses could donate trees to be planted at various park locations. Beusse said the probable price of the trees would be \$100.

Also, Beusse said the board should consider the possibility of hiring caddies, ages 14 and up, to work at the Tam Golf Course next summer.

Lastly, Commissioner Jim Pierski told the board that work is nearly completed on a new roof at the Grennan Heights gym. However, he advised not issuing a check for the work until all work has been finalized and the roofer has delivered his written guarantee.

Harczak... Continued from Page 1

Saleni get a loan from another bank. In issuing Harczak the probation sentence on January 12 U.S. District Judge Milton I. Shadur also ordered Harczak to do 1,000 hours of community service work during the period of probation.

student who is thinking of a career in social work, teaching, counseling, law enforcement, psychology, and all generally service-oriented occupations. Religion and Life will be offered on Monday and Wednesday from 6:30 to 9 p.m. This course is an examination of the purpose, place and function of the religious dimension in the life of man. It theologically explores the nature of faith within the sociological and psychological context of an individual's lifetime. The faith dimension of life is treated as an act of the mind and as a way of life. It will also include a study of religious groups, death and dying, and other contemporary issues of modern society.

Registration should be completed by Jan. 21. Courses offered include Computer Science which will meet on Monday and Wednesday from 3:45 p.m. to 6:15 p.m. It will be a one-semester course for those interested in learning about computers, what the various components are, how they operate, fundamentals of programming and actual programming in basic. Students will write their own programs, debug them and run them on the computer.

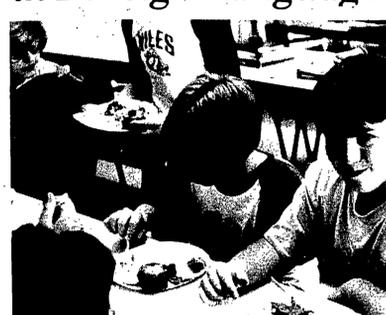
English IV will be offered on Monday and Wednesday from 3:45 p.m. to 6:15 p.m. It will be a comprehensive study of major literary types with emphasis on both classical and contemporary authors. Skill development will be reinforced through composition of expository and persuasive essays and the critical review.

Typing I will meet on Tuesday and Thursday from 4-6:30 p.m. This course teaches the student to utilize fully the capabilities of the typewriter. The minimum requirements include learning to type at a rate of 30 words per minute for three minutes with a maximum of three errors.

Psychology will meet on Tuesday and Thursday from 6:45-9:15 p.m. A one semester introductory course which attempts to familiarize the student with some of the major areas of psychology by examining traditional as well as current thinking in the field. This course is intended to be useful for the

SCHOOL NEWS

Culver desserts in Foreign Language



To help usher in the Holiday spirit, the eighth grade foreign language students, under the direction of Miss Andrea Haggard and Mrs. Nancy Perez, prepared typical Spanish and French desserts. The classes researched recipes from Spain, France and Mexico, then met in one another's homes to prepare them. The students then hosted a dessert buffet. Each student gave a description of his dessert in his respective language. Students and teachers alike enjoyed tasting these delicacies.

Notre Dame to offer evening classes

An afternoon/evening session of classes will be offered at Notre Dame High School for Boys, 7655 Dempster, Niles beginning the week of January 30. The classes are open to high school juniors, seniors, and adults. This can be an alternate way for high school juniors and seniors to complete graduation requirements. Registration should be completed by Jan. 21.

Courses offered include Computer Science which will meet on Monday and Wednesday from 3:45 p.m. to 6:15 p.m. It will be a one-semester course for those interested in learning about computers, what the various components are, how they operate, fundamentals of programming and actual programming in basic. Students will write their own programs, debug them and run them on the computer.

English IV will be offered on Monday and Wednesday from 3:45 p.m. to 6:15 p.m. It will be a comprehensive study of major literary types with emphasis on both classical and contemporary authors. Skill development will be reinforced through composition of expository and persuasive essays and the critical review.

Law Mobile visits Stevenson School

Representing Richard J. Daley's State's Attorney's Office, Mr. Ronald Pula visited with students of Stevenson School's fifth and sixth grade on Thursday, Nov. 2. Mr. Pula's lecture came as a part of the "Law Mobile" program sponsored by State's Attorney Daley's organization. The Law Mobile program represents an educational feature of Daley's work where a mobile RV equipped with various materials and photographs ex-

History comes alive at Mark Twain

A unique, perhaps profound perspective of the life and death of John Fitzgerald Kennedy was presented to the intermediate grades at Mark Twain School. This was done through the eyes of four sixth grade students born a decade after the assassination and almost a generation after the J.F.K. era. Because none of the students were alive at the time, only reference and history books could shape their opinion of the 35th president of the United States of America.

The students gave a biographical lesson of who John F. Kennedy was and what he did...without the emotional memories that adults carry with them.

Jane Hong, Suzanne Fel, Bernard Lee and Dmitry Balyasny presented the facts of his life and death, and put them in perspective with the current events of the time. Attractive charts and diagrams made by the students were used to highlight the major points of their report.

The above study was guided by Norma Friedman, their sixth grade teacher. Mark Twain School is located at 9401 N. Hamlin, Des Plaines, and is one of five elementary schools in East Maine School District 63.

Citizenship awards at Stevenson

As part of Stevenson School's Code of Conduct program, one student from each homeroom is selected as the Best Citizen of the Month. This selection is based on the child who has most lived up to the behavior expectations listed in the Code of Conduct. Our winners have their pictures taken and displayed in the school's main hallway.

Dr. Stewart R. Liecht, Principal of Stevenson School, is pleased to announce the winners for November: David Stewart, Sharilyn Johnson, Jenna Tasky, Frank Guttilla, Joshua Falk, Pratikshya Patil, Anna Maria Antoniou, Neelima Mutluru, Rosie Kouzoukas, Jonathan Ho, John Kim, Abraham Thengil, Bobby Jeremias, Heather Kurland, Nada Brkovic, Chrystyna Eliashovsky, Tara Boush, Cyndy Feinberg, Michael Weinberg, Larua Perlman. Stevenson School is located at 9000 Capitol dr., Des Plaines.

District 207 appreciation luncheon



Vic Giovannini (l), driver education department chairman at Maine West High School, greets Nick Limberopoulos and James Kuhn, auto dealers, Dr. John A. Murphy, Maine Township High School District 207 superintendent, and John Minerick, driver education chairman at Maine South High School, who all attended the annual auto dealers' appreciation luncheon at the Des Plaines Elks Club recently. Each year, District 207 holds the luncheon to show appreciation to area auto dealers who donate cars to the driver education program in the district.

Battle of the Books competition

On Monday, December 5, Washington School defeated Stevenson School 157 to 23 in their second Battle of the Books competition. The members of the Washington Team were Jenny Ricciardi, captain, Stacey Ladden, Heidi Brill and Michelle Zatlun. Alternates were Lisa Jericho and Lynn Ottlinger. Timekeepers were Becky Schoenberg and Lynn Stinger.

The two scorekeepers were Tehra Bernard and Lisa Jericho. Congratulations to the group for excellent team work and the enthusiasm of all the club members and parents who were there to support them.



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ENTERTAINMENT

Chicago Festival of Polka Bands

In conjunction with the observance of January as National Polka Month, the International Polka Association presents its fabulous 15th Annual Chicago Festival of Polka Bands on Sunday, January 22, at the International Operating Engineers Union Hall, 5200 Joliet Rd., Countryside, near the intersection of Joliet and LaGrange (Manheim) Rds.

There will be continuous polka music from 12 noon until 10:15 p.m.

14 of the midwest's best polka bands will be playing at Chicago's Biggest Winter Polka Festival, featuring: Jimmie Mieszala's Music Explosion; Eddie Wojcik's Orchestra; "Joe Pat" Paterek's International Stars Orchestra; The 47th Street Concertina Club; Five of A Kind

from Indiana; The Downtown Sound; Lenny Gomulka's Chicago Push; The Music Company; Chicago's Concertina Club; The Chi-Town Express; Gerry Tarka's Midwest Sounds; The Melody Knights; Chicago's Milwaukee Avenue and Paul Dudasik's Polka Sensations.

Cloraine "Klodzia" Cukierka, vocalist and recording artist will be the recipient of the 9th annual Antonina Blazonczyk Award.

This being Super Bowl Sunday, there will be television sets for the football fans to view and keep us with the game.

Diners, sandwiches, liquid refreshments and souvenirs will be available throughout the day. Also, the program includes surprises, celebrities, prizes and concessions.

Donation is \$4 per person, payable at the door with all proceeds going to the International Polka Associations Polka Music Hall of Fame Building and Museum. Children under 12 years of age, admitted free.

Columbia College goes cabaret at CrossCurrents

The Pay Off, a cabaret opera for our times which opened Monday, January 16, at CrossCurrents Cabaret Theater, represents the groundbreaking collaboration between Columbia College, one of the Midwest's foremost performing arts colleges, and CrossCurrents, a unique Chicago theater praised for its exciting emphasis on blending music, comedy and drama.

The show runs at CrossCurrents, 3206 N. Wilton Ave., (corner of Belmont and Wilton, one block west of Clark), Thursdays through Sundays, through February 5 and will have a 7:30 p.m. curtain for all performances. Previews run from Thursday, January 12, through Sunday, January 15.

Tickets prices are \$5 Thursdays and Sundays, \$6 Fridays and Saturdays and there is no drink minimum.

For information on tickets, call 472-7884.

Sharing is caring...



Hawthorn Center Manager Mike Diffendal (r-l) and Angela Maras, Director of Public Relations in Vernon Hill prepare Variety Club members, International Ambassador Bene Stein (Niles) and Executive Director Jack Greenberg (r-l) with hundreds of new gifts contributed by shoppers and merchants of Hawthorn Center this past holiday season. These gifts were distributed by the Variety Club of Illinois to La Rabida Children's Hospital and Little City for mentally retarded children. The Salvation Army also received gifts to distribute to the Grove School for the multi-handicapped. Hospitals, Day Care Centers and the needy children in Lake County.

Modern Dance Company to perform at Nelson School

Urban Gateways' "Akasha and Company" will give two performances on Jan. 26 at Nelson School.

Created in 1980, Akasha and Company is a modern repertory dance company that is collectively directed by its members. The company's current active repertory features dance works created especially for Akasha by Chicago choreographers, as well as works of other choreographers from around the nation.

Although the dancers have studied modern dance, ballet, and jazz, the programs which will be presented are not about particular styles of dance. Using all dance forms, the dancers present a program which is about moving, the mechanics of moving, and the capabilities and dynamics of the body affecting movement.

Teachers are given suggestions to help their students further develop the lessons learned in the program.

Akasha's performance at Nelson School is part of a total cultural arts program which is planned and implemented

yearly. The cultural arts program brings artists to the school who are professionally trained in vocal and instrumental music, theatre, and the visual arts. Over \$2,100 will be raised and expended by the PTA cultural arts committee to provide these enriching experiences to youngsters at Nelson School.

MONNACEP travelog series

A four-session MONNACEP series of travel films will begin on Wednesday, Jan. 25, at Maine East High School auditorium, Park Ridge, with the presentation of the recently released "Egypt and the Nile." By camel and Nile River steamer, viewers will visit ancient relics and modern bazaars and cities. Additional programs on Denmark, Greece and Quebec will be presented monthly through April.

The travel films are offered by professional cinematographer/lecturers, who visit far corners of the earth to shoot numerous reels of color film, then edit their products into two 45-minute reels.

Tickets for the series are \$8, with a special half rate for residents of the Oakton Community College district age 60 and over. Single performance tickets are \$2.50 and \$1.25 respectively. All tickets may be ordered by mail addressed to MONNACEP, PO Box 367, Skokie, or bought at the door.

MONNACEP is the adult education element of Oakton Community College in cooperation with Maine, Niles and Glenbrook High Schools. For further information, call 902-9888.

Your Guide to Food, Fun & Entertainment

WMTH-TV goes cable

Cable subscribers in Des Plaines and Park Ridge can now watch programming produced by Maine Township students. Channel 82, WMTH-TV, on Cablenet has been assigned to District 207 by Secondary Education and students are working on programs to be shown on that channel.

Currently Channel 82 shows character generated information, words printed across the screen telling about community events and what is happening at the three Maine schools. When programs are to be shown, the information is interrupted. In the past programs such as Maine East's V-Show, the December holiday concert, and sporting events were shown on Cablenet Channel 21 and Continental Cable-Station Channel 36.

District 219 Youth Soccer Program

The District 219 PREP Instructional Soccer Program, held in the Niles East Gym, 7701 Lincoln, Skokie, is moving into its second semester. "We are having an excellent year and hope many children will participate in our course," says Niles West head boys and girls soccer coach, Joe Brennan, who sponsors the program along with Larry Shelton, an experienced youth coach.

Second semester classes, scheduled for Jan. 21, 28, Feb. 4, 18, 25, and March 3, are priced at \$16, which includes a \$6 registration fee. Class times are 9-10 a.m. for 7-8 graders; 10-11 a.m. for 5-6th graders; 11-12 p.m. for 3-4th graders; and 10-11 a.m. for 1-2nd graders.

According to Coach Brennan, "We offer the children a chance to learn the world's favorite sport in a scaled-down, compact situation." He adds that "The emphasis is on fun with as much time as possible spent on the ball."

Call 679-6822, ext. 1181, for registration information.

"An Evening With Janet Stern"

The Gollay Library, North Shore Branch, Asher Library, Spertus College of Judaica will present "An Evening With Janet Stern" at 8 p.m. Tuesday, January 31, 1984, at the Mayer Kaplan Jewish Community Center, 5050 W. Church St., Skokie. She will speak on "The Paradox of Cynthia Ozick," to be followed by a question and answer period following formal presentation.

Ms. Stern is renowned throughout Chicago and for her insightful book reviews and her involvement in Adult Education.

This lecture is the second of a series of special events for the benefits of the Gollay Library. Watch for details of future programs.

"The Gingerbread Lady"

North Shore Theater Company has announced the cast of its forthcoming production of Neil Simon's bittersweet comedy "The Gingerbread Lady", directed by Sheila Keenan, professional actress and director. Heading the cast is Judy Klarfeld of Winnetka. Leading roles include Mary Rawson of Northbrook, Amy Jo Serpe of Niles, Larry Wiley and Mickey Vinson of Chicago. The production opens February 10 and runs for three weekends at Higest Center, Illinois and Hunter Roads, Wilmette.

Subscription and group rates, plus discounts for Senior Citizens and students are available. For information and tickets, call 256-6100.

Melzer Student Council bake sale

The Melzer School Student Council recently held a bake sale at the school. Parents and staff members did the baking and these baked goods were sold to the student body. The purpose of this annual event is to raise money for certain selected charities. This year's sale was the most successful ever with \$128 being raised.

After the sale the Student Council met to determine which charities would be the recipients of a donation. The recipients for this year are C.A.R.E., Leukemia Research Foundation, American Cancer Fund, The Heart Association of North Cook County, and The American Kidney Fund.

Harriet Faber, fifth grade teacher, is the faculty sponsor of the Student Council. Mrs. Faber had thanks for those who donated the baked goods and those who purchased them. She praised the hard work of the Melzer Student Council representatives.

Melzer School is located at 9400 N. Oriole, Morton Grove, and is one of five elementary schools in East Maine School District 63.

Craig J. Swinson

Marine Pfc. Craig J. Swinson, son of Ingrid and Ken J. Swinson of 8706 E. Gregory Ln., Des Plaines, recently returned from a six-month deployment to Beirut, Lebanon.

He is a member of Battalion Landing Team 1/6, 24th Marine Amphibious Unit (MAU), based at Camp Lejeune, N.C.

Piano Concert at Skokie library

Pianist Stephen Kaye will present a free concert-lecture at the Skokie Public Library, on Friday, January 20 at 8 p.m. Former owner of the Chicago restaurant, The Fondue Stube, Stephen has been gaining a reputation as an important speaker and pianist. Stephen recently returned from Haiti, where he resided for more than a year during which time he performed for the U.S. Embassy at the request of the U.S. Ambassador.

His program will include a performance and discussion on the nature of music and man, from Chopin to Gershwin.

Funds made available to Marillac

Dr. Lorraine Ozar, Director of Curriculum and Instruction at Marillac announced the reception of an Illinois Education Consolidation and Improvement Act (ECIA) Chapter 2 mini-grant to enhance a Computer Literacy Unit for freshmen developed by a five-member faculty planning team. The six lesson course will be implemented in April and will be taught by 12 of the faculty.

The State of Illinois made 100 mini-grants available to both public and nonpublic schools totaling \$100,000 in Area 1 that excluded Chicago. The awards were made to stimulate and support projects that improve educational programs.

Marillac's present computer curriculum includes classes in computer programming, word processing and geometry.

Bluegrass band to perform

Jethro Burns, legendary mandolin virtuoso and vaudeville-style comedian, will perform on Friday, Jan. 20, 8 p.m. at Friendship Concert Hall, Janice and Algonquin Rds. Des Plaines.

Also appearing will be Buck's Stove & Range Co., Chicago's most critically acclaimed bluegrass band. Tickets are \$4 in advance, \$5 at the door and may be purchased at the offices of the Mt. Prospect Park District, 411 S. Maple St., Mt. Prospect.

For further information, call 255-5380.

Concert and lecture series

Music and thought will harmonize together in a performance by Stephen Kaye at 8 p.m. on Friday, Jan. 20 at the Skokie Public Library, 5215 Oakton St. Admission is free.

Kay, 27, plans to play from a wide repertoire of music including jazz and classical. He will share his musical ideas and some general thoughts on the arts and humanities.

Currently, Kaye bustles himself bringing this concert and lecture series to audiences of all ages and backgrounds.

American Youth Hostels

Sail aboard Morgan 41' fiberglass Out Island Yachts in the Bahamas during March 1984 for one week; includes meals, transportation, instruction in sailing and navigation skills, charting, celestial navigation, coral reef and mangrove ecosystems, Bahamian culture and history, marine identification, weather patterns, snorkeling, etc. Phone AYH, (327-8114), 3712 N. Clark St., Chicago, 60613.

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Park District News

NILES

Volunteer Youth Basketball coaches needed

Want to try your hand in coaching a boy's or girl's youth basketball team? Well, we need you!

Our 4th thru 6th grade boys and girls basketball teams need your valuable assistance in coaching their teams. They play on Saturday afternoons at Grennan Heights starting Jan. 28 and there are various practice times set aside during the week for your team.

So if you are at least high school age or older, we need you! For more information on coaching a team, contact Jay Russ at 967-6975 (3-10 p.m.) or Debby Nelson at 967-6633 (9-5 p.m.)

See the Sting in action!

The Niles Park District invites you to join the action as the Chicago Sting battles the Golden Bay Earthquakes on Saturday, February 25 at the Stadium. This is a Family Trip so all ages are encouraged to attend. (Children under 13 must be accompanied by an adult). The Niles Park District provides you with a general admission ticket (worth \$6) and round-trip bus transportation. The cost is only \$5.50 per person. (Non-resident fee is \$11.)

Buses will leave the Recreation Center, 7877 Milwaukee Ave. at 12:30 p.m. and return at about 4:30 p.m. To register, stop by the Rec. Center before Feb. 8. For information call 967-6633.

Child Safety Seat reminder

By Secretary of State Jim Edgar

Parents and legal guardians have had six months to obtain approved child safety seats under the Child Passenger Protection Act.

With the new year, the Illinois State Police have begun issuing tickets for violation of the act.

The law requires that children through age 3 be strapped into safety seats meeting federal standards while traveling in the family car. Children 4 and 5 must be in safety seats or restrained by safety belts.

The maximum fine is \$25 for a first offense, which can be waived if parents or legal guardians show in court that they possess an approved seat. A second violation could bring a fine of up to \$50.

When the law went into effect July 1, 1983, Governor Thompson

Women's 30 & over volleyball league

The Niles Park District is currently looking for women over 30 years of age to participate in our new women's 30 & over volleyball league. Sign up as an individual or get a group of your friends together to form your own team.

We will be playing on Monday nights at Culver Jr. High. Monday, Jan. 23 is a free open volleyball time at Culver to meet those interested. League play will start Monday, Jan. 30.

For more information contact Jay Russ at 967-6975 (3-10 p.m.) or Debby Nelson at 967-6633 (9-5 p.m.)

MORTON GROVE

Program registration

The Morton Grove Park District is accepting registration for the following programs at the Prairie View Community Center, 6834 Dempster St. Registration hours are Monday through Friday, 9 a.m. to 5 p.m., Saturdays, 10 a.m. to 12 noon through January 21. For information on any Park District program or facility telephone 965-1200.

Registration for summer camps begins Monday, Feb. 6 at 7 p.m. at the Prairie View Center, 6834 Dempster. Residents may register for all sessions, pay for one session in full and put a \$25 non-refundable deposit on the remaining sessions. Non-residents may register one month later. Programs offered are Kid-die Kamp for preschoolers. Four two week sessions beginning June 18 will be held for two and three year olds, Monday, Wednesday, and Friday, 9-11 a.m. Four, five, and six year olds meet Monday through Friday, 11:30 a.m. - 3 p.m. Both programs are held at National Park. Activities featured will be constructive playtime, crafts, sports, swimming, cooking, songs and trips.

Fee for 3 day program is \$33 per two week session. Fee for five day program is \$55 per two week session. Children must be the required age by the beginning of each session. Camp Mor Gro is a fun-filled day camp for children entering 1-5 grades. Camp meets Monday through Friday, 9-30 a.m. to 3 p.m. at Harrer Park. There are four two-week sessions beginning June 18. Daily activities include: swimming, crafts, cookouts, field trips, horseback riding and games. Fee is \$95/session (with bus service) and \$70/session (without bus service).

A list of agencies having child restraint safety seat loaner/rental/sell-at-cost programs currently active in Illinois is available from the Illinois Department of Transportation. The list includes the name of the agency or person to contact, address and telephone number.

For a copy of the list, write to the Department of Transportation, Division of Traffic Safety, 2300 S. Dirksen Pkwy., Springfield, 62764.

March 2 with a second session from March 7 through April 11. The fee is \$48. Participants must be 18 years or older.

Enjoy the thrills of downhill skiing every Friday evening through February 10 at Alpine Valley Ski Resort. Participants must be in the 7th grade and up. The bus leaves Harrer Park at 12:30 a.m. sharp and returns at 4:30 p.m. The fee is \$15 for participants with equipment and \$20 for those participants without equipment.

Free Outdoor Ice Skating is open to the public on Monday through Friday from 4-9 p.m., and weekends 1-9 p.m. Please call the Park District at 965-1200 to verify opening of rinks. Skating is available at Harrer Park, 6250 W. Dempster and Austin Park, 8336 Marmora.

Make some patriotic projects at the Star Spangled Workshop for boys and girls, 1-4 grades on Thursdays from February 2-23. This class will deal in historical craft projects to celebrate Lincoln's and Washington's birthdays. Program meets at Prairie View Center from 4:15-5 p.m. The fee is \$8.

Discover the classical technique of Watercolor Painting in classes at the Prairie View Center beginning Monday, Jan. 23. Students will focus on wet on wet, wet on dry and dry brush combinations of glazing. Class meets 7-10 p.m. The fee is \$30.

A special Valentine Heart Frame Workshop for adults will be held at the Prairie View Center on Saturday, Feb. 4 and 11 from 9:30 a.m. to 11:30 a.m. Instruction will focus on making a padded frame with candlewicking decoration for photographs. The fee is \$8.

Loyola graduates

Loyola University of Chicago, one of the state's largest private institutions of higher education, graduated more than 800 students during its mid-year commencement on Jan. 14 at Medinah Temple, Chicago.

Skokie graduates included: Shirley F. Aizenstein, Savelly Bukingolts, Peter B. Feit, Gerald J. Giridaukas, Marc Gordon, Marlene S. Kamm, Catherine A. Milana, Pamela E. Puertolland, Philip A. Waller, Leilani A. Pamintuan, Mark A. Pergantis, Wesley Rocklin, Melvin A. Schechtman, Stephen R. Sero, Hagop Torossian, Hasmit, Torossian, and Paul D. Weinberg.

Get yourself ready for summer tennis with beginner or stroke development classes at Touhy Tennis Club, 3450 Touhy ave., Skokie. Beginner lessons on Friday, 10:30-12 p.m. and stroke development on Wednesday, 1-2:30 p.m. or Friday, 1-2:30 p.m. beginning January 25 through

Golf Maine Park District

Golf Maine Men's Basketball League

January 11 standings

Team	W-L
Ridgers	2-0
G.P.E. Controls	2-1
Schmitt	1-1
Wells Lamont	1-1
Rand McNally	1-1
D-Abusers	1-1
Brand Insulations	0-3

In Men's Basketball League action at the Golf Maine Park District on Tuesday night the Ridgers took over sole possession of first place with a 41-36 victory over Rand McNally. Clutch free throw shooting by Bob Blatter, Rod Farmer, and Bill Wendel provided for the margin of victory. Rod Farmers' 11 points led the Ridgers. Ken Winans added 10 points, Dennis Giovannelli had 8 points, and Bill Wendel scored 6 points for the Ridgers. Tom Cosgrove led Rand McNally with a game high 12 points. Marj Parzy contributed 8 points for Rand McNally, while Don Callender and Dale Hackbarth added 6 points apiece.

G.P.E. Controls won their second consecutive game by defeating Brand Insulations 5-41. The win moves G.P.E. into second place in the league standings by a 1/2 game. G.P.E. took a 28-21 lead with them into the locker room at half-time and then never looked back winning by a ten point margin, 51-41. Bill Tillis scored a game high 21 points for G.P.E. Controls. Brand Insulations' was paced by Ed Walsh's 17 points. Ed Connolly contributed 10 points and Ray Kareas 6 points for Brand Insulations.

Wells Lamont entered the win column as they knocked D-Abusers from the unbeaten ranks by a score of 42-38. Wells overcame a 5 point half-time deficit to knot the score at 32. The teams then traded baskets to force a 3 minute overtime with the score tied at 36-36. However, Wells Lamont dominated the overtime period by scoring the first 6 points and then sparked by tenacious defense, held off D-Abusers to preserve the 42-38 victory. The Wells scoring was well balanced as Marty Burns led the winners with 10 points, while George Trauten, John Sallemme, and John Blaz each contributed 8 points. D-Abusers were led by Bill Ginsburg with a game high 12 points.

Notre Dame 1963 class reunion

The Class of 1963 of Notre Dame High School for Boys, 7655 Dempster, Niles is holding a class reunion Friday, March 2, from 7 to 11 p.m. at Notre Dame. Cost is \$19.63. Reservations should be made by Jan. 20. For reservations or further information contact Father Stroot, Alumni Office, Notre Dame High School for Boys.

Centel offers special numbers for customer inquiries

Central Telephone Company of Illinois (Centel), issued a reminder to Des Plaines and Park Ridge customers that special telephone numbers have been established to answer customer's questions regarding changes that have taken place in their local telephone service.

"We apologize for the difficulty some of our customers have had trying to reach their Centel representative. Our lines have been very busy lately because of several changes related to local telephone service," said Cathy Dudderat, customer services manager for Centel's metro area in Des Plaines and Park Ridge.

In order to better serve

customers, Centel has established the following telephone numbers for specific questions:

For general information about changes with Centel - 699-4636; residential & single-line business: orders to change or add-basic service, lines, numbers - 699-7283, billing questions on long distance, message units & local service - 699-2455; multi-line business questions on: equipment and equipment installation - 297-5910, billing questions on long distance, message units & local service - 699-7283, billing questions on payments and credits - 699-2455. Company representatives are

answering those calls between 8:30 a.m. and 5 p.m. Monday through Friday.

SGAA wins Leadership Award

The Sporting Goods Agents Association, of Morton Grove, has been chosen to receive the 1983 annual Industry Leadership Award for Lifetime Career/At Large by The Sporting Goods DEALER, a St. Louis-based national trade magazine serving the sporting goods industry.

The SGAA shares the Industry Leadership Award for Lifetime Career/At Large with Morris Mages, of Chicago, and Jim Miceh, of Bergenfield, N.J.

NI-Gas names governmental relations Vice President

Maurice E. Halsey, 52, has been named vice president of governmental relations for Northern Illinois Gas Company. He had been vice president of the firm's Washington, D.C. Division.

Halsey will be responsible for economics and rates, marketing and overall governmental relations activities. A Bloomington, IL, native, Halsey began his utility career with NI-Gas in 1956. He has held positions including field engineer, supervisor merchandise sales, manager division sales, director marketing technical assistance and general coordinator marketing plans and customers service and division vice president. He was named vice

president of the Washington Division in 1977.

Halsey earned a bachelor of science degree in education from Illinois State University in 1958 and a master's in business administration from the University of Chicago in 1973. He served in the United States Navy from 1951 to 1955, and in the Naval Air Reserve from 1959 to 1978, attaining the rank of Commander.

Harvey D. Ginsberg

Navy Airman Recruit Harvey D. Ginsberg, son of Allen and Beverly Levine of 9404 Meadow, Des Plaines, has completed recruit training at the Naval Training Center, Navy Recruit Training Command, San Diego.

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January programs at Niles Library

The film, "Gandhi" will be shown at 1:30 p.m. Sunday, Jan. 22 in the Niles Public Library, 6960 Oakton St. The film stars Ben Kingsley. Admission is free. Dr. Emil E. Baukert, D.V.M. will present a lecture entitled "Dog Care—Canine Preventative Medicine" at 7 p.m. Monday, January 23, in the Niles Public Library, 6960 Oakton St. Dr. Baukert is associated with the Riser Animal Hospital in Skokie.

A question and answer period will follow the lecture. Learn what you can do to keep your pet healthy. All programs are free and open to the public. For additional information, call the main library at 967-8554.

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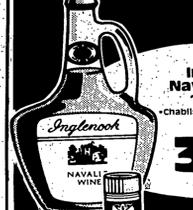


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5 99
Osco Sale Price



Early Times 1.75 Liters
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8 89
Osco Sale Price



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7 99
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Seagram's 7 Crown 1.75 Liters
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9 69
Osco Sale Price

8 69
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8 99
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Christian Brothers Brandy
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6 69
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