

Niles Public Library
2966 Oakton
Niles, Ill.

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Bugle Guide to Health and Fitness

Pages 17-33

Commendations considered for Niles police officers

Two Niles Policemen are being considered for commendations following their attempts to enter the burning Kubiak house, 7043 Dobson St. on April 24.

Lt. Martin Stankowicz and his son, Officer Martin Stankowicz, were driving past the house shortly before 7 p.m. when they saw smoke coming from the building,

according to Niles Fire officials. Unable to get into the front door the policemen kicked in a side garage door and tried to enter the house through a door leading to the garage but were also unsuccessful.

The policemen did find a rear door at which time they

Fire officials hold conference on woman's death

Fire officials speculated Monday that Zofia Kubiak, 70, who died in the April 24 house fire at 7043 Dobson St., returned to the basement after the fire had already begun.

During a Monday press conference officials said the fire began about 6:30 p.m. in the basement kitchen of the house. Workmen who had been in the

house report Mrs. Kubiak had cooked a small meal for a workman shortly before the fire broke out.

Fire officials speculated Mrs. Kubiak was upstairs preparing to walk her dog when a smoke detector in the basement was activated.

Returning to the basement she

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Preliminary investigation lists origin as grease fire in basement

Niles house fire kills woman

by Bob Besser

A 70 year old Niles resident was killed on Wednesday, April 24, during a fire which destroyed the house she shared with her daughter.

Firemen from Niles and Morton Grove spent two and a half hours fighting the flames at 7043 Dobson St. before extinguishing them.

Pronounced dead at the scene was Zofia Kubiak who was said to have died from smoke inhalation.

Her daughter, Romana Kubiak, a local beautician, also lived in the house but was not

home at the time of the fire.

Fire officials believe the fire began in the basement kitchen.

Niles Fire Inspector Ed Sosnowski said workmen had left the house at 6:30 p.m. and the fire was reported by an unknown caller at 6:58 p.m.

Arriving on the scene, firemen found smoke billowing out of the vents near the roof and from the basement windows.

Initial attempts to enter the house were unsuccessful because of temperatures inside the house

Continued on Page 46

From the Left Hand

by Bud Besser

Our state Senator, Bob Kustra, has submitted a bill to the legislature which would make cigarette companies liable for medical expenses incurred by longtime smokers who die of lung cancer or emphysema.

Kustra contends taverns and liquor stores are responsible for what may happen to customers who tank up at their stores and then get into trouble outside their places of business which resulted from their excessive imbibing. Kustra said if the dram shop laws make the booze hall captains responsible for the results of what they serve, then he believes the nicotine people who manufacture cigarettes should similarly be responsible.

While the bill is only one of 2,400 which is fed into the legislative hopper, it could be a first step in changing the smoking habits of our countrymen.

Just as the liquor proprietor is liable if you kill someone in an accident after drinking at his establishment, Kustra feels the cigarette people should bear the same liability. According to Kustra, "there's no question of intent; the sale makes the store owner liable."

Continued on Page 46

SJB Fun Fair

The annual St. John Brebeuf C.W.C. "Fun Fair" is here, Saturday May 4, from 10 a.m. to 2 p.m. "Fun Fair" will take place Rain or Shine at St. John Brebeuf School, 8301 N. Harlem. Don't miss the Fun, the Food, the Games and the Prizes! Special attraction, "Spook House," will be provided by the S.J.B. Youth Ministry. It's an exciting time, don't miss it!

Nursing home resident dies

A resident of a Niles nursing home died Monday, April 22.

Niles Fire Department Paramedics were summoned to the Regency Nursing Home, 8531 Milwaukee ave., at 4 a.m. because resident Simon Steinberg, 85, was reportedly having difficulty breathing.

Mr. Steinberg was taken to Lutheran General Hospital where he was pronounced dead.

East Maine caucus meetings

The East Maine Township General Caucus, serving residents of Elementary School District #63, will meet three times during the 1985 school year. The meetings will be held at the Niles Public Library, Branch, 8320 Ballard rd., Niles, at 7:30 p.m. The dates of the meetings are Thursday, May 9; Wednesday, June 12; and Wednesday, July 10.

Continued on Page 47

BUGLE SEEKS NEWSBOYS
The Bugle is seeking delivery news-carriers of all ages to deliver newspapers on Thursdays. For an opportunity to earn extra dollars. Call 966-3900

Joz Fun Days

The Niles Park District will host Joz Fun Days on May 4 and 5 at Jozwiak Park (Franks & Touhy). Special coupons which offer discounts on Mini Golf and Batting Practice on those days are available at the Park District facilities. Coupons may be picked up at the Administrative Office, 7877 Milwaukee, Grennan Heights, 8255 Oketo or Tam Golf Course, 6700 Howard. For additional information, call the Park District at 967-6633.

\$150,000 fire destroys home



Niles and Morton Grove firemen battled a blaze which destroyed a home at 7043 Dobson St. on April 24. Zofia Kubiak, 70, was trapped in the basement

of the burning home and died of smoke inhalation. Damage to the house and contents was placed at greater than \$150,000, according to Niles Fire officials.

Park commissioners sworn in



At the Niles Park District April board meeting, three commissioners were sworn into office. Each of the commissioners were elected to office for a 4 year term.

Shown above (l-r) are Commissioners Mary Marusek, Dan Kosiba, Jim Pierski and Board Secretary Grace Johnson.

THIS MONTH'S SPECIAL **Dino's Hairstyling**
CUT, WASH & SET \$8.00
TUES., WED., THURS., FRI.
COUPON
PERMANENT WAVE
 FREE POROCITY TEST
 FREE HAIRCUT WAS \$17.50 \$35.00
 FREE WASH, SET or BLOW DRY
 WITH THIS AD
 HAIRCOLORING TO MATCH YOUR SKIN TONE \$10.00
 WASH & SET NO COMB OUT \$2.50
 Open Weekdays 9 to 9 PM
DINO'S HAIRSTYLING
 8045 Milwaukee, Niles
 Open 7 days Phone 965-9504

55 Alive/Mature Driving

An innovative, classroom driver retraining program designed to help older persons improve their driving skills, is being offered on May 6 at 9 a.m. in the 1550 N. Northwest Highway Building (Conference Room) sponsored by The Center of Concern, Suite 4, 1580 N. Northwest Hwy., Park Ridge.

Developed by the American Association of Retired Persons (AARP), 55 Alive/Mature Driving is a comprehensive driver retraining course geared to the specific needs of older motorists.

The course material covers the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions, energy saving, and accident prevention measures.

Call The Center of Concern at 823-9483 for a reservation or drop in at the office in Suite 4 of the 1580 N. Northwest Highway Building in Park Ridge. This is only one of the many services and programs available at The Center.

Skokie AARP meeting

The next meeting of the Skokie Area Chapter of the American Association of Retired Persons will be held at 1:30 p.m. Tuesday, May 7, in the Petty Auditorium of the Skokie Public Library, 5215 Oakton St.

Mr. Jory Chelin, local attorney, will discuss Wills and answer questions from the audience about this subject. There will be refreshments following the program.

Members of the National AARP in the extended area of Niles, Morton Grove, Lincolnwood and adjacent North Side of Chicago are invited to attend.

Gem Talk

Michael Doerner
 Graduate Gemologist
 Handcrafter & Appraiser

A SPARKLING IDEA

Gem of spring and earth's guardian of generation and ripening, the emerald established its symbolism in vastly different cultures. The first Mohammedan Heaven, the fourth foundation of Jerusalem were of hewn emeralds. It was said to foster pre vision, strengthen memory and eloquence. A warrant of honesty, it could even measure lovers. Emerald was the favored gem of Venus. Velvet green of color, transparency and a soft yet unmistakable brilliance characterizes the best emeralds.

Emeralds come from Colombia, Siberia, Brazil and South Africa. Colors in emeralds come from pale green to dark green to a definite bluish green. Emerald is the birthstone for the month of May with the green earth colors coming to life. Let's enjoy the emerald, the gem of love and honesty.

Doerner Jewelers
 Fine Jewelry, Diamonds, Watches

345 S. Mall
 Golf Mill Shopping Ctr., Niles
 299-1341

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. 376

TRAVEL COMMITTEE
 The Niles Senior Center Travel Committee will meet on Thursday, May 2 at 2 p.m. All with an interest in helping to plan the senior center's trips are invited to attend.

BLOOD PRESSURE PROGRAM
 The Village of Niles Community Blood Pressure Program will take place on Thursday, May 2 from 3:30 p.m. until 7 p.m. There is no charge for this program and advance reservations are not necessary.

MAY DINNER DANCE
 The Niles Senior Center May Dinner Dance will take place on Friday, May 3 from 5:30-9:30 p.m. The evening will feature hor's d'oeuvres, a performance by the Deerfield Madrigal Singers, dinner, and the music of the Moonlight Knights Orchestra. Tickets are \$5. The Theme of the evening is Knights and Castles. Currently, all tickets have been sold. Please call 967-6100, Ext. 376 to be placed on the waiting list.

Village of Skokie
 Reverend Arthur Metello will present a program titled, "Overcoming Loneliness" to the Men's Group of the Smith Activities Center on Thursday, May 16, at 9:30 a.m. Please call 673-0500, Ext. 338 for further information.

Niles Beautification Contest

OFFICIAL ENTRY FORM
 "PROPERTY BEAUTIFICATION CONTEST"

I wish to enter my property in Niles' "Property Beautification Contest". I understand the front and side portions of my home/dwelling as seen by people passing by, by car, will be judged by a non-biased beautification committee.

NAME: _____
 ADDRESS: _____
 PHONE: _____

Mail or bring entry to: Trustee Peter Pesole
 "Property Beautification Contest"
 c/o Niles Administration Bldg.
 7601 Milwaukee Avenue
 Niles, Illinois 60648

DEADLINE FOR ENTERING, NOON, JUNE 29, 1985
 JUDGING WILL BE IN AUGUST, 1985

(Additional entry forms available at Niles Administration Bldg.)

For the second straight year the Village of Niles will sponsor a Property Beautification Contest for all residents in the Village of Niles. The contest will be held to give recognition to those residents who have made their homes and landscaping the most attractive in the village.

Once again, Village Trustee Peter A. Pesole who will oversee the program stated, "We are very pleased with the acceptance of the contest last year and we are anticipating even more interest will be generated this year. We expect more entries this second year as more of our residents are showing more pride in the appearance of their property."

The following prizes will be awarded to the winners: First 10 prizes will be \$100 in cash and a \$100 gift certificate redeemable at Amlings Flowerland of Niles.

Next 50 prizes will be \$100 gift certificate redeemable at Amlings Flowerland of Niles.

Landscape Design Critics Council

"Judging by property (front and side portions where home/dwelling is seen by people passing by - by car)."

1. Year-round overall appearance - (paving areas, condition of buildings, perennial plant material).
2. Design - (color, layout, originality, beauty, special feature).
3. Lawn condition (maintenance, quality of turf).
4. Trees, shrubs (condition of plant material, proportion and scale of plant material and structures).
5. Flowers and other plantings (variety, color, condition).
6. Property of professional landscapers is not eligible.
7. Last year's first three winners are not eligible this year.

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 Editor and Publisher
 David Besser

MEMBER
 NORTHERN ILLINOIS
 NEWSPAPER
 ASSOCIATION

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The Bugle, Thursday, May 2, 1985

The Bugle

An Independent Community Newspaper Established in 1957

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1985
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 Newspaper
 Association

David Besser - Editor & Publisher
 Diane Miller - Managing Editor
 Robert Besser - City Editor

PAGE 3

ITT offers \$25,000 for Niles Township project

A unique civic competition inviting all non-profit organizations in Niles Township to submit their best ideas to improve the area's quality of life was announced jointly today by ITT Corporation's Fluid Handling Division and the Niles Township Board of Trustees.

The group whose idea is judged best by an independent panel of judges will receive a \$25,000 ITT grant to help implement the idea plus a \$1,000 cash prize.

ITT has initiated and conducted this "Best Civic Idea" competition in 12 other communities across the U.S. where it has offices and plants, in order to promote civic pride, volunteerism and cooperation among business, community groups and local government. The grant program is also designed to lessen the impact of recent cutbacks in federal aid for some community projects.

The announcement was made by Richard W. Bartells, general manager of the ITT Bell & Gossett plant in Niles Township, on behalf of C. Martin Cooper, President of their Fluid Handling Division, and Thomas J. McElligott, Niles Township Supervisor. ITT selected Niles Township, where its Fluid Handling Division is headquartered, based on the strong relationship between the company, its employees and the community. The corporation employs over 1,100 persons at its Niles Township facilities, which include the Bell & Gossett plant in Morton Grove and the division headquarters in Skokie.

The winner is scheduled to be announced Friday, May 3. The six-member panel of judges from the Township includes Marlene May and Joseph Rosenberg of Morton Grove and Betty Von Der Sitt, Clayton Condon, James Engel and Judy Hanson, all of Skokie. Supervisor McElligott will serve as non-voting chairman.

"This program shows the interest ITT takes in the communities in which it does business. We are trying to help generate and execute an idea that will directly benefit the people of Niles Township," Cooper said in his statement.

"On behalf of Niles Township I Continued on Page 47"

NORTRAN buses being rerouted through Golf Mill

With construction progressing, it has become necessary to change the routing of NORTRAN buses through Golf Mill Shopping Center, Niles.

At this time buses are no longer stopping along curbs between Sears and J.C. Penney's department stores. All routes serving Golf Mill will load and unload at the island near Milwaukee ave., just east of Sears. This boarding area will be used until further notice. Buses continue to enter only from Milwaukee ave.

As construction at the shopping center proceeds through various stages, more changes may be required. Although daily riders will be aware of them as they occur, those occasionally traveling to Golf Mill should watch for notices pointing out boarding areas.

NORTRAN regrets the inconvenience to its passengers, but NORTRAN's larger size buses cannot maneuver through the construction.

Routes which are effected are those which serve Golf Mill. They are: RT. 208 - Evanston, Old Orchard, Golf Mill; RT. 220 - Glenview, Golf Mill; Des Plaines, O'Hare; RT. 240 - Golf Mill, Dea Road, Cumberland CTA Station; RT. 241 - Golf Mill, Park Ridge, Cumberland CTA Station; RT. 270 - Golf Mill, Jefferson Park, via Milwaukee Ave.

Public Transportation is still an easy and inexpensive way to reach the shopping center. For more information call the RTA Travel Information Center from the suburbs at 1-800-972-7000; or write to NORTRAN, 900 E. Northwest Highway, P.O. Box 388, Niles, Illinois (60016) for bus schedules. NORTRAN operates 28 routes in the northwest suburbs and Chicago.

Former Maine Township trustee tenders resignation

Frindt denied salary as senior citizen head

A request for a \$1,700 monthly salary as director of Maine Township Senior Citizens was denied to Harvey Frindt at the Town Board Meeting on April 23. Frindt, as a Township Trustee, had been serving in the position without pay. He did not attend the meeting.

Several concerned senior citizens were worried whether the program would continue if Frindt was not instated in the position. Rumors have been circulating that without Frindt's leadership, the program would be disbanded. Township Trustee, Dee Conroy reassured the group. "Regardless of who heads the senior citizens program, it will continue," she stated.

Trustee Mark Thompson added, "The Board remains committed to the continuation of the Senior Citizens program."

Supervisor Paul Halverson read a letter he had written to Frindt requesting records and receipts by April 19 so the board could make a decision regarding his request. Frindt did not respond. "The failure to reply makes it difficult for the Town Board to decide on this matter," commented Halverson. "I am very disappointed in this... especially since this review was requested by Harvey."

Halverson's letter requested that the records on the senior citizens program be supplied to the board for an audit and that Frindt not supply these records. The records that were available have been audited. The auditors could find no cash receipts or disbursements and found that the checking account had not been reconciled for the past year.

"In my opinion," said Conroy, "Harvey has decided to stonewall us on the whole thing. That cannot be tolerated - especially since he is asking \$20,000 a year but won't supply any records."

Added Thompson, "I do not see how we can offer Harvey this position when he refuses to supply us with financial records."

"I am upset with this behavior," continued Halverson. "We will accept Harvey's resignation effective tonight." Halverson then added, "I do not feel that he has done anything wrong with the funds."

It was noted that the township trustees voted to increase funding for the senior citizens program in the past year - with the exception of Harvey Frindt who voted against the increase.

Conroy then moved that all records should be located and readily available to the Supervisor, Town Clerk and Trustees. Thompson commented that Conroy was not proposing anything radical with this motion - she was merely re-instating state law.

The Board members expressed regret at the incident and stated Continued on Page 47

Fire causes \$20,000 damage to Niles home

Fire caused up to \$20,000 damage to a Niles home on Tuesday, April 30.

A neighbor summoned firemen at 12:38 p.m. to the Clifford Russ home, 6548 Olcott Ave.

Arriving on the scene, ten Niles and five Morton Grove firemen found smoke coming from the vents near the roof.

Entering the house firemen found the kitchen in flames. Also, fire had spread up a ventilator shaft to the attic igniting roof rafters.

In extinguishing the attic fire, holes had to be punched into the roof.

Niles Fire officials said though the house was empty they had found a stove burner on.

The heat from the flame destroyed an oven vent and the flames traveled up the wall behind the stove.

Fire officials said there was major damage to the kitchen as well as smoke and soot damage to the home's furnishings.

Free blood pressure tests

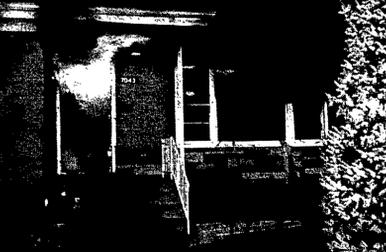
The Village of Niles Community Blood Pressure Program will be held on Thursday, May 2, from 3:30-7 at the Trident Community Building at 8060 Oakton.

Firemen fight inferno in Niles home



Firemen from Niles and Morton Grove spent two and a half hours battling a blaze which engulfed a home at 7043 Dobson St. on Wednesday, April 24.

Eight hoses pouring 1600 gallons of water per minute into the home finally smothered the flames.



Niles resident Zophia Kubiak, 70, was pronounced dead at the scene after being overcome by smoke during the April 24 fire in her house.

Fire officials said Monday the fire began near a basement stove about 6:30 p.m. and spread throughout the basement before consuming the house.

OCC Percussion Ensemble



The Oakton Community College Percussion Ensemble will perform "Percuss-O-Rama '85" May 2 and 3, at 8 p.m., in the Performing Arts Center at OCC/Des Plaines, 1600 E. Golf rd. The concert will include 12 songs and will feature guest artist Frank Donaldson, an Evanston native who is in his seventh year as a drummer for the Ramsey Lewis Trio. Members of the Ensemble are (l-r: first row), Steve Barra (Mt. Prospect), Joanne Jerger

(Des Plaines), Director Jake Jerger, Karen Ahrendt (Skokie), and Jeff Villareal (Morton Grove). (second row) Lorenz Kiesberger (Northbrook), Todd Wolf (Morton Grove), Ten Onley (Wilmette) and Brian Kabat (Morton Grove). (third row) Joe Leonard (Park Ridge), Chris Schaefer (Des Plaines) and Mark Johnson (Park Ridge). Call 635-1900 for "Percuss-O-Rama '85" ticket information.

SENIOR CITIZENS

Shampoo & Set \$2.50
Haircut \$3.00
EVERY DAY EXCEPT SUNDAY
Sr. Men's Clipper Styling \$3.00
Men's Reg. Hair Styling \$5.00

TEN 30 MINUTE
SUNTANNING VISITS
\$35.00

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SINCE 1858 WALKER'S BROS. FURNITURE INC.
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our family serving your family for 3 generations

Center of Concern board member

Patrick Kennedy was welcomed as a new member of the Board of Directors of the Center of Concern at its March Directors' Meeting. Since 1978 he has been employed by the Northern Trust Bank, first in auditing and for the past four years in the Corporate Planning and Product Development division.

Originally from Oak Lawn, Mr. Kennedy is a graduate of Brother Rice High School and St. Mary's College in Winona, MN, where he received his B.A. degree in marketing and psychology. He obtained his M.B.A. from DePaul University.

He and his wife, Deborah, who is a Trust Financial Planning officer with the Northern Trust Bank also, live in Norwood Park at the present time. The Center of Concern, which serves the community in many outreach programs, is grateful to all of its Board members for their interest in its goals. Information about its areas of service can be had by stopping in at the office, Suite 4, of the 1500 N. Northwest Highway Building or by calling at 623-9453.

LEGAL NOTICE

PUBLIC NOTICE
Notice of Proposed
Tariff Revisions
for Access Service to
Customers of Central Telephone
Company of Illinois

Notice is hereby given that Central Telephone Company of Illinois ("company") has filed revisions to its Tariff F.C.C. No. 1 (Access Service) with the Federal Communications Commission on March 15, 1985. The purpose of this filing is to institute a \$1.00 per month End User Common Line charge for residential and single-line business customers. This filing is being made to comply with an order of the Federal Communications Commission (FCC). A copy of the tariff filing is posted and may be inspected at the company's office located at 2004 Miner St., Des Plaines, IL 60016.

All parties interested in this matter may obtain pertinent information either directly from Central Telephone Company of Illinois or by addressing the Federal Communications Commission, Washington, D.C. 20554.

Senior Citizen News

Morton Grove Senior Citizens
965-4100

"WILLS, TRUSTS, LIVING WILLS"
The Morton Grove Advisory Commission on Aging will sponsor this discussion of "Wills, Trusts, and Living Wills" at 1 p.m. on Tuesday, May 14 in the Village Hall Council Chamber. Bill Purcell, Manager of Business Development for the Affiliated Group of Banks (of which the Morton Grove Bank is a member) will be the guest speaker. Pre-registration is required by calling the Senior Hot-Line any weekday morning at 965-4658. Refreshments, gifts, and valuable information are provided free for those who attend this program.

WIDOW & WIDOWER SUPPORT GROUP
A brand new "Widow & Widower Support Group" is being offered by the Village Hall Senior Center for six consecutive Tuesdays beginning May 7 from 10 to 11:30 a.m. Mary Lucas, S.W., the Village's Family Counselor for senior citizens, will lead this group designed specifically to meet the needs of those who have lost a spouse within the past two years. Please call Bud Swanson at the Village Hall, 965-4100, ext. 254, if you wish to participate in the Group. There is no cost for this program and transportation can be provided upon request.

"GARDEN METHODS: INDOOR PLANTS"
Just in time for the spring gardening season, the Village Hall Senior Center will show the films, "Garden Methods: Indoor Plants" and "Dried Flowers" at 12 noon on Monday, May 5, just following another session of the 10 a.m. to noon, Creative Gift-Making Class.

SCREENING FOR UNKNOWN DIABETICS
Laurie O'Reilly, the geriatric nurse of Morton Grove's Department of Health and Human Services will see senior citizen residents (unknown diabetics only) for free blood sugar check-ups, between 9 and 10 a.m. on Tuesday, May 7 in the Village Hall Senior Center. Those taking the test should not eat any breakfast the day of their screening. Additionally, the nurse is available every Tuesday for "Better Health Clinic" appointments. This is a time of brief evaluation of personal health, medications, health history, among other health indicators. For an appointment, call the Senior Hot-Line any weekday morning at 965-4658.

RULES OF THE ROAD
The Rules of the Road Refresher Course will be offered to those senior citizen residents who wish to prepare for their State of Illinois written road rules test. The Course is held from 12:30 to 3 p.m. on Tuesday, May 7 in the Village Hall Senior Center. Call the Senior Hot-Line to register.

CHORES
Morton Grove's home and yard chore program continues this spring for senior citizens age 65 and over who cannot maintain their yards themselves. Seniors can have a youth worker from their neighborhood to assist with weekly maintenance (seniors must provide all lawn cutting equipment). Although the service is free, there is an optional contribution asked for service delivered. Seniors interested in this program should call the Village Hall at 965-4100, ext. 254.

For additional information about these and other senior services, call Ralph Birmingham at the Morton Grove Senior Hot-Line weekdays, 9 a.m. until noon at 965-4658, or Bud Swanson, Director of Senior Citizens Services at the Village Hall, 965-4100, ext. 254.

Recycle your aluminum products

Reynolds Aluminum Recycling Company reminds Chicago area residents there are numerous aluminum products which are recyclable and which are redeemable for cash.

"We salute Gov. James R. Thompson's proclamation and the state's concern for keeping the environment clean," said Paul J. Meyer, regional recycling manager for Reynolds. "And we salute the many people who have made recycling a habit. Unfortunately, we find many conscientious recyclers still throwing away items which can be reused."

Meyer pointed out that the 16 Reynolds Aluminum recycling centers in Chicagoland will not only purchase the familiar 12-ounce beverage can but a variety of other miscellaneous aluminum items.

In addition to the all-aluminum beer and soft drink cans, Reynolds will purchase and recycle clean pie plates, foil, frozen food and dinner trays, dip, pudding and meat containers.

The Reynolds Metals Company subsidiary also buys other items such as siding, gutters, storm door and window frames and lawn furniture tubing. Aluminum castings such as pots, pans, power law mower housings, transmission housing, carburetor manifolds and barbecue grills are also purchased. Reynolds also recycles aluminum venetian blinds and bicycle frames.

For the location of the nearest Reynolds recycling center, hours, the prices Reynolds is paying, or questions about other aluminum items area residents can call toll-free 1-800-228-2525.

DAIRY & FROZEN

Swiss Valley Farms COTTAGE CHEESE

SMALL OR LARGE CURD \$1.19 24 oz.

NEW YORK GARLIC BREAD 89¢ LB. LOAF

ORE IDA FRENCH FRIES 99¢ 32 OZ.

DANNON Y.E.S. YOGURT 3 8 OZ. CANS FOR \$1.09

HILLSHIRE POLISH KIELBASA \$1.49 LB.

TREE FRESH ORANGE JUICE \$1.59 64 OZ.

PRODUCE

CALIFORNIA LONG GREEN ASPARAGUS 79¢ LB.

WASHINGTON RED or GOLDEN APPLES 39¢ LB.

FLORIDA FANCY FRESH SWEET CORN 5 FOR 99¢

FRESH GREEN CABBAGE 15¢ LB.

CALIFORNIA CARROTS 4 1 LB. PK. FOR \$1

LIQUORS

STROH'S BEER 6 12 OZ. CANS \$1.99

MEISTER BRAU BEER 24 12 OZ. CANS \$6.49

INGLENOOK CHABLIS WINE \$3.29 1.5 LITER

SOUTHERN COMFORT 750 ML. \$4.99

HIRAM WALKERS TEN HIGH 1.75 Liter \$8.99

BEEFEATER'S GIN 750 ML. \$7.99

DAWSON'S SCOTCH 1 Liter \$6.99

SMIRNOFF VODKA 1 Liter \$6.49

LESS MFG. REFUND \$1.50

YOUR FINAL COST \$4.99 1 Liter

COKE - SPRITE DIET COKE CAFFEINE FREE COKE

PAK. 12 OZ. CANS \$2.99

SALE ENDS WEDNESDAY, MAY 8th

DELI

DAVID BERG PURE BEEF HOT DOGS \$1.69 LB.

OSCAR MAYER SMOKED BUTTS \$1.89 LB.

LEAN BOILED HAM OR OSCAR MAYER BOLOGNA 2 LB. LIMIT 49¢ 1/2 LB.

WITH \$3.00 MEAT PURCHASE

FRESH Bakery Try Our New Delicious Pastry SPECIALS

LIQUORS

INGLENOOK CHABLIS WINE \$3.29 1.5 LITER

SOUTHERN COMFORT 750 ML. \$4.99

HIRAM WALKERS TEN HIGH 1.75 Liter \$8.99

BEEFEATER'S GIN 750 ML. \$7.99

DAWSON'S SCOTCH 1 Liter \$6.99

SMIRNOFF VODKA 1 Liter \$6.49

LESS MFG. REFUND \$1.50

YOUR FINAL COST \$4.99 1 Liter

COKE - SPRITE DIET COKE CAFFEINE FREE COKE

PAK. 12 OZ. CANS \$2.99

SAVE - SAVE - SAVE - SAVE - U.S.D.A. CHOICE RIB EYE STEAKS

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Salute to Excellence



Jeffrey Nye, a M.D. and PHD candidate at Johns Hopkins University, is interviewed by Maine East Senior Jay Smith (r) following Mr. Nye's presentation at the Salute To Excellence program held at Maine East High School on March 14. Nye graduated from Maine East in 1977.

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Singles Scene

Combined Club Singles

May 4
All singles are invited to a Combined Club Singles Dance with live music at 8:30 p.m. on Saturday, May 4, at the Skokie Holiday Inn, 5300 W. Touhy, Skokie. The dance is co-sponsored by the Northwest Singles Association, Singles and Company and the Young Suburban Singles. Admission is \$6 for non-members, \$5 for members. For more information, please call 769-2800.

Catholic Alumni Club

May 10
All single young adults (ages 21-38) are welcome at a dance sponsored by the Catholic Alumni Club at 9 p.m., Friday, May 10, at the Golden Flame, Higgins rd. and Nagle ave., in Chicago. Non-member admission is \$5. Live music will be provided by the band, "Luxx." For more information, call 726-0735.

May 11
An evening of swimming and racquetball for single young adults, ages 21-38 will be sponsored by the Catholic Alumni Club from 8 p.m. until midnight, Saturday, May 11, at the Glass Court Swim and Fitness Club, 830 E. Roosevelt rd., in Lombard. The non-member fee of \$9 includes court time and use of the swimming pool. Racquetball courts will be designated for beginners, intermediate, and advanced players. Reservations are recommended. For more information, call 726-0735.

St. John Brebeuf Phoenix

May 8
The next meeting of the St. John Brebeuf Support/Challenge Group for separated, divorced and remarried Catholics will be held on Wednesday, May 8 at 8 p.m. in the basement of the Rectory located at 8307 Harlem ave., Niles. Members will participate in a rap session. Our discussion will center around the topic "Divorced, but Emotionally Attached." New members are always welcome. Meetings are held the 2nd and 4th Wednesdays of each month. For additional information call the St. John Brebeuf Phoenix in local Business Office at 966-9111 or 699-6962.

North Shore Singles on Sunday

May 4
North Shore Singles on Sunday invites all singles over 25 to attend their weekly dance to be held Sunday, May 4, at the Northbrook Snuggery, 425 Waukegan rd., starting at 7:30 p.m. Admission is \$5 and there are no membership requirements. Amenities for the evening include a lavish 20 foot dinner buffet featuring hand carved roast beef, shrimp, ribs and vegetables. Weather permitting, the beer garden will be open. For more information call 680-2693.

Combined Club Singles

May 10
All singles are invited to a Combined Club Singles Dance with the live music of Merging Traffic at 8:30 p.m. on Friday, May 10, at the Evanston Holiday Inn, 1501 Sherman, Evanston. The Dance is co-sponsored by the Northwest Singles Association, Singles and Company and the Young Suburban Singles. Admission is \$6 for non-members, \$5 for members. For more information, please call 769-2800.

Singles Spirit

May 5
The Singles Spirit invites singles to an evening of dancing, socializing and spirit. Dance to the music of yesterday, today and tomorrow, provided by various D.J.'s. on Friday, May 5, and every Friday, 8:30 p.m. till 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, complimentary food and cash bar. Complimentary copy of the Singles Spirit Paper/Guide (The most comprehensive Guide for Singles events in the greater Chicago area, serving all Chicago and area Singles organizations), will be given to all guests.

Willoughby's Singles

May 5
Willoughby's Singles invites singles (25+) to an evening of dancing and socializing on Sunday, May 5, and every Sunday, 7 p.m. at Willoughby's Tavern, 5960 W. Touhy, Niles. D.J. music, cash bar, door prizes, complimentary supper - large hors d'oeuvres buffet all included. All singles are welcome! Admission: \$5. For more information call 647-7531.

Singles In Communications

May 3
Singles In Communications is having a special party Friday, May 3, 8:30 p.m.-1 a.m., where you can join several "Special interest clubs" for singles. These clubs will have their meetings in many locations throughout the Chicago and suburban areas. The May 3 introduction party will take place in the large cocktail lounge of The Fireside Inn, 9101 Waukegan rd., just north of Dempster. Stand-up cocktail party atmosphere, live piano & trumpet, dancing, cash bar, free munchies. Large turnout expected. \$5 at door. Singles in Communications is for those in media, publishing, advertising, psychology, sales, teaching, arts, computers...and their guests.

Saturday Spirit

May 11
The Saturday Spirit invites Singles of all ages to Elegant Parties for Elegant Singles on Saturday, May 11, 8:30 p.m. at the Hyatt Lincolnwood, 4500 W. Touhy, Lincolnwood. Admission of \$7 includes: DJ with music for your listening and dancing pleasure, door prizes, cash bar and complimentary edibles and dance instruction. For more information call 761-7288.

St. Peter's Singles

May 3
St. Peter's Singles May Dance, Friday, May 3 at 9 p.m. at the Nottingham Gardens, 7021 Higgins. Live band, free parking. Donations: \$4 and \$5. Info by calling 334-2589.

Singles Spirit

May 5
The Sunday Spirit invites Singles of all ages to an informal, relaxing afternoon and/or evening on Sunday, May 5 and every odd (1st, 3rd, 5th) Sunday of the month at 3 p.m. at La Margarita Restaurant, 6319 W. Dempster, Morton Grove. 3-5:30. Lecture/Discussion with guest speaker(s), 5:30. Coffee and cake, 6. An evening of music and socializing in a warm, friendly atmosphere. Complimentary large Mexican buffet, and cash bar. Admission: afternoon seminar - \$7, afternoon and evening - only \$7. For further information call 761-7288 (24 hour information line).

Letters to the editor

Appeal to Reagan to forego German cemetery visit

Dear Editor:
In a letter to President Reagan, Edward F. McElroy of Chicago, who is Past National Commander of the Catholic War Veterans of the United States of America and Past State Commander of the Catholic War Veterans of Illinois, he decried the wreath laying ceremony planned by the President at the German cemetery in Bitburg along the Luxembourg border during his European trip from April 30 to May 10. A part of the trip coincides with the 40th anniversary of the German surrender to the Allied Forces.
Mr. President, we of the Catholic War Veterans of the United States of America appeal to you to forego any public demonstration on your part to pay homage in honoring the members of the German Armed Forces who fought to destroy humanity and freedom throughout the world.
The Catholic War Veterans feel that the wounds of World War I and II suffered by this nation's 28 million veterans and their acts of heroism to preserve a humane world would be placed on a parallel with the inhumane war criminal acts of Nazi Germany. The atrocities and scars of our soldiers who were held prisoners of war by their Nazi captors cannot be eradicated within a short period of 40 years.
If our great country and you, as Commander-in-Chief, wish to commemorate the end of World

Free taxi service for over-imbibers?

Dear Sirs,
On December 31, 1984 Chicago and some of the surrounding suburbs had a free taxi service for people who had too much to drink. Many people found this a good idea. If they had no money but could not drive, they could call for this service.
There are many groups today to fight drunken driving: M.A.D.D. (Mothers' Against Drunken Driving) and S.A.D.D. (Students' Against Drunken Driving). These organizations do a lot of good, but not enough. If a person is already drunk he or she has no choice but to get home one way or another. Wouldn't it be better for him or her to be driven home rather than drive? If a person is already drunk and cannot get a hold of someone, how does he or she get home? If Chicago and some of the surrounding suburbs got together and formed a free taxi service for drunken drivers all year round, this might save countless lives and injuries. I think it's about time councils of cities and suburbs take action on drunks instead of letting a small handful of concerned citizens do it for them.
Sincerely,
Joe Caragiu,
7248 W. Lill
Niles, Ill. 60648

Handzel addresses Reagan on trip itinerary

President Ronald Reagan The White House Washington, D.C.
Dr. Mr. President,
The Niles Township Regular Republican Organization successfully supported your reelection last November, with the assistance of independent and cross-over voters.
Niles Township contains many people who have expressed concern about your forthcoming trip to Germany. Among these are many veterans who fought in Europe, concentration camp survivors, former citizens of European countries who lived through WWII, members of the ethnic minorities and religions who were persecuted by Nazi SS, and teachers and students of WWII who have heard testimony, read, and viewed films on the horrors perpetrated by the Nazi SS.
While the NTRRO support you in your efforts to foster friendship and cooperation with present day Germany, we regret your decision to symbolically honor Nazi SS dead.
As an organization, we urge you never to honor the memory of Nazi SS in any way, ever!
Sincerely,
Patricia R. Handzel
Committeeman and Chairman of Skokie Human Relations Commission

Robert R. Clarke

First Lt. Robert R. Clarke, son of Ramon A. and Sala Clarke of 5011 Lee St., Skokie, has been awarded the Expert Infantryman Badge at Fort Lewis, Wash.

Horn blower warned by police

Dear Editor:
I am not a person who likes to criticize the Niles Police Department but lately they've gotten me a little aggravated. Recently we went to pick up a friend and she wasn't waiting outside as she usually does. I beeped the horn to let her know we were there and a policeman who was busy writing tickets came over to us. I have never dealt with anyone so rude in my life! He was very sarcastic. He warned us that beeping the horn is illegal unless it's an absolute emergency. We explained that we didn't know about this law in particular and we apologized. He still continued to be sarcastic and threatened to give us a ticket. He said we were disturbing the peace. But what I'd like to know is where are these police officers on the Fourth of July, when our neighborhood looks like World War II? Now I call that disturbing the peace!
Yours truly,
Kathy Rebellato
9443 Maynard
Niles, Ill. 60648

Cablevision left a mess in Courtland Park

Dear Editor:
I am writing to make a formal complaint against Cablevision of Chicago. I live in Courtland Park and our neighborhood is a sorry sight because of Cablevision. Having Cablevision seemed like a luxury. Actually, it's been more trouble than it's worth. Cablevision still has not repaired all the damage they've caused to lawns and outdoor lights in Courtland Park.
Also, Cablevision's service is terrible. They have been the village of Niles a real runaround. I feel that giving them a fine is just a slap on the wrist. The village should have revoked Cablevision's license. I'm actually ashamed to call my cable company and ask for my MTV!
Sincerely,
Ellen Marshall
Niles, Ill.

Residence for park director a wasted expense

Dear Editor:
My, oh my, isn't it nice our Morton Grove Park Board is so generous with our tax dollars!! As if taxes aren't high enough, we have to continue putting up with the most wasteful perk of all. What you ask??
Well, I'm speaking of the private residence we provide our Park Director, Mr. Dave Huber, free of charge, or rather at our tax dollar expense.
Wouldn't you like to go to your boss and say, hey, how about giving me a home, rent and tax free, to go along with your \$40,000 a year salary??? Why you'd get laughed right out of the boss's office!!
It's time we quit wasting our tax dollars at ALL levels of local government. I hope Park Board President Boznos takes the leadership reins on this issue. The public is sick and tired of wasteful government.
Sincerely,
John Hillkin

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Church & Temple Notes

Felician Sisters celebrate 75th anniversary

If you drive along busy Peterson ave. in northwest Chicago you will come upon a part of the street west of Pulaski where the familiar storefront urban scenery of the city is replaced by a large open space of trees and landscaped lawns.

Since traffic tends to speed up through here, you may have to look fast to notice among the trees a large institutional building dominated by a tall chapel spire. This is the house of the Mother of Good Counsel Province of the Felician Sisters - a unique community of Roman Catholic religious women who are observing the 75th anniversary of the founding of their state province. Our Lady of Ransom School and St. Andrew's Home in Niles are staffed by

Felician Sisters. The highlight of a quiet year-long observance came Sunday, April 21, in ceremonies typical of the spiritual and charitable character of the Felicians. They had a simple dinner of soup and breads baked by the sisters. Counsel High School served the soup and the Ladies Auxiliary of the Province donated fruit. Money saved on the simple banquet, with additional contributions from individual sisters and convents, formed a fund of more than \$17,000 which is being donated to hungry people of the world through various charitable organizations and missions.

There are more than 450 Felician Sisters in the province which administers the affairs of nearly 50 institutions and local houses in Illinois, Wisconsin, Minnesota and Alabama. The Felicians are the largest Catholic women's religious community in the Chicago area today. They teach in more of the parish schools in the Archdiocese than do those of any other order.

Sunday's anniversary events took place at the Motherhouse Chapel and the cafeteria of Good Counsel High School, which is owned and operated by the province on the Motherhouse grounds. Felician College is also located on the grounds.

The sisters' spiritual and administrative leader is Mother Mary Laudise Korbak, provincial superior.

The Women's Guild of Edison Park Lutheran Church will hold their monthly meeting on Thursday, May 2, at 12:30 p.m. The meeting will be hosted by the Jubilation Circle. This meeting will feature Rev. Roger Arnhold, Administrator of Metropolitan Chicago Services of Lutheran Social Services of Illinois. His background in family counseling and family life education will make this an enjoyable learning experience. His program is called, "Family Changes: Challenges and Opportunities". Rev. Arnhold will explore a

typical family history with its challenges and opportunities as a way of better understanding our families. Visitors are most welcome.

The Board of Parish Education will be showing a film on "Child Abuse" on Monday, May 6, at 7:30 p.m. Everyone in the community is invited to view this film. There is no charge and siter service is provided.

A limited number of tickets are still available for the Mother-Daughter Banquet to be held on

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Nilesite to be ordained into priesthood

Brother Richard J. Pighin, CSV will be ordained into the priesthood on April 27 at St. Patrick Church in Kankakee, Illinois.

Brother Pighin attended St. John Brebeuf grammar school graduating with the school's first graduating class in 1958. He attended Maine East High School in Park Ridge before continuing his education at the University of Illinois Chicago campus. He taught junior high and high school in Kankakee and Springfield, Illinois for several years before joining the Clerics of St. Viator Community. In May, he will receive his Master of Divinity degree from the Catholic Theological Union in Chicago.

Brother Pighin is the son of Mrs. Justine Pighin of Niles and the late Richard A. Pighin.



Brother Richard J. Pighin.

Lutheran Church of the Resurrection

The Rev. Roger Arnhold from Lutheran Social Services of Illinois will lead the Adult Discussion Group at 9:15 a.m. and preach during worship services at 10:30 a.m. on Sunday, May 5. His topic will be "Mid-Life Crisis".

Pentecost Services on Sunday, May 26 at 10:30 a.m. at the Lutheran Church of the Resurrection, Niles, will include the Confirmation of three young people: Timothy Jensen, Vanessa Off and Richard Sherman. The 8th Grade Confirmation Class and the Worship & Music Committee will host a reception for the confirmands and their families immediately following the service.

Church School Awards Sunday will be held on June 2. Attendance awards will be presented during the Worship Service at 10:30 a.m. This will be the close of SCS until Rally Day, September 8.

We congratulate Karen Stuckman and Angelo Spiezia on their wedding, Saturday, April 27 and Lor Platt and Tom Straugh, who will be married on May 18.

NTJC

free to this most enjoyable evening.

On Friday, May 17, the completion and dedication of a new Sefer Torah, in honor of Samuel & Ida Weiss, who will be here from Israel, will take place at the Synagogue. The evening will begin with a Shabbat Dinner and followed by services where Samuel Weiss will be the speaker. Rabbi Neil Brief and Hazzan Shlomo Shuster will conduct the services.

The NTJC Men's Club invites you to an evening to celebrate Israel's 37th anniversary, featuring an outstanding Musical Odyssey filmed entirely in Israel. This event will take place on Tuesday evening, May 7 at 8 p.m. at the Synagogue. Admission is

Beth Emeth Free Synagogue

Special Shabbat Family Services for Beth Emeth Free Synagogue will be held from 7:15 to 8 p.m. on Friday, May 3. Our regular Shabbat services will follow at 8:30 p.m. Rabbi Peter Knobel will conduct the services, assisted by Cantor Jeffrey A. Klepper. The D'Var Torah will be given by Rabbi Knobel. The Oneg Shabbat will be held in honor of the B'nai Mitzvah of Corey Gunzberg and Wendy Salkover.

Shabbat morning services are held every Saturday at 9:30 a.m. The community is invited to worship with us.

Religious school will not be in session on May 5, due to the Walk With Israel scheduled for that day. All congregants are invited to participate.

Obituaries

Services held for Henry Dabrowski

Henry Dabrowski, 61, of Niles died Monday, April 22 at Resurrection Hospital.

Visitation took place Tuesday and Wednesday at Skaja Terrace Funeral Home.

Mass will be celebrated today, (Thursday) at St. John Brebeuf Church followed by interment at St. Adalbert Cemetery.

Survivors include fiancée Vera Gembala; brothers John (Pearl); Matt (Elaine); sisters Vicki (Anton) Jurcik; Bernice (Alex) Koniecki; Josephine (Walter) Majka; the late Walter; the late Joseph; the late Edward and the late Anna (William) Burdick.

Stella E. Daly

Stella E. Daly of Morton Grove, beloved wife of Michael; dear mother of Michele and Sean; fond daughter of Winifred Claes and the late August; sister of Joseph and Jerry Claes. Funeral Mass was celebrated at St. Isaac Jogues Church, Niles on Wednesday, April 24 from Simkins Funeral Home, Morton Grove. Interment Maryhill Cemetery. In lieu of flowers, donations were requested to the Cancer Society.

Frances Woods

Frances Woods of Niles (nee Hoppe); dear daughter of the late Theodore and Lillian; fond sister of Evelyn (Auggie) Richter; Florence (the late John) Hoodock; Ted (Lorraine); James (Gloria); the late Aloysius (Jean) and the late Eleanor (the late Edward) Lubinski. Fond aunt of many. Funeral Mass was celebrated on Wednesday, April 24 at St. John Brebeuf Church, Niles, from Skaja Terrace Funeral Home, Niles. Interment St. Joseph Cemetery.

Guest lecturer on Holocaust

David Wyman, author of *The Abandonment of the Jews: America and the Holocaust, 1941-1945*, will be guest lecturer at 8 p.m., Tuesday, May 7 at the Mayer Kaplan Jewish Community Center, 5050 Church st., Skokie. In this book Mr. Wyman clearly and vividly depicts the cold indifference of the U.S. government and the nearly total silence of America's Christian churches toward the systematic murder of the Jews.

Grandson of two Protestant ministers, Mr. Wyman currently serves as Special Advisor to the United States Holocaust Memorial Council and is a member of the Academic Advisory Board of Simon Wiesenthal Center. As a history professor at Amherst University, he chaired the Judaic Studies Program in 1977-78 and 1982-83.

Autographed copies of the book will be available for sale that evening.

This lecture is part of the Third Annual Bernard Horwich and Mayer Kaplan JCC's "Jewish Literary Festival" May 6-8. Other authors are Nora Ephron, speaking on Monday, May 6 at 8 p.m. at the Bernard Horwich JCC, 3063 W. Touhy, Chicago, and Patricia Erens speaking on Wednesday, May 8, at 8 p.m. on "The Jew in American Cinema" at the Horwich Center.

For additional information, call Pearl Karp, 675-2200, or Cynthia Lerner, 761-9100.

Shabbat morning services are held every Saturday at 9:30 a.m. The community is invited to worship with us.

Religious school will not be in session on May 5, due to the Walk With Israel scheduled for that day. All congregants are invited to participate.

NTJC Celebration Weekend honors Torah completion

Friday, Saturday and Sunday, May 17, 18 and 19, Niles Township Jewish Congregation will have a "Celebration Weekend" in honor of the completion of the Torah which is being written for the Congregation.

The festivities at the Synagogue, 4500 Dempster st., Skokie, will begin with a Shabbat Dinner at 6 p.m. on Friday evening. At 8:30 p.m. that evening the honored speaker will be Samuel Weiss, who with his wife Ida, have returned from Israel to celebrate with the Congregation.

Saturday morning services will begin at 10 a.m. with an Extended Kiddush luncheon following services. Singing and other festivities will follow lunch.

Sunday morning the Siyum HaTorah (completion and dedication of the Torah) will begin at 10 a.m. Rabbi Neil Brief, Hazzan Shlomo Shuster, President Deborah G. Wilner and

Trinity Slovak Church luncheon

The Spring luncheon benefit of Women's Guild of Trinity Slovak Lutheran Church, 5122 N. LaCrosse ave., Chicago, will be held on Thursday, May 16. Luncheon at noon. At 1:15 p.m. T.V. personality Harry Volkman will appear. Luncheon: \$12 donation to help Women's Guild and Church.

Senior Unity Mass

Senior citizens are invited to the 14th annual Senior Unity Mass sponsored by the Catholic Charities of the Archdiocese of Chicago and the Chicago Senior Senate on Thursday, May 9 at 10 a.m. in Holy Name Cathedral, 735 N. State st. in Chicago. After Mass, light refreshments will be served in the Cathedral courtyard, weather permitting.

The Most Reverend Nevin W. Hayes, O.Carm., auxiliary bishop of Chicago, will be the main celebrant of the Mass with Reverend Edwin M. Conway, administrator of Catholic Charities, and Charities' staff priests as concelebrants.

For more information, call Catholic Charities Senior Community Services at 465-3005.

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Women's World

Lioness receives award

Lioness President Judith Niven received an award at the Lion's district convention. The award was given for outstanding achievements by the Lioness Club of Niles.

Lioness Clubs all over the world spend much of their time caring for the blind, the deaf, and the handicapped and all those less fortunate than ourselves.

The Lioness Club of Niles meets twice a month at the Trident Center, 8060 Oakton, Niles. The third Wednesday of the



Judith Niven month, a variety of interesting programs are presented, followed by cake and coffee.

Anyone desiring further information, or if transportation is a problem call Lioness Grace Willert at 967-9487.

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New arrival

Jeffrey Walter Cichanski was born April 17 at 11:37 p.m. He weighed 10 lbs. 7 1/2 oz. and was 21 inches long.

Parents are: Wally and Patti Cichanski of Niles. Big brother is Danny, 2 1/2 years old.

Daddy is one of the happiest drivers of The Niles Free Bus.

Grandparents: Walter and Patricia Wilczewski of Shiller Park Illinois and Helen Cichanski of Niles.

Great-Grandfather is Mr. Luther Richter of Chicago.

Holy Family Auxiliary Luncheon

Win a trip to Hawaii, an Italian Tea Cart or a portable TV set. Raffle tickets for these prizes will be sold at Holy Family Hospital Auxiliary's Annual Luncheon and Fashion Show to be held at the Fountain Blue Restaurant in Des Plaines on Tuesday, May 14. A social hour begins at 11:30 a.m., the luncheon is at 12:30 p.m. and the Fashion Show, "Peticoats to Pants," will follow.

Tickets for the Luncheon and Fashion Show are \$15 and must be purchased by April 30. Raffle tickets are 3 for \$5. Both can be obtained by calling Holy Family's Auxiliary Office at 297-1800, Ext. 1165.

Copernicus honors Young Polish Women

The Copernicus Foundation is pleased to announce that its Fifth Annual Copernican Award will be presented to the Legion of Young Polish Women at a banquet to be held on Saturday, May 4, at Przybilo's House of the White Eagle in Niles. This is the same day as the annual May 3 Parade, and thereby this banquet will serve as a continuation of Polonia's festivities for that weekend.

The Copernican Award is presented annually by the Copernicus Foundation to a person, organization or company which has provided distinguished service and assistance toward the fulfillment of the goal of establishing a cultural and civic center and providing service to the entire community.

The Legion of Young Polish Women throughout its 45 year history has shown itself to be uniquely generous and supportive of worthy causes in Polonia and beyond. Its record is exemplary in terms of its support for aid in Poland, assistance to cultural groups, financial aid to

the Polish "Saturday School" system, and of course generosity both in terms of finances and, perhaps equally important, generosity in terms of time and effort to promote the Copernicus Foundation and its various activities.

The banquet is being chaired by Polonia activist and radio personality George Migala of WCEV Radio. The Master of Ceremonies for the banquet will be Jay Levine of WLS-TV, well known in Polonia for his series of reports filmed in Poland. The evening will feature a special menu served to the guests while the renowned Mark Anthony Orchestra provides dinner music. The "Wesoly Lud" dance ensemble and soprano Diane Klema will entertain the guests after dinner with a special program.

Don't miss this special event which will be a highlight of Polonia's special weekend this May. For reservations please call the Reservations Chairperson, Mrs. Alice Zurek, at 599-3455.

MONNACEP Cooking Classes

MONNACEP cooking classes are scheduled to continue the week of May 13 with four delicious courses scheduled for area high schools.

The week is scheduled to begin on May 13 with "Sushi" at Niles North, 9800 Lawler Ave., Skokie. The one-session class will teach participants to use combinations of meat, fish, vegetables and seasonings to make wonderful-tasting, low-calorie hors d'oeuvres.

On May 14, you can learn the secrets of poaching a whole fish, decorating it and serving it with a

flair at "Poach-A-Fish" at Niles West, Oakton Street at the Edens Expressway, Skokie. The popular, "Basic Mexican Cooking" class is scheduled for May 15 at Niles North.

Cooking classes start at 7:30 p.m., most lasting two hours, and featuring samples of the prepared delicacies.

MONNACEP is the adult education component of Oakton Community College in cooperation with Niles and Glenbrook High Schools. For further information, call a Program Consultant at 982-9888.

Woman's Club of Niles Spring luncheon

The Woman's Club of Niles is pleased to announce its annual spring luncheon, Lunch at the Fountain, to be held Saturday, May 11, at Fountain Blue Restaurant, Mannheim and Touhy, Des Plaines. Cocktails

will be served at 11:30 a.m., luncheon at 12:30 p.m. The program will be a "musical surprise" sure to entertain everyone.

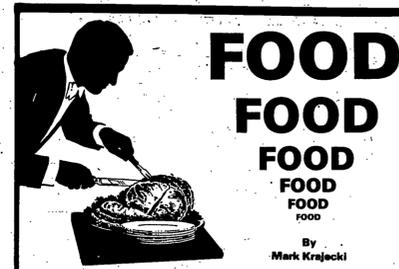
Co-chairman Suzanne Miller and Marie Berrigan said that with so many girls having been generously donated by local businesses, all guests would be going home with a beautiful prize. The cost of the ticket is \$13 and can be ordered by calling 470-0089. Everyone is welcome.

Pioneer Women Scholarship Campaign

Pioneer Women Na'amat-Suburban Chicago Council is in the midst of its annual TIMON Scholarship Campaign to benefit TIMON vocational/education high schools in Israel. Each \$250 contributor will have the privilege of attending a champagne reception and private showing of the art collection at the Block Gallery to be followed by a supper at the Allen Center on the Northwestern University campus.

Ruth Stone of Lincolnwood, is the Chairman of the TIMON Scholarship Campaign, Marcia Pevsner of Skokie, is the President of the Council, and Lynn Wax of Morton Grove is the Na'amat Vice President.

For more information contact the council office at 446-7275.



It's Chocolate Strawberry Shortcake



If you love strawberries and can't resist chocolate, this tempting two layer extravaganza is for you. It features strawberries - sliced and sweetened - layered with luscious La Creme whipped topping on home baked chocolate shortcake.

- 2 cups flour
- 1/3 cup sugar
- 1/4 cup cocoa
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup margarine
- 1 cup milk

- 2 pints strawberries, sliced
- 1/4 cup sugar
- 1 12-oz. container (4-1/2 cups) La Creme whipped topping with real cream, thawed
- 2 tablespoons Kraft chocolate topping

Combine dry ingredients; cut in margarine until mixture resembles coarse crumbs. Add milk, mixing just until moistened. Spread batter evenly into two greased 9-inch layer pans. Bake at 400 degrees, 15 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool. Combine strawberries and sugar; let stand 10 minutes. Cover bottom shortcake layer with half of strawberry mixture and half of whipped topping. Top with second shortcake layer, remaining strawberry mixture and whipped topping. Drizzle with chocolate topping.

SEND IN YOUR FAVORITE RECIPES TO:
FOOD - c/o The Bugle, 8740 N. Sherman Rd., Niles, IL 60648
*Editors Have The Right To Review All Recipes And Edit For Content And Space.

Park Ridge YMCA auction

If you have any nice, like-new items, things you can't use any more, consider donating them to the Park Ridge YMCA for its auction and white elephant sale at the "Y County Fair" on Sunday, June 23. Large pieces such as furniture as well as small items such as vases, etc., would be welcome, however, no clothing or books, please.

Summer is getting close, the school year will be ending soon. If you haven't made plans for your children, bring them to the Park Ridge YMCA Day Camp. We can promise them a fulfilled summer of games, crafts, hikes, field trips, cook-outs, and swimming under the watchful eyes of college-age counselors at a cost of a few pennies more than a dollar an hour. Camp hours are 9 a.m. to 4 p.m. Extended care for the working parents at a minimal additional cost is available from 7:30 to 9 a.m. and 4 to 6 p.m.

You've had your vacation already? Then sign the family up for classes at the Y. There will be classes for the very young on up to the senior age. Watch for registration in early June with classes starting June 17. For more information call your YMCA in Park Ridge at 825-2171 or stop in at 1515 W. Touhy ave.

Mother and Daughter Luncheon

The Women's Association of Carter-Westminster United Presbyterian Church, 4950 Pratt, Skokie, will hold their Annual Mother and Daughter Luncheon on Saturday, May 11, at The Westin Hotel, O'Hare, 6100 N. Riverside, Rosemont at noon.

Mrs. Walter Merza (Chicago), Chairman of the luncheon, has her committees working on a very enjoyable afternoon. The program will feature the Night Light Players in impromptu musical skits.

Ticket Chairman, Mrs. Paul Salmassi (Skokie), reports tickets at \$15 each are still available. Call the church office, 673-4441, for ticket reservations and information.

St. Juliana's outdoor Flea Market

The second outdoor Flea Market will take place on the "Rectory Garden" on Saturday, May 4 - 8 a.m. till 3 p.m. sponsored by the Guild of St. Juliana Catholic Church. In case of rain - Flea Market will be held the following day, May 5 - same place. Location - Touhy and Osceola ave., Chicago (7200 N. and 7800 W.) All are invited to a real "honest-to-goodness" Flea Market; collectibles, crafts, junkie, etc., something for everyone. Refreshments served. Some spaces possibly available for rent (\$20). Come check it out. For more information call Helen at 631-7886.

New arrival

A boy was born to Vicki Gayle Divita of Niles on April 3, 1985 at Skokie Valley Community Hospital.

The baby's name is Sonny Divita. The baby weighed 6 lbs. 6 oz. The new baby's brothers and sisters are: Anna Divita, age 6, and John Divita Jr., age 18 months.

The baby's grandparents are: Mr. and Mrs. Jay Busco, Morton Grove and Mr. and Mrs. Peter Divita of Des Plaines.

Fitness and beauty for SJB Women



Maggie Holleb and the Hair Performers will provide members and guests of the St. John Brebeuf Catholic Women's Club with a special evening of fitness and beauty on Tuesday, May 7.

Maggie, who conducts body fitness classes at the Niles Park District and the Golf-Maine Park District, will demonstrate exercises to tone the upper arms, lower abdomen and inner thigh. The Hair Performers, under the direction of Wynette Finocchio, will provide summer smart hairstyles and cosmetic makeovers to three ladies selected at random from the audience.

This special presentation will follow the regular business meeting which begins at 7 p.m. in Flanagan Hall, 8301 N. Harlem ave.



SATURDAY, MAY 4
WE'RE OPEN
9:30 A.M. to 10 P.M. !!

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Bridal Gifts

graduations

Father's Day

Summer!

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Welcome

A girl, Rajvi D., 5 lbs. 7 3/4 oz., on March 7, to Mr. and Mrs. Dhiren Gandhi, 9359 Hamlin ave., Des Plaines. Grandparents: Mr. and Mrs. Vijayal Gandhi, Bombay, India, and Mr. and Mrs. Chimanlal Shah, Calcutta, India.

A boy, Andrew Michael, 7 lbs. 2 1/2 oz., on March 8, to Mr. and Mrs. Steven Krook, 6914 Rosemary ln., Niles. Grandparents: Mr. and Mrs. David Anderson and Mr. and Mrs. Thomas Krook, all of Chicago.

SHIS-KA-BOB
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MARINATED STEAK	SEASONED STEAK	CHICKEN
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HOMEMADE ITALIAN SAUSAGE \$169 LB.

GULF RED SNAPPER FILLETS \$498 LB.

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SAT. 9 - 5:30

NILES POLICE BLOTTER

PR man arrested following accident

A 25 year old Park Ridge man was arrested after losing control of his auto and crashing into a light pole on Wednesday, April 24. Police report the Park Ridge man was driving his 1984 Chevrolet van south on Western Ave. when he lost control of it and struck a light pole in the 8400 block.

Police report the driver then drove off.

The van was found parked on a Park Ridge street by Park Ridge police.

Niles Police went to the Park Ridge home of the van owner and, after he admitted losing control of the van after drinking, was

brought to the Niles Police Department. The man was charged with damaging village property and improper lane usage. He was assigned a May court date.

\$1,200 damage to school by vandals

A local school was vandalized during the evening of Wednesday, April 24.

Officials of Mark Twain School, 9401 Hamlin, told police that some time between 6 p.m. and 9 p.m. unknown persons fired BB-type pellets through five wire mesh windows surrounding the east entrance door.

The replacement value of the five windows was set at \$1,200.

Auto stolen from Golf Mill

A Skokie resident reported his auto was stolen while it was parked in Niles on Wednesday, April 24.

The car, a 1979 Jeep, was parked in the lot at Sears Roebuck and Co., 400 Golf Mill, between 6 p.m. and 9 p.m.

The car, which was not locked, did not have its value reported to the police.

LEGAL NOTICE

PUBLIC NOTICE ANNUAL BUDGET AVAILABLE FOR PUBLIC INSPECTION

On Tuesday, April 23, 1985 the Niles Board of Trustees adopted the 1985-86 fiscal year Appropriation Ordinance including Revenue Sharing. This enacted ordinance is available for public inspection in the Finance Department of the Niles Administration Building, 7601 N. Milwaukee Avenue, Niles, Illinois from 9:00 A.M. until 4:30 P.M., Monday thru Friday.

Jeffrey J. Bell Finance Director

Matrix Specials for May



Styling pros! Create a great hairstyle fast! Change it just as fast! Add sleek curls and soft waves! Turn on lasting volume—with the styling pros from Matrix! Matrix Sculpting Glaze for sleek control. Matrix Mousse™ Styling Foam for ultra fullness. Matrix Styling Gel for accent and drama. Matrix styling pros—ultimate style control—ultimate shine—guaranteed not to flake! Discover the difference... have a complimentary hair analysis using our new Matrix computer.

Matrix Perm REG. \$5.00 NOW **\$3.00**
Matrix So-Color & Style REG. \$20.00 NOW **\$15.00**
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Thur. & Fri. 9-8 pm
Sat. 9-5 pm

Drunk driver arrested

Niles Police arrested a 37 year old Harwood Heights man for drunk driving and speeding on Saturday, April 27.

Police first spotted the Harwood Heights man as his car was traveling north in the 7100 block of Milwaukee Ave.

The Harwood Heights car was clocked traveling 65 in a 35 mile per hour zone.

After turning onto Harlem Ave. police stopped the car.

Nilesite arrested for public indecency

A 23 year old Niles man was arrested for public indecency in Niles on Friday, April 26.

Police report the Niles man was in Sears Roebuck and Co., 400 Golf Mill, when he allegedly exposed himself to a 9 year old girl.

The child ran for her mother who then grabbed the man and held him until security guards arrived.

At the Niles Police Department the man was charged with public indecency.

He was assigned a June court date and released after posting a \$100 bond.

Wallet stolen from YMCA

A 46 year old Chicago man had his wallet stolen while at the Leaning Tower YMCA, 6300 Touhy Ave., on Sunday, April 21.

The Chicago man had just become a member and was assigned a locker which an attendant opened up for him.

Between 5 p.m. and 6 p.m., while the man's street clothes were in the locker, unknown persons opened the locker taking the wallet.

The wallet contained \$175 cash as well as numerous credit cards and identification.

Lake Forest delegates

Jeanine Bekas, 8702 W. Normal, Niles, and Michael Kaufman, 9049 N. Karlov, Skokie, were selected as delegates to represent Lake Forest College at Model Illinois Government in Springfield.

Bekas, a junior and majoring in

business/biology, was elected as Parliamentarian of the House. Kaufman, a senior and majoring in computer studies/math, was elected as Minority Speaker of the Appropriations and Banking Committee.

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Mariene and Susan Pascente are THE "Mother and Daughter" Real Estate team in the Niles area. Susan has worked for Realty World-Key Realtors since 1978, while Mariene joined the firm in 1975. Having lived in the area for 25 years, both are thoroughly familiar with all aspects and changes that have occurred in the Real Estate Market. Mariene and Sue now co-manage the office as well as serve the area's Real Estate needs.

If you have any questions regarding Real Estate, feel free to contact Mariene or Sue at Realty World-Key Realtors. Stop in at our office located at 8146 MILWAUKEE AVENUE, NILES Or give us a call at 692-7000.

Night driving safety tips

by Secretary of State Jim Edgar
Driving at night poses special highway safety problems because of the reduced visibility. Here are some tips for safer night driving.

According to the National Safety Council, overdriving your headlights is the most persistent problem of night driving. This means driving too fast to stop within the distance lighted by your headlights (about 350 feet). Slow down and drive within that range.

When you look down the road, also peer further ahead into the area that is only faintly illuminated. You may be able to pick up the dim glow of a distant headlight or other movement that will alert you to a possible hazard.

Dim your headlights when you are within 500 feet of an approaching vehicle. To minimize the glare from the lights of oncoming cars, shift your eyes down toward the right edge of the road.

Increase your following distance at night. Dim your headlights when you are within 300 feet (the length of a football field) from a vehicle in front of you.

Switch to low beams in fog or snow. High beams reflect more off fog and snow, increasing glare and throwing off your vision.

Stay awake and alert. Stopping frequently for fresh air and coffee can help avoid drowsiness. But if you are tired or sleepy, get off the road.

Never stop on the road at night except in an emergency. If you have a flat tire, pull as far off the road as possible. Carry an illuminated or reflective device, such as a flare or reflecting triangle.

Motorcycles, no matter how large or small, have the same right-of-way privileges as other vehicles. When you are near a motorcycle, avoid an accident by observing these safety rules:

Motorcycle safety rules

by Secretary of State Jim Edgar
With spring in the air, motorists should become alert for increased motorcycle traffic. This column reviews special traffic safety rules related to motorcycles.

This is the second year that 16 and 17-year-olds can be licensed to ride any size motorcycle. However, they must first complete a driver education course, a motorcycle training course approved by the Illinois Department of Transportation, and the Secretary of State motorcycle driver examination.

Motorcycles, no matter how large or small, have the same right-of-way privileges as other vehicles. When you are near a motorcycle, avoid an accident by observing these safety rules:

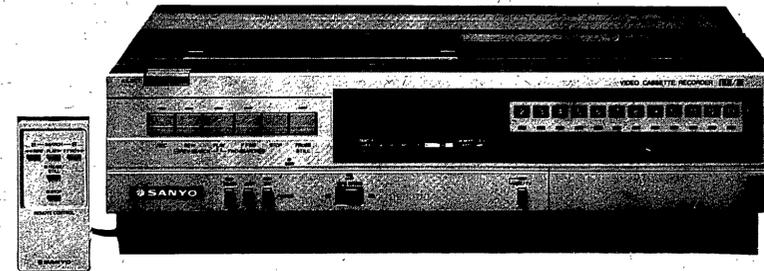
1. Never crowd a motorcycle. Getting too close can make the driver nervous and cause him or her to lose balance and fall in front of you. A motorcycle can stop faster than a car, so increase your following distance.
2. Motorcycles are entitled to use the full width of a traffic lane, regardless of size. Do not try to stop next to a motorcycle in the same lane. Either change lanes or stay behind. Do not try to pass a motorcycle in the lane it is using.
3. If you are following a motorcycle, allow the driver additional room to maneuver if you are approaching a railroad track.

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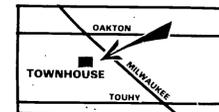
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SAT
9:00 TO 5:00
SUN
12:00 TO 4:00

PHONE
470-9500

SPORTS

Resurrection offers Gymnastic Camp

Resurrection High School will be offering a Bandit Gymnastic Camp this summer. Two sessions are scheduled. Session I will take place on Monday, Tuesday, Wednesday and Thursday from June 17 to July 3. Section A is from 1:30-3:30 and Section B is from 3:30-5:30. Session II will take place on Monday, Tuesday, Wednesday and Thursday from July 15 to July 31, with Section C from 1:30-3:30 and Section D from 3:30-5:30.

Any girl who has reached 7 years of age is eligible to participate. No previous experience is required, only interest. Depending on previous gymnastic background, all gymnasts will be put into a well-planned instruction program from beginners through advanced with individualized instruction as well as ability groups.

Bandit Camp Directors are Mrs. Susan Fosco, Head Gymnastic Coach as Res, and Mr. Peter Fosco. A college staff will also assist with instruction. Mr. and Mrs. Fosco coached the Res

Bandit Gymnastics Team which took their 3rd GCAC title this year and finished 7th in the State finals.

Camp Sessions will be held in the gym at Resurrection High School, 7500 W. Talcott. Bandit facilities have the most modern equipment to insure safe and quick learning techniques. In addition to learning correct fundamentals and techniques to develop dynamic gymnastic skills, the gymnasts will be helped in the training and discipline necessary for athletic training and competition.

Register before May 15 and receive a 10% discount for one (1) session or a 20% discount for both sessions. The fee for each session per person is \$70, with discount \$63. For both sessions per person the fee is \$140, with discount \$121.

For more information about the Bandit Gymnastic Camp and for registration information, contact Mrs. Fosco at Resurrection High School, 7500 W. Talcott, Chicago, IL 60631.

Softball team member

Local student Lisa Mielzynski, 8456 N. Oriole ave., Niles is a member of the 1984-85 softball team at Lake Forest College, Lake Forest, IL. Last year's squad was champion of Division III and the record this year currently stands at 4-2.

Lisa is a freshman this year, and is a graduate of Marillac High School. She plays outfield for the team.

Wrestling competitors

Two students from Notre Dame High School for Boys, 7655 Dempster, Niles, recently competed in the USA Wrestling Central Greco Tournament at Chicago State University. There were 8 midwestern states represented.

Placing 3rd at 98 lbs. was Rob Lipsey, N. Merriam, Chicago. Placing 5th at 178 lbs. was George Rattin, N. Newburg, Chicago.

M-NASR swimmers take part in meet

It was a great day on March 30 for the Maine-Niles Association of Special Recreation (M-NASR) swim team. This was the day of the Suburban Cook Area Special Olympics Swim meet. The M-NASR team was one of ten teams participating in this second annual event. The team is coached by Tom Delaney, Recreation Coordinator for M-NASR.

The swimmers that make up the M-NASR swim team are: Marc Templin, Niles; Robert Lawless, Des Plaines; Barb Kautz and Barb Adamski, Park Ridge; Barry Beck, Des Plaines; Lee Krause, Lois Melia, Steve Grant, Irwin Solomon, Rich Munson, David Bohm, Richard Stein, Amy Cronin, Nancy Hirsch and Brad Schwartz, all from Skokie. Of these fifteen athletes nine went home wearing gold medals. The events for which they received the first place medals

Coast Guard course in sailing

The United States Coast Guard Auxiliary will offer a thirteen lesson, ten week course in Sailing Seamanship at Northeastern Illinois University, 5400 N. St. Louis ave., in Chicago. May 16 will begin on Thursday. May 16 and will conclude on July 18. The class will run from 7:15 to 9:30 p.m.

Subjects will include maneuvering, marlinespike seamanship, aids to navigation, charts and compass, the updated rules of the road, legal requirements and safety equipment, weather, radio communications, auxiliary boat engines, trailer sailing, locks and dams, and safe sailboat operation. A certificate of completion will be awarded upon successful completion of the final examination.

Further information and required reservations may be obtained by calling the Mini-U program at 583-4050, ext. 392. Skippers are urged to bring their family and friends.

Inducted into honors society

Ed Schmetzer of Park Ridge was inducted into the Phi Gamma Mu Social Science Honors Society at Illinois Benedictine College, near Lisle. The initiation ceremony and luncheon was held Wednesday, May 1.

were: 25 meter freestyle, 25 meter back stroke, 50 meter freestyle, 50 meter back stroke and the 100 meter relay. Winners of these events were: Barb Adamski, Robert Lawless, Barb Kautz, David Bohm, Marc Templin, Barry Beck, Brad Schwartz, Lois Melia and Amy Cronin.

Members of the M-NASR team were also recipients of eleven silver medals, nine bronze medals, four fourth place ribbons and two fifth place ribbons. It was a busy yet eventful day for the M-NASR swim team, all being honored for their efforts in the meet.

M-NASR is a cooperative program of the park districts serving the leisure needs of special populations residing in Skokie, Park Ridge, Des Plaines, Morton Grove, Niles and Golf-Maine.

Notre Dame track team

The track team of Notre Dame High School for Boys, 7655 Dempster, Niles, defeated St. Viator and Fenwick in a meet held April 16. Scores were Notre Dame 78, Fenwick 49 and St. Viator 37.

Capturing 1st places for Notre Dame were: Rob Vonderstitt, Skokie-Shot Put and Discus; Mike Patke, N. Canfield, Chicago-High Jump; Jack Ahern, Mt. Prospect-Long Jump; Tom Murphy, N. Nicolet, Chicago-800 run and 1 mile run; Matt Stevens, Niles; Rob Romano, N. Oconto, Chicago; Joe Stapleton, N. Newburg, Chicago; Dennis Dragon, N. Overhill, Chicago-800 relay; Fred Ludwig, N. Ozark, Chicago-440 dash. The 220 dash and 1 mile relay had to be cancelled due to weather conditions.

The Dons are coached by Head Coach Mike Burke and Assistants Bruce Donah and Rick Ryan.

Welter Realty hosts Easter Seals benefit

In conjunction with Century 21's Easter Seals Drive, Century 21 Welter Realty, 7514 N. Harlem is sponsoring a Candlelight Bowl to benefit Easter Seals.

Everyone is invited for an evening of fun and prizes on Saturday, May 18, at 9 p.m. at Niles Bowl, 7333 Milwaukee ave., Niles. Donation is \$15 per couple.

For information and reservations call: Century 21 Welter, 631-9600.

BOWLING LEAGUES

St. John Brebeuf Holy Name Second Half Final

Team	W-L
Wiedemann Ins	34 1/2-13 1/2
Skaja Terrace	28 1/2-19 1/2
Windjammer Travel	27-21
Anderson Sec	26-22
First Nat'l Bk of Niles	26-22
Niles Federal	23-25
Kappy's Rest	22-26
Norwood Federal	22 1/2-25 1/2
Frank's Lawnmower	23-25
J & B Sheetmetal	19 1/2-29 1/2
State Farm Ins	18 1/2-29 1/2
Riggio's Rest	17 1/2-30

High Games

Ralph Stempinski	228 & 205
Harry Whyte	222
Mel Koenigs	214
Bob Miller	210
Wendell Toeffler	210
Bob Biewald Jr	205

High Series

Ralph Stempinski	623
Harry Whyte	620
Mel Koenigs	562
Bud Skaja	561
John Boyk	560
Bob Biewald Sr	560
Bob Miller	559

Catholic Women's Bowling April 24, 7 p.m.

Team	W-L
Candlelight Jewelers	69-50
State Farm Ins.	67-52
G. L. Schmitz Ins.	67-52
Skaja Terrace	64-55
Sullivan's Tavern	55-64
Debbie Temps LTD	51-68
Bank of Niles	41-78

High Series

A. Elliott	531
L. Jensen	504
I. Skaja	516
G. Thoma	501
C. Ruth	499
G. Schultz	490
P. Drozd	484
D. Medo	471

High Games

A. Elliott	193
C. Ruth	192
L. Jacobsen	192
L. Jensen	189
I. Skaja	191
M. Callisen	186
R. DeRosier	180

St. John Brebeuf Ladies Tuesday Morning

Brandy Ice	86-33
Zombie	67-52
Tequila Sunrise	67-52
Boltermaker	60-59
Manhattan	57-62
Margarita	56-63
Old Fashioned	54-65
Sloe Gin Fizz	54-65
Chi-Chi	48-71
Gimlet	46-73

High Series

D. Hlava	533
H. Gronczewski	488
M. Coronato	479
R. Stefo	473

High Game

B. Beierwaltes	213
H. Gronczewski	205
D. Hlava	190
R. Stefo	185

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CLASSIC BOWL HAS THE LARGEST PLAYERS IN THE NORTHWEST SUBURBS FOR PRE-SCHOOL CHILDREN

Oakton's Running Raiders dominate Chicago Relays

The Oakton Community College Track Team along with teams from Triton, Kennedy-King, Blackhawk East and the University of Chicago braved temperatures under 40 degrees and winds of 25 MPH to compete in the annual University of Chicago Relays.

According to Coach Savage OCC created the meet with the intention of breaking the records for the Distance Medley Relay and the Two Mile Relay. "But once we arrived at the meet, the team realized that going for the records was impossible so we set as our goal to win as many races as possible!"

Dan Kuhn, Kevin Kingston, Tony Paul and Don Hennessy won the 440 Yard Relay as a warmup and placed a close fifth. Then the Running Raiders proceeded to win the next seven running events in a row! No other team has ever accomplished this feat in this invitational meet.

The University of Chicago Distance Medley Team battled Oakton for 2 miles before anchor leg Tony Paul blew them away to win by 15 seconds. Running with Paul were Kuhn, Kingston, and Vodicka. Don Hennessy won a

SJB Fun Fair



Several children from St. John Brebeuf are showing off the exciting raffle prizes available at the SJB "Fun Fair". The "Fun Fair" will be held, Rain Or Shine, Saturday, May 4 from 10 a.m. to 2 p.m. All Are Welcome! (Pictured: Nickolas Lapin, Raymond Glon, Heidi Lapin, Martin Palicki and Matthew Glon)

United Cerebral Palsy's Day Camp

A summer of fun and healthy outdoor recreation is available for orthopedically and/or multiply handicapped children, ages five through 16, at one of United Cerebral Palsy's Day Camps, which open on Monday, July 8.

The six-week camps are under the direction of counselors trained to work with the handicapped, and activities are geared to the children's level of ability so that all can take part. All camps are in session five days a week; four days in camp or on field trips, one day for swimming (for each camp).

There are two city camps (Avalon on the South-side; Margate Park on the North) and three suburban (Addison, Gurnee and Mt. Prospect). (The Mt. Prospect camp operates for three weeks only, beginning July 29.)

For information, contact United Cerebral Palsy, 308 W. Randolph, Chicago, 60606-1748; phone: 368-0380.

Gemini Volleyball Team takes first

The Gemini Junior High School 7th Grade Girls Volleyball Team took first place in the recent MacArthur/St. Peter Volleyball Tournament.

The tournament was made up of 8 schools: Barrington Middle School, Cooper Junior High, Gemini Junior High, Holmes Junior High, Lincoln Junior High, MacArthur Junior High, River Trails Junior High, and St. Peter Lutheran School and was held in two division, one each at MacArthur and at St. Peter's.

On its quest to the championship, Gemini, defeated River Trails 15-2, 15-2. They then bested Holmes 15-4, 15-11. Their win over St. Peter's 15-1, 15-7 put them in the tournament finals where they faced Cooper. After a close 15-13 win, Gemini turned it on and won the match with a second game 15-0 shutout.

DAR meeting

The annual meeting of the Twenty-first Star Chapter, National Society Daughters of the American Revolution will be held at 11:30 a.m., May 8 at E.F. Turney's Restaurant, Summit and Touhy, Park Ridge. Hostesses for the day will be Garnette Ernst, Katherine Robinson, Rosemary Sajovic and Betty Howard, hospitably chairman.

Regent Mildred Anderson will summarize the work of the chapter for the past nine months. Delegates will report on the organization's Continental Congress, which was held in Washington, D.C. April 15-19, and there will also be reports of the state and national conventions of the Children of the American Revolution. Past chapter regents will be honored and newly elected officers will be installed.

This will be the last regularly scheduled meeting until September. The third Thursday of May will also be the last day that the chapter will provide genealogy assistance at the Park Ridge Library. This program will resume in September, when Twenty-first Star Chapter begins its regular monthly meetings. For information contact Mildred Anderson (692-2385).

March of Dimes has "A Day With The Cubs"

The Chicago Cubs, off to their best start in recent history, will provide a day of excitement for the fight against birth defects. With Anheuser-Busch sponsoring the event by underwriting the cost of the tickets, fans are invited to come out to Wrigley Field to watch the Cubs play the Cincinnati Reds on May 20. The game starts at 3:05 p.m.

For the \$50 ticket donation, the guests will be treated to terrace reserved seats at the game and a party afterwards, including food

and refreshments, at the Ultimate Sports Bar and Grill. Many of the players, including Pitcher George Frazier, the honorary chairman of the event, will be among the celebrities at the Ultimate, which is co-sponsoring the event. Bus transportation will be provided between the Ultimate and Wrigley Field, to alleviate concerns about parking at the game.

For tickets or more information about the March of Dimes "Day With The Cubs," call: 341-1370.

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P175/80R-13	HR7B-13	99.33	49.67
P185/80R-13	CR7B-13	101.44	50.72
P185/75R-14	CR7B-14	106.40	54.33
P185/75R-14	DR7B-14	116.65	58.43
P205/75R-14	FR7B-14	121.76	60.88
P215/75R-14	GR7B-14	124.26	62.13
P205/75R-15	FR7B-15	122.95	61.48
P215/75R-15	GR7B-15	126.05	64.03
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Maine Democrats host dance

The Maine Township Regular Democrats will be hosting their annual dinner dance honoring Nicholas B. Blase, Mayor of Niles, Democratic Committeeman of Maine Township, and Vice Chairman of the Cook County Suburban Democratic Organization.

For tickets and information about the dinner dance which will be held at the Chateau Ritz, 9100 Milwaukee ave., Niles, on May 10, call Veda at 692-3388.

Shown above (l-r): Vice Chairman Nicholas B. Blase and Chairman Edward Vrdolyak.



Children's portrait sketches



For children only, ages 3-12: Surprise Mom on Mother's Day with a free artist drawn sketch of yourself. Look for the artists with their easels on the north and south malls of Old Orchard Center between noon and 4 p.m. on Saturday, May 11. Old Orchard Center is located at Skokie blvd. and Golf rd., Skokie. Exit Edens expy. at Old Orchard rd.

Callero & Catino collecting for MDA

For the eighth year in a row, ERA Callero & Catino Realty will be collecting donations for the "Fight Against Muscular Dystrophy". The salespeople will be at the intersection of Milwaukee and Oakton on Saturday, May 4, soliciting donations as part of ERA Real Estate's Nationwide campaign to collect \$1,000,000 to help "Jerry's Kids".

ERA Callero & Catino has collected over a thousand dollars each year for MDA with the salespeople donating their time and the company paying any expenses.

The money collected May 4 will become part of the total to be presented by ERA to Jerry Lewis on the Jerry Lewis Labor Day Telethon.

ERA is the only company to represent the real estate industry as a MDA corporate sponsor and has raised over six million for MDA since 1977.

Fight against muscular dystrophy

Help in the fight against muscular dystrophy and win valuable prizes by collecting and recycling aluminum from May 1 through Labor Day. Just mention the Muscular Dystrophy Association when you drop off your aluminum beverage cans and other items at the following Reynolds Aluminum collection sites and MDA will receive the proceeds: Lawrencewood Plaza, Niles (Tuesday - Saturday, 9:30 a.m. - 12:30 p.m.); 6211 N. Lincoln, (Zayre) Lincolnwood (Tuesday - Saturday, 1:30 - 4:30 p.m.).

Prizes will be awarded based on the largest amount of aluminum in pounds turned in for MDA. The grand prize is a girl's or boy's bicycle and runner up prizes are MDA tee-shirts. For further information on group activities, please call MDA at 965-8900.

Misericordia enters athletes in Special Olympics

One hundred twenty-one athletes from Misericordia Heart of Mercy will participate in the Special Olympics at Soldiers Field. The children and young adults from Misericordia will show their skills in the track and field meet on Thursday, May 9 from 9:45 to 2, and again on Friday, May 10 from 10 to 1.

Sixty-five Misericordia residents will attend the Victory Banquet and dance at the Palmer House on Thursday evening. Misericordia Heart of Mercy, 6300 N. Ridge is dedicated to providing programs for its residents which help each one develop to his/her fullest human potential. A trained staff has been preparing the youngsters for this special event. Winners will go downstate.

Legion remembers veterans on Easter

Each veteran in a Chicago-land VA Hospital, as well as throughout the state, was given an Easter card with a cash remembrance for that holiday says Morton Grove American Legion Auxiliary Rehabilitation Co-Chairmen Mrs. Jo Lange and Mrs. Alice Campanella.

The pair personally conducted this holiday presentation at the Hines VA Hospital in Maywood, where Mrs. Lange is the Hospital Deputy. The cash gifts were made through the Department (state).

Skokie blood drive

The Skokie Community Blood Program, a division of the Health Department, will host a blood drive on Wednesday, May 8, at G.D. Searle, Searle prkwy., Skokie. The drive will be held from 3:30-7:30 p.m. Blood drive chairperson Donna Mohrlein and Chairman of the Skokie Blood Commission Ed Margolis remind all eligible donors that their blood donations are needed to meet the transfusion needs of hospitalized patients. Appointments to donate at the drive can be made by phoning Donna Mohrlein at 673-0500 Ext. 230, between 9 a.m. and 5 p.m.

Meeting on hypnosis

"Hypnosis As An Empowering Tool In The Grief Process", is the title of Wendy Janosik presentation at the monthly meeting of the Association to Advance Ethical Hypnosis. The lecture will focus on grief as life's unavoidable compassion.

The meeting is at 8:30 p.m., Tuesday, May 14, Leaning Tower Y.M.C.A., 6300 W. Touhy ave. Niles. Top of the Tower Room 9th floor, is the location for this informative presentation. A donation of \$2 is required. The public is invited. For information call 685-7700.

NTJC Jewish Music Festival

The Niles Township Jewish Congregation Cultural Arts Committee and Hazzan Shlomo Shuster bring to the Community, Jane Greene, soprano and Sheldon Rosenbaum, pianist, in concert featuring the works of Leonard Bernstein, George Ger-

shwin, Aaron Copland and Felix Mendelssohn, at the Congregation, 4500 Dempster st., Skokie. The concert will take place on Saturday, May 4, at 8 p.m. Advance tickets are \$6 (\$8 at the door). Call the Synagogue office at 675-4141 for reservations.

PUBLISHER'S COPY

CONSOLIDATED REPORT OF CONDITION of "The Morton Grove Bank" 20552 (Account No.) of Morton Grove, its Domestic and Foreign Subsidiaries and its Foreign Branches at the close of business on March 30, 1985. Published in Response to Call of the COMMISSIONER OF BANKS AND TRUST COMPANIES of the State of Illinois.

Table with columns for ASSETS, LIABILITIES, and EQUITY CAPITAL. Rows include Cash and due from banks, U.S. Treasury securities, Obligations of other U.S. Government agencies and corporations, etc.

Leonard Vihpanek, Vice President & Cashier, of the above-named bank, do hereby certify that this report of condition is true and correct, to the best of my knowledge and belief. Clarence Mann, Lawrence Gilford, Richard Gilford, Directors. Notary Public: Notary Public.

Health and Fitness Guide

Health and Fitness Guide advertisement featuring four articles: Parkside Outpatient Rehab Facility, "Birthday Gift" Program, Skokie blood drive, and Meeting on hypnosis. Includes a Bio-Dynamics logo and a photo of a woman.

Parkside Outpatient Rehab Facility
Parkside Human Services Corporation, a member of the Lutheran General Health Care System, has recently opened an Outpatient Rehabilitation Facility located at 5975 Church st. in Des Plaines. The facility provides opportunities for persons to receive rehabilitation including physical therapy, occupational therapy, speech therapy, and/or social services. Pictured are Richard Konecny, a patient at the facility receiving therapy from Ann Houck, physical therapist. Comprehensive rehabilitation could be utilized with patients suffering from a stroke, a spinal injury, arthritis, an amputated limb, a hip replacement, or a neuro-muscular disability. For more information about the rehabilitation facility call 696-7770.

"Birthday Gift" Program
It's not much fun being in the hospital and it is even less fun when you are in the hospital on your birthday. To help patients celebrate their birthdays, the House Staff recently initiated a "Patient Birthday Gift" Program whereby adult patients who are in the hospital on their birthday receive a special "Patient Birthday Gift" animal. Pediatric patients who are in the hospital on their birthday receive a stuffed animal. The program is administered and funded by the Service League of Lutheran General. Pictured above, Pat Winkler, General, and Marilyn Machon, Park Ridge, Service League volunteers, and Keith Berntson, M.D., president, House Staff, present Thomas Jones, Gurnee, a pansettia plant. Mr. Jones celebrated his 67th birthday in the hospital.

Skokie blood drive
Morton Grove resident Barry Katznelson is given a blood sugar test by Bio-Dynamics Sales Specialist Barbara Donoghue at the NORTHSHORE DIABETES CENTER OPEN HOUSE. The Center, which recently opened at 2451 W. Howard st., provides educational programs and the latest treatments for diabetics.

Meeting on hypnosis
Virginia Mae Olson, R.N., Ph.D., will receive the first annual Nurses Day Award from the SWEDISH COVENANT HOSPITAL DIVISION OF NURSING at 1:30 p.m., May 6.

National High Blood Pressure Month:
Forty-three and one half million Americans suffer from blood vessel diseases... Page 18

Smoke stopper:
Des Plaines clinic offers solution to breaking the smoking habit... Page 20



Health and Fitness Guide

Edgewater Hospital announces new treatment for kidney stones

The Edgewater Hospital, Chicago, announced today the implementation of a new treatment for the removal of urinary calculi, commonly known as kidney stones. Until now, open surgery or blind manipulation were the only treatments available. However, recent technological advances in this field of medicine have made it possible to remove kidney stones without surgery. Edgewater Hospital has acquired all the necessary instruments for immediate use by their qualified urologists. Patients may now have stones removed under direct vision, either by

manipulation or by ultrasound treatment without the need for open surgery. Persons treated by these new techniques will not endure the trauma and potential problems and after-effects associated with open surgery. In addition, ultrasound treatment will be less costly than open surgery by reducing the length of hospitalization. These instruments can also be used for the treatment of non-invasive ureteral tumors, again without the need for open surgery.

For referral to a qualified physician, please call Edgewater Hospital at 878-6000, ext. 652, Physician Referral Service.

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May is National High Blood Pressure Month

May is National High Blood Pressure Month. Before you say "So what?" read on. As simple, obvious and trite as it may sound, we all have a heart. Like most of us, you probably think that heart attack and stroke only happen to "the other guy." Think again. Forty-three and a half million Americans suffer from one or more forms of hypertension, a vascular disease. They remain the nation's number one killer - causing nearly 50% of all deaths annually. Heart attack and stroke alone account for over 700,000 deaths in the United States each year.

This picture has a brighter side. Death from both causes is on the decline, and a steep drop that started in 1970 appears to be continuing. According to Chicago Heart Association President, Dr. Sidney Levitsky, the challenge is now to control a major cause of the disease - uncontrolled high blood pressure.

"The goal is to keep death rates going down," he said. "One of the best ways we can do that is to continually remind people to get their blood pressure checked and follow their doctor's recommendations on diet, exercise, and medication. You know, the heart is a remarkable pump, but just

like a piston pump, the higher the pressure it has to work against, the greater the wear and tear on the entire pumping system."

"The natural question used to be 'if it doesn't hurt, why fix it?'" he said. "Now we need to shift the emphasis and stress how important it is for people with high blood pressure to continue following their doctor's orders, whether that means a calorie and salt restricted diet, daily medication or other treatment."

Altering diet to reduce salt and calories used to discourage cooks confronted with preparing a special diet for themselves or a family member. It usually meant cooking everything from "scratch" and making many substitutions. Now the food industry has developed a wide array of salt-free, low-salt and diet foods that are available in most grocery stores, and shopping guides and cookbooks specializing in low-salt meals are readily available.

There's encouraging news on the treatment front, too. During the past five years, research has shown many cases of mild high blood pressure can be treated through changes in lifestyle - weight reduction coupled with a regular exercise routine, less

sodium (salt) in the diet and less alcohol. If medication is required for more severe cases, these same "non-drug" treatments often make total control more effective.

Drug therapy to treat hypertension has become more sophisticated as new drugs and new methods of using existing drugs have evolved. Staying on a long-term program of continuing drugs can be difficult because of the expensive involved, occasional side effects from the drugs and lack of symptoms - the patient simply does not feel sick. The complexity of drug treatment for high blood pressure makes communication between doctor and patient about side effects, dosage and the importance of lifetime management a critical factor in control.

"If we can get across just one message this year," Levitsky concluded, "it should be this: If you're under treatment for high blood pressure, stick with it. People with hypertension can live as long and healthily as a normal person. High blood pressure can't be cured, but it can be controlled."

"MS Emphasis Weeks"

The first in a series of special events and activities sponsored by the Chicago-Northern Illinois Chapter, National Multiple Sclerosis Society, during "MS Emphasis Weeks" is a visit May 4-5 by Dr. Byron H. Waksman, MS Society director of research programs, who will speak at three Chapter area forums for persons with multiple sclerosis, their families and friends. The forums are designed to reach as many persons within the Chapter's 17-county-wide area as possible.

Dr. Waksman will address MS clients and friends during the forum segment from 10:30 a.m. to 12:30 p.m. Monday, May 6 in the Westin Hotel, 909 N. Michigan ave., Chicago. The Chapter's annual Volunteer Recognition Luncheon immediately follows the forum.

The first of the forums is on Saturday, May 4 at Marianjoy Rehabilitation Hospital, Wheaton. Registration begins at 9:30 a.m. followed by morning and afternoon sessions including programs especially designed for young people in the family.

On Sunday, May 5, Dr. Waksman will speak at the Annual Meeting of the Chapter's Northern Illinois Unit at 1:30 p.m. in St. Edward's Church community hall, 3000 11th st., Rockford.

There is a registration fee of \$10 for the Wheaton forum for the first two persons, with additional family members free of charge. Registration for the Chicago forum, including luncheon, is \$10, with \$5 additional charged clients

needing transportation. The Rockford forum is free of charge. The Chicago-Northern Illinois Chapter, NMSS, is situated at 600 S. Federal st., Chicago. Call 922-8000 or 1-800-2 HELP MS for additional forum information.

Children's Memorial benefit Telethon

Children's Memorial Hospital will participate in the Children's Miracle Network Telethon, on June 1 and 2.

Although this is the first year that Children's Memorial will be participating, it is the third year for the national effort, sponsored by the Osmond Foundation, the charitable arm of the performing Osmond family.

The purpose of the telethon is to raise funds within the area served by each of the more than 110 children's hospitals in the United States and Canada which are participating in the telethon. Funds will be used for patient care, research and education. All funds raised in the greater Chicago area will go directly to Children's Memorial.

In Chicago, the telethon will be held at the Medinah Temple, 600 N. Wabash ave., and will be broadcast live by WLS-TV, Channel 7. The telethon will begin in Chicago at 10:45 p.m. on Saturday, June 1, and conclude at 5 p.m. on Sunday, June 2.

Guide to Health and Fitness

Ron's race for life. . .

He's back jogging six to seven miles a day. In October, he competed in a 10K race. He's also back again being the "helpful hardware man" in the Ace Hardware store he operates. It's hard to believe this is the same man who, a little over a year ago, was diagnosed as having leukemia.

"It was more than a surprise; it was a shock," Ron recalls. "I have been healthy all my life. I've never even been in a hospital before."

Concerned about a persistent sore throat, bruises on his legs, plus a recurring tiredness he attributed to working too hard, Ron went to see his doctor. A few days later, a bone marrow test indicated leukemia. Ron went home, packed immediately, then checked into the McGaw Cancer Care Center at Saint Francis Hospital in Evanston that very night.

A second bone marrow test was conducted. It confirmed the original diagnosis. "The suspicion of leukemia, entering the hospital and the final confirmation all happened in one day," Ron remembers. "I couldn't believe it could happen to me. I had jogged three miles the Sunday before."

Chemotherapy treatments started the next afternoon and continued for 49 days. The treatments lowered his white blood cell count, however, leaving his natural body defenses depressed and susceptible to infection. Ron began to receive platelets from apheresis blood donations. During an apheresis donation, unlike a whole blood donation, only one blood component, such as platelets, is collected. Because the apheresis procedure is efficient in collecting platelets, one unit of apheresis platelets is the equivalent of ten to twelve units of platelets obtained after separation from whole blood. By receiving apheresed platelets,

Ron's chance of a bad reaction was also reduced because each apheresed platelet unit exposed him to only one donor's donation.

As chemotherapy and blood component therapy continued, the 3,000 residents of Manteno actively supported their native son. Some organized church prayer groups; others helped in an even more special way. Family members and friends - eleven in all - donated apheresed platelets for Ron at St. Francis Hospital's Pheresis Unit.

After the second round of chemotherapy was completed in April, Ron got the good news. He was in remission! But his need for platelets continued as his immune system remained suppressed and infections continued to develop. Then he began a maintenance chemotherapy cycle: home for a few days, then back to the hospital for a week or two.

With each cycle, the time spent in the hospital decreased, while the intervals between visits increased. Ron is now on a six-week cycle. He's admitted on a Sunday and is back home by Thursday for five more weeks. Since his four-week cycle ended, he hasn't received any additional blood components. During his treatment, he received eleven units of platelets, equaling the number of family and friends who donated for him.

On April 17, Ron celebrated his first anniversary since remission with his wife, Cathy, and their three children, Ross, 6; Marc, 3; and Scott, 1. "It's very possible I wouldn't be here today if blood wasn't available for me," Ron says. "I had been a blood donor myself. I have donated because I knew I was helping someone. But when you're the one receiving the blood, you think about donating in a different way. Not until then do you stop to think that the life you may be saving might indeed someday be your own. It was for me."

Nursing Legislation Seminar

at LGH

The issues involved in the I.N.A.'s proposal for changes to the act.

The registration fee for the seminar is \$60. For further information and to register, call the Office of Staff Development, 696-5080.

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Call 298-9660 for information about other donor stations near your home or office.

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The profession of nursing responds to the personal desire to keep people healthy; to create a healthful environment; to provide comfort, care, and assurance to those who are ill; and to return individuals to the best possible state of healthy functioning. If you have such a desire, if you seek to transmit your wisdom through your heart, perhaps you should consider Lutheran General and Deaconess Hospitals School of Nursing for your education.



Area nurses invited to free educational programs

Area nurses are invited to attend two educational programs which will be offered free by the Swedish Covenant Hospital Division of Nursing during Illinois Nurse's Week, May 6-10.

Jean Zetterlund, R.N., Ph.D. will speak on "The Recovery from Myocardial Infarction: Individual and Family Perspectives" at 1:30 p.m. Tuesday, May 7 in the Hospital's Anderson Pavilion Auditorium, 2751 W. Winona. Dr. Zetterlund is Chairperson of the Nursing Division of North Park College.

"Hospice: Therapeutics for a 'Good Death'" is the title of the second program, scheduled for Thursday, May 9 at 1:30 p.m. in Anderson Pavilion Auditorium. The speaker will be Judith McPherson, R.N., M.S., Associate Director of Nursing, General Care Units, Swedish Covenant Hospital. Continuing Education credit has been applied for from IANA for this program.

No advanced registration is

required for the programs; reduced rate parking is available in Hospital's parking garage.

For further information, interested persons may contact the Nursing Education office at Swedish Covenant Hospital, 878-8200, Ext. 5496.

Morton Grove blood drive

To help maintain an adequate blood supply at neighboring hospitals, Morton Grove residents are asked to donate at the next community blood drive on Thursday, May 2. The drive will be held in the Village Hall, 6101 Capulina, from 3:30 p.m. to 8 p.m. Blood drive chairperson Kathy Mohrdeck urges all regular donors to bring along a friend to donate. Walk-in donors are welcome, or appointments can be made by phoning the Village Health Department at 965-4100, between 9 a.m. and 4:30 p.m.

For more information, write or call:
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Health and Fitness Guide

Swedish Covenant Stroke Club

The first meeting of the Swedish Covenant Stroke Club is scheduled for 7 p.m. Thursday, May 9 at the Hospital, 5145 N. California ave., Chicago.

The program will include the film, "I Had a Stroke", and a discussion led by Jean Tack, a former stroke patient.

The Stroke Club is a free social, recreational, and educational support group for stroke patients and their families which will meet at the Hospital once a month.

For additional information, call Sheila Derman, 878-8200, Ext. 5305.

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Des Plaines clinic offers solution to breaking smoking habit

"It's a matter of educating the public to what's available," stated Richard Ansfield, Director of the Medical Habit Control Center.

The government is in a funny position. On one hand, they say they are very interested in helping people to stop smoking. They have various public service announcements.

"However, they subsidize a lot of tobacco farmers and growers and a large percentage of the cost of cigarettes is going to the government in the form of tax revenue. So, if they convert smokers to non-smokers, they will lose thousands of dollars of revenue," explains Ansfield.

"One area the government seems to get the least amount of opposition is what's called a 'sin tax', meaning alcohol and tobacco tax increases," he continues.

Smokers are vastly becoming a minority due to all the unnecessary health risks. Most ex-smokers say once they stop smoking, they feel so much better physically and about themselves, too. They wonder why they didn't do it years ago.

The Medical Habit Control Center can help smokers break this unhealthy and expensive habit in just one 2½ hour medical visit. They've helped an overwhelming majority of hard core smokers.

If a person has a lot of

willpower, they don't need us. They can just throw their cigarettes away, maintains Ansfield.

Many of our patients have tried other methods and failed. Numerous patients have been through hypnosis, but the problem with this method is there are so many variables. First it depends on who the hypnotist is. They are not regulated. Anyone can be a hypnotist...through the mail, via cassette tape, through many one day seminars in several different hotels. Some are much better than others. Also it depends on who is being hypnotized since many people are not good candidates for hypnosis. And the people who are and are successful with hypnosis find usually that it works only temporarily.

Nicotine is a drug and we treat the physical and well as the psychological aspects since smoking is both a physical and psychological addiction.

If a patient should happen to go back to smoking at anytime within one year after their initial treatment with us, they would receive our entire treatment again at no charge. Logically, we are very confident of our success ratio with our patients or we could not offer a guarantee of this magnitude.

Our former patients are our best advertising. Most people say, "If it works for me, it will work for anyone," and that's what usually happens. Invariably they refer their family, friends and co-workers to us for treatment.

Problem of anorexia in young women

Contemporary society's heavily-emphasized message that "you can't be too thin" is partly to blame for the prevalence of anorexia in young women in America, says Dr. John Levitt, of Forest Hospital in Des Plaines.

"Anorexia is a problem in other countries as well, but it's probably more predominant in the United States," he said. He called the concern with being thin "a particularly Americanized message," because of the strong emphasis in this country on health and fitness.

Dr. Levitt, a social worker who received his Ph.D. from the University of Chicago, specializes in treating eating disorders as well as psychosomatic diseases and marital and family therapy. In a recent interview with Dr. Louis Sorto, a sports podiatrist and consultant at Forest Hospital, Dr. Levitt said that adolescent girls are especially susceptible to developing anorexia.

It can begin, he said, "when they begin to feel they have to be more than adequate (but) they have not really developed enough to feel they can handle things as they come. They may be depressed, isolated, withdrawn and the eating disorder makes them feel a little better; they feel they've found something they can do that's worthwhile."

Dr. Levitt outlined for parents some of the signs that could signal anorexia. These include: "Highly-ritualized behavior, where breaking the pattern is anxiety provoking, including eating alone or secretive behavior; "Use of laxatives or diuretics or frequent nausea which may indicate purging; "Most anorexics will suffer some signs of malnutrition (especially if they are purging). Some of these signs are extreme sensitivity to cold, memory or concentration difficulties and a bloated feeling after eating; "Emotional changes - listless, apathetic, low energy level, or, at the other extreme, hyperactivity. Anorexics have a distorted self-

image. They continue to lose weight, becoming alarmingly thin and emaciated looking, they are unable to perceive how they really look, said Dr. Levitt.

It's a way of psychologically maintaining some constancy," he said. "It's very hard to pursue the goal of losing weight when you're already at a very low weight. So one of the processes is to see yourself as not thin."

In extreme cases, hospitalization may be a necessary step. "You can't be starving and work in counseling effectively," he said. "So we have to try and help the person gain weight first in a safe and controlled way and then try to deal with the psychological issues."

Dr. Levitt pointed out that achieving success in treatment can be difficult. "A fundamental part of getting better is acknowledging that something's wrong," he said. "And one of the great difficulties in working with anorexics is that they don't see that anything is really wrong - and our society supports that process."

"Stop Smoking Clinic"

A six-session "Stop Smoking Clinic," designed to help smokers kick the habit will begin on Monday, May 13, and continue on Wednesday, May 15; Monday, May 20; Wednesday, May 22; Wednesday, May 29; and Wednesday, June 5. The first two sessions will be held from 7:30 to 9:30 p.m. and the last four sessions will be held from 7:30 to 9 p.m.

The clinic is open to persons of all ages. Because class size is limited, persons are asked to pre-register. For registration and fee information, phone 696-5090. The clinic will be held throughout the year.

SEE YOUR DOCTOR

A new approach to diabetes

Diabetes education can change the lives of many of the nation's 12 million diabetics. It has for Max Bornstein.

Bornstein, 69, of Des Plaines, has been using insulin for 30 years. Since January, however, Max has learned to control his illness. This self-control has made it possible for him to be taken off insulin, trim his weight and lower blood sugar levels to lead a more normal life.

Bornstein enrolled in a diabetes education program offered by the Chicago Northside Diabetes Center at Howard St. and Western Ave. The Center teaches diabetics about new medical breakthroughs and technology they can incorporate into a daily self-management regime.

Dr. Charles H. Schikman, Director of the Center, says this education enables diabetics to avoid complications of the disease, the nation's number three killer, and lead healthier, longer lives. Some of the disorders that good blood sugar control can prevent include blindness, kidney failure and heart disease.

"There used to be no constant means to control diabetes," Schikman said. "Diabetics could only get a blood sugar reading at a doctor's office. But with new, chemically treated strips, which react to blood, diabetics can measure their blood sugar on their own, almost anywhere, anytime," said Schikman. "The test results tell diabetics how to gauge their diet, exercise and medication to keep glucose levels within a normal range. Also, new insulins are on the market. These techniques and discoveries allow diabetics a better life—if they know how to use them," Schikman said.

The staff of the Northside Diabetes Center teaches diabetics how to use these tools of diabetes management, and works out a program that patients can follow for a lifetime of good diabetes control. According to Schikman, a formal diabetes education program requires three to five days of intensive education and training, depending on whether the diabetic is insulin or non-insulin-dependent. Some of these programs, such as those offered at the Northside Diabetes Center, are developed by an entire staff consisting of nurse specialists, pharmacists, exercise therapists, social workers, registered dietitians and endocrinologists.

This formal education also provides incentives for patients to continue following a self-management program on a long-term basis, Schikman said.

"We document our patient's chart, blood sugar and food intake daily. Then this data is reviewed and discussed periodically with the patient and members of the Diabetes Center. Also, the camaraderie of those in the program works as a group support system toward achieving their goal of controlling the disease. All these factors help motivate diabetics to stick to their plan."

And, it is vital, said Schikman, that diabetics control their disease throughout their life.

"The patient must realize a contract is involved. The price of the diabetic contract—adjusting one's lifestyle to fit a self-management program, is a small price to pay for a longer life."

\$400 Medicare deductible!

If you are 65 or older, continue to SAVE on inpatient stays at Bethesda Hospital.

Because of your many requests to continue the Senior Citizens Courtesy Program, we have decided to extend our offer. From now until May 15, we will absorb the Medicare deductible on your stay.



SENIOR CITIZENS Courtesy Program

Even with Medicare coverage, a hospital stay can be a financial burden on senior citizens. That's why at Bethesda Hospital we've extended the Senior Citizens Courtesy Program to help. Until May 15, 1985, we will absorb all out-of-pocket deductible costs for inpatient hospital charges for Medicare patients. Although this program is designed to be of particular advantage to those patients without supplemental health insurance, this special Senior Citizens Courtesy Program is available to everyone with Medicare coverage. If you do have supplemental insurance coverage, we will bill your insurance carrier directly for the deductible amount and eliminate your paperwork problems.

We realize that you have many alternatives for hospital care so we're continuing this special program to help introduce more area residents to Bethesda Hospital, its 200 physicians, and its high quality of medical care. Should you have need for hospitalization, please discuss this program with your physician. We are sure he or she will want to help you save money, especially since they know you'll receive only the best of care at Bethesda.

Just complete the Senior Citizens Courtesy Program Card and show it to

HOW TO SAVE MONEY

If your total hospital bill is	\$2500
Medicare will cover	2100
You would still owe (out of your pocket)	400
But now, the Senior Citizens Courtesy Program eliminates your out-of-pocket expense	-400
So you owe	-0-

© 1985 Universal Health Services

CLIP AND SAVE - DO NOT MAIL

SENIOR CITIZENS Courtesy Program

Name and address of Beneficiary: _____

(Please Print)

is entitled to the rights and privileges of Bethesda Hospital's Senior Citizens Courtesy Program including no out-of-pocket Medicare deductible expense for an inpatient stay. Good through 5/15/85.

(Signature) _____

Health and Fitness Guide

THE BREAST CENTER

A BREAST SCREENING PROGRAM MAMMOGRAPHY AND PHYSICAL EXAMINATION BY QUALIFIED SPECIALISTS

AMERICAN CANCER SOCIETY GUIDELINES

20 YEARS AND OLDER:
Breast self-examination monthly

20-40 YEARS OF AGE:
A physician breast examination every three years and an initial mammogram between the ages of 35-40

40-50 YEARS OF AGE:
Periodic mammography every year or two as determined by your own personal history and your doctor's recommendation. Also, an annual physician breast examination.

OVER 50 YEARS OF AGE:
Annual mammography and an annual physician examination

THE BREAST CENTER
539-5660
6374 North Lincoln (at Devon)
Chicago

Holy Family Hospital's "Lifeworkers" honored

May 12-18 is National Hospital Week. "Lifework," the theme for National Hospital Week 1985, describes the role of the hospital and its employees in this community, and it gives Holy Family Hospital in Des Plaines a chance to honor its "Lifeworkers."

Several area residents from Des Plaines and Mt. Prospect will receive recognition for their many years of service to Holy Family Hospital. The Annual Employee Recognition Dinner to be held on May 9, will honor those employees with 5, 10, 15 and 20 years of service with the hospital. Celebrating 20 years of service with the hospital are Anna Milsterfer of Des Plaines, and Clarel Sawvell, Edna Kane, and Mary Carney of Mt. Prospect.

Employees with 15 years of service are Charlotte Cole, Alan Cooper, Ruth Couch, Julianna Johnson, Geraldine Ketchum, Sister Miranda, Sathaporn Ploysook, Maria Ramos, Mildred Schick, and Sharon Snyder of Des Plaines; Carolyn Geist of Elk Grove Village and Sophie Fabiszewicz, Doreen Merker, Maria Orms, and Catherine Toniolo of Mt. Prospect.

Being honored for 10 years of service are Mary Bremer, Jacqueline D'Antonio, Sister Eleanore, Rose Garling, Dorothy Gravesmill, Thomas Grossmann, Virginia Jakubczak, Darlene Kryza, Eleanore Malten, Mary McCartney, Kathleen O'Connor, Eida Padolina, Sister Redempta, Barbara Sawalski, Virginia Schachte, Elizabeth Shelven, Donna Tornek, and Barbara Williams of Des Plaines; Barbara Balas, Patricia Casey, Geraldine McGuire, Kathleen Oakes, Marion Peterson, Anne Simmons and Mary Watkins of Mt. Prospect.

Des Plaines residents who will be recognized for 5 years of service are Antonio Alvarez, Loreto Arroyo, Sister Bernice Ann, Patricia Best, Jeremias Bunag, Margaret Cajka, Eva Campillo, Gustavo Cisneros, Martha Contreras, Ramon Contreras, Mary Dickow, Linda Dombrowski, Nellie Eveson, Jeffrey Fulham, Nazario Garcia, Clementina Gonzalez, Eileen Heslay, Karen Hund, Ellen Jasica, Patricia Jasica, Catherine Johnson, Nicholas Kowal, Sister Mary Alda, Jacqueline Miller, Xochitl Monzon, Alfonso Munguia, Josephine Nagy, Yong Nam, Darlene Osenkarski, Eugenie Pruc, Maria D. Ramirez, Marie G. Ramirez, Esther Reyes, Ana Rodriguez, Luci Rodriguez, Gerardo Saucedo, Holanda Singh, Dale Skach, Paul Solaz, Diliana Solomon, Ingrid Van Roeyen, and Virginia Whittaker.

Residents of Mt. Prospect with 5 years of service are Hilda Bouc, Hyun Choi, Margaret Drebhoh, Patricia Franken, Annette Gargano, Maria R. Gonzalez, Janet Gust, Pauline Kaufman, Eileen Kelly, Ken Kraemer, Sally Lim, Sonali Mukherjee, Carol Petersen, Mary Ann Rovetto, Ethel Schmall, Linda Sliva, Kathleen Smith, Barbara Thomas, Mary Viol, and Joyce Wallen. Also to be honored for 5 years of service are James Owen and Emil Poprawski of Elk Grove Village.

New Breast Center offers comprehensive screening program

According to the American Cancer Society, one out of eleven women will develop breast cancer.

To help the millions of women who will fight this devastating disease each year, The Strauss Group and Lakeview Radiology have created The Breast Center screening clinic. This center, located at 6374 North Lincoln Ave. at Devon in Chicago, will provide early detection of breast cancer by combining two proven methods: the mammography x-ray procedure and a physical examination by an experienced board-certified doctor.

For the affordable price of \$90 - which covers the mammography x-ray reading of the results from a knowledgeable radiologist, and a thorough breast examination - a visit to The Breast Center should provide early detection of this deadly illness and permit a much higher cure rate.

The Breast Center was designed as a screening study with a two-step approach. Phase I entails a low dose film screen method which captures a picture of the breast to reveal tumors or calcium deposits, a known indicator that cancer may be present in the breast. Following completion of the mammography x-ray, Phase II involves the physical examination with a member of The Strauss Group of certified physicians. To assure that the patient is able to complete both examinations within a minimum amount of time, a private entrance into the doctor's examination room will permit the patient to remain in her medical gown between the x-ray and physical exam phases of The Breast Center screening study.

Mammography was responsible for detecting nearly 90 percent of 3,557 cancer cases un-

"Salmonella" tel-med tape

In response to the current Salmonella outbreak, Lutheran General Hospital, Park Ridge, has developed a pre-recorded tape on Salmonella, a bacterial infection affecting the gastrointestinal tract.

The six-minute tape describes Salmonella and provides information on the signs and symptoms of the disease. It also discusses what to do if someone has or suspects they have Salmonella and the Illinois State requirements for when a child who has Salmonella can return to school.

"I would like to stress that this tape only provides recorded information. If you need individualized information, or if there is an emergency, call your doctor or the emergency room of a hospital," says Wesley White, M.D., Internal Medicine, Lutheran General Hospital.

The tape is available upon request from 10 a.m. to 9 p.m. Monday through Friday by calling 696-5525. Ask for tape number 1985.

PMS (Pre-menstrual Syndrome): Are You Able to Cope?

A Free Seminar Sunday, May 19 2:00 - 4:00 p.m.



Holy Family Ambulatory Care Center

201 E. Strong Ave.
Wheeling, IL

Speaker:
Dr. Harbans Deol, OB/GYNE

To Register Call: 520-0100

Guide to Health and Fitness

May is Better Sleep Month

The sandman can't get around to everyone. In fact, experts say that more than 50 million Americans are left tossing and turning each night. In an effort to urge people nationwide to re-evaluate their bedtime habits, the Better Sleep Council has proclaimed the month of May as Better Sleep Month.

Part of the nationwide sleep campaign will focus on the major role the bed plays in getting quality sleep. Most Americans spend nearly a third of their lives in bed, but in many years as a medical writer I've found that few people think about their beds - fewer know what to look for when buying a new bed," explains Dianne Hales, author of The Complete Book of Sleep.

One of the most widespread misconceptions about bedding concerns how long to keep a mattress and foundation. A nationwide telephone survey conducted by Washington, D.C.'s Market Research Bureau in 1983 found that many Americans keep their beds too long.

According to Russ Abolt, director of the Better Sleep Council, "How long a mattress and foundation last depends on several factors including quality and use, but a good rule of thumb is to replace your bedding every 8-10 years."

Throughout Better Sleep Month, the Better Sleep Council will provide newspapers, magazines,

Tel-Med Tape on AIDS

Taking an active role during April, which has been designated AIDS Awareness Month, the Chicago Medical Society has updated for the second time its Tel-Med tape on Acquired Immune Deficiency Syndrome (AIDS). The tape is No. 571.

This second revision comes as a result of the medical society's deep concern about the availability of appropriate public information on AIDS and its participation on the Chicago Area AIDS Task Force.

The revised tape includes information regarding the test for the HTLVIII antibodies, which is being used by blood banks to screen blood donors.

The AIDS tape has been among the most popular in the medical society's library.

Tel-Med is a free public service that the medical society has sponsored since 1975. It gives background information on a variety of illnesses and injuries in easily understood terms. It is not intended to be a replacement of a physician's examination and diagnosis. However, it allows callers to anonymously listen to a frank discussion of a particular disease, in this case AIDS.

The Tel-Med telephone number is 670-3670. The hours are 8:30 a.m. to 7 p.m. weekdays. The AIDS tape number is 571.



Lung cancer support group

"Spirit and Breath" lung cancer support and rehabilitation network meets the first Monday of every month from 1 p.m. to 3 p.m. at Lutheran General Hospital, 1775 W. Dempster ave., Park Ridge, 5th floor, south building, conference room.

Starting with our June 11 meeting we will meet on the 2nd Tuesday of every month. For more information call Morton J. Liebling at the "Spirit and Breath" office (673-1384).

Free Diabetic Education Programs

St. Francis Hospital of Evanston is offering a series of free Diabetic Education Programs. The programs consist of three classes which include instruction and discussion of the symptoms of diabetes, controls, medication and proper diet. The classes are held semimonthly in the Hospital's Ridge Conference Room #2.

Diabetic Education Programs will be held May 7-9, from 7:30 p.m. - 8:30 p.m. and May 21-23, from 2:30 p.m. - 4 p.m. For more information, call the Nursing Practice Office, 492-6360.

St. Francis Hospital is affiliated with the Loyola University Stritch School of Medicine and is one of nine Midwestern health centers owned and operated by the Sisters of St. Francis Health Services, Inc.

MEET THE NEW DOCTORS IN PARK RIDGE



Dr. Robert Peck

Hi, we're
Dr. Robert Peck and James Walsh



Dr. James Walsh

Did you know that becoming certified as a chiropractor requires a minimum of seven years of highly specialized college training? Today's Doctor of Chiropractic must complete 4,485 hours of classroom instruction and a rigid chiropractic board examination before earning a license. In most states, continuing educational seminars must be completed for annual license renewal.

In addition, we have completed numerous courses in community health care. Dr. Walsh has 12 years of college education. He was originally trained in pharmacology and nutrition. He received degrees in pharmacy and human biology, and has taken advanced training in chiropractic techniques, concentrating on the diagnosis and management of workers compensation and personal injury cases. Dr. Peck has 9 years of college education. He graduated from Loyola University and has received special training in medical emergency techniques. He has additional training in the Cox methods of sacral-occipital techniques, nutrition and applied kinesiology. Dr. Peck has a special interest in physical therapy, rehabilitation and sports injuries. We both attend monthly seminars studying latest chiropractic techniques to increase our expertise and service methods. This is the kind of training and professionalism that we offer you. Perhaps you didn't know that chiropractors go to such great lengths to continue their education and thereby provide you with the latest techniques and the most qualified service. So you see, what you don't know, can't help you. **Call us today and let us help you!**

Did you know that the symptoms most commonly treated by chiropractors are:

- | | | | |
|-----------|----------------|----------------|---------------|
| Headaches | Neck Pain | Shoulder Pain | Dizziness |
| Back Pain | Painful Joints | Hip Pain | Numbness |
| Arm Pain | Foot Problems | Pain Down Legs | Muscle Spasms |

We want to prove that Chiropractic can heal naturally, you do not have to live with pain.

50% OFF FIRST INITIAL EXAMINATION

This examination normally costs \$50.00 or more. It will include a neurological test, a blood pressure test, a spinal alignment check, a muscle strength test, an orthopedic test and an examination for any restricted or excessive motion in the spine. LIMITED TIME ONLY, OFFER VALID UNTIL JUNE 1st.



PARKWAY CHIROPRACTIC CENTER

835 B Touhy Avenue
Park Ridge, IL 60068
SENIOR CITIZENS DISCOUNT
Most Insurance Accepted (just East of Cumberland Ave.) 696-0040

Free Parking in rear. Hours by appointment. Call now 696-0040





Health and Fitness Guide

Sleeping Is Serious Business.

Do you have trouble falling asleep?
Do you find it difficult to stay asleep?
Are you feeling sleepy all day?

If so, you may be experiencing the symptoms of a sleep-related disorder. These disorders, when properly diagnosed, can be successfully treated.

We Can Help!

For a free pamphlet describing sleep-related disorders and their effects on your health, and a questionnaire to determine if you may have any symptoms of a sleep disorder, give us a call.

Henrotin Sleep Disorders Center
440-7777



Another service of
Henrotin Hospital
111 W. Oak Street
Chicago, Illinois 60610

Sheridan Road Hospital's Arthritis Center

Help for your Arthritis Pain

Sheridan Road Hospital announces a program to help arthritis sufferers. Now help can be as close as your telephone. One call to the Arthritis Center puts some of the nation's leading arthritis experts at your service—members of the medical staff of Rush-Presbyterian-St. Luke's Medical Center.

Our team is made up of skilled rheumatologists, orthopedic surgeons, podiatrists, occupational and physical therapists, social workers and pain treatment specialists, providing all the resources you need to help free you from the crippling effects of arthritis.



At Sheridan Road Hospital, you get the personalized attention only a neighborhood hospital can provide. Yet behind every caring gesture of our staff lies the expertise of a nationally recognized medical center. Comprehensive services for both inpatients and outpatients are now available to you through the Sheridan Road Hospital Arthritis Center. Let us help you live the more active life you should by managing the pain and physical inactivity of arthritis. Call the Arthritis Center today at 508-0130.



Sheridan Road Hospital
Rush-Presbyterian-St. Luke's
Medical Center
6130 N. Sheridan Road
Chicago, IL 60660

Sheridan Road Hospital opens Arthritis Center

Sheridan Road Hospital of Rush-Presbyterian-St. Luke's Medical Center, 6130 N. Sheridan rd., Chicago, has developed a new Arthritis Center, designed to help arthritics improve function and manage pain.

Each Arthritis Center patient receives a comprehensive evaluation and physical examination by a board certified rheumatologist to determine the cause of pain. Other professionals - internists, orthopedic surgeons, podiatrists, an arthritis nurse practitioner and physical and occupational therapists - are consulted as needed to reach a diagnosis or participate in the treatment program.

Treatment is specially tailored to the individual and may include heat, rest, exercise, nutrition counseling, medication or surgery. Education is an important part of treatment. Patients are taught how arthritis affects the joints, how to deal with pain and ways to adapt to physical limitations.

The Arthritis Center provides full diagnostic and treatment services at a single location for the convenience of arthritis patients whose mobility is often restricted. Services are provided in the Sheridan Road Hospital outpatient, physical therapy and occupational therapy departments. Inpatients are admitted to the



Mary Ann Haag, R.N., arthritis nurse practitioner at Sheridan Road Hospital (c), leads a recent meeting of the hospital's Arthritis Support Group. Attending are Marion Tokopf (l), and Billie Jean Bowman (r).

medical/surgical floors. Parking and public transportation are immediately adjacent to the center's barrier-free entrance, designed to allow full accessibility to wheel chair patients.

As an off-shoot of the Center, an Arthritis Support Group has been formed to help arthritics and their families cope with the changes in life-style arthritis can bring. The focus is on emotional support. "Many arthritics become isolated because of limited mobility," says Mary

Ann Haag, R.N., the arthritis nurse practitioner who leads the group. "This makes them frustrated and depressed. By seeing others in a similar situation and sharing mutual concerns, feelings of hopelessness can be greatly relieved." The group meets every other Tuesday from 4-6 p.m. at Sheridan Road Hospital and is free of charge.

Persons who are interested in more information on the Arthritis Center or the Arthritis Support Group may call 508-0130.

Do you have trouble falling asleep?

Do you have trouble falling asleep? Staying asleep? Are you frequently sleepy during the day? If so, you may be experiencing the symptoms of a sleep disorder.

Sleep disorders are classified as those conditions which effect our sleep/wake cycles and they are frequently the underlying cause of other medical problems. Some of the more common sleep disorders are insomnia, narcolepsy, sleep apnea and snoring: some of these disorders represent serious health risks. Left untreated, they can lead to conditions such as hypertension, heart failure, respiratory difficulties, headaches, and depression to name a few.

Because sleep disorders manifest themselves only when one is asleep, it can be difficult for the family doctor to diagnose these problems when the patient is awake in his office. And successful diagnosis and treatment can be achieved only after the real medical condition has been diagnosed. This normally requires the help of a physician who specializes in sleep disorder medicine and who is qualified to interpret results of the sophisticated diagnostic testing (polysomnography) which is conducted in a "sleep lab."

A "sleep lab" is normally situated in a hospital setting and is made up of a private recording room and an adjacent control room. The patient sleeps overnight in the recording



Guide to Health and Fitness

Swedish Covenant Benefit Chairmen



Mr. and Mrs. Allan Anderson and Dr. and Mrs. Arthur R. Peterson (l-r) have been named Co-chairmen of the 1985 Swedish Covenant Hospital Annual Benefit Dinner.

Mr. Anderson is Associate Administrator of Swedish Covenant Hospital and Dr. Peterson is President of the Medical Staff.

The Dinner will be held on Saturday, Nov. 2 at the Chicago Marriott Hotel.

Nutrition for dancers

How nutritional habits affect the training and performance of dancers will be the topic of discussion led by Ronald J. Kirschner, M.D., and Shirley Huber, R.D., at the Inter-National Dance Festival on Saturday, May 4. The "Nutrition for Dancers" presentation will be given at 11:15 a.m. and 12:15 p.m. at Glenbrook North High School, 2300 Sherman rd., Room E-608, Northbrook, and will include the dance survey "Keeping in Step

with Nutrition" results. Kirschner, medical director, and Huber, a registered dietitian, specialize in sports nutrition at The Center for Nutritional Counseling in Glenview. Other topics to be addressed will be how changes in eating patterns can help improve stamina, prevent injuries, promote the loss of body fat, and regulate the sensation of hunger.

Open House at Weiss Medical Center

Free health services, including children's fingerprint and photo identification cards, blood pressure tests and posture evaluation, will be provided to the community on Sunday, May 19 from 1 p.m. to 4 p.m. at Weiss Medical Center, at Lincoln and Devon aves. Refreshments, free parking and free health information will also be available.

The Open House is sponsored by the physicians on staff of the Weiss Medical Center, a modern, professional complex which opened last fall to serve Chicago and North suburban communities.

For more information about the Open House, call 878-8700, ext. 1036.

"Traveling with Diabetes"

"Traveling with Diabetes" is the topic of an out-patient diabetes education class that will be held at 7 p.m. Thursday, May 16, in the multi-purpose room at Parkside Center, 1875 Dempster st., Park Ridge. The class is sponsored by the Outpatient Diabetes Education Program of Lutheran General Hospital and Parkside Human Services Corporation.

The class will include a discussion which focuses on helpful hints for the diabetic traveler. Topics include what medications to bring, amount of medications, tips for dining in restaurants, and other useful information. The class will be taught by Don Uhlmeier, diabetes nurse clinician.

For registration and fee information, phone the Outpatient Diabetes Education Program at 696-6138. Parkside Human Services Corporation is a member of the Lutheran General Health Care System.

CPR course at Swedish Covenant

Swedish Covenant Hospital, 5145 N. California ave., will offer an all-day pulmonary resuscitation training session at the Hospital on Saturday, May 4.

The charge for the course, which will last from 9:30 a.m. until 4 p.m. with an hour break for lunch, is \$10. Enrollment is limited to 20 people; to register, call 989-3812.

SWEDISH COVENANT HOSPITAL

Family Practice Center.

Total Health Care for the Entire Family

- Pediatric Care
- Obstetric Service
- General Medicine
- General Surgery
- Psychiatric and Psychological Service and Family Counseling
- Breast Clinic
- Urologic and Prostate Cancer Clinic
- Language, Speech and Hearing Screenings
- Pre-Marital Blood Testing
- Screenings for Colon Cancer and Diseases of the Digestive System
- Eye Screenings
- Diabetic Testing
- Comprehensive Dental Services



Family Practice Center
Swedish Covenant Hospital
2751 West Winona
Chicago

989-3806



Come one, come all!

Family Health Day at Weiss Medical Center

SUNDAY, MAY 19,
1-4 pm

- Free children's Fingerprint-photo ID!
- Free Blood Pressure Tests!
- Free Breathing Tests!
- Free Posture Evaluation!
- Free Health Information!

★ REFRESHMENTS! ★

Bring your neighbors, family and friends!

Free parking
Free shuttle from Devon-Kedzie bus terminal

Weiss Medical Center at
Devon and Lincoln

Guide to Health and Fitness

Seniors entertained



Frank Pinelli (far r), a life member of the AT&T Pioneers of America Chapter #75 entertainment group from Skokie, sings a love song to residents at Holy Family Health Center in Des Plaines. The group recently entertained Health Center residents with various dances and songs.

Family practice is alive and well at Swedish Covenant

The family doctor, contrary to common belief, did not vanish along with the Norman Rockwell magazine covers which portrayed him so affectionately. He and she are, in fact, flourishing at Swedish Covenant Hospital's Family Practice Center, 2751 W. Winona ave.

These family practice physicians specialize in family medicine. They have had extensive training and education in a wide range of medicine and are prepared to care for the medical needs of each member of the family - the infant, the child, the teen, the parent and grandparent. They keep medical records by family, rather than under the individuals' names, thus giving the physician insight into genetic patterns and family dynamics.

The Swedish Covenant Hospital Family Practice Center is for

families - and individuals - in the community who want to be under the continuing care of the same family physician, within the context of a full service facility. Although the family physician can care for more than 90% of the patient's physical needs, a team of other specialists from the hospital's medical staff stand by to assist. The family physician, however, continues to be actively involved in all aspects of the patient's care.

Among the medical services available at the Center are pediatric care; obstetric services; general medicine; general surgery; psychiatric and psychological service and family counseling; breast clinic; urologic and prostate cancer clinic; screenings for colon cancer and diseases of the digestive system; language, speech and hearing screenings; pre-marital blood testing; eye screening; and diabetic testing. Available too

are social services, which can be essential to the family in many instances.

A special feature of the Center is the \$1,200 obstetric package plan for uninsured parents. The package pays for all expenses of a normal delivery, including doctor's fee, hospital costs and prenatal care. Office visits at the Family Practice Center are \$16 each (except for the first visit which is \$20) and appointments are scheduled within a day or two of the request, except in the case of emergency. Center hours are 10 a.m. to 4:30 p.m. Monday through Friday and 10 a.m. to noon on Saturday. The Center staff is multi-lingual and interpreters can be provided for a variety of additional languages.

For additional information about Swedish Covenant Hospital's Family Practice Center, call 989-3806.

Diabetic Instruction Class

Learn how to manage your diabetes at Diabetic Instruction Classes to be held May 13, 14, and 15 from 6:30-9 p.m. at Holy Family Hospital, 100 N. River rd. in Des Plaines.

The series of classes will provide the diabetic and his family with information on diet, urine testing, medication and tips for travel. A registered nurse, dietitian and a pharmacist will provide the instruction. The fee for the class is \$10, \$5

for senior citizens age 65 or older. Family members may attend free of charge. Registration is limited and will close May 6. To register, call Holy Family's Educational Services Department at 297-1800, ext. 1042.



STOP!

TAKE 30 SECONDS AND READ THIS. IT COULD CHANGE YOUR LIFE FOR THE BETTER.

Are you:

- overweight?
- always tired?
- in poor health?
- unemployed or need extra cash?

Do you want:

- to lose weight?
- to have more energy?
- to be healthier?
- to earn money (parttime or fulltime)?

You can also maintain or gain weight.

IT'S TRUE! YOU CAN HAVE ALL OF IT OR PART OF IT. ALL YOU HAVE TO DO TO START LOSING WEIGHT, BEING HEALTHIER, LOOKING AND FEELING BETTER IS TO CALL NOW

671 - 2664

...ALSO, IT'S POSSIBLE TO EARN FROM \$5,000 TO 400,000 A YEAR

100% GUARANTEED

LOSE THAT WEIGHT NOW! BEFORE THE SUMMER!

FREE BLOOD PRESSURE SCREENING
MAY 7th from 1:00 - 4:00 P.M.
And
May 11th from 11:00 A.M. - 2:00 P.M.

Featuring ...

ASTROPULSE 90-AC
Electronic digital blood pressure kit with pulse and automatic printed tape results

- Liquid crystal display.
- Printer indicates readings, date and time
- Memory records averages and prints readings
- Automatic cuff inflation and deflation
- Wide angle K-sound detection of pressure.
- Automatic clock and alarm

Advanced automatic portable kit, comes complete with an AC adaptor for home and office use.

SALE \$159⁰⁰
REG. \$240⁰⁰

ASTROPULSE 77
Automatic LCD Digital Blood Pressure Kit

- Lightweight and compact for home or professional use.
- Automatic LCD digital readout. No stethoscope needed.
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Guide to Health and Fitness

LGH Outpatient cataract surgery

The Ambulatory Surgery Center at Lutheran General Hospital, Park Ridge, now is offering cataract surgery and lens implantation on an outpatient basis. "Ambulatory surgery is the wave of the future," comments Marshall Hirschman, M.D., director, Section of Ophthalmology. "It is less costly, more convenient, and more comfortable for the patient. Therefore, we are pleased to be able to offer the latest in techniques and technology for those patients who qualify and who want cataract surgery on an outpatient basis."

Previously, all patients who needed cataract surgery were admitted to the hospital for a one- to two-day hospital stay. "Now, if a patient qualifies, based on a surgeon's judgment of the patient's condition and the potential for complications, the surgery can be done through the hospital's Ambulatory Surgery Center," adds Dr. Hirschman. "Patients can expect a cost

reduction of approximately 50 percent and they can recover from the surgery in the comfort of their own home." Cataracts are caused when the lens of the eye becomes cloudy or opaque and vision is blurred. They are common in people older than 60. The accepted treatment in most cases is surgery. Surgeons remove the lens in 75 to 90 percent of the cases. Statistics show that out of 500,000 patients who have cataracts removed each year, some 90 percent achieve a substantial improvement in vision.

"Removal of the cataract entails the necessity of glasses or contact lenses. However, the preferred method of treatment is to implant a permanent lens which in most cases restores vision to near normal. This lens implantation also can be done sometime after the cataract surgery has been performed," says Dr. Hirschman. The Ambulatory Surgery Center is accredited for Medicare payment. For more information about outpatient cataract surgery, contact the Ambulatory Surgery Center at 696-6400.

Volunteers sought for urinary tract infection study

Kenneth Miller, M.D. and Harold Bregman, M.D., members of Health Care Associates, an 84-member multi-specialty physician group, are seeking volunteers with acute urinary tract infections to participate in a drug study on a new antibiotic. This new drug, has been evaluated both abroad and in the United States. The drug appears to be safe, and essentially free of any side effects. Participants need to be experiencing symptoms of acute urinary tract infection. Persons with chronic conditions as well as

persons symptomatic for the first time are eligible. The only criteria is that every participant must have the condition at the time of contact. The study is limited to persons 18 years of age and older. Women who are pregnant are not appropriate for the study. All expenses including physician visits and medication are covered by the program. For more information about the urinary tract infection drug study, call Barb Atkin, R.N., nurse coordinator of the program, at 696-7680.

Lieberman Centre receives Governor's award

The Outpatient Clinic at Lieberman Geriatric Health Center, 9700 Gross Point rd., Skokie, was recently awarded an Honorable Mention at Governor Thompson's Conference on Long Term Care. The professional, community-like clinic, run by Ellie Kramer, R.N., was cited for its innovative and quality medical services to 240 elderly residents and over 200 employees. Regular medical assessments with early identification and treatment are provided that help maintain elderly residents at their optimum level of well-being. Residents, regardless of advanced age, have experienced remarkable improvements in vision, mobility, speech, hearing, nutrition, and continence. Medical consultants, providing a wide range of special services, are scheduled when needed. The employee health program includes initial physical exams, annual tuberculosis screenings, first aid and teaching. Lieberman Geriatric Health Center is a program of Council for Jewish Elderly.

Variety Club drive for La Rabida

Help provide a future of hope to children with chronic diseases by volunteering for the 1985 Variety Club Theater Drive. Beginning May 24, movie theaters in the greater Chicago area will sponsor collections to benefit the young people who receive treatment at La Rabida Children's Hospital and Research Center. Volunteers can help raise funds by donating an afternoon or evening at a neighborhood theater during the drive. The volunteer hotline number is 363-6700, ext. 341. To help at a theater near you, call 363-6700, ext. 341.

When you need a doctor, we put our reputation on the line.

Lutheran General Hospital built its reputation on its outstanding doctors. It's no wonder: as one of the largest hospitals in the Chicago area, Lutheran General has access to the very finest professionals in the medical field.

It often is difficult to find that special doctor for you and your family. Checking qualifications is time-consuming and it's hard to know where to begin.

That's why Lutheran General Hospital established the Doctor Referral Center, a free service that provides a convenient and reliable guide to the finest doctors in your area.

All you have to do is pick up the phone and call.

When you call the Doctor Referral Center, we'll give you the names of three doctors with offices conveniently located near your home or place of work.

And that's not all. We'll also give you important background information on each doctor we recommend - including length of affiliation, details of specialty and subspecialties, and other pertinent information.

In fact, we'll do our best to help you find answers to all your questions, so you can make an informed decision about the doctor who will be responsible for your health-care needs.

Over 500 doctors with one special advantage... Lutheran General Hospital.

Your doctor enjoys the superb medical back-up of a hospital renowned for its sophisticated

technology, innovative medical facilities, outstanding social services, and dedicated support staff.

Because Lutheran General Hospital stands behind your doctor, it stands behind you as well.

A reputation you can count on and call on.

Every day, people throughout the Chicago area call the Doctor Referral Center for valuable referrals that lead them to satisfying, long-lasting relationships with excellent doctors.

You can call the Doctor Referral Center at 696-6010 between 8 a.m. and 5 p.m. Monday through Friday.

Doctor Referral Center: 696-6010

Lutheran General Hospital

Health and Fitness Guide

New Osteoporosis diagnostic facility now in Skokie

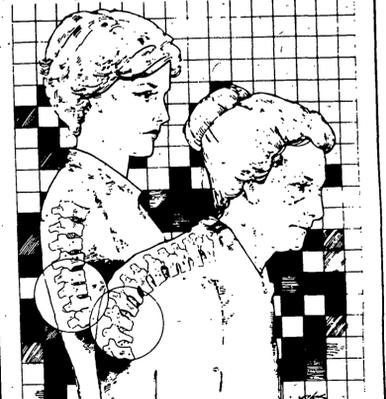
In 1984 the National Institute of Health published a consensus on Osteoporosis advising that this silent bone disease that affects 25% of adult women is now preventable if detected prior to menopause and proper therapy is followed.

Osteoporosis is the disease of the bones which results from a complex combination of hereditary, nutritional and aging factors which reduce the bone mass to a point where the bones can no longer support the weight of the body in normal activities. Typically the first symptoms are a shrinking height and crush fractures of the vertebrae.

When these symptoms occur and can be seen by normal X-rays, Osteoporosis is so advanced that little can be done to help the patient. The best cure for Osteoporosis is early detection and preventive therapy.

The most sensitive technique for detecting Osteoporosis early is called Photon Densitometry and is now available in the Skokie area, for persons who are at risk for the disease. Women at risk in-

Osteoporosis can be prevented.



National Osteoporosis Week MAY 1-7, 1985

Osteoporosis is more common in older women than heart attacks, strokes, diabetes, rheumatoid arthritis or breast cancer. More than 250,000 osteoporotic women over 45 fracture hips each year. Of these over 40,000 die of complications. The key to prevention is early detection and proper therapy.

Call now for information:
(312) 673-8171



8401 Crawford Ave., Suite 201, Skokie, IL 60076

Skokie resident Lesser aids seniors



Jules Lesser

Jules Lesser, 8230 Elmwood, Skokie, has been championing the causes of senior citizens for nearly a decade. His work on behalf of the elderly has earned him county-wide respect among his peers, including recognition last year by the Illinois House of Representatives for his efforts as a leader and spokesman for the needs of senior citizens in the northwest suburbs and on Chicago's far northwest side.

At present, the septuagenarian serves as a vice president of the Bank of Commerce & Industry, Chicago, and coordinator of its senior citizens club. The club, which Lesser founded in 1978, now numbers more than 3,000 active members.

But recently, Lesser has taken an active role in a cause that is one of the most harmful to senior citizens but often strikes people of all ages. That disease is arthritis.

He was named chairman of the Senior Citizens Fundraising Campaign for the Arthritis Foundation, Illinois Chapter, set his goal at \$500,000 and took his campaign to the seniors themselves.

"Of all the diseases and medical ailments that affect seniors, the most prevalent is arthritis," he said. "It becomes incumbent upon the elderly to work for and contribute to a cause that can help them and their children.

Although the fundraising campaign reached its zenith with the recent Arthritis Foundation Telethon in Chicago, Lesser is continuing his efforts and has enlisted the support of numerous retail stores who want to help throughout the summer.

The seriousness of the problem was emphasized with the startling statistic that "one million new people will get arthritis this year, yet few Americans take it seriously until it touches someone they know," he said. "Arthritis hits one in seven people, one in three families and currently is affecting about 36 million people.

LGH Stress and Health Workshop

Registrations are now being accepted for a four-week Stress and Health Workshop to be held at Lutheran General Hospital, Park Ridge. The workshop, which is sponsored by Parkside Human Services, will be held from 6:30-8 p.m., on four consecutive Tuesday evenings beginning May 7. The workshop is designed to explore the effects of prolonged stress on personal health, measure participants' levels of stress, and introduce approaches effective in managing stress.

"National studies indicate that one of every three Americans lives with moderate to severe personal stress," notes Joseph Barr, Ed.D., psychologist and workshop leader. "People are aware of the relationship between high stress and health. Eighty-five percent in one survey indicated that they would like to handle stress more effectively. This workshop is the state-of-the-art in brief, practical approaches to managing life stress."

The Stress and Health Workshop will introduce stress management techniques developed by cardiologists, neurologists, psychologists, and other health care professionals to help relax the body and enable participants to relearn the ability to recover from stress.

The Stress and Health Workshop will be limited to 24 participants. For registration and fee information, phone the Outpatient Stress Clinic of Parkside Human Services at 696-5885.

Parkside offers communi-call for seniors

Older Adult Services is now offering Communi-call, a voice-to-voice communication system for homebound patients. The system puts a person who is elderly, disabled, or confined to a home in touch with a Support Center 24 hours a day. "Communi-call acts as a lifeline for seniors and others in an emergency," says Ellen Browne, director, Older Adult Community Services.

The Communi-call system is simple to use. It consists of a communications unit that plugs into both an electrical outlet and a telephone, and a transmitter that is either worn or carried. By pressing a button on either one, a call is immediately placed to the Support Center.

The Support Center is equipped with the most advanced computer and telecommunications equipment. The staff at the center has instant access to both a medical summary and emergency instructions for each person. For more information on Communi-call, phone Older Adult Services at 696-7770.

Health and Fitness Guide

Alexian Brothers' Alcoholism Treatment Center holds open house

Alexian Brothers Medical Center's Alcoholism Treatment Center Staff will host an Open House and tours of the Medical Center's new Alcoholism Treatment Center on Sunday, May 5, from 1 p.m. to 4:30 p.m. The Alcoholism Treatment Center was recently moved from the Niehoff Pavilion to expanded, remodeled facilities on the fifth floor of the main building, 800 W. Biesterfeld rd., Elk Grove Village.

Nancy Peterson, Coordinator of the Alcoholism Treatment Center, said that her staff is tremendously excited about moving into the new 25-bed Unit complete with Outpatient and Aftercare Services and program facilities.

"Since many of us have been involved with the program since the Unit opened on May 5, 1975, we're all enthusiastic about celebrating our tenth anniversary in the new facility," said Ms. Peterson.

"During the last 10 years," she continued, "the multidisciplinary staff of the Alcoholism Treatment Center has shared their expertise and understanding with almost 4,000 inpatients and hundreds of outpatients, spouses and families. Patients have benefited from a deeply concerned, professional staff who sincerely care about them."

The Alcoholism Treatment Unit offers a 21-day inpatient program to meet the physical, emotional and spiritual needs of patients. Treatment in the program is geared to enhance self-esteem and help the patient make plans for a happy and productive life without the use of alcohol. They learn how to relax and maintain sobriety while evaluating lifestyle and learning how to cope more effectively with anxiety and stress. Education - educating the patient and those closest to them is emphasized in the program. Wholistic care for the individual's physical, emotional and spiritual needs is medically supervised by a physician on staff at Alexian Brothers.

An Adolescent Chemical Dependency Program is also available and offers inpatient treatment and intensive follow-up care for adolescents diagnosed as having drug or alcohol problems.

Outpatient programs available at Alexian Brothers also includes STEP, a complete, structured, evening treatment program conducted for persons with drinking or drug problems. STEP participants attend sessions for six weeks, three evenings per week.

"This convenient evening schedule permits an individual to remain at home or on the job meeting the responsibilities of daily living. It is not necessary for some individuals to put everything on 'hold' while getting help and the cost is considerably less than a comparable inpatient program," explained Ms. Peterson.

The STEP program can help an individual personally evaluate their drinking or drug use. It can identify life problems that are directly or indirectly related to their use of mood-altering substances and develop their personal resources so that they can begin to make positive changes and more effectively cope with problems and regain control of their life.

FOCUS (Facts On Communication, Understanding and Self-esteem) is another outpatient program designed to meet the special needs of the

spouses of problem drinkers. FOCUS provides an educational and emotionally supportive experience that can help develop an understanding of how a spouse's drinking effects self-esteem and the family itself. Since this program is designed to meet spouse's needs, separate family treatment sessions can be arranged upon request.

ACT, is an outpatient education and therapy program for adult children of alcoholics and meets weekly at Alexian Brothers. This group deals with the impact of childhood experiences and

relationships and ways these experiences may interfere with an adult's life.

"At Intervention Workshops held at Alexian Brothers," says Ms. Peterson, families and friends can learn the skills to intervene and help the problem drinker help himself.

helping the individual maintain sobriety. Alcoholics Anonymous, Al-Anon and Al-Teen provide this type of support. In recognition of this need to continually support individuals, the Alcoholism Treatment Center at Alexian Brothers Medical Center offers a wide range of Aftercare Services. These services are available to recovering alcoholics, their families and other individuals who have completed inpatient or outpatient treatment programs at Alexian Brothers or other treatment centers," she said.

Outpatient Treatment Program—Now 2 Locations

He's being treated for alcohol and drug abuse.



He was drinking a little too much, a little too often. Until someone who cared, encouraged him to try STEP.

The people who care about him the most—his wife, children, friends and close business associates, noticed the change almost immediately. He began spending more time with his family. Performing like he used to at work. Regaining control of his emotions and his life.

Alexian Brothers Structured Evening Program (STEP), the evening, outpatient alcohol and drug treatment program—is helping him get his life back together again.

The professional counselors at Alexian Brothers understood what he was going through, and they knew exactly what to do to help him. Also, they provided programs to help his family understand what had been happening to their relationships.

Now he's on the road to recovery. And he's doing it all without missing work or having to leave his family. What's more, the cost of the program is very affordable and often qualifies for reimbursement under health insurance plans.

STEP is available at Alexian Brothers Medical Center, in Elk Grove Village, and in Hanover Park at the CommuniCare Center in Greenbrook Plaza. Alexian Brothers Medical Center also offers a top quality inpatient alcohol and drug treatment program.

If you, or someone you care about has a drinking or drug problem, call or write today for further information, or to arrange a confidential interview with an Alexian Brothers counselor. Call (312) 981-3500.

ALEXIAN BROTHERS
Medical Center
800 W. Biesterfeld Road, Elk Grove Village, Illinois 60007
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Healthcare you'll feel good about

OPEN HOUSE
Sunday, May 5th
1:00 P.M. to 4:30 P.M.
REFRESHMENTS WILL BE SERVED
5th Floor - Main Building



Health and Fitness Guide

Derby Day Party - Salmonella: causes, symptoms, treatment



Members of the Park Ridge Auxiliary of Children's Home & Aid Society of Illinois prepare invitations for their first Derby Day party, to be held May 4, in conjunction with the Kentucky Derby. Seated are Shar Smith (l), president, and Charlotte Wilson, vice president. Standing are Ginny Siegel (l) and Candy Martin. Guests will have an opportunity to "place bets" on the Derby and participate in a silent auction for prizes that include a getaway weekend at the Hyatt Regency Chicago. Auxiliaries raised more than \$162,000 last year for the Society's programs to help children and families. For information about the Park Ridge Auxiliary, call Children's Home & Aid Society at 944-3313, Ext. 204.

Holy Family Hospital in Des Plaines has confirmed 36 cases of Salmonella, with 23 suspected cases awaiting confirmation. Patients from Des Plaines, Mt. Prospect, Prospect Heights, Elk Grove, Arlington Heights, Palatine, Bensenville, Westchester, Wheeling, Rosemont, Glenview and Chicago have sought treatment and continue to visit Holy Family's Emergency Department, which is staffed by ten Certified Emergency Room Nurses - more than any other hospital in the Northwest suburban area.

According to Dr. C. David Bakken, Infectious Disease Specialist, "Only a stool culture can pinpoint the specific Salmonella bacteria. The main symptom is diarrhea. It is often accompanied by abdominal cramps, vomiting and fever. If the diarrhea lasts for more than two or three days, or if you have a combination of fever, diarrhea, vomiting and abdominal pain,

consult your physician." Patients with severe forms of the infection may require hospitalization and isolation: Hospitalization to intravenously replace lost fluids and correct blood chemistry imbalances caused by dehydration; and isolation to prevent the spread of the infection.

Kay O'Connor, Infection Control Coordinator at Holy Family, stresses the importance of proper hygiene to prevent the spread of the disease. "It is most important to wash your hands carefully after using the bathroom and before handling food. If one family member is infected, often other household members will also become infected," she said. "To prevent the spread of Salmonella in the hospital, all employees involved in patient

care, such as nurses, lab technicians who draw blood, or those in food service are required to be scrupulous in hand washing, and if they or any of their family members contact Salmonella, the employee will not be allowed to return to work until they test-out with negative cultures."

Prior to the recent outbreak of contaminated milk, Salmonella infections were usually attributed to contaminated chickens, eggs, meat or pet turtles. Only 4 percent of previously documented Salmonella outbreaks have been traced to dairy products.

Health officials at Holy Family Hospital are urging all community residents to visit or call the hospital's Emergency Department at 297-1800, ext. 1000 if Salmonella symptoms occur.

Tips for participants in Walk With Israel

A Chicago physician prominent in sports medicine has offered several tips to Walk With Israel participants who will be covering routes of up to 14 miles on Sunday, May 5.

The advice of Dr. Saul S. Haskell, an orthopedic surgeon affiliated with Michael Reese Hospital and Medical Center, also applies to people planning to enjoy springtime hikes.

Dr. Haskell urges walkers to: -start slowly and pace themselves over the routes, maintaining their own comfortable strides rather than trying to keep up with others;

-drink plenty of fluids, but not to worry about replacing salt or other minerals;

-wear comfortable shoes, ones they are accustomed to wearing;

-dress carefully for the weather. Since long walks generate body heat and sunlight adds to it, walkers who are overdressed will get overheated.

"The worst thing a walker can do is get overheated and then slow down and/or remove some

clothing," Dr. Haskell said. "This can lead to hypothermia, a lowering of the body temperature, which is to be avoided."

Walkers who suffer foot injuries or exhaustion should take immediate care of the problem. First aid stations will be available at various points along the walk routes and "Toe Trucks" will patrol the routes to rescue the footsore and weary.

Walk With Israel is a city wide celebration of Israel's 37th Birthday. Eighteen Walks, Family, Mini-Walks, a Senior Walk and a Jog will be held at eight Chicago area locations. Funds raised support vital humanitarian programs in Israel through the Jewish United Fund-Israel Fund.

The Walk is sponsored by the Chicago Jewish Youth Council in cooperation with the Young Leadership Division of the Jewish United Fund with area Jewish Community Centers and synagogues. For information call the Walk Center, 675-2200.

Alexian Brothers Diabetes Center plans family night

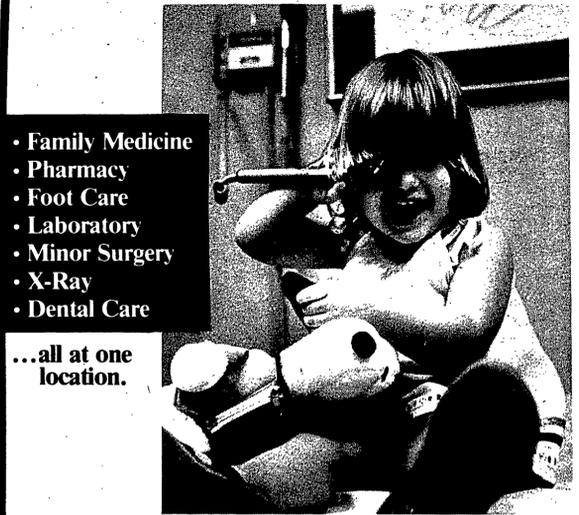
On Tuesday, May 14, a family night is scheduled at the newly established Diabetes Treatment Center at Alexian Brothers Hospital in Elk Grove Village in Auditorium A & B at 7 p.m. Team members of the Center, headed by Dr. George Motto, Director, will informally "table hop" to chat with the parents, while the children will be learning "Fun Exercises" from Sue Landini, the Center's Exercise Physiologist, along with her assistants.

The second half of the evening will be a guided tour of the new

Diabetes Center, with refreshments following. Interested diabetic families, including brothers, sisters and friends are invited. No fee or reservations are required. Further information may be obtained by calling 520-3848.

"This kind of informal socializing can be very beneficial to diabetic children, providing them with the opportunity to meet others of their age in a semi-structured way," says Betty Olsen, President of the Juvenile Diabetes Foundation, Chicago, N.W.

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Rush-Presbyterian-St. Luke's Medical Center

Health and Fitness Guide

Battle to keep medical costs down Hospice Program volunteers honored

Many experts believe that the excessively high costs of health care in America are fueling inflation and are driving current health care practices into obsolescence. They fear that if the trends are not turned around, good medical care will be available only to the few who can afford it.

Consider the facts: -10% of the gross national product is spent on health care...or more than is spent on the military budget. -Hospital costs are jumping at 12-16% per annum.

-Physicians fees are increasing an average of 6-8% per annum. -Medicare's costs are doubling every 5 years, with possible bankruptcy looming 6 years from now.

But now the battle to control runaway medical costs has taken an old-fashioned turn...back to the patient's home and family.

At the forefront of the home care movement is the United Cancer Council located in Indianapolis, Indiana. A not-for-profit organization founded in 1963, the United Cancer Council and its member agencies have long sought ways to help terminally ill patients and their families. One of the ways UCC helps is advocating and assisting

in home health care. The hospice or home care movement was first introduced into the United States in 1974; today there are more than 700 hospices nationwide. Unlike traditional hospital facilities, hospice strives to be as homelike as possible, even to having unlimited visiting hours in a comfortable environment, providing extra beds for live-in guests and encouraging visits from small children and pets, usually forbidden from "traditional" institutions.

Whether in a residential or outpatient hospice facility, the patient receives constant attention from a team of nurses, social workers, therapists, doctors and chaplains 24 hours a day. Trained volunteers also assist.

UCC Executive Director R. Michael Hyman explained: "Hospice serves not only the physical and emotional needs of the patient but also the needs of the family...sometimes for as much as one year after the death of their loved one. This total family involvement is unique to and one of the greatest strengths of home care."

"Home care helps emotionally, certainly. But it also helps financially. It is not uncommon today to see families stretch to their financial limits to help their loved

one," he continued. "After all, Mayo Clinic estimates that it costs \$9 million to prolong the life of one person for one year using available "high tech" means. Through home care we can offer a more practical - and possibly more loving - approach to medical care while still ensuring patient wellbeing and maintaining professional standards of medical practice."

The United Cancer Council estimates that today more than 40,000 patients are being served in these home care situations. Yet, UCC's Hyman is quick to point out, statistics would show that the need for home care services is perhaps as much as 600% greater.

"The number of hospice facilities today is still very limited," Hyman concluded. "In time we look forward to meeting all the demand."

"The idea of home care has just been reintroduced into the American medical system. It's really an old fashioned idea whose time has come again. The old home care concept has been improved, updated. But it still brings the resources of the entire family and community to help the terminally ill patient and his or her family. Efficiently. Economically. Caringly."



The Hospice Program of the Lutheran General Home Care Branch, Parkside Home Health Services, celebrated its fourth anniversary at 1 p.m., Sunday, March 10, in Johnson Chapel, Lutheran General Hospital, Park Ridge. During the service, flowers were presented to family members by the Hospice staff in remembrance of those who were served by the Hospice Program. Pictured above (l-r) Louise Patton, Niles, and Helen Krause, Niles, receive carnations from Chris Koza, R.N., program coordinator, Edison Park. The Hospice Program offers multi-disciplinary care for terminally ill patients and their families and has provided care to over 270 patients during the past four years. More than 50 family members and friends of patients who have been served by the Hospice team, as well as hospital employees and volunteers attended the service.

Is there a doctor in the house?

No matter where you live or work, you sometimes need to see a doctor. Fast. There's no time to schedule an appointment or wait all day.

That's when Saint Francis Health Center can help. We have **Ready Care**, the only walk-in treatment center with a physician trained in emergency medicine on staff.

We're open all the time you need. health care the most: 6 a.m. to 10 p.m., every day of the year. No appointments are necessary—just drop by before or after work, shopping and school, and we'll treat you—in less time than you ever thought possible.

The Saint Francis Health Center also houses the medical offices of specialists affiliated with Saint Francis Hospital. They're available to attend to your regular health needs.

Saint Francis Health Center is in Lincolnwood at 7126 North Lincoln Avenue. (in the former Croydon China building). We have plenty of free parking, and accept Visa, MasterCard, and major insurance.

We're the perfect prescription for health care—whether or not there's a doctor in your house. See for yourself during our opening week celebration.

SAINT FRANCIS HEALTH CENTER
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Tuesday, Wednesday and Friday, (May 21, 22, and 24) 1-5 p.m.
Thursday (May 23) 7-10 p.m.

Every visitor receives a thank you gift for coming, and every day of our grand opening week, we'll award a valuable prize based on random drawings. Just fill in this coupon and deposit it in the specially marked box at the Saint Francis Health Center.

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Address _____
City _____ State _____ Zip _____
Phone _____

Additional entry forms are available at Saint Francis Health Center, 7126 North Lincoln Avenue, Lincolnwood. Other games and prizes will also be available during grand opening week, May 21-24, 1985.

Saint Francis Hospital
355 Ridge Avenue
Evanston, Illinois 60202
675-CARE

Health and Fitness Guide

"Exercise and the Heart"



"Exercise and the Heart" was the topic addressed by Vernon Koto, M.D., Family Practice resident physician at Swedish Covenant Hospital, 5145 N. California, during a recent talk at Northwestern Illinois University, 5500 N. St. Louis. Dr. Koto spoke on the relationship between exercise and cardiac health. The talk is part of a health awareness series being sponsored by the university and the hospital.

New LGH Cardiac Catheterization Lab

The Section of Cardiology of Lutheran General Hospital, Park Ridge, recently opened a new cardiac catheterization lab for diagnostic testing and treatment of the heart. The new lab provides faster, more detailed information and is more convenient for the patient.

Lutheran General is the only hospital in the northwest suburbs which provides cardiac catheterization. Catheterizations are used to obtain detailed pictures of the coronary arteries and of the heart itself. They help determine the condition of the heart muscle, the presence of heart disease, and any heart irregularities.

"Some 43 million Americans have one or more forms of heart disease. Clearly, there is a great need for diagnoses and treatment," explains David Cooke, M.D., director of the lab. "We are proud to have the latest state-of-the-art equipment to help meet that need."

The new equipment allows the cardiologist to get enhanced images during the catheterization, which means that fewer pictures of the heart will be needed for an accurate assessment. This means the catheterization process will be faster and, therefore, more convenient for the patient. Also, because the camera on the new equipment has the ability to revolve around the patient, the patient need not move in order to get the correct angle for the picture.

Another advantage of the new equipment is that the cardiologists at Lutheran General will be able to add angioplasty to the number of services they offer. Angioplasty is a procedure in which a balloon is inserted into the arteries that are blocked by blockages in the arteries. Angioplasty is proving to be beneficial to patients of all ages and has the distinct advantage of eliminating or, at least, postponing coronary-bypass surgery.

The new lab consists of two rooms. A television-like studio houses a cardiac data analysis computer and equipment controls which are operated by the cardiovascular technicians. In the adjacent sterile area, high-resolution monitors supply the physician with up-to-the-minute information about the catheterization and the patient's condition such as the blood gas analysis and the amount of oxygen consumption.

The old cardiac catheterization lab was opened in the mid-sixties when cardiac catheterizations were first being introduced into this country. It was the site of the hospital's 5,000 catheterization which was then closed. The space for the old lab is scheduled for renovation and eventually will be used for implanting pacemakers.

ARTHRITIS SUFFERERS SHOULD HAVE THIS SERIOUS MEDICAL INFORMATION

There are four important facts you should know:

- 1 There are very effective therapies for your arthritis, back pain and other rheumatic disorders.
- 2 The key to your successful treatment is precise diagnosis.
- 3 The best way for you to obtain an accurate diagnosis and effective treatment is with a multi-disciplinary group of health care professionals under the direction of a skilled and experienced rheumatologist.
- 4 You deserve personal, individualized care.

"... the key to successful treatment is precise diagnosis."

At Bethesda Hospital's Arthritis and Back Pain Center, two of the Chicago area's most distinguished rheumatologists, Joel M. Levin, M.D. and Scott A. Kale, M.D. personally direct the diagnosis and treatment of each patient, utilizing the medical team approach. This personalized team treatment program continues through the duration of care.

Dr. Levin, Dr. Kale and their colleagues at Bethesda Hospital's Arthritis and Back Pain Center know that a treatment and therapy program specifically adjusted for each patient can control arthritic pain and allow the arthritis sufferer to improve his or her quality of life.

The facility is equipped to treat both inpatients and outpatients.

"Bethesda Hospital's Arthritis and Back Pain Center... (uses) the medical team approach."

Bethesda Hospital, at Howard Street and Western Avenue, for more than twenty-five years has built its reputation serving Chicago's North Side and northern suburbs.

For a diagnostic appointment or further information, please call 761-6000 and ask for The Arthritis and Back Pain Center.

a place of kindness
761-6000

2451 W. Howard
Chicago



For a free brochure with more information about our Center call 943-9395.

Cablenet to cablecast "Your Mental Health"

Cablenet is proud to present a live, in-depth informational special on Lifetime. One of a series of "Lifetime's Informations," "Your Mental Health: UPDATE '85," is produced in cooperation with the National Mental Health Association and is designed to help viewers effectively deal with anxiety, depression and other common mental health problems.

"During the live telecast, a panel of physicians and experts will answer callers' confidential questions via a nationwide toll-free number, 1 (800) 828-LIFE. Past informations have motivated from 80,000 to 100,000 viewers to call in to the physicians serving on panels in the Lifetime studio.

This special informational program will be cablecast on Cablenet's Lifetime channel 43 on May 13, at 10 p.m. For repeat scheduling of the May 13 program, subscribers may consult their Cablenet Cableguide.

Morton Grove names hospital director

Irene Bucher of Morton Grove has been appointed director of Speech-Language Pathology at the Evanston and Glenbrook Hospitals.

Bucher joined the Hospital's Speech-Language Pathology staff in October, 1982. In addition to her patient care duties, she coordinates the Developmental Screening Clinic for children up to three years of age for the Department of Physical Medicine and Rehabilitation Services, serves as a professional resource to the North Shore Lost Cord's Club, and participates in the North Shore Unit of the American Cancer Society. She is an adjunct professor of communication disorders at Northern Illinois University.

Home Hospice needs volunteers

Home Hospice of the Visiting Nurse Association of Evanston is currently seeking additional volunteers to be part of its team to assist families in caring for a family member with a life threatening illness at home.

There will be a seven session training series for volunteers this May to prepare them to be an integral part of the team. Training will begin Sunday, May 5 and run through May 23, with most sessions in the evenings, from 7-9:30 p.m. Anyone interested in being a Hospice volunteer must have an interview first and should please call Sue Keller, Coordinator of Volunteers: 328-1900.

Evanston Hospital Service Awards Program

The Evanston Hospital Corporation honored 302 employees at its 29 annual Service Awards Program on Wednesday, April 10.

Employees who have completed five or more years of service, in five-year increments, were awarded a certificate and an Evanston or Glenbrook Hospital pin, tie tack or charm.

A reception was held following the awards ceremony.

Local residents honored included: Swaino Kuykendall, 25 Years Nursing, Skokie; Laura Balin, 20 Years, Cardio Vascular Group, Glenview; Darlene Slowik, 15 Years, Nursing, Skokie.

Health and Fitness Guide

Test Your Knowledge...

Facts And Fancy About Ulcer Disease

Nearly 30 million Americans will suffer from a peptic ulcer sometime during their life. Each year, more than 14 million doctor visits are made by ulcer victims. Most ulcers can be healed with the use of proper medication, but they do have a tendency to flare up again.

There are two kinds of peptic ulcers: gastric ulcers, which form in the stomach, and duodenal ulcers, which appear in the uppermost part of the small intestine. Duodenal ulcers are far more common. Gastric or stomach ulcers and duodenal ulcers are not "identical twins." Most physicians regard them as distinctly different diseases.

Men get duodenal ulcers three times more often than women. But this sex-related difference does not apply to ulcers of the stomach. Most ulcers can be healed within six to eight weeks with a prescription medicine such as Carafate or a number of other therapeutic agents.

Are you someone who has personality traits or a lifestyle that could place you at risk to develop ulcers? Would you recognize the symptoms of peptic ulcer disease? Here's a way to find out: the ulcer quiz. How well you do in answering the quiz may not keep you from getting an ulcer, but it may encourage you to seek medical advice sooner and allow you to be more comfortable if you do have an ulcer flare up.



Q-Who is prone to get ulcers?
a.) A hard-driven executive
b.) A worrywart
c.) Anyone at all
d.) Anyone at all. There seems to be no special combination of personality traits which puts a person at higher risk.

Q-True or false: If several members of your family have suffered from ulcer disease in the past, you have a greater chance of developing ulcers?
A-True. There is medical evidence to indicate that genetics plays a definite role in ulcer disease.

Q-What is a tell-tale ulcer symptom?
a.) Eliminate spicy foods and caffeine-containing beverages?
b.) Eat three balanced meals a day?
c.) Eliminate alcohol
A-All of the above.
Q-True or false: Smoking

speeds ulcer healing because it is relaxing?
A-False. People who smoke have a 1.7 times greater chance of getting an ulcer and will have more serious ulcer disease.
Q-True or false: Ulcer patients need to follow a special diet of bland foods and milk?
A-False. Ulcer patients need to avoid only those foods that they cannot tolerate. Bland diets are no longer recommended.
How did you do? If you got less than four answers correct, you probably don't have an ulcer, or you would know more about it.

If you answered more than six correct, you should have no difficulty in knowing when to seek medical help for ulcer disease.
a.) A gnawing pain in the stomach within two hours after meals
b.) Discomfort after alcohol consumption
c.) An upset stomach after eating spicy foods
A-All of the above. Anything that would hurt you if you put it in contact with an open sore will irritate an ulcer — which is an open sore. This of course includes the acids in the digestive juices that accumulate in an empty stomach. Food often alleviates ulcer pain temporarily.

Q-True or false: Ulcers heal themselves eventually, but tend to flare up again later?
A-True. However, there is medical evidence that if an ulcer is completely healed with Carafate or another medication taken for eight weeks, the ulcer-free period will be longer. Also, the patient will be more comfortable while the ulcer heals.

Q-Your doctor has told you that you have an ulcer. Should you change your diet to

John E. Meyenberg, M.D., has been appointed chairman of the Family Practice Department. Dr. Meyenberg, a resident of Park Ridge, is a graduate of Loyola University Medical School and served his residency at St. Mary of Nazareth Hospital.

Holy Family Hospital Department Chairmen

Dr. Thomas Fahey, President of Holy Family Hospital's Medical Staff, has named five new Department Chairmen for 1985.

Ulisse P. Cucco, M.D., has been appointed chairman of the OB/GYN Department. He is a past president of Holy Family's Medical-Dental Staff. Dr. Cucco, a resident of Northbrook, is a graduate of the Stritch School of Medicine and served his residency at Loyola Clinics.

Ear, Nose and Throat) Section. Dr. Paxhia is a graduate of Loyola University Medical School and served his residency at Michael Reese Hospital.

John M. Sachs, D.D.S., a resident of Winnetka, is serving as chairman of the General Surgery Department. Dr. Sachs graduated from the Loyola University School of Dentistry and the Chicago College of Dental Surgery. He served his residency at Cook County Hospital.

John J. McGillen, M.D., has been appointed chairman of the Internal Medicine Department. Dr. McGillen graduated from Northwestern University Medical School and served his residency at Evanston Hospital. He lives in Deerfield.

The Executive Committee represents and acts on behalf of the Medical-Dental Staff of Holy Family Hospital in Des Plaines.

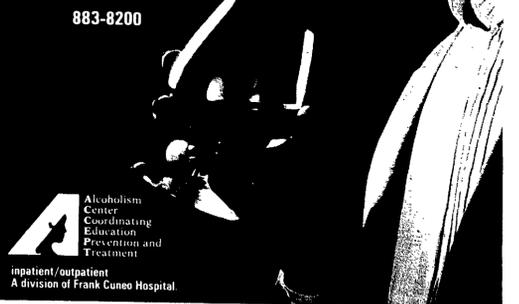
Swedish Covenant director

Eugene Schings recently was appointed director of facilities administration at Swedish Covenant Hospital, 5145 N. California. He was vice president of Pelam Health Systems in association with Swedish Covenant Hospital. Schings and his family reside in Berwyn.

Joseph E. Paxhia, M.D., a resident of Northbrook, is serving as chairman of the EENT (Eye,

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Forest Hospital Schools receive accreditation

The two school programs operated by Forest Hospital of Des Plaines, have been granted full accreditation by the North Central Association of Colleges and Schools.

Both of the programs offer a full, first-through-12th grade curriculum. The Forest School is operated for patients of Forest Hospital so that children and adolescents can maintain their academic progress during hospitalization. The Forest Day School is an alternative to residential programs, allowing seriously troubled youngsters to live at home while attending school in an atmosphere enhanced by therapeutic, psychological support.

The North Central Association, founded in 1895, is the largest of the country's regional accrediting agencies. Accreditation by the North Central Association ensures that the school is meeting the conditions for effectiveness. NCA accreditation also means that the school is meeting expectations and fulfilling not only local standards, but also those more widely accepted throughout the region and the nation.

Forest Hospital is a fully-accredited, 160-bed private psychiatric hospital offering substance abuse and other treatment programs for children, adolescents and adults suffering from mental and emotional disorders.

SCHOOL NEWS

Niles students enjoy musical performance

On Friday afternoon, March 29, the students at Niles South School enjoyed a rousing spring-break sendoff from the performing group, Barbara's Band. The musical, magical revue has been created especially for young audiences. A larger-than-life stalking tiger and the innovative music of the American composer, Henry Cowell, as performed by the group. Foot stompin' fiddle music, ragtime and African drumming music (complete with African masks) enticed the students to become a part of the performance with their own rhythmic clapping.

Barbara Steg, director and violinist of the group, was joined by Lucy Derosier, saxophonist, Kurt Stehman, pianist and Tim Glander, percussionist.

In addition to the music, the program included sleight of hand and magic by magician, Tim Glander. Barbara's Band is under the management of Arts V of DeKalb.



Mrs. Kathy Richards, Cultural Arts Chairman at Niles South School, who arranges all educational and cultural presentations, has again made a successful selection. This assembly was paid for with PTA Cultural Arts funds.

OCC coordinator takes part in seminar

Cynthia Overlock, coordinator/instructor of the Oakton Community College Basic Nurse Assistant Training program, recently was a workshop leader in the northwest Suburban Council for Community Services Committee on Aging's seminar on "Living & Dying With

Dignity."

Overlock presented a workshop on "Palliative Care and Pain Medication" during the all-day seminar. In addition, Audrey Gordon, who has taught several classes at OCC, was the keynote speaker.

District 63 summer school registration

There is still time to register for Summer School in East Maine School District 63. A full schedule of offerings is available for students in grades 1-8 including reading, mathematics, language arts, science, art, computer courses, cheerleading, and instrumental music. Classes will cover all needs in the areas of enrichment, developmental progress, remedial programs, and creative activities.

Summer School classes will begin on Monday, June 17 and run for 4 weeks through July 12 at the

air-conditioned Stevenson School, 9000 Capitol dr., in Des Plaines. The cost for each course is \$60 and you may enroll your child for one or two courses. Students who reside in the District 63 area but who attend other schools and other out-of-the-district students are welcome to enroll.

Have your child enjoy a new kind of learning experience and make new friends at Stevenson School this summer. Interested parents may phone Norma Schultz at 298-1900, ext. 33, for forms and particulars.

Loyola seniors win scholarships

Loyola Academy Seniors named as winners of over 200 Chick Evans Scholarships in 1984-85 and the schools they will attend in the fall of 1985 include: John Calto, U. of Indiana; Michael Stummer, Northwestern U.; Patrick Hennelly, U. of Illinois, Urbana; James Johnston, U. of Illinois, Urbana; Paul Marmosier, U. of Indiana; and Ricardo Torres, U. of Illinois, Urbana.

Scholarships this year will become a part of the 900 Evans Scholars on campus next fall. Over 4,212 Evans Scholars have graduated since the first award was made in 1930.

The scholarship is supported by the financial contributions of the members of the club where students serve as caddies. Over 100,000 golfers have donated to the Evans Scholars Foundation in 1984.

Richard J. Bedony

Marine Pvt. Richard J. Bedony, son of Richard B. and Anita L. Bedony of 5807 W. Cleveland, Morton Grove, has completed recruit training at Marine Corps Recruit Depot, San Diego.

Northeastern offers low-cost non-credit courses

The Northeastern Illinois University Department of Field and Continuing Education's spring/summer session of adult education, entertainment and sports courses begins the second week of May.

More than 55 low-cost, non-credit courses are offered through the university's continuing education program. Courses range from one-day workshops to 12-week classes that meet weekly. Registration fees range from \$20 to \$110. The

schedule includes a wide variety of vocational and recreational courses on subjects such as sailing, motorcycle touring, guitar, dance, acting, literature, film, Arabic, Hebrew, Japanese, Spanish, finance, business math, personal computers, public speaking, sign language and biofeedback.

To request a free copy of the Mini-U brochure of class listings, call Northeastern's Office of Field and Continuing Education at 583-4050, ext. 392.

OCC summer session offers opportunities

Several opportunities are available this summer at Oakton Community College for adult students 25 and older who are interested in returning to school.

Many courses are scheduled this summer for adults who want to update their skills or acquire new ones for their jobs. Courses such as "Introduction to Microcomputers" (DPR 103), "Business Mathematics" (MAT 111), and a series of word processing courses (OST 230, 231, and 232) are being offered during the eight-week summer session which is scheduled to begin June 10.

An extensive vocational/technical curriculum also is

available for persons wishing to change career directions. Several courses in real estate, hotel-motel management, accounting and data processing are being offered during the summer.

Business people who previously haven't had time to attend college, can now return for academic validation of their "working world knowledge" and to learn more about their chosen careers. Courses such as "Principles of Marketing" (MKT 131), "Principles of Management" (MGT 121) and "Principles of Salesmanship" (MKT 210) will offer such opportunities this summer.

The adult student who is

looking for intellectual challenge might be interested in courses such as "Marriage and the Family" (SOC 104) and "Child Psychology" (PSY 211).

All returning adult students are invited to take advantage of a variety of special services available, such as orientation workshops, group and individual counseling, support groups and information, and referral assistance to other campus offices.

For further information, call Marilee Mehl at OCC/Des Plaines (635-1723) or Dolores Orlove at OCC/Skokie (635-1417).

Mundelein College information sessions

"Going to College on Week-ends" will be the subject of two free information sessions sponsored by Mundelein College, 6363 N. Sheridan rd., Chicago, during May.

The first will be held in the Student Lounge of the College's Learning Resource Center (LRC) on Saturday, May 4, from 10 to 11 a.m. The second will take place in the Trustee's Room of the LRC on Tuesday, May 21, from 7 to 8 p.m.

Mundelein College admissions counselors will be available to answer questions on financial aid, the admissions process, personal and academic support services and more. Mundelein's weekend program, the first of its kind in the Midwest, celebrates ten years of quality adult education this year.

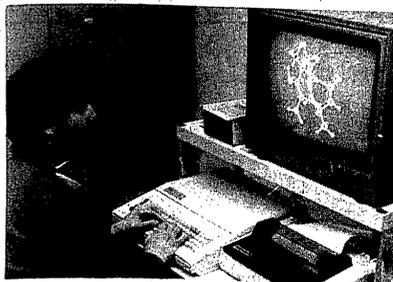
For more information, call the Admissions Office at 989-5406.

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Maine East senior in Westinghouse Search



"I don't sit around on Sunday nights reading biochemistry texts for fun," says Roman Melnik, the Maine East senior who was recently named to a group of 300 honored students in the 44th Annual Science Talent Search for the Westinghouse Science Scholarships and Awards.

Melnik's biochemistry project dealt with the kinetic reaction times of enzymes. This is the second year Melnik worked with enzymes. "Biochemistry seems to be a popular field for the science fair," said Melnik. Last year, his project won a state award.

It's true that Melnik doesn't read those biochemistry texts for fun; he is a student who is serious about learning. In 1981, Melnik and his family arrived in the United States from Russia. He is already participated in the science fair four times.

"If I had more time to work on this project, I might have been able to go even farther in the competition," says Melnik who will already be courted by major universities and eligible for numerous scholarships on the basis of his honor. Time was a premium for Melnik this year because he moved from sophomore to senior and had only weeks instead of months to do the research for his final chance at the competition.

Background research for this year's project took a great deal of time, according to the aspiring biochemist. "First there was reading. At one point Melnik had a \$45 fine on books he had borrowed from the library at the

University of Chicago. "I didn't know the fines were so expensive at university libraries," said Melnik. "I thought I might have to sell my own biochemistry texts to pay."

Then he had to obtain the enzyme itself. "I worked with peroxidase which is present in the body to convert hydrogen peroxide into water. Last year, I squeezed it out of horseradish root. But this year I needed too much to make that practical. We carried it, but they wouldn't sell it to me because I was not involved with a research group," said Melnik. It was up to Dennis Dresen, chairman of the science department at Maine East to convince the company to sell Melnik what he needed.

Dresen also helped with another major challenge of the project - finding a Durham-Gerber dual beam spectrophotometer, a device which uses light to measure concentrations of molecules during chemical reactions. After looking for more than a month for the machine which costs \$10,000 - with the deadline only weeks away - Dresen received word from Dr. James McFarland, chairman of the chemistry department at the University of Wisconsin at Milwaukee that Melnik could use the machine in Dr. McFarland's research laboratory. Melnik stayed in Milwaukee for a week while he completed the research on his project.

Notre Dame Community Youth Band Program

Thirty-three students from the Notre Dame Community Youth Band Program participated in the National Catholic Bandmasters Association Solo Contest, held recently at Gordon Technical High School. Each student was asked to prepare and memorize a solo which was performed for an adjudicator, who evaluated each student on the basis of interpretation and musicianship. Students receiving first place awards were: Peter Babikam, Rachel Curran, Kevin Dombrowski, Laurie Dombrowski, Joy Guericci, David

Kusar, Matthew Kusar, Sarah Kusar, James McDonald, Vincent Magino, Michael Medina, Jeffrey Phillips, David Ross, Christopher Socinski, Richard Stasiak and Todd Steffen. Students receiving second place awards included Na Na Chin, Jose Concha, Angela Coty, Jim Dombrowski, Kelly Dorgan, Jean Fortini, Kris Kamieniak, Jessica Kator, Robert Kresk, Regina Longdon, Richard Longdon, Tom Mulvenna, Lindsey Phillips, Nick Ribaudo, Andy Socinski, David Walsh and Linda Wozniak.

Seeks artists and craftsmen

A special invitation is extended to qualified area artists and craftspeople to be among the exhibitors in the 2nd Annual Town N' Country Arts & Crafts Festival to be presented by American Society of Artists, a national membership organization, at Town N' Country

Mail, Saturday and Sunday, June 1 and 2, at Town N' Country Mall, Rand & Palatine Rds, Arlington Heights.

Additional information may be obtained from American Society of Artists, P.O. Box 1326, Palatine, IL 60078 - telephone 991-4748.

MONNACEP Saturday Seminars

Six MONNACEP Saturday seminars are scheduled for May 18 at Oakton Community College/Des Plaines, 1600 East Golf Rd., and OCC/Skokie, 7701 N. Lincoln Ave.

Registration for the seminars can be completed in advance by mail, or in person at any of the area high school MONNACEP offices. When space permits, registration also will be accepted the day of the seminar.

Seminars scheduled for May 18 at OCC/Des Plaines are "Real Estate Review," "Language of Feelings," "Get Out of Your Own Way," and "Social Security and Your Retirement."

OCC/Skokie is scheduled on May 11 to host "How to Sell Your Photographs" and on May 18 "How to Matte and Frame Your Paintings."

MONNACEP is the adult education component of Oakton Community College in cooperation with Maine, Niles and Glenbrook High Schools. For further information, talk to a Program Consultant at 982-9888.

District 207 Summer School Registration

Summer school for Maine Township high school will begin Tuesday, June 18. The second semester/three week course will begin Thursday, July 11. Most classes will conclude on Wednesday, July 31.

There have been three major changes in this year's summer school session.

First, according to assistant principal Douglas Harrison, classes will start a day later. "Starting a day later gives faculty and students a break, a chance to recover."

The second major change only benefits Maine East. A study skills class will be offered to students as a non-credit class. By taking this class, students can build their listening skills, sharpen up their study habits and learn new studying techniques.

"The study skills class will last three weeks," informed Mr. Harrison.

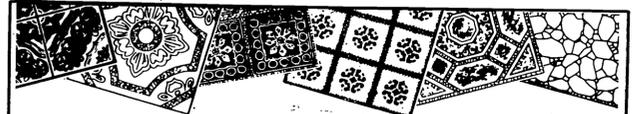
The third change in this summer school session is the extra day off after the Fourth of July. Students will have no school July 4 and 5.

Maine East, Maine South, and Maine West offer the same basic academic courses. English, Math, U.S. History, Government, Computers, Biology, and Consumer Education are offered at all three schools. However, the more interesting classes, sometimes known as electives, differ.

Tuition will be the same as last year. Most classes are \$46 or \$82; some are higher. For instance, Biology I is a total of \$143.

A non-refundable \$4 registration fee is included in tuition, which is only refundable before summer school begins.

Information may be obtained in the Maine East guidance center.



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NILES PARK DISTRICT

Get Fit For \$5!

Make plans to purchase a Niles Park District Fitness Room pass for a head start of Summer Shape Up! Beginning May 1, a special summer pass may be purchased for as little as \$5 per resident (\$10 per non-resident). This special pass is valid from May 1 to Aug. 31. Call Grennan Heights at 967-6975 after 3 p.m. for detailed information!

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Sports Complex Pro Shop



This year, the Niles Park District Sports Complex offers skaters the convenience of a full line pro shop for all your skating needs. All Star Pro Shop is operated by Alan Fleischman and John Murgess of Niles. Merchandise at the Sports Complex includes hockey sticks, socks, laces, shirts as well as figure skating equipment.

The hours of All Star Pro Shop are Monday through Friday, 3 p.m. to 9 p.m., Saturday, 10 p.m. to 6 p.m. and Sunday, 10 a.m. to 5 p.m.

For additional information, call the Sports Complex at 297-8011.

Niles Park Summer Brochure delivery

The Niles Park District 1985 Summer Brochure will be hung on residents doorknobs the weekend of May 4 and 5. Registration for all summer classes will begin Monday, May 6. Brochures may also be picked up at the following locations as of May 6: The Recreation Center, 7877 Milwaukee ave., The Sports Complex, 8435 Ballard rd., The

Niles Park District Summer Day Camp

The Niles Park District is proud of its successful Day Camp program. Swimming, special events, contests, arts and crafts, sports and field trips are only some of the activities that highlight the day camp program.

Registration for Day Camp will begin Monday, April 1. If you register before June 2, the resident rate for Session I (3 weeks beginning June 17) is \$90. Session II will be held July 8 - July 26, and the resident fee is also \$90. Session III is held July 29 - August 9 and the resident fee is \$80, but remember, these fees apply only if you register on or

before June 1. As of June 3, the fees are \$105 for Session I or II and \$70 for Session III. Non-resident fees are doubled.

Transportation will be provided from the park nearest each camper's home, with pick-up between 8 a.m. and 9 a.m. and drop-off between 4 p.m. and 5 p.m. The camp program operates Monday through Friday from 9 a.m. to 4 p.m. (Except the last day of each session when the campends at noon.)

Register at the Park District office, 7877 Milwaukee ave. Call 967-6633 for information.

MAIL-IN REGISTRATION
(Registration begins April 1)

Day Camp Location: Jozwiak Park
Class Code: 1004 Age: 6-10 years old

Circle the appropriate session and fee

Dates	through June 1		beginning June 2	
	Res.	N-R	Res.	N-R
Session I: June 17-July 5	\$90.00	\$180.00	\$105.00	\$210.00
Session II: July 8-July 26	90.00	180.00	105.00	210.00
Session III: July 29-August 9	60.00	120.00	70.00	140.00

Participants Name: _____ Age: _____

Address: _____ City & Zip: _____

Home Phone: _____ Business Phone (9-5): _____

Group golf lessons at Tam

The Niles Park District is offering group golf lessons at Tam Golf Course located at 6700 Howard st. in Niles.

Six one-hour sessions are offered with class sizes limited to six students. Areas of instruction include putting, chipping, pitching, short and medium irons, the driver and sand game. All sessions are taught by qualified golf professionals. The fee for a 6 week session is \$40 per person.

Registration may be made by calling the course at 965-9697. In order to reserve a place, payment must be made by May 1. Lessons will begin the week of May 14. Classes meet on one of the following days for six weeks: Tuesday, Wednesday, Thursday, Friday or Saturday from 10 a.m. to 11 a.m. or 6 p.m. to 7 p.m.

Junior golf lessons at Tam

Tam Golf Course, 6700 Howard st. in Niles will offer a Junior Golf Program designed for those 8-18 years old. Lessons will begin the week of June 17, with classes meeting once a week for 8 weeks. Classes will be held on Tuesday 1-2 p.m., Wednesday 1-2 p.m., Thursday 2-3 p.m. or Friday 2-3 p.m. The lesson program will cover etiquette and all phases of the golf swing. A junior tournament will be held at the conclusion of the program.

The fee for an 8 week session is \$40 per person. Registration may be made by calling the course at 965-9697, payment must be made by June 7.

Pool tokens on sale May 6th

Pool tokens will go on sale May 6 with special "Early Bird" prices in effect through June 8. Those purchasing early bird tokens will receive a Park District Coupon book containing over twenty district programs and services.

The cost of early bird tokens for the 1985 season are \$25 for one person and \$10 for each additional family member. After June 8, the fee increases \$5 for an individual or each family member.

For additional information, call the park district at 967-6633.

Faith Weiss

Second Lt. Faith Weiss, daughter of Jack and Lois C. Weiss of 8956 N. Lamson, Skokie, has completed a signal officer basic course at the U.S. Army Signal School, Fort Gordon, Ga. She is a 1980 graduate of the University of Arizona, Tucson.

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Teachers and students star in Niles North play

"Working," a poignant musical based on the book by Studs Terkel, will be presented by Niles North High School theatre students on April 26-27 and on May 24. According to director Jerry Proffitt, the production will utilize both student and faculty talent together for the first time in the history of Niles North theatre.

The actors and actresses describe a variety of occupations in monologues, songs, and dances. All the presentations are based on first person oral descriptions of their professions by real people. Written by a Chicago author, the play premiered at the Goodman Theatre.

Niles North teachers Richard Nugent, Barbara Bass, Mary Scherb, Marla Hoffman, Jerry Proffitt, and Peter LaForge will take part in the play. Student cast members are Ron Packowitz, Deon Williams, Linda Wasserman, Susan Becker, Steve Singer, Adam Gotskind, Richard Taki, John Alberg, Marina Samaneigo, Margie O'Connell, Dan Sigale, Jacki Greenberg, Ed Mussman, Forrest Kulwin, Jenny Bertram, Debbie Brandwein, Lisa Bany, and Sarkis Akmakjian.

In addition to Mr. Proffitt, staff members include Kristi McDonagie, music director; Frank Mayfield, technical director;

LEGAL NOTICE

STATE OF ILLINOIS
County of Cook

I hereby certify that at a regular meeting of the stockholders of Dempster Plaza State Bank, located at Niles, Illinois held on the 31st day of August, A.D. 1984, a quorum of said stockholders was present, and that the following resolution amending the charter of this bank was adopted:

RESOLVED:

That the authorized capital stock of Dempster Plaza State Bank be increased from 759,000 shares, par value \$1.00 per share, to 900,000 shares, par value \$1.00 per share.

(Any offering of all or part of the additional authorized shares shall provide shareholders the opportunity to exercise their preemptive rights as set forth in § 22 of the Illinois Banking Act (I.R.S. c. 17 §15 (4)) but no fractional shares shall be issued.)

Skokie church schedules blood drive

St. Lambert's Church and the Skokie Community Blood Program will co-host a blood drive for church members and Skokie residents on Sunday, April 28. The drive, from 8:45 a.m. to 1 p.m., will be held in the basement of St. Lambert's Church, 8148 N. Karlov, Skokie. Marge Noonan and Donna Mohrlein, co-chairpersons of the blood drive, and Ed Margolis, chairman of the Skokie Blood Commission, urge all donors to help meet the transfusion needs of hospitalized patients. To schedule an appointment to donate at the drive, phone Mohrlein at 673-0500, between 8:30 a.m. and 5 p.m.

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M-NASR expresses thanks to donors

The Maine-Niles Association of Special Recreation wishes to thank the following groups and individuals for their recent donations to our day camp scholarship fund. The Optimist Club of Des Plaines-\$400, the 20th Century Club Junior's Foundation of Park Ridge-\$500, The Morton Grove Women's Club-\$175. In addition M-NASR received an anonymous donation

from two gentlemen in the Village of Niles. M-NASR was requested. Anyone interested may send a contribution to M-NASR at 7640 Main Street in Niles, IL 60648. M-Nasr is a not-for-profit association of the six park districts in Maine and Niles Townships formed to provide special recreation opportunities to children and adults with various disabling conditions.

M-NASR's day camp scholarship fund accepts donations to sponsor children of families in financial need who would not otherwise be able to attend camp. M-NASR receives over \$4,000 in requests for scholarships each year.

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ENTERTAINMENT GUIDE

Stage crew works to build "Oklahoma"

From start to the final production week, it takes a team to produce a Broadway musical like "Oklahoma." The Maine East team consists of three parts: Faculty, Cast and Crew, and of these three Crew is the most unknown.

Stage crew, sometimes referred to as technical crew, has some very important jobs to do, such as building sets. For instance, where would the Skidmore be if he had no barn? Crew also

organizes props. How would Aunt Eller explain to the audience why she is auctioning off corn to farmers instead of the lunch baskets?

Technical crew for "Oklahoma" at Maine East consists of about twenty-five fellow classmates who work long hours to make the musical the best it can be. Production week they average about five and a half hours a day after school. They also devote most of their Saturdays to the musical. "Commitment and dedication is the key to success!" said Mr. David Jeffers, faculty director, and Mr. Roger Kleinfeld, faculty technical director.

Stage crew members for the upcoming musical are Keith An-

drey of Park Ridge, Michael Bonfiglio of Niles, Rosaria Cammarata of Niles, Rochelle Cohen of Niles, Brian Edlund of Park Ridge, Christina Harris of Niles, Gary Heine of Niles, Yvette Hill of Niles, Benita Hollenberg of Morton Grove, Monica Jelonek of Niles, Eric Kuklewski of Morton Grove, Olivia Lee of Des Plaines, Danika Lewis of Morton Grove, Marlo Nesbitt of Niles, Tricia Niles of Niles, Brent Ruten of Des Plaines, Richard Schmid of Glenview, David Shapiro of Glenview, Sherri Silver of Morton Grove, Rosanna Soriano of Glenview, Livia Tisman of Niles, and Yvonne Wolodkiewicz of Park Ridge.

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PG HELD OVER
"GODS MUST BE CRAZY"
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WEEKDAYS:
5:45, 7:45, 9:45

R STARTS FRIDAY
"CODE OF SILENCE"
SAT. & SUN:
2:00, 4:00, 6:00, 8:00, 10:00
WEEKDAYS:
6:00, 8:00, 10:00

R HELD OVER
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WEEKDAYS:
6:30, 8:15, 10:00

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Lambs Farm Antique Show & Sale

The largest Spring Showcase Art, Craft & Antique Show & Sale in Chicago is scheduled at Arlington Park Expo Center, Friday, Saturday and Sunday, May 3, 4, and 5. Discover a fresh springtime array of decorating ideas for the home. Imaginative gifts for all occasions suited to every taste and budget. Choose from Oils, Watercolors, Stained Glass, Woodworking, Country Folk Art, Fiber, Patchwork, Pottery, Dolls, Metal Sculpture, Graphics, Personalized Items, Wood Toys, Leather, Photography, China Painting, Floral Arrangements, Jewelry, Baskets, Hard-to-Find Quality Antique Furniture, Collectible Glassware and much, much more presented by over 350 exhibitors from throughout the country. En-

joy special guests, clowns and musical entertainment.

A glass grinder will repair broken and damaged crystal. The wonderful baked goods, jams, jellies, silkscreening and other fine things made at Lambs Farm may be purchased at the show as well. A portion of the proceeds from the show will benefit Lambs Farm, a national center dedicated to helping mentally retarded adults.

The show will be held at Arlington Park Expo Center on Euclid just east of Route 53 on Friday, May 3, 10 a.m. - 10 p.m.; Saturday, May 4, 10 a.m. - 10 p.m.; and Sunday, May 5, 10 a.m. - 6 p.m. Admissions is \$3 for adults; \$1 for Senior Citizens on Friday only; Children under 12 are free. For more information, call The Lambs Events Hotline Number at 362-6774.

"The Many Faces of Jewish Music II"

Marilyn J. Ladin will present "The Many Faces of Jewish Music II" in a concert on May 5 at 7:30 p.m., to be held at Congregation B'nai Jehoshua Beth Elohim, 901 Milwaukee ave., Glenview. She will be accompanied by Elaine Sherman and special guest artists Sarah Allen, Nancy Estrin, Jane Kenas, Marlene Rosenberg, and the Signed: Musically Yours vocal ensemble. Ms. Ladin will present a program of popular, classical, liturgical and musical comedy selections, and the Adult Choir will also perform two prominent liturgical works. Ms. Ladin, a Chicagoan, is the Cantorial Soloist at the Glenview synagogue, where she conducts the Adult and Junior choirs. The concert will benefit the Maurice Singer Choir Fund.



Ladin has presented "The Many Faces of Jewish Music" in many other cities throughout the country, in addition to performing in other concerts of both sacred and secular music.

Ms. Ladin has sung roles in many major operas such as The Marriage of Figaro, The Old Maid and the Thief, Albert Herring and H.M.S. Pinafore, in addition to many concerts throughout the United States. She is the co-founder of Signed: Musically Yours, a vocal ensemble which performs musical comedy and popular songs. Ms.

Tickets for the May 5 concert are \$5 and are available from Phyllis Simon, 729-7575. A reception will follow the concert at the Temple.

Niles West Spring Drama

Niles West High School freshmen Arthur Tiersky will portray the lead in "Anybody Out There?," the school's spring drama to be presented May 9-11 at 8:15 p.m.

Written by John Patrick, "Anybody Out There?" is a contemporary farce depicting what happens to a "whimp" when a mix-up in blood tests lead him to believe he is a dying man.

Niles West faculty member James Batts, who is directing the play, has also selected to the cast

seniors Gary Korol, Julie Keller, and Ken Lapins; juniors Steve LeHew, Sonia Bychkov, Steve Blonder, Jonathan Lisco and Rob Munn; sophomores Daniel Carter and Jeremia Voris; and freshmen Mike Gershebin, Stephanie Pritzker and Lisa Falleroni.

Tickets to the play are \$3. Niles West High School is located on Oakton Street at Edens in Skokie. Please call 955-3800, ext. 1190, for further information.

Spring drama workshop

North Shore Theatre Company has scheduled their annual Spring drama workshop, conducted by Chicago Teacher/Director/Actor Ted Liss.

The fee for the eight week workshop is \$75 for NSTC members and \$85 for non-members.

Among the more than 20 shows he directed were the artistically acclaimed productions of Medea, Virginia Wolff, St. Joan, Hamlet, Man of La Mancha and Elizabeth, the Queen. Two of these productions were chosen to be produced by CBS National TV.

For registration and further information, call 441-8273 or 272-2399.

Classic Chorales Spring concert

The Classic Children's Chorale, conducted by Linda J. Gibson, will be presenting "A Spring Concert" at 1 p.m. on May 5 at the Noyes Auditorium, 927 Noyes st. in Evanston. The children will be singing songs by Mozart, Bach, and Berger as well as songs from the Broadway musical "Cats", the Swingle Singers, and various folk songs. A donation of \$5 will be taken at the door.

The management of Cablenet is confident that an organization has been created, which will provide optimum service to its current and future subscribers.

All sessions will be held on Thursday evenings at 7:30 p.m., commencing May 9, at Higherrest Center in Wilmette.

Mr. Liss has been closely associated with NSTC for many years, having served as resident director for several seasons.

For registration and further information, call 441-8273 or 272-2399.

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The Classic Children's Chorale, which is a performing arm of The Classic Chorales, Inc., is sponsored in part by The Illinois Arts Council, The Evanston Arts Council, The National Endowment For The Arts, and private contributions.

ENTERTAINMENT GUIDE

"The Sunshine Boys"



Pam Booher of Prospect Heights, the shapely nurse, provides the foil for much of the comedy in the vaudeville sketch titled "The Doctor Will See You Now." Hank Vandembom, ogling the pretty nurse, plays the doctors in this scene from Des Plaines Theatre Guild's current production of Neil Simon's comedy "The Sunshine Boys." The play revolves around the old vaudeville team of Lewis and Clark, reunited after many years... but still fighting each other.

Performances are at 8 p.m. Fridays and Saturdays, and at 2:30 p.m. on Sundays, April 28 and May 5. A signer for the hearing impaired will be featured at the final matinee on May 5, thanks to Congregation Bene Shalom of the Hebrew Association of the Deaf, Skokie.

MONNACEP Spring tour schedule

MONNACEP's popular tour of Chicago's seaport area and trip to the Stratford Festival in Canada are among tours that have been scheduled for the spring.

In addition, a trip to the Spoleto Festival of the Performing Arts in Charleston, South Carolina, has been added to this year's roster of tours.

The spring tour schedule will start May 18 with "Old World Wisconsin," a journey to Wisconsin, via deluxe coach, with a pause to visit a cheese factory.

An exploration of Old World Wisconsin will follow; an outdoor re-creation of 19th and 20th century life on a farm and in a village.

A bus tour of ethnic Chicago is scheduled for May 26 and will include such areas as Maxwell Street, Little Italy, Greektown, Bridgeport, Chinatown, Pilsen, Old Polonia, and Little Serbia.

On May 28, the five-day trip to the Spoleto Festival will begin with a flight from O'Hare. Participants will be able to take advantage of nine events at the festival, including chamber music concerts, a play, or-

Sheraton International's chef named to U.S. team

James Dravenack, an apprentice chef at the Sheraton International at O'Hare Hotel in Rosemont, is one of six chefs representing the United States at the American Culinary Federation's "Taste of Canada" competition being held this month in Toronto.

Dravenack, a resident of Chicago's northwest side, is a student at Triton College. He was selected from more than 100 nominations received from American Culinary Federation apprentice programs throughout the country and is the only member on the U.S. team from Illinois.

His achievements helped Dravenack earn his spot on the U.S. team at "Taste of Canada," and he plans to enter competition in two categories during the show: one for hot platter displays and one for hot individual plated entrees.

Variety Club benefit theater drive

Help provide a future of hope to children with chronic diseases by volunteering for the 1985 Variety Club Theater Drive. Beginning May 24, movie theaters in the greater Chicago area will sponsor collections to benefit the young people who receive treatment at La Rabida Children's Hospital and Research Center. Volunteers can help raise funds by donating an afternoon or evening at a neighborhood theater during the drive. The volunteer hotline number is 363-6700, Ext. 341.

With the help of hundreds of volunteers, the Variety Club and La Rabida Children's Hospital hope to top last year's record-breaking contribution total of \$150,000. Volunteers will collect donations after a short film about children treated at La Rabida is shown. This year's film is narrated by television personality Monty Hall.

Ted Wilmes (1246 Parkside, Park Ridge) is the 1985 Chairman of the Drive.

To help at a theater near you, call 363-6700, Ext. 341.

Notre Dame Band receives award

The Notre Dame Community Youth Band, directed by John Badging and Greg Stepanek, participated in the National Catholic Bandmasters Association Band Contest, held March 23 at Madonna High School, and received a first place award. Three selections were prepared and performed for a panel of three judges, who evaluated the band on the basis of balance, interpretation and musicianship. This was the first time the band has participated in such an event. The Notre Dame Community Youth Band is in its second year of existence, and is open to any grammar school band student. For further information, call the music department at Notre Dame High School at 965-2900, Ext. 53, or 930-4760.

Thanks to the cooperative efforts of Orchard Mental Health Center and the Skokie Valley Symphony Association, several residents of two nursing homes will be invited to a special evening of classical music, on Sunday, May 19.

Many of the residents selected have had a musical background and one was a concert pianist. Through the generosity of the Skokie Valley Symphony, they will again have the experience denied them for many years of hearing classical music live. Arranged through Orchard

Mental Health Center's Geriatric Program which provides counseling to Village and Skokie Meadows Nursing Homes, it is an attempt to enlist more community resources in providing cultural and recreational activities to nursing home residents, a population that suffers social and cultural isolation.

Appeals are being made to local industry, and residents of the township who are concerned about providing for the mental health needs of the community. Further information is available by calling 967-7300.

Cablenet internships

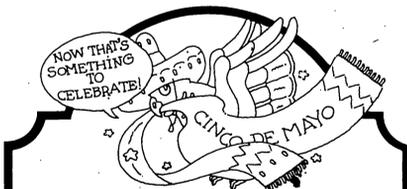
Four area college students, Mike Macenas of Streamwood, Sean Reilly of Park Ridge, Rhonda Davis of Northbrook and Paul Lark of Des Plaines presently completed Cablenet's 13 week Internship Program. The students, under the supervision of the Cablenet Programming Department staff, assisted in the production of local programming such as Cablenet's acclaimed live election telecast, high school sports and several public service announcements.

Cablenet currently is seeking college students for its Summer Internship Program. Interested students should contact Peggy Busch at 698-4490 before May 30.

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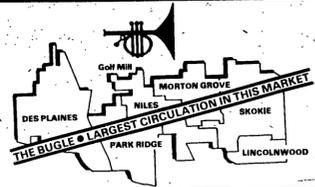
Chicago Rush and Delaware 868 N. Wabash 751-3434
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"Cinderella" at Lane Tech
The Lane Tech Music Theatre will present its Spring 1985 production of Rodgers & Hammerstein's delightful classic, "Cinderella", at 8 p.m. on May 2, 3 & 4, and at 2 p.m. on May 5, at the Lane Auditorium, 2501 W. Addison, Chicago. Tickets are available at the door. We encourage you to contact us for more information.

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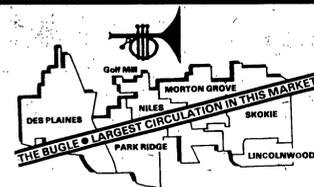
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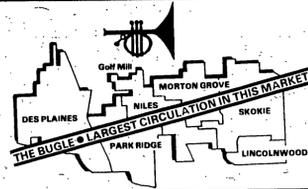
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From the Left Hand

Continued from Page 1

"The bill's intent is to shift the burden of the costs to cigarette smoking from the general taxpayer population to those who cause these diseases, the cigarette manufacturers," said Kustra.

The victims' families would be aided by such a bill. Also, medical expenses of the state Public Aid Department would be able to recover medical expenses for welfare recipients who die of lung cancer or emphysema.

Presently, the state pays more than \$10 million a year in hospital bills alone for those victims. Kustra added there

are millions of dollars more which are costs for doctors' care and medicine.

"The state should be allowed to recover these costs so taxpayers don't have to subsidize the real cause of these illnesses," said Kustra. "That's money thrown away that could be better used on other programs."

While the legislation is a long way from becoming law, it obviously will be vigorously opposed by the tobacco industry. As for Mr. Kustra, he is still a member of the cigarette-smoking public.

Morton Grove Art League meeting

The Morton Grove Art Guild will hold its monthly meeting at 8 p.m., Wednesday, May 8, at Mansfield Park Fieldhouse, 5530 Church St., Morton Grove.

The evening will feature Sculptor, Arlene Siegel demonstrating in Stoneware Clay beginning with a child's head and taking it through the aging process - finishing with the head of an old man. Arlene Siegel teaches, runs workshops and lectures. Her works can be seen in many galleries throughout Illinois and Indiana.

Audience participation - questions welcomed, and experience an exciting evening in the fine arts. All are welcome to join us - non-members are asked for \$1 donation. For information call 966-3282.



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Commendations

Continued from Page 1

managed to open it allowing a pet dog to run out.

Fire officials report that despite the intense smoke and heat, Lt. Martin Stankowicz and officer Martin Stankowicz ventured into the house to see if anyone was there. However, the smoke and heat drove them back. The officers contacted the fire department to report the fire immediately upon leaving the house.

Niles Police Chief Clarence Emrikson said on Tuesday the officers' actions would be reviewed by a police committee which makes commendation recommendations to Emrikson.

Commenting on the officers' actions Emrikson said, "I think it was great. Two police officers noticed smoke, went back to the house and found the home in flames...which may have affected the home next door."

Continental offering free television production course

Continental Cablevision is offering a free television production course in May to Morton Grove residents and non-profit organizations.

"Lights, Camera, Sound" provides an overview of television production that includes hands-on experience in studio camera technique; audio recording, video switching, and directing. Upon completion of this four day course, students will have the knowledge and skills to technically produce a show for cablecasting on Continental's public access channels.

The course will be held at the Morton Grove studio, Monday, May 6; Wednesday, May 8; Monday, May 15; and Wednesday, May 15; from 8:30 p.m. to 8:30 p.m. Other courses are available.

to students upon completion of "Lights, Camera, Sound."

If you would like to register for this course, fill out a cable class registration form at the Continental Cablevision office in Morton Grove, located at 8121 Austin Avenue.

For more information, contact the Public Access Coordinator at 530-4477.

Morton Grove Park dance recital

The 1985 Morton Grove Park District dance recital will be held on Saturday, May 18, at 3 p.m. at Niles West High School.

The program, which features dancers in the park district's ballet, creative, jazz and tap classes, includes performers from preschool age through high school. The recital is choreographed by park district instructors Helen Doti and Leslie Abramson.

Donations will be accepted at the door.

For more information call 965-7447.

Woman killed... Cont'd from Skokie-L'wood P.1

greater than 1200 degrees, according to Niles Fire Department Duty Chief Gordon Michalson.

The entire basement was in flames when firemen arrived.

The basement had been partitioned into five rooms using studding and paneling which were quickly consumed by the fire.

Shortly after 7 p.m. a Morton Grove engine arrived on the scene. Firemen began punching holes in the roof to attempt to release the superheated smoke and gasses in the house.

An attempt to enter the front door was unsuccessful because of deadbolts securing the door. The picture window was broken out by firemen to allow smoke to leave the house.

Fire was shooting in a continuous stream from the basement windows and doors. Michalson said the blue flames coming from the house were about 180 degrees.

Repeated efforts to enter the house by firemen were unsuccessful because of the extreme heat, according to Michalson.

Firemen were wearing their protective gear and air tanks but Niles Fire Chief Harry Kinowski said firemen's protective clothing cannot sustain heat of more than 200 to 300 degrees.

Eight water hoses were brought into the house to eventually attempt to "drown" the fire with 1600 gallons of water per minute.

Before flooding the house, two firemen had entered the front of the house, however, managed to escape after feeling the first floor begin to collapse into the basement.

Most of the first floor living room floor fell in as did the dining room and bedroom floors.

Additional equipment had to be summoned during the fire to refill firemen's air tanks. The Kinowski said an air tank holds about 35 minutes worth of air. However, when firemen are fighting a fire, they consume most of the air in the tank in about 20 minutes.

At 8:30 p.m. Niles firemen began turning off hoses flooding the building to allow four firemen to enter the basement.

Using one water hose pumping 200 gallons per minute, the

firemen finished extinguishing the fire which was officially extinguished at 9:24 p.m.

State Fire Marshall Harry Schaeffer was called to the fire at 8:44 p.m.

The state fire marshal investigates all fires in which injuries or deaths occur or which have suspicious origins.

Additionally, Morton Grove Fire Chief Bernard Brady was at the scene of the fire.

Brady was quoted as saying this was the most intense house fire he had ever seen.

Niles Police were summoned to keep the crowds of people back as well as to block off Waukegan Rd. between Dobson and Howard St.

At the height of the fire 16 firemen from Niles and Morton Grove were on the scene. Niles also called in six off-duty firemen to fill in at the two fire stations and at the fire.

Commonwealth Edison and Northern Illinois Gas officials were on the scene to turn off utilities.

Fire officials investigating the fire have determined the point of origin of the fire was the downstairs kitchen.

Officials were quick to add that they checked all gas connections on the basement stove and furnace and they were found intact.

Sosnowski, Schaeffer and other fire officials had to crawl underneath the collapsed first floor to check the basement debris.

Initial speculation is leaning towards a grease fire on the basement stove which spread to nearby paneled walls and eventually consumed the entire basement.

Kinowski praised the efforts of the 16 firemen on the scene saying they "took a beating" fighting the difficult house fire.

Kinowski said many of the firemen were exhausted from working in their 35 pounds of fire gear with an additional 50 pound oxygen tank on their backs.

Morton Grove Library news

The Morton Grove Public Library will present a special showing of the film "Places in the Heart", starring Sally Field in her Oscar-winning performance, on Monday, May 6 at 2:30 and 7:30 p.m. Chicago actor John Malkovich gives an inspiring performance in the supporting cast, which includes Ed Harris, Amy Madigan (also from Chicago), and Danny Glover.

The story concerns the struggle of a widow to salvage her rundown farm in Waxahachie, Texas. Robert Benton, who directed the film, also wrote the screenplay about life in his hometown during the Depression. "Places in the Heart" is a work of love to be seen and felt. Admission is free.

Another episode in the film series on world religions, "The Long Search" will be shown at the Library on Tuesday, May 7 at 2:30 and 7:30 p.m. The film is "Religion in Indonesia" and admission is free.

The latest changes in Social Security and Medicare benefits will be discussed in a lecture at the Library on Wednesday, May 8 at 7:30 p.m.

The speaker will be Arzetta Hulls, Field Representative for the Glenview and Evanston Social Security offices. Retired people, particularly, are urged to attend this important program.

ITT... Continued from Page 3

want to express thanks to ITT for selecting our community in which to make his ward. Their donation goes well beyond the \$25,000 that will be given away. ITT has committed much time and energy to ensure the success of this program. We are very appreciative of that," McElligott said.

Since ITT initiated this nationwide "Best Civic Idea" grants program in 1981, it has funded such winning ideas as converting a vacant school into an emergency shelter for women and children, creating a community computer learning center, starting a summer job program for young people, and providing job counseling to the young and assisting the handicapped.

Any Niles Township nonprofit civic, fraternal, religious, social, educational or other group with 501(c) (3) federal tax designation may submit a two page entry supplying the following information: A proposal of how to use the \$25,000 grant, either by that organization, by another organization, or for a purpose not connected with any organization. An estimated cost of the project, how it will be carried out and a schedule for completion.

A brief statement as to how its "Best Civic Idea" will make the community a better place in which to live and work.

Door County...

Cont'd from Skokie-L'wood P.1 intensive period of time will give us the chance to make different kinds of connections than are possible with classes which only meet once or twice a week."

For further information about "Triple Exposure," call Tosto (635-1972), Jerit (635-1831) or Krauss (635-1959).

Group W...

Cont'd from Skokie-L'wood P.1

includes exercise as well as tips on diet, health care and supplemental exercise programs. Gloria Burr, Group W Cable, Skokie, Marketing Assistant, has been participating in the classes for the past 3 weeks. "I'm saving a lot of money by working out at Group W. The classes are professionally run, and the workout really makes you feel good," said Burr. Skokie residents are invited to come to the studio and exercise for free each Monday, Wednesday, and Thursday from 5 p.m. - 6 p.m. Call 674-4916 immediately to reserve a spot in one of the 'Body Tunes' classes.

Group W Cable is a leader in communications serving more than 2 million people in more than 33 states.

Caucus...

Continued from Page 1

The purpose of the East Maine Township General Caucus is to provide for the nomination of persons of outstanding ability and character as candidates for the Boards of Education of High School District #207 and Elementary School District #63. Member organizations will receive an application by mail. New organizations seeking membership should contact Benjamin H. Cohen at 965-8142 or Michael Tatz at 645-2296. The East Maine Township General Caucus sincerely hopes that all community organizations in the East Maine area will join the Caucus.

Frindt... Continued from Page 3

they respected. Frindt as a trustee and as a friend. "I am sorry that he has chosen to end his career this way," said Thompson.

The Board will review matters regarding the seniors at the next Township Board meeting to be held at 7:30 p.m. on May 7, 1985 at the Town Hall located at 1700 Ballard Rd., Park Ridge.

Oakton...

Cont'd from Skokie-L'wood P.1 Seminar leaders are Professor Robert W. Hall and Franklin J. Becker. Professor Hall has taught Operations Management at the Indianapolis campus of Indiana University for 15 years. Mr. Becker is Materials Management Services Manager at Deere & Company, Moline, IL.

ADVANCED STATISTICAL METHODS IN QUALITY CONTROL will take place on Tuesday, May 7, and is especially designed for Quality Engineers/Managers/Supervisors and Manufacturing Engineers. The course is designed to provide industrial personnel with the tools for controlling batch uniformity of short production run batches. Advanced techniques includes Tests of Significance, Chi-Square Distribution and Two Factor Analysis.

John Blazejak, the seminar leader, is President of Management Institute of Chicago, Inc. with over 23 years experience in the Quality Management and Engineering Fields.

For more information, please call the Institute for Business & Professional Development at 635-1654 or 635-1655.

Fire conference...

Continued from Page 1

may have found a grease fire on the stove and, in trying to put it out, spread it to surrounding walls.

Niles Fire Chief Harry Kinowski said Mrs. Kubiak may have become disoriented in the thick smoke and been unable to escape from the basement.

When Mrs. Kubiak's daughter Romana, who lived with her mother, returned home two hours after the fire started, she alerted firemen that her mother was in the house.

When firemen arrived on the scene they found no car in the garage or parked near the house and, checking with neighbors, were told that both women had left earlier in the evening.

Intense flames and 1200 degree heat prevented firemen from entering the house for over two hours after they arrived.

Funeral services for Mrs. Kubiak were held Saturday.

OLR welcomes blood donors

Niles residents are urged to walk in and donate blood on Sunday, May 5, at Our Lady of Ransom Church. The drive, from 7:30 a.m. to 1:30 p.m., will be held in Paluch Hall in the school basement, 8300 N. Greenwood. OLR Pastor, Father Thomas Dore, and the blood drive chairpersons Father Frank Plotka, and Bonnie Mularski, urge all church members and Niles residents to share their "gift of life."

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What's the best way to finance your home?

Fixed rate mortgages... adjustable rate mortgages... what is the best deal for you? Here are some guidelines to help make your dream home a reality for your family.

If you like knowing that your monthly payments will not increase over the years, consider a fixed rate loan. You'll pay a higher rate than with an adjustable rate mortgage, but you will know ahead of time how much you will pay over the entire life of your mortgage.

Many people automatically think first of a 30-year fixed rate mortgage. But you can usually get a lower rate on a 15-year mortgage, and there are other advantages.

For monthly payments that are only a little larger than with a 30-year mortgage, you own your home free and clear 15 years sooner, and you may be surprised to see how very much money you can save. It's substantial.

If you want to start out with a lower interest rate, with lower, more affordable initial monthly payments, then consider an adjustable rate mortgage. It can be a big help to younger families who expect their incomes to increase as their payments increase.

If you expect interest rates to go up a lot, you are probably better off with a fixed rate mortgage. However, if interest rates go down or stay the same,

an adjustable rate mortgage is probably better for you.

This depends, of course, on whether your income actually increases as your adjustable mortgage rate increases, and on the kind of adjustable rate mortgage you choose.

You will find many kinds of adjustable rate mortgages on the market. These are some points to consider.

Is the adjustable rate mortgage convertible? Can you switch to a fixed rate, if interest goes up?

What index will be the basis for increases in your rate and monthly payments? An index that is especially advantageous to you is the Federal Home Loan Bank's cost-of-funds index. It moves in gentle curves, without the more pronounced ups and downs of many other indexes that are used to determine rate changes.

Is there a cap on the short-term increase of your rate and monthly payments? A ceiling on the maximum interest rate that can be charged over the entire life of the loan? This can protect you from very sudden, steep increases in interest rates.

What is the highest rate you might have to pay, under the worst circumstances?

What is the actual cost of the adjustable rate mortgage? Often, you can get low rates by

paying a number of points. This means you should compare the actual dollars required for upfront payments.

If you are considering one mortgage that requires four points and has better terms than a mortgage that calls for one point, you should understand that you are paying quite a bit for those better terms.

How does this cost compare to a fixed rate mortgage? The interest rate should be at least 1% less expensive if you are getting a really good deal.

We present this information to help you in your decision-making, and we add this good news.

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