Niles police investigate
Builders Square robbery

Niles police are investigating a robbery at Builders Square, which has resulted in the theft of approximately $40,000 worth of merchandise. The incident occurred on Monday night, and police are seeking information from anyone who may have witnessed the event.

Senior citizens for Little City children

The Niles Police Department is investigating a robbery at Builders Square, which occurred at approximately 2 a.m. on Monday night. Police are seeking information from anyone who may have witnessed the event.

Daniel accepts commission

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NM trustee investigated for accepting broker's fees

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Niles Firemen fight MD

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Chamber seeks revenge from Village in softball

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From the Left Hand

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Niles police investigate 3 home burglaries

Sokie man charged in plant theft

Police check nursing home battery charges

Speeding driver charged with drunken driving

Garage theft

Muffler shop theft

Electronic Ignition Saves Gas

Money-Making Restaurants for Sale

Gas: Your Best Energy Value

Thermador Gas Cooktop

Gourmet Gas Cooktops For Lovers of Gas Cooking

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GAS: Your Best Energy Value

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967-8500
**GIRLS SOFTBALL**

**Girls Softball take 3rd place**

The Niles Park District Girls Softball took 3rd place in the District Championships. The team, led by their experienced players and coaches, played with great spirit and determination throughout the tournament. They faced tough competition but managed to secure their third place finish, displaying an impressive level of teamwork and sportsmanship.

**Niles Nuggets semi-pro baseball team**

The Nuggets, known for their competitive play and community spirit, are one of the top teams in the area. They have been making waves with their agile baserunning, strong pitching, and solid defense. This season, they have been focused on improving their skills and collaborating with local schools and organizations to promote youth sports.

**Bikeways Maps**

The City of Niles has released new bikeway maps to help residents and visitors navigate the extensive network of bike paths and trails. These maps, available at city hall and online, provide detailed information on bike routes, including distances, elevations, and recommended skill levels. They are a valuable resource for cyclists of all ages and abilities, encouraging a healthy and active lifestyle.

**SEASON TICKETS NOW ON SALE.**

**SAVE 40-50% OFF NEW MEMBERSHIPS**

**ACT NOW - FINAL DAYS**

Now's the time to get with what's happening at the YMCA! Our new annual memberships are on sale until August 17. All kinds of new memberships. For swimmers, dancers, young, old. Anyone who wishes to feel a little more alive. Join us at the Y and Y's a treat. It's a place to take care of your body without spending an arm and leg. A place to shape up, not show off. So check out the Y. Start being more than a spectator.
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30% ON YOUR
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WITH OUR
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Stop in today and register for Sweepstakes.

Jewish Singles
Shabbat Benefit Dinner.

The Park District offers a wide variety of programs for all ages ranging from flag football to clay Targets. The Niles Park District's Fall, Winter, Spring programs are open now. For information, call 965-7554.

Seek volunteer coaches.

The Morton Grove Park District is seeking volunteer coaches for its Youth Flag Fast-Pitch Softball program. This program is for girls in grades 3-6. Contact Curriculum Coordinator Pat Swanson at 965-7447.

Kustra bill allows absentee ballots at local offices.

State Senate Majority Leader Sen. Bill Kustra has successfully introduced legislation that would allow absentee ballots to be sent to local officials forvote counting. The Toledo Democrat's bill addresses concerns about the security and convenience of absentee voting. The bill would allow city and village officials to receive absentee ballots for vote counting, rather than having to mail them to suburban county clerks. The bill has been introduced in response to recent election irregularities, and it is expected to be considered by the House of Representatives soon.

The Jewish Singles presents a Shabbat Benefit Dinner.

The 13th annual Shabbat Benefit Dinner will be held on August 22nd at 6:30 pm at the Jewish Community Center. The event features a special guest speaker, Rabbi Dr. Edward J. Blum, who will discuss "Jewish Approaches to Raising Children." The evening will include a dinnertime program, followed by a silent auction. All proceeds benefit the Jewish Community Center's Scholarship Fund.

Park District News

Fall, winter, spring brochures out.

Fall, Winter, Spring brochures are now available for pick-up at the Park District office, 7860 N. Milwaukee Ave. These brochures include information on a variety of programs and events, including flag football, soccer, and tennis. They also feature details on membership fees, equipment rental, and other important information. Park District officials encourage residents to check out the brochures and plan their activities for the upcoming season.

Ladies Choice Brochures

The Ladies Choice Brochures will be available for pick-up at the Park District office, 7860 N. Milwaukee Ave. These brochures include information on programs and events specifically for women and their families, such as exercise classes, cooking classes, and craft workshops. The brochures also feature details on membership fees, equipment rental, and other important information. Park District officials encourage women to check out the brochures and plan their activities for the upcoming season.

Pre-School registration

Preschoolers are invited to register for the Park District's Pre-School program, which begins on September 1st. The program is for children ages 3-5 and offers a fun and educational environment for early childhood development. For information, call 965-7554.

Benefit Days os

Benefit Days are scheduled for August 27th and 28th at the Jewish Community Center. The events will include a reception, a silent auction, and a dinner. All proceeds benefit the Jewish Community Center's Scholarship Fund. The benefit days are open to the public, and tickets can be purchased in advance for $25 per person.

Call for Free Estimate.
The Business Picture

WASHINGTON AS FOLLOWS

SIX

WORK TO BE COMPLETED AT

GENERAL CONTRACTING

MISCELLANEOUS CARPEN-

DISTRICT #63 WILL BE AC-

CEPTED AT 10150 DEE ROAD,

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REPORTS

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STEEL WORK SUCH AS HAND-

BECOMING AND DOOR.

BRING SWIMMER'S HAIR TO LIFE...

REAL ESTATE EDUCATION CLASSES

BABCO names project managers

REAL ESTATE EDUCATION

Classes are held every Tuesday evening at 7 p.m. at the Windjammer Travel Service Office at Ben Milwau-

eke. If you wish to attend, please call 647-0646 to make arrangements.

First course is Basic Real Estate Law. The course is not open to the public. It is a 30-hour course given by the

Institute of Wisconsin REALTORS. The course will cover the law in Wisconsin with particular emphasis on the

landlord-tenant relationship. The course begins on September 11, 1984, and meets on Mondays and Wednes-

days from 7 to 10 p.m.

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the law in Wisconsin with

emphasis on the

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REPLACEMENT SERVICES:

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BABCO currently has

sales of $30 million per year

in the Midwest region.

Chicago law firm moves to Lincolnwood

after 20 years as a fixture in
downtown Chicago, the firm

has successfully relocated to

a new home.

NW Real Estate Board president cites new legislation

The current Real Estate Law is not in line with the times in any state, and

legislation is needed to modernize it. A new bill has been introduced that

would allow for more efficient land use, and would be a step in the right

direction.

The new legislation would allow for more efficient land use, and would

be a step in the right direction. It is hoped that the legislation will be

approved in the near future.
SCHOOL NEWS

Registration for District 63

August 16 has been scheduled for registration of District 63 students. The first day of school is August 22.

Elementary schools in District 63 are:
- Beverly Park
- Calumet Park
- Grand Park
- Morgan Park
- North Lawndale
- South Lawndale
- Washington Park
- Williams Park

Middle schools:
- Beverly
- Cermak
- Morgan
- South

High schools:
- Beverly
- Cermak
- Morgan
- South

On August 16, parents/guardians are asked to have a child per family register their children at the elementary school they attend. Those new to the district will be assigned to a school during the day.

Registration for Gemini Junior High School

Students of the Gemini Junior High School are required to participate in the school's orientation program on August 15. The program will be held at the school, 8901 N. Oriole Ave., Chicago, Ill. 60648.

St. John Lutheran School registration

The St. John Lutheran School, 8585 W. 95th St., Evergreen Park, Ill. 60805, held its registration for the 1985-86 school year on Aug. 15. The school will begin classes Aug. 22.

District 67 school bus routes

School District 67 bus routes have been released. The following list of routes for the 1985-86 school year:
- Willard route
- West route
- East route
- South route

Elmwood Park, Ill. 60430

DeLaurdes registration

DeLaurdes College, 310 S. 6th Ave., Elmhurst, Ill. 60126, announced the following registration dates:
- Sept. 6: 9-11 a.m. in the administration building.
- Sept. 7: 9-11 a.m.

Niles student wins trip

Niles North High School student Katie O'Donnell won the Chicago Tribune's trip to the Netherlands. O'Donnell, a junior, was one of the winners in a sweepstakes sponsored by the Chicago Tribune.

Felician College offers variety of fall courses

Felician College, 688 W. Pennsylvania Ave., will conduct five-week enrichment classes and one-week enrichment courses beginning Aug. 27. Courses will be held at the college's campus, 1701 N. State St., Chicago.

Construction begins at Northeastern Illinois

R. J. Dierck, executive vice president of the Des Plaines Country Club, presented a donation to Oakton Community College President Dr. Thomas Trudell in the presence of the oakton board of trustees.

Donation to Oakton

Elmhurst College sets Fall term deadlines

Elmhurst College has set its fall term deadlines. The deadline for submitting financial aid forms is Aug. 15. The deadline for submitting fall term registration cards is Aug. 20.

Elmhurst College

Fall classes at Lewis University

It's time to register for fall classes at Lewis University. The university will offer a variety of courses in its fall term. The deadline for registering is Aug. 30.

Lewis University

Fall term admission deadlines

Fall term admission deadlines are due Aug. 15. Students who submit their applications by Aug. 15 will be considered for admission to the fall term.

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St. Demetrios Greek-American Fest

Railfan Weekend in Union

All-breed dog show at The Lambs

Rock 'N Roll Revue at The Lambs

Realtors' Women's Council Fashion Show and Luncheon

Cabinet presents concerts in September

All-breed dog show at The Lambs

St. Demetrios Greek-American Fest

Yuletide tours of Great Britain

Midwest Bonsai Society Show

"Father of Bluegrass"

Rock 'N Roll Revue at The Lambs
Depression in the elderly---a treatable problem

Now many people don’t recognize the symptoms of depression, a treatable condition that affects as many as 1 in 9 adults in the U.S., according to the National Institute of Health. At its worst, depression can be life threatening. But for most people, the basic endocurative treatment is straightforward: take antidepressant medication daily and talk with a counselor or therapist on a regular basis.

The symptoms of depression are similar to those of other conditions that can affect the elderly, such as fatigue, memory loss, and changes in eating habits. The National Institute of Mental Health estimates that 1 in 5 adults over age 65 is depressed. And as the baby-boom generation ages, this number is likely to rise. In 20 years, 1 in 4 adults will be 65 years old or older.

The symptoms of depression can include feeling sad, blue, or hopeless; losing interest in activities; having trouble sleeping or sleeping too much; feeling tired; experiencing problems with concentration; and feeling guilty, worthless, or helpless.

In the elderly, the symptoms of depression are often confused with memory loss, which can cause more suffering and unnecessary treatment. Many elderly people also believe that depression is a natural part of aging, so they delay seeking help. In fact, depression can be treated with medications and/or psychological counseling, and it is far better to seek help early, when the condition is still treatable.

There are a number of prescription medications available to treat depression, and they usually work well. The most common side effects are anxiety, headaches, and nausea. But people should not give up on a medication just because of side effects. If these symptoms continue after a few weeks, the medication may not be effective.

There are also several over-the-counter remedies that can help with depression, including St. John’s wort and vitamins. But these should only be used as an adjunct to medical treatment, and they should never be used as a substitute for professional help. In some cases, they can even cause harm.

If you or a loved one is suffering from depression, talk to your doctor or a mental health professional. They can help you determine the best course of treatment, and they can also refer you to a counselor or therapist. With proper treatment, most people can enjoy a long, fulfilling life.

For more information, call the National Institute of Mental Health at 1-800-438-9059, or visit their website at www.nimh.nih.gov.
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7001 S. Kedzie Ave, Chicago, IL 60616
5813 W. Washington Blvd., Chicago, IL 60612
4256 E. 87th St., Chicago, IL 60617
1200 W. 87th St., Chicago, IL 60628
2747 S. Kedzie Ave., Chicago, IL 60616
1445 W. 63rd St., Chicago, IL 60621
2520 W. Chicago Ave., Chicago, IL 60651
7637 W. North Ave., Chicago, IL 60646
7730 S. Kedzie Ave, Chicago, IL 60615
7148 S. Kedzie Ave., Chicago, IL 60617
7000 W. North Ave., Chicago, IL 60631
9237 S. Ashland Ave., Chicago, IL 60620
2747 S. Kedzie Ave., Chicago, IL 60616
2700 S. Kedzie Ave., Chicago, IL 60616