

NILES PUBLIC LIBRARY

Bugle Guide to Health and Fitness

Pages 21-32

Library referendum turned down

The Niles Library District referendum calling for annexation of three parcels of unincorporated land was defeated by residents in those areas by an overwhelming vote at the polls. Although residents in the existing library district approved the referendum by a 2 1/2 to 1 margin, a majority vote was needed from residents in the existing library district and also the areas to be annexed. The three parcels are located south and west of Glenview in Northfield and Maine Townships. Residents there have been paying non-residents' fees for Glenview library services. With 98 percent of the returns in, the unofficial vote tally for all

Continued on Page 47

Zoners ok LoVerde garages and office building

by Sylvia Dalrymple

At a brief meeting that lasted little more than a half hour, the Niles Zoning Board approved a request by Joseph LoVerde for special use zoning to allow construction of three storage garages and a two-story office building at 7060 Milwaukee Ave. Zoning approval included a 60 by 175 foot lot east of the property that will be used as an outside storage facility. Although the lot has been used for that purpose since 1962 to store sewer equipment (pipes and construction material), the special use zoning was required to bring the property into conformance with village code. Continued on Page 47

The Bugle

Village of Niles Edition

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Drop harassment charge against Niles board member

by Sylvia Dalrymple

A telephone harassment charge against a Niles village official was dismissed in the Third District Court last Friday after a state's attorney stated there were "no grounds" to prosecute the case.

Circuit Judge George Zimmerman dismissed the case filed against Sydney Mitchell, Niles zoning commissioner, who was arrested last month after allegedly making phone calls to Gary Stutland and Barry Sigale, residents of Chesterfield Homeowners Association.

Robert Friedman of the State's Attorney's office told the court the Illinois Appellate Court (in an unrelated case) held that business records of a telephone company "that would be used for anticipated litigation" was not admissible in court.

have a case beyond reasonable doubt and don't desire to proceed," he said.

Stutland and Sigale claimed they received about 200 anonymous telephone calls between mid-May and the first of September, with the calls occurring between midnight and 3 a.m. When they picked up their phones the caller hung up.

Illinois Bell Telephone traps (taps) were placed on their lines over a two or three week period and three or four of the calls were traced to Mitchell's phone.

According to a police spokesman, the placing of a trap or tap on a telephone line is done with the permission of the local police department, as well as the telephone company. However, the trap cannot be placed unless

Continued on Page 46

Bubbles manager arrested for serving minors

The manager of Bubbles Bistro in the Golf Glen shopping center was arrested on Oct. 31 on charges of allowing possession and consumption of alcoholic beverage by a minor.

Police officers said they entered the premises on a routine liquor check and saw two youthful patrons at the bar. When asked for identification, the youths said they did not have one.

In reply to a question regarding the contents of the glasses in front of them, one said he had a mixed drink while the other stated he had a 7-up. Both offenders admitted later they had con-

sumed a shot glass of liquor. A computer check revealed the two offenders were under 21 years of age and were taken into custody.

The doorman of Bistro was also arrested for allowing possession of an alcoholic beverage by a minor, and along with the manager, were released after posting \$50 bond and assigned a December court date.

The two offenders were charged with possession and consumption of alcohol by a minor and were release on \$50 bond each and assigned a December court date.

Niles board member Orville Ottow dies

Orville C. Ottow, current member of the Niles Village Board and former member of the Niles Zoning Board died Wednesday, Nov. 6 in Lutheran General Hospital. Ottow, 64, was born Oct. 23, 1921 in Chicago.

Ottow was appointed to the Niles village board in October, 1978 replacing the departing Ralph Bast. He was re-elected twice. He served on the Niles Zoning Board from 1966 to 1978.

Niles village president, Nick Blase, a close friend of Ottow's, told The Bugle Wednesday Morning, "Orville was a man everybody liked. There was no meanness in him".

Survivors include his wife, Beverly. He was also the husband of the late Ann. Surviving children are Patricia (David) Galen, Daniel (Darya), David (Susan), Michael (Donna) Kores and Randy Kores. He

Continued on Page 47

Village hall closed Veterans Day

The Niles Administration Building, 7001 Milwaukee ave., Niles will be closed Saturday, November 9th and Monday, November 11th, 1985 in observance of Veterans Day. They will re-open Tuesday, November 12th with the usual hours.

The night depository is available for your convenience at the front of the building.

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

Newcomers win seats on Oakton College Board

Light vote in school elections

In a light turnout at Tuesday's school board elections, voters brought back many of the incumbents to their respective board seats, while some newcomers chalked up a victory at the polls.

Oakton Community College District 535

Two newcomers were swept to victory in the heated race for two seats on the Oakton Community College District 535 board.

With 99 percent of the votes in Joan Hall of Park Ridge won with a whopping total of 4,476 followed by Evelyn Rosenzweig of Skokie with 4196, defeating out incumbent Ralph Goren who received 3,478. Other vote totals were: Kenneth Stepson, 1921; Brian

Lopina, 2805; Christine Feldman, 1,567; Stanley G. Harris, 1,197 and Jay Petroski, 2023.

Niles Township District 219

One of the three vacancies on the High School District 219 board will be filled by non-incumbent Gail Stone who received 1,044 votes. Incumbents Marlene Aderman garnered 956 votes and Karan Honig, 969.

Non-incumbents Mary Helen Archibald received 826 votes and Paul Pitalis, 866. Nick Odliwak, a former teacher at the school received 15 write-in votes.

Maine Township District 207

Incumbents apparently won their bid to regain their seats in

Continued on Page 47

Optimist Club of Niles



In a meeting held Thursday afternoon, Oct. 31, Nicholas B. Blase, Mayor of Niles, endorsed the organization and concept of the Optimist Club of Niles. Mayor

Blase met with two charter members of the club, Ralph J. Bast, (1) Business and Industrial Development Coordinator with

Continued on Page 46

NILES PUBLIC LIBRARY

Tree planting demonstration



Members of Girl Scout Troop 595 visited Point Park in Niles for a tree planting demonstration presented by the Niles Park District. Parks Department staff of the park district explained to the group the methods of mulch planting new trees as they planted a White Ash at the park.

Through the tree planting exercise, the girls will earn an International Youth Year patch. This year's patch has been designated at tree growing.

Boy Scout Troop 175

The leaders of Boy Scout Troop 175, extend an invitation to all boys, who have completed the fifth grade or are at least eleven years old, to join our Troop. Our unit has been in existence for over twenty three years of continuous service to the community. During this time the Troop has been active in all council and district activities. The boys are encouraged to attend two weeks of summer camp in Wisconsin during the month of July.

Our Troop, is staffed with

- 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
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- NE 1-6574

Trained Adult Leaders who guide and assist the Junior Scout Leaders in providing a balanced scout program. While emphasizing Fun and Outdoor activities, learning Scout Skills and Rank Advancement is promoted. We currently have seven Life Scouts working on requirements for advancement to the rank of Eagle.

For more information, call the Scoutmaster, Rich Zaprzalka, on 391-7412 or 966-5953. The Troop meetings start at 7 p.m., on Monday nights, in the Scout room, at the south end of the school on 8307 Harlem ave., in Niles.

Lane Tech grads reunion

A 50th year class reunion of the 1936 graduates, of Chicago's Lane Tech High School, is being planned for September 1986. Anyone having information of the whereabouts of any 1936 Grad are asked to send name/address, to F. Para, P.O. Box 30037, Chicago, IL 60630.

Battle of the Books

The Niles Public Library District's Seventh Annual Battle of the Books program begins Tuesday, Nov. 12, at 4 p.m. at the Main Library, 6960 Oakton st. The first meet will be between Washington School and Stevenson School, both in School District 63.

The Battle of the Books is a competition sponsored by the Niles Public Library to encourage reading among the District's fourth, fifth and sixth grade students. It fosters cooperation between the public library and the schools.

Eight area schools will participate in this 1985/86 season. A tentative schedule of the meets is available in the Children's Services Departments of the Main and the Branch Libraries.

For more information about this and other programs for children, call the Children's Services Department at 967-8554.

CJE home meals volunteers needed

Council for Jewish Elderly needs volunteers to deliver meals in Rogers Park and Edgewater to elderly clients unable to make their own. Volunteers go out in teams of two at 10:45 a.m. and usually complete a delivery route within an hour and a half. Participants in the Home-Delivered Meal Service can select the day or days of their choice. Meals are delivered on a regular basis Monday through Friday, except on National and Jewish holidays.

If you are interested in being a volunteer, call Shirley Garland at Council for Jewish Elderly, 570-7000.

American Technion hosts astronaut

General James A. McDivitt, former astronaut and one of America's most respected and admired citizens, will be the special guest speaker at Chicago Chapter of American Technion Society's annual business luncheon meeting and election of officers Nov. 21 in the Standard Club. General McDivitt, command pilot for Gemini IV and Apollo IX and who established six world records for space flight, will speak on "Space: Israel's Newest Frontier". Currently, he is executive vice president of Rockwell International Corporation's Defense Electronics Operations. Reservations can be made by calling 939-0911.

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

VETERAN'S DAY CLOSURE
The Niles Senior Center will be closed on Monday, Nov. 11 in commemoration of Veteran's Day.

WOMEN'S CLUB TRIP TO SARA LEE CANCELLED
A reminder is extended that the women's club trip to Sara Lee and Waucauanaw Pottery slated for Tuesday, Nov. 12 was cancelled at the women's club September meeting.

SQUARE DANCING
The center's open square dancing group will meet on Tuesday, Nov. 12 at 1:30 p.m. This group is open to all senior center registrants at no charge. Advance reservations are not necessary. Don Stace is the caller. Newcomers are always welcomed.

BLOOD PRESSURE SCREENING FOR SENIOR CITIZENS
The Niles Senior Center's monthly blood pressure screening program will take place on Wednesday, Nov. 13 from 1 to 4 p.m. at the Trident Community Building. The program is open to all Niles residents over age 60 at no charge. Those Niles residents under age 60 may have their blood pressure taken at no charge at Fire Station II on the northeast corner of Dempster and Cumberland on November 13 between 6 p.m. and 9 p.m.

SENIOR FORUM
The Niles Senior Center Forum is a vehicle by which Niles Senior Center participants may give suggestions to the center's staff regarding programs. All are invited to attend the next meeting on Thursday, Nov. 14 at 1 p.m.

MEDICARE HELP! CLINIC
Appointments are available for those needing assistance with filing medicare claims on Friday, Nov. 15 during the morning. Please call 967-6100 ext. 376 for an appointment.

DAWES MANSION TRIP
The senior center is offering a trip to the Dawes Mansion in Evanston with a fried chicken luncheon at the Third Rail Restaurant on Friday, Nov. 15 from 11 a.m. to 4 p.m. Tickets are \$9.85. Please call 967-6100 ext. 376 to check on openings.

Leaning Tower Seniors
Entertainment '86 Books are on sale at Leaning Tower Senior Adult Center, 6300 W. Touhy Ave., Niles. The cost is \$30 each and may be purchased at the Senior Center office.
Entertainment '86 is the nation's largest of the discount clubs and offers hundreds of get-acquainted 2-for-1 deals from well-known attractions in the area. Included are some of the best restaurants in town, plus movies, concerts, sports, hotels and other valuable offers.
You need not be a member of the Senior Center to purchase one of these books. For information call the center office at 647-8222, Ext. 53.

Village of Skokie
Robert D. Lipton and Robert L. Wallace of Drexel Burnham Lambert, Inc. will present a program on "Maximizing Your Retirement Income: The Safe Approach-Part II" to the People and Places Group of the Smith Activities Center, Lincoln and Galitz, Skokie on Thursday, Nov. 14, at 9:30 a.m. Please call 673-0500, Ext. 338 for additional information.

Center of Concern's Open House Free dance for older adults

The people in the community are being reminded by Dee Heinrich and staff of The Center of Concern's Open House on Sunday, Nov. 10 from two until five, to welcome them into the new offices. That will also be an opportunity time to obtain information about the purpose of the organization, and to meet its workers as well as to enjoy the refreshments.

Suite #125 is their new location in the same building, 1580 N. Northwest Hwy. Please call The Center at 823-0463 for further information.

THE BUGLE (USPS 065-700) David Besser Editor and Publisher

MEMBER NORTHERN ILLINOIS NEWSPAPER ASSOCIATION

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The Bugle, Thursday, November 7, 1985

The Bugle

An Independent Community Newspaper Established in 1957

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MEMBER NORTHERN ILLINOIS NEWSPAPER ASSOCIATION

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

PAGE 3

Maine Beat by Sylvia Dalrymple

A BEWITCHIN' SUCCESS... Although the rain poured down on "witches and goblins" night last Thursday, it did not dampen the spirits (no pun intended) of more than 3,000 Halloween party-goers who trooped into Notre Dame High School to enjoy the ghoulish festivities.

The annual event...sponsored by the Niles Police Department...was a smashing success, featuring clowns, games, prizes, free popcorn, taffy apples and soft drinks, all donated or purchased at a reduced cost from area merchants.

The focus of attention was special guests from McDonald's, Hamburglar and Grimace, who went into their act greeting costumed Draculas, witches, Jumping Jacks, clowns, brides and ballerinas...while parents clicked their cameras to capture the scene.

Seen in the huge crowd talking to children and parents were Police Sgt. John Katsoulas and Lt. Marty Stankowicz, with retired policemen Art Rek appropriately dressed as a Keystone Kop. Also enjoying the festivities were village officials Todd Bavaro, Tony Pontillo, Tom Biondi and Ralph Bast, who attended the party dressed as a witch.

Katsoulas, the police liaison for the Northern Association for the Protection and Safety of Kids (NAPSACK) said he was thrilled with the successful outcome of the annual event...which exceeded last year's attendance figure of about 2,800. The Halloween party was initiated in 1981 to give children a safe alternative to door-to-door trick and treating because of tainted candy incidents reported in the Chicago area.

Judging by the happy faces of children and parents at Thursday's party...kudos go to Niles "finest", the village, volunteers, and generous merchants, who dedicated their time and efforts to keep the children safe on Halloween. It keeps faith with Niles slogan... "Where People Count."

PRESERVATION TRAIL... Members of the Niles Historical Society are rolling up their sleeves in a general clean-up of the Old Cook-County Sheriff's police station (on Milwaukee ave.) that will become the permanent home of the Society. Volunteers are needed to scrub floors, paint walls and other chores needed to rehab the more than quarter-century-old building.

Acquiring the building...with the help of village officials...was a giant step forward in realizing the Society's dream of housing memorabilia of Niles history in a museum, where future generations can enjoy local history. Currently, memorabilia and artifacts are housed in two display cases at the Niles Trident Center, with a change of exhibits every six months. But more space is needed to properly showcase the vast collection of memorabilia donated by residents over the years, according to Marilyn Brown, NHS president.

Many of the old buildings that could have been used by the group have been torn down to make way for progress. They include the Judge Joseph Jozwiak structure (a Niles park is named in his honor), behind the Chambers Restaurant, 6881 Milwaukee Ave.; the White House, at the corner of Milwaukee and Touhy Aves. (adjacent to the Third District Court building); and the Burgundy Inn next door, which was built in 1846. According to historical lore, the White House was visited by President Abraham Lincoln when he was traveling in the area.

The Society has old photographs of these historical structures that will be on display as part of a permanent collection in the new museum. Other plans call for a meeting room, special exhibits and a farm scene depicting the early days of Niles. A goal in the future is to form a library where people can obtain tapes or books of old Niles or read documents of its rich and colorful past.

Residents who wish to volunteer their time in clean-up chores at the Sheriff's police building, 6970 Milwaukee Ave., may call Brown at 647-0185, or Marge Berles, museum Curator, 647-0185.

ON THE SOCIAL SIDE... Our Lady of Ransom Church in Niles recently celebrated the 25th anniversary of its founding at a dinner dance held at the Starlight Inn. About 300 people attended the affair...including the Rev. Thomas Dore, pastor, and Fathers Frank Plotka and William Pegan, as well as former and current nuns of the parish school.

Sipping the wine and enjoying the prime rib meal were Des Plaines residents Bill and Audrey Scholly and Bob and Marge Berles of Niles. Music was provided by Johnny Belmont and his orchestra...and spotted on the dance floor were Nilesites Bob and Maureen Bell, Norman and Nancy Stranczak and Bob and Adrienne Nagawicki. Joe Bialko, MC of the super affair, and his wife, Gigi, were the focus of attention as they performed the traditional polka...one of many ethnic tunes played by the Belmont band.

Order 7-11's to pull obscene magazines off racks

Niles police want x-rated magazines out of stores

by Richard Stemple

Convenience stores peddling "pornography" risk being closed by Niles Police this week, according to a local 7-11 manager. Niles Police have issued a warning to 7-11 stores in the village to "pull off their racks obscene magazines" by Friday or face suspension of their right to do business. Police sources confirmed they had visited 7-11 stores in Niles and ordered them to remove magazines such as New Look, Hustler, Forum, Cheri, and Gallery from behind the counter.

They will be permitted to sell Playboy and Penthouse. Willie Fran, Owner of the 7-11 store at 7450 Oakton in Niles, said police visited his store this week and ordered the offending magazines removed by Friday or "he would be out of business," according to Fran. Fran claimed he has never seen a copy of the village ordinance nor had it been explained to him, only that "certain magazines be removed immediately."

Voter registration at Maine Town Hall

Maine Township Clerk Stephen J. Stolton has announced that voter registration will resume Thursday, Nov. 7, at the Maine Township Town Hall, 1700 Ballard Rd., Park Ridge. Residents may register at the clerk's office from 9 a.m. to 5 p.m. Mondays through Fridays and 9 a.m. to Noon Saturdays. Registrants must be 18 or older United States citizens and residents at their current addresses for 30 days. Voters who have moved or changed their names must reregister in order to be eligible to vote.

Two forms of identification must be presented at the time of registration, one of which lists the person's name and current address. Acceptable identification can include, but is not limited to, a drivers license, library card, credit card, birth certificate, school ID or utility bill. Naturalized citizens must also present their naturalization papers.

Registration will continue through Feb. 18, 1986, one month prior to the March 18 primary election. For further information call the Maine Township Clerk's Office, 297-2510.

Maine Democrats plan informative meeting

Maine Township Democratic Organization is trying to keep their meetings interesting to all Maine Township residents. At our next meeting one of their speakers will be an expert on home safety and will be speaking on "How to Keep Out Burglars and Intruders". There will also be candidates running for office in our March primary.

The meeting will be held on Friday, Nov. 8, at Bunker Hill VFW, 6635 N. Milwaukee Ave., in Niles.

Blase re-election to Municipal League office

Village President Nicholas Blase of Niles was re-elected as Vice-President of the Illinois Municipal League at the closing session of the 72nd Annual Conference that closed today at the Chicago Hilton and Towers.

Mayor James T. Ryan of Arlington Heights was elected President of the League, succeeding Mayor J. Michael Houston.



The annual Halloween party sponsored by the Niles Police Department and the village drew more than 3,000 people to Notre Dame High School last Thursday featuring clowns, games, prizes and goodybags" donated by area merchants. Special guests included McDonald's Hamburglar and Grimace. Pictured are two little "clowns" playing a game under the guidance of a volunteer, while Police Sgt. John Katsoulas hands out free McDonald hamburger tickets to youngsters at the party. Katsoulas, is the police liaison for the Northern Association for Protection of Kids (NAPSACK). The event was created four years ago to give children a safe alternative to door-to-door trick and treating on Halloween.

HEALTH AND FITNESS

Des Plaines clinic offers sure solution to stop smoking

Richard Ansfield, Director of the Medical Habit Control Center explains to smokers when they inquire about their Stop Smoking Program that all smokers have nicotine in their system. When they quit "Cold Turkey" all the nicotine runs out of their system very quickly. The vitamin B-1 Thiamine keeps what nicotine they have in their system for a longer period of time, very gradually eliminating the

nicotine through the urine over a three week period instead of the usual sharp decrease which would make more of an increase for the drug. It's a tapered-off effect. The sodium bicarbonate helps as far as urinary alkalization. In addition, most smokers have a high acidity rate. This neutralizes their system making the system more alkaline and gives them a PH of 7.0 to 7.5.

Ansfield also noted that smoking is a psychological as well as physical addiction, therefore you are treated by a Ph.D. psychologist who is also a facilitator for the American Cancer Society. The non-smoker has to be trained to deal with stress without grabbing for a cigarette. They express their fears because they are losing a part of their life but realize from many reasons they should, nonetheless, it isn't easy to do. With the proper training the process can be made easier for the patient who really wants to quit smoking. Exercise, proper diet and a positive attitude is a must.

Medical Habit Control Center is located at 2434 Dempster, Suite 207, Des Plaines, just west of Lutheran General Hospital.

All that is required to break this unhealthy and expensive habit is a 2 1/2 hour visit. They also are so confident of their method that if a patient should happen to go back to smoking at anytime within one year after their initial treatment, they will receive the entire treatment again at no charge. Call 298-4840 today and break the habit.

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Conveniently located just west of Lutheran General Hospital

Auction to benefit Dysfunctional Child Center

The Dysfunctional Child Center of Michael Reese Hospital and Medical Center will hold its 2nd Annual Auction on Saturday, November 16 at 7:30 p.m. in the Northbrook Court Mall. Supper and dessert will be provided.

This year's theme is a "Fun Fare" Auction, featuring games of skill for "DCC Dollars." There will be a silent and live auction where DCC Dollars, purchased or won, will not be exchanged for cash.

Tickets, which must be purchased in advance, are \$20.00 per person. Reservations must be

made by November 10 by calling Alexis Feinstein of Wheeling at 870-7364, or Nancy Weinberg of Chicago at 761-2027.

All proceeds go directly to the Dysfunctional Child Center, a unique tertiary care center involved with the diagnosis, evaluation and treatment of children with physical, emotional and intellectual disorders.

Auction items include a 4-person Jacuzzi, a man's Baum Mercier watch golf clubs, televisions, weekends at hotels, art work, strollers, gift certificates at stores and restaurants, jewelry and much more.

Holiday meal planning for diabetes patients

Cathy Frank, a Clinical Nutritionist for diabetes at Lutheran General Hospital, will address a meeting of the Maine Township Area Branch of the American Diabetes Association on Wednesday, Nov. 13 at 7:30 p.m. The meeting will be held at Lutheran General Hospital, 1755 Dempster, Park Ridge, in room 1043. The public is invited. There is no charge for attendance.

Since diet is one of the critical elements in the control of diabetes, and since meal planning can be a particular concern during the holiday season, the topic of the November 13 meeting will be Holiday Meal Planning. Ms. Frank brings a highly professional and up-to-date knowledge of well balanced and healthy meal plans for people with diabetes.

The American Diabetes Association, and its Chapters and Branches provide year-round community service as part of their mission to promote the search for a preventive or cure for diabetes, and to improve the well-being of people with diabetes and their families. The Association, in conjunction with many hospitals in the area, will be conducting Diabetes Detection Week on November 11-16. November is National Diabetes Month.

Discussion on Malpractice

Herbert Sohn, M.D., J.D., renowned public figure, will speak on the urgent issue of "Malpractice - The Changing Scene and How It Affects You", at the Conference of Jewish Women's Organizations of Metropolitan Chicago's Malpractice Symposium on Thursday, November 21, American National Bank, 2nd floor, 1 North La Salle St., Chicago.

Dr. Sohn, a medical doctor and lawyer, will address several phases of the urgent issues of Malpractice Reform.

Registration and mini-breakfast will be from 9:30 a.m. to 10:30 a.m. The Symposium begins at 10:30 a.m. All who attend will be guests of C.J.W.O. Reservations are being taken by Sally Cole, 6833 N. Kedzie, Chicago, IL 60645.

Reservations recommended as space is limited.

Betty Leibovitz, President, Near North, Chicago, Dorothy Diamond, Outer Drive North, Chicago and Rose Feinhandler, Peterson Park, Chicago, Co-Vice Presidents of Special Events. Other Committee members, Suzanne Basinger of Skokie, Josephine Berke of Rogers Park, Paula Fingerhut, Rosalie Grad, and Tomi Karoll, of West Rogers Park, Mary Nesselson of Lincolnwood, Abra Portes of Northbrook, and Edith Stein of Deerfield.

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HEALTH AND FITNESS

Y-ME open door meeting

The North-Northwest Suburban Group of the Y-ME Breast Cancer Support Program will hold its next monthly Open Door Meeting Saturday, November 9, at the Palwaukee Motor Inn, 1090 S. Milwaukee, Wheeling, from 10:00 a.m. - 1:00 p.m.

The topic will be "Do We Have To Live With Lymphedema?" The speaker is Norman Larson, M.D., Evanston Hospital. Breast cancer patients, their families and friends and health care professionals interested in the topic are welcome at Open Door meetings. The sessions are free of charge and reservations are not necessary.

For more information about the November meeting or about Y-ME, call the Y-ME office at 312-799-4338.

New blood donor facility to open

A new, permanent blood donor facility, The Blood Center near Old Orchard in Skokie, is scheduled to open in mid-November. The new blood center, operated by The Blood Center of Northern Illinois, is located at 4569 Golf Rd., across from the Old Orchard Shopping Center.

Initially, the new blood center will be open for donors Tuesdays and Thursdays from 1 p.m. to 8 p.m. and Saturdays from 8 a.m. to 1 p.m.

According to Dan Connor, president of The Blood Center of Northern Illinois, the location of the new center was chosen because of the high level of community spirit and support of the regional volunteer blood donor program within Skokie and surrounding communities. "The Blood Center near Old Orchard

will provide a convenient location for area residents to express their concern for the well-being of fellow community residents," Connor said. "With the opening of the new blood center, those living and working in the Skokie area have a location where they can donate blood on a regular basis."

Connor noted that there are numerous small businesses and community groups in the area which are not large enough to host their own on-site mobile blood drives. With the opening of The Blood Center near Old Orchard, these businesses and groups will now be able to participate in the regional volunteer blood donor program by sending their employees and members to The Blood Center. To schedule a date for your employees to

donate at The Blood Center near Old Orchard, or for more information, call The Blood Center of Northern Illinois at 298-9660. The Blood Center of Northern Illinois is a not-for-profit community service organization. The Blood Center coordinates community blood donor programs in

Skokie, Niles, Morton Grove, Park Ridge and hosts blood drives throughout the Chicago metropolitan area. The Blood Center is the sole supplier of whole blood and its components to Skokie Valley Hospital and 27 other hospitals in the Chicago area.

DONATE BLOOD NOW
The Blood Center of Northern Illinois
Blood Center North
1255 N. Milwaukee Ave., Glenview

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

A consolidation of the North Suburban Blood Center and the Michael Reese Research Foundation Blood Center.



Group for overweight led by MG psychologist

Two support groups for the chronically overweight are being offered in Morton Grove under the guidance of clinical psychologist Paul J. Wolf, Ph.D. A Thursday afternoon session is held from noon to 1:30 p.m., and a Thursday evening session meets from 8 to 9:30 p.m. Space remains in both groups. These groups have been designed to provide a sympathetic support group that will be a learning experience, so that individuals can understand their eating behaviors and the attached emotions, in order to change.

Specifically, the groups will become a forum for members to express their feelings about eating and their problems with it, and to work with their own emotional hangups with eating, investigating when and why their eating gets out of control. The sessions will also impart some information on nutrition and foods. Short sessions of group hypnosis will help the group members reframe their life priorities. Individuals in the groups will work towards making choices, changing attitudes and helping themselves to be healthy.

Dr. Wolf has been in private practice since 1971, and is a member of the Medical Attending Staff of Lutheran General Hospital. He also serves as Adjunct Assistant Professor at the University of Illinois' Abraham Lincoln School of Medicine. A registered clinical psychologist, he holds both Masters and Doctorate degrees in Clinical Psychology from Loyola University in Chicago. He has presented numerous lectures and workshops in the Chicago area, on such topics as hypnosis, depression, interpersonal anxiety and relationships and stress.

"It is important that the chronically overweight do more than just lose weight," comments Dr. Wolf. "It is also essential that we work towards changing attitudes about food. The cost per session is \$10. Dr. Wolf explains this low fee: "People with weight problems generally have spent a lot of money to lose weight. We're trying to keep the costs of getting healthy as low as possible."

Both groups will meet at Dr. Wolf's office, 5945 W. Dempster st. in Morton Grove. For more information, phone 967-5531.

COME IF YOU REALLY WANT TO WORK AT CHANGING YOUR EATING HABITS

THURSDAY - NOON - 1:30 P.M.
THURSDAY NITE - 8 P.M. - 9:30 P.M.
SPACE AVAILABLE IN BOTH GROUPS

INDIVIDUALS IN GROUPS WILL WORK TOWARDS MAKING CHOICES, CHANGING ATTITUDES, AND HELPING THEMSELVES TO BE HEALTHY.

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REGISTERED AND LISTED CLINICAL PSYCHOLOGIST

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Morton Grove, Illinois 60053
Telephone: 967-5531

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HEALTH AND FITNESS

Free diabetes screenings

Swedish Covenant Hospital, 5145 N. California ave., will offer free diabetes detection tests on Wednesday, Nov. 13, Thursday, Nov. 14, Friday, Nov. 15 and Saturday, Nov. 16.

The screenings are a part of a nationwide campaign to discover the "hidden diabetic" and are by appointment only. To make an appointment and receive special

dietary guidelines for testing, call 878-8200, ext. 5256.

Diabetes affects one person in twenty and 12 million persons nationally. Five million Americans are unaware that they have diabetes. Ranked behind heart disease and cancer, diabetes is the third leading cause of death by disease in the United States.

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Chicago**

989-3806

Specialist to speak on breast disease

Miguel A. Oviedo, M.D., will speak on "Breast Disease - Benign and Malignant!" at 7 p.m. on Tuesday, Nov. 19, in Swedish Covenant Hospital's Anderson Pavilion Auditorium, 2751 W. Winona.



Miguel A. Oviedo, M.D.

Dr. Oviedo is a surgeon on the staff of Swedish Covenant Hospital and Director of the Hospital's Breast Clinic.

Dr. Oviedo's lecture is one of a series of Tuesday night community education programs which Swedish Covenant Hospital is presenting as a public service this fall. The programs are free of charge and open to the public. For further information, call 989-3812.

Senior Citizen retires four times

Ken Brannock, a resident of Friendship Village of Schaumburg, has retired four times but is still going strong. Seventy-six year old Brannock says he wakes up each morning and thanks the Lord he is still alive and able to continue with his work.

A former Chicago cop, FBI man and public aid investigator, Brannock stays knowledgeable about what is going on around him and has put that knowledge to work again for the past five years working as an Outreach Worker for Senior Citizens in Schaumburg Township.

Brannock helps senior citizens combat what he calls, "financial loneliness." "When hard times fall upon senior citizens, they don't know how to use federal benefits. They are afraid to apply for them because they think they will go to jail for it," Brannock said.

When asked about his past accomplishments as a policeman, he said "During December of 1941-when war was declared, I was among 20 policemen in Chicago. They asked me to serve in the FBI for three years until the war ended. Then for three years I was on the vice and gambling division and that experience helped me a lot when I later worked as an investigator for

public aid. When I interviewed people for public aid, I could see through the game and that some of them would be playing."

"As a policeman, I was against social workers, but now I know what it means to work at a nursing home or what it's like to be alone without anyone to talk to." Brannock and his wife, Mary, a retired R.N., donate a lot of volunteer hours to the Community and also the Health Care Center of Friendship Village.

About living in a retirement community, Mr. Brannock says, "Make your move when you are able to enjoy yourself and the Village. The trouble is, people wait too long and think they will never need extra care. They don't realize what they would spend if they had to go to a nursing home and perhaps eventually have to apply for public aid. I saw examples of this for 15 years. After paying expenses of \$20 - \$50,000 (which was a lot at that time) many had to go on to public aid."

Ken and Mary wanted to secure their future and moved into Friendship Village, which is a life-care community with a 180 bed Health Care Center, in February of 1979. The Life-Care Contract at Friendship Village includes nursing care which gives them great peace of mind.

Senior survey on health care needs

Beginning in mid-November 10,800 senior citizens in north and northwest Chicago and several northern and western suburbs will be surveyed by The Northwestern Memorial Group (NMG), the parent company of Chicago's Northwestern Memorial Hospital, as to their interest and preferences in services and facilities for the elderly. According to David Everhart, president of NMG, "We want the direct input of seniors in the communities we serve. Their input is crucial to developing services which are truly responsive to their desires and needs."

The survey area will cover from the Near North to the northern suburbs of Arlington Heights, Deerfield, Des Plaines, Evanston, Glenview, Glenview, Highland Park, Kenilworth, Lake Bluff, Lake Forest, Lincolnwood, Mount Prospect, Morton Grove, Niles, Northbrook, Northfield, Park Ridge, Prospect Heights, Skokie, Wilmette and Winnetka. Also surveyed will be Chicago's Northwest side, Elmwood Park, Oak Park and River Forest.

The primarily mail survey, which will be conducted for NMG by Gerontological Planning Associates, will assess the need for and interest in a continuum of services for older adults, such as a teaching nursing home, home health services, sheltered care, and an independent living complex, among others.

According to Donna Clark, administrator of Geriatric Services for The Northwestern Memorial Group, the results of the survey will enable NMG to design a carefully planned expansion of care for the elderly within an integrated teaching, research and patient care environment, including Northwestern Memorial Hospital, the primary teaching hospital for Northwestern University Medical School.

Health lecture at OCC.

Does your back hurt? Are your knees stiff? Are you on edge? Eileen Grubman, "body repair" expert, will share on November 8 insights into taking responsibility for your own health during the free Oakton Community College lecture, "Let's Do Something About It."

The lecture, which is part of the OCC Northbrook Court lunch time series, is scheduled from 12:15 to 1:15 p.m., in the J.C. Penney store Northbrook Room. Participants are welcome to bring a lunch.

Future Northbrook Court lectures include "Children and Stress", (November 15), "Arthritis: A Serious Look at the

Facts" (November 22), "Female Stress" (December 6) and "Financial Planning" (December 13).

For further information, call 635-1410.



HEALTH AND FITNESS

Back Pain: A Major Health Problem

It is estimated that in the United States alone, 93 million work days are lost each year because of back problems. Many people suffer needlessly with back pain, without knowing if and where they can get relief. They have been told that they just have to live with it, or many people have been put on a rest-drugs-exercise program. The reason these programs don't work is that they focus on the muscles and it is rarely the muscles that are the original cause of the pain. The pain usually comes from malfunctioning joints or vertebrae with muscles becoming tight and spastic to protect them from further damage and to compensate for the locked joints. Exercising these back or neck muscles under those conditions only tightens them more. The individual needs to have these malfunctioning joints and vertebrae checked and corrected, then exercise can be beneficial to the joints.

If you are one of the seven million Americans who live with low back pain, and if you experience constant or occasional



back pain, and have stopped doing the things you enjoy, or lose time from work due to back pain, chiropractic may be the answer for you. Chiropractic treatment relieves pain and stress, can improve the way you feel, and allow you to lead a more productive life.

For you to find out if you are one of the millions of Americans who can be helped by chiropractic care, Dr. Lyden is giving a \$40 value on a complete physical examination for two weeks only. The regular cost of an examination is \$75, but with the coupon on this page, valued at \$40, your cost will be only \$35.

This physical examination includes a case history, consultation, complete chiropractic spinal examination, orthopedic and neurological examination, and a report of findings. Most insurance companies cover chiropractic care.

Dr. Lyden is a graduate of National College of Chiropractic in Lombard. She has a Bachelor of Science Degree and attended George Williams College and the College of DuPage. She is a member of the American Chiropractic Association, the Illinois Chiropractic Society, the Council on Roentgenology of the American Chiropractic Association, Nutrition for Optimal Health Association, and a Diplomate of the National Board of Chiropractic Examiners. She has received certification from the Morton Grove Palpation Institute in recognition of work completed in advanced diagnostic and therapeutic procedures.

Depression can be characterized by one or more of the following symptoms. Prolonged periods of feeling down or unhappy, deep-seated feelings of inadequacy and/or unwantedness, periods of crying without apparent reason, eating disturbances, or sleep pattern disruptions.

Developmental and Psychiatric Services has developed two group workshops for treating depression. One deals with learning the cognitive approach in treating depression and meets for 12 sessions. The second group concentrates on learning how to cope with interpersonal relations and is an open-ended group.

The groups are led by Paul Wolf, Ph.D. Dr. Wolf received his master's and doctorate degrees from Loyola University in Chicago. He is a registered psychologist in Illinois.

The groups will meet at Lutheran General Hospital, 1775 Dempster st. Park Ridge. For more information and to register, please call Developmental and Psychiatric Services at 696-5885.



Resurrection Pavilion Christmas Bazaar

A special "Holiday Bazaar" will be featured from 1-5 p.m. Sunday, Nov. 17 at the Resurrection Nursing Pavilion, 1001 N. Greenwood ave., Park Ridge.

Sponsored by the nursing pavilion's employee steering committee, this year's Holiday Bazaar will feature a variety of ceramics and handicrafts

designed and made by nursing pavilion residents. In addition, sale plans include a bakery, white elephant table, plants, made-to-order buttons, and an opportunity to have your picture taken with the official State Street Santa Claus.

Participants will also be offered a delicious opportunity to

make their own ice cream sundaes, according to Sister Jean Marie, S.Sp.S., director of Occupational Therapy/Activities at the skilled care nursing facility.

The Holiday Bazaar is open to the public and free parking is available in the pavilion parking lot located just off Greenwood ave.

Bladder control problems need not keep you from being active.



Chicago's first comprehensive center for care of Urinary Continence and Dysfunction is now at Bethesda Hospital.

Incontinence is not a disease; not an inevitable result of aging.

Incontinence is the passing of urine involuntarily. It is a symptom of something else being wrong such as an injury, stress or other illness. It must be evaluated to determine this underlying cause.

The most damaging effects of incontinence are not physical but social.

People withdraw from family and friends because of embarrassment and a loss of self-esteem. They alter

their living patterns to keep their incontinence secret.

At the Urinary Continence and Dysfunction Center we strive to cure or to keep the effect of incontinence to a minimum.

No one should accept incontinence as untreatable. Medication, exercise or behavioral techniques and surgery are some ways to cure the problem. And there are other means by which to relieve the anxiety and embarrassment of a possible accident.

Help and support are here.

Call the Urinary Continence and Dysfunction Center at 761-6000. A team of specialists which includes a urologist, neurologist, gynecologist, psychologist, nurse clinician and social worker works to bring you back to a full and happy life.

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THE NORTHWEST SUBURBAN THERAPY CENTER
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Volunteer Recognition Buffet



A special Recognition Volunteer Buffet was held on Oct. 20 at Ballard Nursing Center, 5300 Ballard Rd., Niles.

The volunteers received a certificate of appreciation in honor of the outstanding compassion demonstrated to the residents at Ballard Nursing Center.

The volunteers were asked how the needs, problems, concerns and orientation could be effectively met. New volunteers were encouraged to join. Call 299-0182 for information.

IIT professor seeks migraine sufferers

IIT Psychology Professor Stephen Haynes is seeking Chicago-area migraine sufferers to participate in a study of the physiological and psychological causes of migraines. Dr. Haynes and his researchers need volunteers who suffer from migraines and have seen a physician, but are not currently under treatment.

Volunteers in the study will be asked to come to the Illinois Institute of Technology Main Campus once or twice a week for an hour-long session. Physiological responses will be monitored, and symptoms will be discussed. Volunteers will also be asked to keep a diary of symptoms between sessions.

The study, which is being funded by the National Institutes of Health, is aimed at characterizing different types of migraines.

Migraine sufferers interested in participating in the new study may call Dr. Haynes at 567-3508 or write to him in care of the IIT psychology department.

Skokie blood drive

Skokie residents are urged to share their good health by donating blood at the Skokie community blood drive on Wednesday, Nov. 13. The drive, hosted by Skokie Community Blood Program, will be held in the lunch room of G.D. Searle, Searle Pkwy., Skokie, from 3:30-7:30 p.m. Skokie mayor Albert Smith, Chairman of the Skokie Blood Commission Ed Margolis and blood drive chairperson Donna Mohrlein, urge all Skokie residents to help meet the transfusion needs of hospitalized patients by being a volunteer blood donor. To schedule an appointment to donate, phone Mohrlein at 673-0500, Ext. 230 between 8:30 a.m. and 5 p.m.

Free tests at Edison Park Lutheran Church

Once again, Edison Park Lutheran Church has scheduled a free blood pressure and diabetes testing session at the church, located at 6626 N. Oliphant ave., Chicago, on Tuesday, November 12th, at 10:30 a.m. The Regency Nursing Home, 6631 Milwaukee ave, will supply the personnel. For further information, call

Ruth Halliday at the church office, 631-9131.

An Advisory Board has been established for the Senior Fellowship Group of Edison Park Lutheran Church. They will help and coordinate events for this group and their friends. Serving on the Advisory Board are Miss Florence Anderson, Mr. & Mrs. George (Frieda) Bienke, Mr. Norman Counter, Mr. & Mrs. Reamer (Dorothy) Johnson and Miss Viola Nelson.

The Seniors are a very active, on-the-go group. They recently spent a few days on Mackinac Island, saw "Hello, Dolly" at the Lincolnshire-Marriott and travelled to Delavan, Wisconsin. If you would like more information about this group, just call the church office, 631-9131.

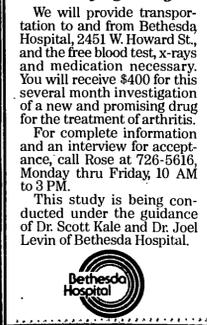
ATTENTION! SUFFERERS OF OSTEO-ARTHRITIS OR RHEUMATOID ARTHRITIS

Bethesda Hospital is seeking participants for a drug effectiveness and safety study.

We will provide transportation to and from Bethesda Hospital, 2451 W. Howard St., and the free blood test, x-rays and medication necessary. You will receive \$400 for this several month investigation of a new and promising drug for the treatment of arthritis.

For complete information and an interview for acceptance, call Rose at 726-5616, Monday thru Friday, 10 AM to 3 PM.

This study is being conducted under the guidance of Dr. Scott Kale and Dr. Joel Levin of Bethesda Hospital.



Turkey drawings to benefit retarded

Free turkeys will be given away at drawings held at the thrift stores operated by the Northwest Suburban Aid for the Retarded.

Participants may enter each time they visit the NSAR Thrift Shoppe at 7710 Touhy Ave. in Chicago, and Nearly New at 1465 Ellinwood in Des Plaines. The Drawings will be held Friday, Nov. 22.

The NSAR thrift stores sell a variety of new and "good" used clothing, household items, gifts and furniture. All proceeds from the stores benefit NSAR's 150 developmentally disabled adults.



CHICAGO MEDICAL & DENTAL CENTER

MAMMOGRAPHY

Don't Be Alarmed When Mammography is Recommended

A recommendation that a mammogram be performed does not necessarily mean your physician suspects you have breast cancer. On the contrary, he wants to be sure you don't have it! The value of mammography lies in its ability to detect irregularities in the breast tissue when they are very small, too small to be felt. Unfortunately, breast cancer is not an uncommon disease. However, if a woman is going to develop breast cancer, the earlier it is detected, the better. Many small lesions can be cured without mastectomy. Mammography is a fast simple, x-ray procedure which can be very reassuring.

The American Cancer Society recommends the following guidelines for mammography and examinations:

- Age 20 and older - breast self-examination monthly;
- Age 20-40 - a physician breast examination every three years and an initial mammogram between ages 35-40;
- Age 40-50 - periodic mammography every year or two as determined by your personal physician's recommendation. Also, an annual physician breast examination.

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6000 W. TOUHY AVE.

At the Chicago Medical and Dental Center, your mammogram will be scheduled through a physician's order in a pleasant out-patient surrounding with extended hours for your convenience. The mammogram is interpreted by a board certified radiologist with the result forwarded to your physician. So, don't be alarmed when mammography is recommended. Rather than be alarmed, be reassured that your physician is doing his very best for you. If you have any questions about mammography, call 774-2100

Don't Be Alarmed When Mammography is Recommended

Call for an appointment
774-2100

HEALTH AND FITNESS

Henrotin joins NMG health care group

Northwestern Memorial Group (NMG) president, David Everhart and Henrotin Hospital board chairman James Lutz announced today that Henrotin Hospital has joined the family of health care organizations of which NMG is the parent. The agreement between Henrotin and NMG was signed on October 29, involving the acquisition of the Henrotin Hospital, its real estate holdings, and other assets controlled by Henrotin.

NMG is a health system holding company, formed in 1981, whose corporate affiliates include Northwestern Memorial Hospital, the primary teaching hospital affiliated with Northwestern University; a fund raising corporation; a real estate management services company; and a medical staff service corporation. Through the acquisition, Henrotin will become the second hospital in this system. The agreement is not a merger of Henrotin and the Northwestern Memorial Hospital. The agreement provides for Henrotin to have its own management, board of directors, medical staff, and departmental structure with NMG providing direction, guidance and assistance as necessary.

Everhart further stated that it is planned to keep Henrotin's various programs in effect and no immediate changes in operations are anticipated.

Sports Medicine and Wellness

What sets Olympians apart from other athletes—is there key to their above-the-crowd achievement? Bill Schmidt, Bronze medal javelin winner in the 1972 Olympics, thinks so.

Of his competing years, which continued through the 1980 Olympics, Schmidt told Sorto, "I've always like the pressure, particularly in an individual sport. You pit yourself against the rest of the world and the tape tells whether you win or lose. It's not someone's decision whether your performance was a "10" or whatever, it's just 'who threw it the farthest.'"

Now director of sports marketing for the Quaker Oats Company, makers of Gatorade, a fluid replacement drink popular among athletes, Schmidt said he thinks the American concern with fitness is not fad, but definitely here to stay, predicting, "the numbers are going to increase. We're in a time when everyone has an awareness of health, of what they eat and what they do."

Schmidt said his experiences as a competitor in the 1982 Olympic games at Munich were very helpful to him in his current administrative role. He was vice president of sports for last year's Olympics in Los Angeles, and also served as Director of sports for the World's Fair in Knoxville, Tennessee.

He recalled how, in 1972, his "warm-up" for his event was running from the dormitory to the athletic arena because he'd missed the bus. In fact, two 1972 athletes were unable to participate in their events because of transportation foul-ups.

"I had no idea what to expect on the outside, no idea what to expect when I got out to the field," he said. "It was totally foreign to me. I just wasn't informed."

"Although he says he is 'definitely' retired from competition, the Olympian looks back with distinct fondness. "I'm just a little prejudiced," he admitted. "But it (the javelin throw) is a beautiful event to watch. Next time you're in a football stadium, look from goal line to goal line and imagine a 100-yard pass. That's basically the distance we currently achieve."

EATING DISORDERS CAN BE RESOLVED

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For more information call:
312/635-4100 or 312/635-4227

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555 Wilson Lane, Des Plaines 60016



Market Day for Rainbow Hospice

The Twentieth Century Juniors of Park Ridge will sponsor a Market Day now through Nov. 16 to raise proceeds to benefit Rainbow Hospice. Rainbow Hospice is a non-profit, community based program serving terminally ill patients and their families throughout northwest Chicago and suburbs.

Educational program on diabetes

Diabetes, affects more than 12 million Americans. It is the third leading cause of death by disease in this country. An estimated five million Americans are diabetics, but are unaware of it. It is important, therefore, to know about Diabetes and its symptoms.

Lutheran General Hospital is offering an educational program on Diabetes from 7:30-10 p.m. Thursday, Nov. 7, at the Johnson Auditorium, Parkside Center, 1875 Dempster St., Park Ridge (adjacent to Lutheran General Hospital).

The program is free of charge. Pre-registration is recommended and can be arranged by calling the Health Education Office at 696-5431.

With Thanksgiving coming this is a convenient way to do your shopping. Some items available are: meats, cheeses, vegetables, fruits and many other of your holiday favorites.

Order blanks may be obtained by calling either Sandy Larson at (312) 823-8751 or the Rainbow Hospice office at 696-6023. Orders must be placed by Nov. 16.

Pick up orders Only on Saturday, Nov. 23, 10-11 a.m.; Park Ridge Youth Campus, 733 N. Prospect, Park Ridge.

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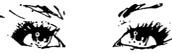
HEALTH AND FITNESS

Free seminar on help for Anemia

Chronic fatigue and lack of energy are frequently attributed to poor eating habits, sleep disturbances, or unhealthy lifestyles habits, but these symptoms may also be signs of anemia. A potentially serious health problem, anemia can be corrected with early diagnosis and treatment.

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 Mon., Tues., Thurs., Fri. 9:00 am - 8:00 pm
 Wed. & Sat. 9:00 am - 3:00 pm
 The F.T.C. ruled that Doctors can disseminate information regarding Vision Health Care and Services a doctor renders to the public.

Niles optometrist advocates visual training therapy

Dr. Nowak, Optometrist at Niles, does more than routine eye examinations.

In senior citizens he prevents loss of vision and does special diagnosis of preceptual and visual performance.

If sight correction is necessary the proper Rx. will be supplied. When the clinical examination diagnoses a vision problem that affects lack of perception or poor visual performance, then Visual Training therapy is prescribed.

Patients require sight and Visual Training Therapy have underdevelopmental perception and see subject to deterioration of their visual eye acuity.

The American Optometric Association has ICD-9 CM. Diagnosis Code for Optometrist and OPD - Optometrist Procedures Diagnostic and Treatment guide for Visual Training Therapy as the guideline used in our office therapy.

Effective January 1, 1980, the Illinois Senate enacted Bill 689 which can be interpreted to state - payment for Visual Training Therapy by Physician or Optometrist is payable by Health Care Plans or Insurance Company or School's reimbursement for therapy.

There are Federal laws in regard to this subject (V.T.T.) that require reimbursement to parents for the care necessary for eye therapy. Please refer to PI 94-10 enacted 1975, PI 89-10 enacted 1965, PI 92-318 enacted 1972, PI 97-35 enacted 1981, and PI 93-444 enacted 1979. The interpretation of these laws is that school nurses and teachers who recognize a visual handicap or slow learner child should refer him to the proper eye specialist who does Visual Training Therapy to remediate the asthenopia or visual eye problems.

Refer to the book "Basic Visual Processes and Learning Disability" by Gerald J. Wisman. Its contents include Disorders of Vision, Motor Function, Developmental Relationships and the Neurophysiology of Visual Processing. Implication



for learning disability from fourteen Medical Clinics throughout the United States indicates the importance of visual processes and developing the patient's visual performance by Visual Training Therapy written by doctors.

Dr. Homer Hendricks, O.D., Director of O.E.P.F. Inc., 2912 S. Daimler, Santa Ana, California 92705 states, "Man functions as a unit. Vision is part of the total functioning organism. The organism must function from near to distant vision. Lenses and Visual Training Therapy prevents loss of efficiency, body warps and eye warps. Visual Therapy enhances performance, information processing, perception, size, distance, spatial relationship, comprehension, visual memory, maintains gains in accommodation and vergence and reduces stress when using eyes efficiently."

Free Diabetes Screening

Swedish Covenant Hospital, 5145 N. California Ave., will offer free diabetes detection tests on Wednesday, Nov. 13, Thursday, Nov. 14, Friday, Nov. 15, and Saturday, Nov. 16.

Appointments must be made in advance by calling 878-8200, Ext. 5256. The screenings are a part of a nationwide campaign to discover the "Hidden diabetic".

How Can I Check For Osteoporosis?



Answers to a very important health question for today's woman...

Osteoporosis often is undetected until it's too late. Caused by a loss of calcium in the bones, osteoporosis can result in broken bones, loss in height and chronic pain.

If you're between the ages of 30 and 65, you could be among the one out of four women who will develop this disfiguring and disabling disease.

How can you know if you'll get osteoporosis? What can you do to protect yourself?

Weiss Memorial Hospital is one of the few hospitals in the Chicago area now offering a new test that can detect osteoporosis at an early stage. Using a sensitive, CT scanning technique to measure calcium content in the bones, the test is painless, more accurate than traditional test methods, and takes only about half an hour.

Physicians recommend that all women approaching menopause have an initial baseline evaluation and periodic follow-up evaluation. Women at high risk for osteoporosis include those with fair complexions, family history, smokers and small bone structure. But, discovered early, osteoporosis can be arrested and treated.

Osteoporosis is a problem you can guard against. For more information, or to make an appointment, call the Weiss Hospital CT Scan Department at 878-8700, Ext. 2373. You need not be referred by a physician.

Louis A. Weiss Memorial Hospital
 4646 North Marine Drive
 878-8700, Ext. 2373

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 677 Graceland Avenue Des Plaines • 297-8310
 4057 Dempster Skokie • 675-1113

Health and Fitness

Learn how Chiropractic can help you

Dr. Tom O'Bryan of Omnis Chiropractic Group in Glenview will present a Health Care Lecture on Wednesday, Nov. 13, at 7:30 p.m. in their office, 1500 Waukegan Rd., Carillon Square, Suite 200, Glenview. The lecture is open to the public as a community service. Reservations are required. Call 998-1234 to reserve a place.

Dr. O'Bryan will present information on how chiropractic can help you achieve better health. Chiropractic is particularly effective in the treatment of low back pain, headaches, whiplash, joint pain, scoliosis, arthritis, and many other conditions. Most insurance companies, workman's compensation, and medicare honor claims for chiropractic treatment. If you have a health problem that has not responded to treatments you have tried, attend this Health Care Lecture to learn if chiropractic can help you. Research documents that



Dr. Tom O'Bryan

chiropractic works! Information on nutrition and exercise will also be presented.

Dr. O'Bryan has recently received four major honors. He has been elected to Who's Who in International Medicine, 1985, Outstanding Young Men in America, and the International Directory of Distinguished Leadership for Excellence in Education. Dr. O'Bryan has also been elected President of the Chicago Chiropractic Society. He is a graduate of the University of Michigan and National College of Chiropractic. He is a member of the American Chiropractic Association, Councils on Nutrition and Roentgenology, and the National Association of Research Biochemists.

Omnis Chiropractic Group is open five days a week, from 7 a.m. to 8 p.m., and Saturday, 9 a.m. to noon. Emergency care is available on weekends. For further information, call 998-1234.

CAN CHIROPRACTIC CARE HELP ME?

attend a lecture by
DR. TOM O'BRYAN, President
 Chicago Chiropractic Society

Wednesday, November 13
 7:30 P.M.

For Reservations Call 998-1234



DR. JERE JARRETT
 DR. TOM O'BRYAN

Omnis
 CHIROPRACTIC GROUP

SUITE 200, CARILLON SQUARE
 1500 WAUKEGAN ROAD
 GLENVIEW, ILLINOIS 60025

Osteoporosis: The Hidden Killer

Osteoporosis, a "thinning" of the body's bone structure, is the 12th leading cause of death in the United States, yet many of its victims have no idea they are vulnerable until it is too late.

"Osteoporosis is a silent disease with no early-warning signs," says Dr. William Peck, chairman of the 1984 National Institute of Health Concensus Panel on Osteoporosis. "The first symptom is almost always a bone fracture, usually in the spine, hip or wrist. The bones become so fragile that a vertebra can break just from getting out of bed in the morning."

Bone loss is particularly severe in post-menopausal women. While there is no proven method to add new bone and reverse the decline, good preventive measures can better your chances of avoiding the disease.

John Pekkanen, writing in the November Reader's Digest, declares that adequate calcium is the cornerstone of any diet to prevent osteoporosis. "The NIH panel recommends that premenopausal women get 1000 mg. of calcium daily, the equivalent of three eight-ounce glasses of low-fat milk alone," he writes. "Post-menopausal women not on estrogen-replacement therapy

should consume 1500 mg. a day." The sad fact is their calcium intake is far short of that goal. "American women from their mid-40's on average only about 450 mg. of calcium in their diet, and studies show a disturbing trend toward even lower amounts," he continues. Moreover, alcohol, caffeine and nicotine speed the body's excretion of calcium and other minerals.

Along with diet two other factors are seen to be helpful in avoiding osteoporosis. One is exercise, which increases bone mass and reduces bone loss. How much exercise and what kind have not been determined, but anything that puts mechanical stress on the bones is helpful.

Finally, estrogen-replacement therapy is recommended. The hormone estrogen decreases sharply at the onset of menopause and so does a woman's ability to absorb calcium. "Estrogen replacement poses a risk-benefit question," Pekkanen notes, "because it does increase slightly the risk of endometrial cancer. By including another hormone, progesterone, the risk of endometrial cancer appears to diminish, and bone loss may be slowed even further."

Meeting for Hard of Hearing group

Greater Chicago #1 Chapter of SHHH, Self Help for the Hard of Hearing organization meets on the third Tuesday evening of the month at Niles Trident Center, 8080 Oakton, Niles. On Friday, Nov. 15, the chapter is having a Founder's Day Dinner-Dance and entertainment at Beverly Woods Restaurant, 11532 S. Western, Chicago. This is to support further education, program planning and self help action for the hearing impaired. The public is invited. Cost is \$12 per person. For information, call Marjorie Von 674-2683 or Leah Rosin 635-6072.

Donations of new or used wigs

Northwestern Memorial Hospital's Volunteer Services Department is accepting donations of new or used wigs for the opening of its wig bank service. The service will provide free wigs to inpatients and outpatients who have an immediate need or are financially unable to purchase a wig.

Both men's and women's wigs are needed. Receipts for tax purposes are available upon request. Wigs can be sent or delivered in person to: Northwestern Memorial Hospital, Volunteer Services Department, Room 335, Passavant Pavilion, 303 East Superior St., Chicago, IL 60611. For more information, call 908-2072.



My health is too important to take for granted.

Like most women, I know my health is too important to leave to chance. So, once a year, I have a mammogram at The Diagnostic Breast Care Center. It's safe, painless, and it can detect a lump as small as 1/8 of an inch. That's too small for me or even my physician to notice.

Every 15 minutes a woman dies of breast cancer. Our best protection is early diagnosis through a baseline mammogram. The Diagnostic Breast Care Center provides the earliest detection possible.

If you're over 35, ask your physician to schedule a mammogram for you. If you don't have a physician, just fill out and return the coupon.

Send me more information on The Diagnostic Breast Care Center.

I'd like a recommendation for a personal physician.

General Practice Internal Medicine

Gynecology General Surgery

Other _____

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ Zip _____

Please return to: The Diagnostic Breast Care Center
 Bethesda Hospital

The Diagnostic Breast Care Center

Bethesda Hospital
 2451 West Howard Street
 Chicago, IL 60645
 (312) 761-6000

HEALTH AND FITNESS

Vitamins, minerals key to stop-smoking plan

The Physicians Cooperative offers a unique and successful Stop Smoking Program. The program uses vitamins and minerals to eliminate the craving for cigarettes.

The Cooperative explains that when a person smokes, nicotine is metabolized by the kidney and then passed out of the body through the urine. Therefore, when a person quits "cold turkey" all the nicotine is eliminated at once and the person still has cigarette cravings.

"We use vitamins and minerals to hold back 99% of the nicotine from being eliminated. It is let out very gradually over a 3-4 week period."

The program includes a physical examination, a complete blood count and chemistry, a computerized breathing test, vitamins and minerals for the complete time period and psychological training including behavior modification techniques. All of this takes place during a one time office visit for approximately 1 1/2 hours.

There is about an 80% success rate so along with the program we also offer a money back guarantee.

Physicians Cooperative is located in the Golf Mill Professional Building in Niles.

For more information and a free brochure call: 299-8700

Free diabetes detection tests

Northwestern Memorial Hospital's Diabetes Center is offering free diabetes tests by appointment Monday, Nov. 11 through Friday, Nov. 15. Northwestern Memorial's Diabetes Center is located in the hospital's Passavant Pavilion, 303 E. Superior St., Chicago.

An estimated five million Americans who have diabetes do

not know it. If you are overweight over 40, have a family history of diabetes, are pregnant, or have given birth to a baby over 9 pounds, you should be tested for diabetes.

The free testing program is being offered in cooperation with the American Diabetes Association in observance of National Diabetes Month.

North Shore Retirement Hotel offers quality, dignified life

Grow old along with me, The best is yet to be, The last of life For which the first is made.

A generation or two ago, senior citizens didn't believe that poem. They either lived alone or were forced to move in with their children - not a satisfactory life-style in either case. The generations did not always mix well and living alone was terribly lonesome.

But, today, Robert Browning's poem has come to life... and there are many ways to live one's senior years beautifully.

The North Shore Retirement Hotel, 1611 Chicago Ave., in Evanston, has packaged the ideal life-style for senior citizens. "We offer a dignified, quality way of life," says General Manager, Douglas Higgins. "We combine independence with concern and sociality with the right amount of privacy."

More than 250 seniors enjoy the good life at the North Shore, where something exciting happens every day. While the building itself is lovely, immaculate and tastefully decorated, it's the facilities at the North Shore which tell the real story. "Our facilities are 'where it's at,'" adds Higgins, "because our residents are drawn here by the great programs and the companionship."

"We offer something for everyone's taste," says Mary Lou Gary, Social Director. "We have speakers, authors and civic leaders who talk to us; we utilize the talents of Northwestern University, our neighbor. We are as highbrow as the symphony and as every-day as our Chicago-style pizza evening. We celebrate everything from the Chinese New Year to the first day of spring."

Nutrition is carefully watched by diet experts who plan three appetizing and healthful meals a day. Meals are served in the brightest, sunniest rooms imaginable, replete with white table linen and fresh flowers. "The summer brings the use of the North Shore's own 'Epcot Center,'" says Gary. "That's what we call our luxurious, landscaped backyard with its heated swimming pool. Our residents sit out there and wile away the sunny hours."

"Our committees do a lot to make sure the North Shore runs smoothly," says Higgins. "We believe in input from our residents. We have a Medical Affairs Committee, one on Public Affairs, one for the Dining Room; a House and Grounds Committee, one that listens to Cares and Complaints and a Welcoming Committee."

"The North Shore also has its own newspaper," adds Gary, "which our residents write, edit and produce." But there is another side to life at the North Shore and that's the right to privacy. No matter how busy the day or the evening, residents are entitled to retire to their own private area, where they can rejuvenate their energy, relax, rest or read.

Senior citizens move into the North Shore as they would into any elegant apartment building. All apartments are completely furnished including carpeting and drapes.

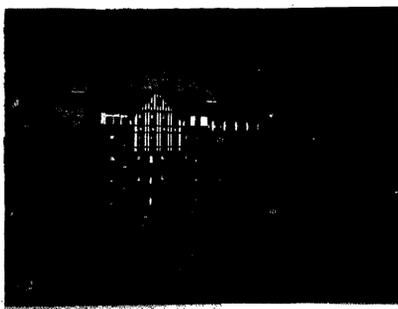
If a resident chooses to decorate with his or her own belongings, however, that presents no problem. Prices include all meals and house cleaning services plus the full social program.

"Today, senior citizens are living longer and more productive lives," Higgins states. "We at the North Shore are pleased to be able to enhance those lives even further."

Physicians Cooperative is the only medical practice in the Chicago area specializing in nicotine addiction. Physicians Cooperative is owned and operated by licensed medical professionals affiliated with a major area hospital. Treatment is safe and reimbursable by most insurance companies. "It's something for yourself and the people you love. Stop smoking. Call us. It's easier than you think. For appointments and a free brochure phone

299-8700

Physicians Cooperative Nicotine Addiction Program "MONEY-BACK GUARANTEE"



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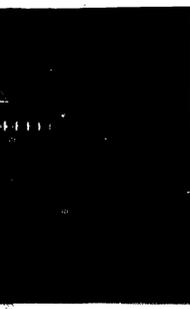
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Physicians Cooperative Nicotine Addiction Program "MONEY-BACK GUARANTEE"

Health and Fitness

Bethesda offers seminar and screening on leg circulation

Bethesda Hospital is offering a seminar about vascular repair and a vascular screening clinic to area residents at no charge.

"Poor Leg Circulation: Is Vascular Repair For You?" is the topic of the free seminar that Dr. Al Mitsos will conduct on Thursday, Nov. 14 at 7:30 p.m. at Bethesda Hospital, 2451 W. Howard St. To register, please call 943-9395.

On the following Saturday, Nov. 16, also at the hospital, a free vascular screening clinic will be held from 9 a.m. to 1 p.m.

The free medical evaluation of leg circulation will be conducted by two Bethesda staff members, Dr. Al Mitsos and Dr. Vittoria Guerriero.

After the free screening, a recommendation may be made

that a second test be conducted using the Doppler Maching, which measures blood flow in the legs. There will be a fee for this second test and it will be conducted only at the patient's request.

For information or an appointment at the free screening, call Carol at 736-4422 from 10 a.m. to 2 p.m. Monday thru Thursday.

MG dentist awarded research grant

Dr. William J. Cohen, a dentist with offices in Morton Grove, has just been awarded a research grant in Cosmetic Dentistry from Marketways International.

Dr. Cohen has been actively involved in the use of newly developed dental materials for years. The grant will enable him to study the various ways cosmetic dentistry has changed the lives of patients. The results of his research will be used by Marketways who will be conducting extensive patient education programs throughout the world.

In light of this achievement Dr. William J. Cohen & Associates will now be known as the National Center of Dental Health and Cosmetic Dentistry.

Dr. Cohen stated, "Patients are not aware of the various new dental techniques and materials available to improve the appearance of broken, chipped, cracked, discolored, stained or twisted teeth.

For example, in past years a cracked or stained tooth usually required a crown or cap. Today we have bonding as an option. When bonding the dentist simply applies a material to the stained or chipped tooth and through his specialized technique the tooth is recreated. This is usually done in one visit, is relatively inexpensive as compared to crowns or caps and is virtually pain free."

If anyone has questions or would like to participate in the study contact Dr. Cohen at 470-0850.

North Shore Hotel to hear Temple Beth El choir

The Temple Beth El "Sisterhood Singers," a 20 member choir, will entertain at a Welcoming Tea for all new residents, sponsored by the North Shore Hotel, 1611 Chicago Ave., Evanston, on Wednesday, Nov. 13 at 2:30 p.m.

The public is invited to attend at no charge. The songsters will entertain with folk music, hits from the Broadway stage and ethnic favorites as well as "golden oldies."

"It's varied program aimed specifically at pleasing the senior citizens of the North Shore Hotel," says Choir Director Eleanor Leifer, who is also the organist and Director of Music for Temple Beth El in Chicago. Leifer, a graduate of Chicago Musical College, has a Bachelor's Degree in Music.

For more information and reservations, call UN4-6400.

New Bethany Terrace administrator named

Two major Chicago-based United Methodist organizations today announced plans to join forces and enhance their services to the sick and the elderly. The by Dr. Stephen A. Dahl, President and Chief Executive Officer of Bethany Methodist Home and Hospital, and Daniel A. Ozelis, President of United Methodist Homes & Services.

According to Dahl, Bonnie K. Lindgren, Administrator of The United Methodist Home for the

past four years will succeed James R. Born as Administrator of Bethany Methodist Terrace, his organization's 265-bed nursing home in suburban Morton Grove. The United Methodist Home is a division of United Methodist Homes & Services. Additionally, other key staff of The United Methodist Home will provide on-going consultation to Bethany Methodist Terrace.

Dr. Dahl and Mr. Ozelis also announced the creation of a committee comprised of members of both organizations "which will explore other joint ventures and opportunities Bethany Methodist and United Methodist can pursue together."

Dahl indicated that James Born, previous Bethany Methodist Terrace administrator has been reassigned to supervise and develop residential facilities for senior citizens for Bethany Methodist.

Meeting on hypnosis

"Chronic Pain Control Through Progressive Relaxation" is the title of Sandra Schoenwolf's presentation at the monthly meeting of the Association to Advance Ethical Hypnosis. The lecture will focus on achieving body balance, pain management techniques, the 5D's syndrome, guided imagery, the art of relaxation. The demonstration of progressive relaxation will follow the presentation.

The meeting is at 8:30 p.m. Tuesday, Nov. 12, 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.

Tips on minimizing frustrations of divorce

"Divorce: A Solution or a New Problem" is the topic of Far Northwest Counseling Center's minicourse on Monday, November 11, from 7:00-8:30 p.m. at 6229 Northwest Highway in Chicago.

As part of the Center's Fall Festival of Short Courses, Kevin Walsh, ACSW, will discuss the complications of divorce. He will suggest certain strategies that help people minimize the frustrations that accompany divorce.

The cost for the evening is \$5 per person. Please plan to arrive 15 minutes early to complete your registration.

Far Northwest Counseling Center, a program of Lutheran Social Services of Illinois, offers counselling services and education programs. Fees for services are based on a sliding scale according to income and number of persons in a family. For further information about this program or about other services offered at the Center, call 774-7555.

CURT FRASER CHICAGO BLACKHAWK VS. DIABETES



After 8 seasons of professional hockey, and just 6 months after signing with the Chicago Blackhawks, Curt Fraser discovered he was a diabetic.

The following year he had one of his best seasons despite suffering a severe facial fracture that kept him out of seven games.

At the same time, he was the Hawks' nominee for the Masterton Trophy awarded to the NHL player "who best exemplifies perseverance, sportsmanship and dedication."

LEARNING TO LIVE WITH DIABETES IS ONE MEASURE OF A MAN.

TO PLAY ONE OF THE MOST AGGRESSIVE SPORTS, IN SPITE OF IT, IS ANOTHER.

Hear the Hawks' left wing speak about his personal experience during a free seminar, "Diabetes, Exercise and Sports," at Bethesda Hospital, 2451 W. Howard St., at 6:30 PM on Monday, November 18. To make reservations, call 943-9395.



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DIETICIAN

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6000 W. TOUHY AVENUE
CHICAGO, ILLINOIS 60648

FOR FURTHER INFORMATION
CALL 774-2100

"SEE RETIREMENT AS

WE DO...

AT ITS VERY BEST!"



For a carefree, independent lifestyle that offers:

- Comfortable Accommodations
- Tasteful Meals
- Stimulating Companionship
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Look Into The North Shore.

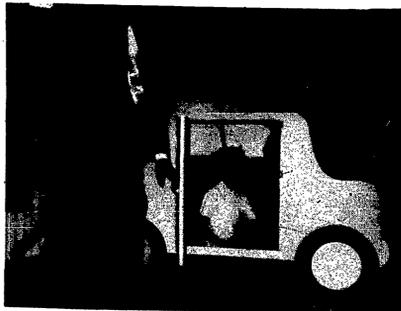
The North Shore

An Evanston Landmark
American Plan Resort Hotel
For Retirement Living

DAVIS STREET AT CHICAGO AVENUE, EVANSTON, ILLINOIS
For additional information phone Mrs. Winston, 864-6400.

SCHOOL NEWS

Safety Starts With Me



Above, Danny Healy demonstrates how not to cooperate when asked to get into a stranger's car.

The students in kindergarten to grade 4 participated in a personal safety program sponsored by the store MainStreet. The Mayor of MainStreet, played by Billy Bishop, not only intrigued the students with his magic tricks, but taught them how to outsmart a stranger danger by the motto of "Say no, run, and tell someone."

aware of strangers.

The 40-minute show made solid statements and outlined rules concerning strangers that children may encounter both at home and in the neighborhood. It helped instill self-confidence rather than fear in children.

At the conclusion of the school show, each child received a "Safety Starts With Me" coloring book which can be used as a classroom exercise following the assembly presentation and the children took it home to review with their parents. The coloring book covered the safety topics outlined in the stage show.

Loyola's Brother Tomes to receive award

Loyola Academy will present Brother Bill Tomes, '53, with the Daniel Lord Award during the annual President's Dinner on November 8, 1985.

Bill Tomes, holds a master's degree in social work from the University of Notre Dame. He spent 15 years as a counselor for Catholic Charities before becoming a brother two years ago. Now, at 49, he is an early missionary among the Catholic archdiocese's youth ministry, assigned to St. Malachy's Church, a neighbor to the Henry Horner Homes.

Gunfire has become his alarm clock and when the shots begin, Bill Tomes armed with only his rosary beads begins a solemn walk among the six public housing high-rise buildings, reciting his rosary until calm is restored.

In a neighborhood where spite and hate too often turn to bloodshed, Brother Bill spreads words of love. He is like a father to some who would like to be able to play basketball outside without getting shot.

Father Lawrence Reuter, president of Loyola Academy in making the announcement explained, "We present this award with pride to distinguished men and women whose lives, as Father Lord's, exemplify distinguished service on behalf of young people. It is an honor for Loyola to recognize the special ministry of Brother Bill."

Scholarship recipient



Christopher Zadlo (l) accepts congratulations from his proud parents upon being a recent recipient of a scholarship awarded by Local #25 of the Service Employees International Union. He will receive \$2,000 over a period of 4 years.

Christopher, who graduated from Holy Cross High School, is enrolled at the Rose-Hulman Institute of Technology in the engineering program.

Culver Elementary School Honor Roll

The Honor Roll of Culver Elementary School for the 1st marking period of the school year carries the following names: Henry Bernabe, Sandra Delgado, Brad Niedermaier, Mark Repe and Laura Sosnowski.

The following names are on the Honorable Mention for the same period: Tricia Alday, Mauricio Bastidas, Denise Beegun,

Jasmina Belic, Jesse Bloom, Ruth Bloom, Laura Bowman, Mark Budzik, Kenneth Chmielinski, Paul Choi, Ross Choi, Sooa Choi, Ann Chung, Sun Young Chung, Antoinette DiModica, Tasha Eisgrau, Dina Grammas, Susan Hrajnaha, Natsue Ishida, Julie Kang, David Kim, Richard Kong, Tina LaRosa, Joo Hee Lim, Sung Hee Lim, Jodie Margalski, Charles Mikkelsen, Deena Odyke, Sejal Patel, Kristie Pickup, Kimberlie Pickup, Huma Qureshi, April Roddy, Maria Silvio, Robert Stanekiewicz, Amy Tanis, Teddy Thackenkary, Collette Wiclaw, Nicholas Zawadzki and John Zito.

Luther North scholarship testing

Luther High School North, 5700 W. Berteau, will offer current eighth grade students who are planning to enroll at the school in the 1986-87 school year an opportunity to compete for freshman scholarships on Saturday, November 9. Six awards each, ranging from \$200 to \$75 per student, will be offered in the areas of religion, english, mathematics, science, and social studies.

Students who wish to take the scholarship examination are to report to the main entrance of the school (Berteau and Major) at 8:30 a.m. There will be a \$5 testing fee.

Additional information can be obtained from Gordon Borchering, Director of Guidance, at 286-3600.

Freshman Class Officers

The Class of 1989 at Maine East is officially organized, having recently elected officers. They are president Gena Sheng of Niles, vice-president Ben Yang of Glenview, treasurer Tina Yu of Morton Grove, and secretary Sophia Kim of Morton Grove.

NCE sets book fair

North Shore families can purchase children's books not yet available from stores, at the 1985 Book Fair at National College of Education's Baker Demonstration School. The fair will be held 8:30 a.m.-4 p.m. Nov. 13-15, and 7-9 p.m. Nov. 14, on the college's Evanston campus, 2840 Sheridan Rd.

The fair will feature new and used books for children, and used books for adults, at \$2-15. Proceeds from the sale of new books will help expand the Demonstration School library's collection.

For more information, or to contribute used books, contact Liz Smith at 256-5150, Ext. 280. Contributions of used books are tax-deductible.

National College of Education, celebrating its 100th anniversary this year, has campuses in Evanston, Chicago and Lombard. The Baker Demonstration School serves 250 preschool through eighth-grade students.

Resurrection Math Contest



Twenty-five area schools entered the math contest for eighth graders sponsored by Resurrection High School. St. John Brebeuf is proud to announce they took second place as a school and one on their team, Diane Wagrowski, took third place as an individual student award. The five students and their teachers are: (back row) Jane Park, Sonia Nowacki, Tracy McCarthy, Mrs. Zink (front row) Soo Kim (holding team trophy) Diane Wagrowski (holding individual trophy).

OCC hosts data processing open house

A "labwarming" open house will be held on November 13, from 8 a.m. to 10 p.m., at Oakton Community College/Skokie, so that students and area residents can see the College's newly-remodeled data processing laboratory.

Refreshments will be served throughout the day, and Leona Roen, OCC Data Processing chair, will be available from 6-9 p.m. to answer questions.

The remodeling included the addition of 20 IBM personal computers and three printers in the Microcomputer Lab in room 257, OCC/Skokie, 770 N. Lincoln ave.

OCC/Skokie offers a variety of data processing courses that use the equipment, such as "Introduction to Microcomputers" (DPR 103) and "BASIC Programming I" (DPR 212). The installation of the IBM P.C.'s has also enabled the College to offer at OCC/Skokie, for the first time this fall, "Electronic Spreadsheets - Lotus 1-2-3" (DPR 107).

Maine East Distributive Education Officers

Distributive Education classes at Maine East recently elected officers.

Chapter A officers are Mark Varonoff of Morton Grove, president; Liz Rueckert of Glenview, vice-president; Robin Okmin, and Judy Schmidt, both of Morton Grove, secretaries; Dena Cohn of Morton Grove and Roxanne Romito of Glenview, treasurers; Janet Roddy of Morton Grove, parliamentarian; and Wendy Broiner of Morton Grove, publicity.

Officers elected to Chapter B positions are Kim Bernahl of Morton Grove, president; Warren Nechtman of Des Plaines, vice-president; Kim Anderson of Des Plaines, secretary; Lorissa Antaramian and Mary Park, both of Niles, treasurers; Steve Palmer of Niles, parliamentarian; and Chris Vasilopoulos of Glenview, publicity.

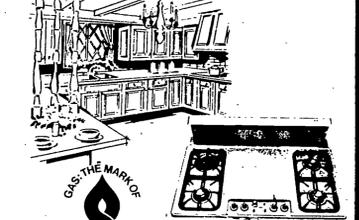
At a recent Leadership Executive Conference for high school Distributive Education students, held in Springfield, Bernahl, Nechtman, Schmidt, and Varonoff were appointed State Ambassadors.

Mark J. Kuc

Marine Lance Cpl. Mark J. Kuc, son of Joseph M. and Anna T. Kuc of 124 Delphia, Park Ridge, IL, has been promoted to his present rank while serving at Marine Barracks Naval Air Station, Alameda, CA.

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November is National Diabetes month. To be tested, please make an appointment. Screening appointments are necessary as special dietary guidelines must be followed prior to the test. Call 271-9040 Ex. 420 to register.

Table with 2 columns: Location, Date. Rows include Bethany Methodist Hospital (Nov 11, 13, 16) and Bethany Methodist Terrace (Nov 12, 14).

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Entertainment Guide

Shakespeare fest at Trinity

Trinity Theatre proudly announces the opening of *Sounds & Sweet Aires* in the Carlson Auditorium at National College of Education, 2840 Sheridan rd., Evanston. Including many of Shakespeare's most enchanting scenes, finest poetry and songs, and peppered with period music, dance and sword-play; *Sounds & Sweet Aires* is a magical journey to an "isle...full of noises,

sounds and sweet aires that give delight..." We embark at 8 p.m. on opening night, Nov. 8, for an open-ended run.

Performances are held Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m. Discussions follow each Sunday matinee and feature members of the artistic ensemble and special guest speakers. Ticket prices for all performances are \$10; \$6 for students and senior citizens. Group discounts and special rates for school groups are also available. Reservations can be made through TheatreTix and Ticketron, or by calling the Trinity Theatre Box Office at 328-0330.

GOLF MILL

R Starts Fri., Nov. 8
Don Johnson
"CEASE FIRE"
SAT. & SUN:
2:30, 4:20, 6:10, 8:00, 9:50
WEEKDAYS:
6:10, 8:00, 9:50

R Starts Fri., Nov. 8
Gene Hackman
Matt Dillon
"TARGET"
SAT. & SUN:
1:15, 3:25, 5:35, 7:45, 9:55
WEEKDAYS:
5:35, 7:45, 9:55

R HELD OVER
"TO LIVE AND DIE IN L.A."
WEEKDAYS:
5:50, 8:00, 10:10
SAT. & SUN:
1:30, 3:40, 5:50, 8:00, 10:10

PRICES ALL SEATS
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Youth Orchestra performance

The North Shore Youth Orchestra will perform at 1:30 p.m. on Sunday, Nov. 17 at the Diller Street Theatre, 310 Green Bay rd., Winnetka. Dalya Khan, Wilmette will perform a piano solo, Chopin Piano Concerto in E Minor.

The orchestra of high school age students is sponsored by The Music Center of the North Shore and North Shore Country Day School. Co-conductors are Kalman Novak and Carol Hall.

The program also includes Hebrides Overture, Mendelssohn and London Symphony, Haydn.

Admission is free to Music Center members and students or \$2 general admission, and \$1 for those 18 and under or 65 and older.

For further information, call 446-3822.

What's happening here?



This woman is delighted. Totally, deliciously delighted with the Sizzling Fajitas at Que Pasa.

Tender strips of marinated chicken and steak, fresh bell pepper, onion and tomato, sauteed to perfection and brought sizzling to your table. Regularly \$6.95, it's only \$4.95 through November 17, 1985. Isn't that delightful? Grab a friend or the whole family and head for Que Pasa. In Mexico, Que Pasa means "what's happening?" And in Chicagoland, what's happening is

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Morton Grove - Dempster at Auerbach
Hornwood Heights - Harlem at Foster
Niles - Milwaukee at Golf
Des Plaines - Opening Soon

Jewish Folk Art display



Sharlene Levinson of Skokie, displays her needlework on a "Pillowcase for the Celebration of Birth" in "Contemporary Jewish Folk Art", an exhibit spotlighting local artists who combine contemporary expressions with traditional Jewish art forms, currently at Sertus Museum, 618 S. Michigan. It is a companion to "The Jewish Heritage in American Folk Art" exhibit which runs through Dec. 29 at Sertus. Levinson's needlework accomplishments include a blue ribbon in needlework competition at the Village Art Gallery in Skokie. Exhibition hours are 10 a.m.-8 p.m. Tuesdays; 10 a.m.-5 p.m. Wednesdays, Thursdays and Sundays; and 10 a.m.-3 p.m. Fridays.

Student band, On-Kor, performs in V-Show

What do four Maine East students have in common with hard work, musical instruments, and November 15-16? The answer is On-Kor. This dance band is comprised of three Maine East seniors and one junior: Greg Neuschaefer of Park Ridge, drums; Jeff Neuschaefer of Park Ridge, keyboard; Dave Simon of Morton Grove, bass; and Alan Singer of Niles, guitar. The group has been together for nearly two years and will perform for the second time in Maine East's annual variety show, sponsored by Student Council November 15-16 at 8 p.m. in the school auditorium. Tickets for V-Show '85 - Off Broadway will be sold the week before the show in the bookstore lobby during the lunch periods or may be purchased at the door. Tickets are \$3.00 per person.

The places where this band plays vary as much as the music does. They have professionally performed nearly 75 times, including high school dances and teen-nights at local places such as McGreevey's. They play whatever the people in the audience want to hear. Their range is from the Beatles to U2, the Kinks to their original compositions.

In addition to their music careers, On-Kor members are able to do other things, such as holding a part-time job and maintaining good grades. When contracts are to be signed, Mr. Neuschaefer acts as a business manager. Their goal is to become more well known and to "get people dancing in their seats" when they perform "What I Like About You" by the Romantics and "Louie, Louie" at V-Show. Prior to the V-Show performance, the group performed Wednesday, Oct. 30, at 8 p.m. at the Northwest Suburban Jewish Congregation.

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Christmas in the Grove

The 6th Annual 'Christmas In The Grove' Arts, Crafts and Bake Sale will be held Saturday, Nov. 9 from 9 a.m. to 4 p.m. on the campus of Waubesa Community College-located two miles north of Sugar Grove on Route 47. Both the College Center and Building 'U' will be used again this year.

117 exhibitors representing 43 Illinois towns, Oconomowoc Wisconsin and Oneonta Alabama will find the College Center and Building 'U' with all kinds of handmade crafts: china painting to porcelain items-pine cone art to wheatweaving-tiffany lamps to sand dollar clocks-teddy bears to sheep-shaker boxes to tin and coal figurines. As usual we will have a large bake sale and candy area but new this year will be homemade candy booths scattered throughout both buildings.

Mark your calendar! 'Christmas In The Grove'-Saturday, Nov. 9-9 a.m. to 4 p.m.-College Center and Building 'U' on the campus of Waubesa Community College, Sugar Grove. Thousands of Holiday gifts for those special people in your life.

Free concert

The Music Center of the North Shore will sponsor a free concert as a memorial tribute to George Banham, internationally known concert pianist, composer and long-time member of the faculty at the not-for-profit Music Center. The concert featuring many of Mr. Banham's compositions will be given at 7 p.m. on Sunday, Nov. 17 at the Diller Street Theatre, 310 Green Bay rd., Winnetka.

Performers include Emilio del Rosario, piano; Elaine Felder, piano; Virginia Hilt, piano; Ali Forough, violin, Harold Klatz, viola and Neil Novak, cello.

A Children's Christmas

"A Children's Christmas" is the theme of the Chicago Botanic Garden's annual holiday display. The centerpiece of the display is a magnificent 40-foot Christmas tree, surrounded by smaller trees, all decorated with handmade ornaments made by members of Chicago area women's garden clubs.

As part of the festivities around the Christmas tree, the Garden is hosting a series of events on Thursday evenings in December. The Chicago Swedish Glee Club will start things off on Dec. 12 with some music for the holidays; on Dec. 19, bring the children for a visit with Santa; on Dec. 25, share the child's delight of the magic of puppetry on "Family Night." All three events begin at 7 p.m. and there is a \$1 admission fee. "A Children's Christmas" opens on Dec. 9 and will continue through Jan. 5, from 9 a.m. to 4 p.m. daily. The Botanic Garden will be closed on Dec. 25. The garden is located one half mile east of the Edens Expressway on Lake-Cook Rd. in Glencoe.

North Park cheerleader

Doris Moy, a junior at North Park College in Chicago is a member of the varsity cheerleading squad coached by Mary Mattson. Doris is a graduate of Niles North High School. The parents are Wayne and Maling Moy, they reside at 8306 Kedvale, Skokie.

Niles West band marches to awards

The sight and sound of the Niles West High School marching band that's been pleasing spectators at the football games this fall also pleased the judges at two competitions recently. At the Marching Bands of America Competition on Oct. 5, the first competition entered by a Niles West marching band in the history of the school, the 1985-86 marching Indians earned seventh place among a field of entries from schools in Iowa, South Dakota, Wisconsin, and Minnesota, as well as Illinois. "It was a real experience for all of us, especially performing in a large university stadium," said band director William Koch. "I was impressed with our students' performance and professionalism."

Experience paid off for the marching musicians the second time, as they took a very close second to Glenbrook South's unit in the Class AA portion of the Marengo Settlers' Day competition. Scoring a 68 to Glenbrook's 72, the Indians are pleased with their showing against "a unit that has more than 10 years of competitive experience." According to Koch "the Niles West students were more relaxed and confident the second time in competition and, therefore, gave a much better show."

Although the band has completed competing for the year, the 160 member group looks forward to next year, with its own, new uniforms and even better performances as its signature.

Auditions

The Glenview United Methodist Church will hold open auditions for a February production of "Carnival" at 7 p.m. Dec. 9 and 10 in the church social hall, 727 Harlem Ave., Glenview.

Actors, singers, and dancers are needed for character roles, chorus and dance troupe. Vocalists should bring their own music for singing auditions. For more information, call Jean at 724-1229.

Creative Children's Academy concert series

The Elmhurst College Jazz Band under the direction of Doug Beach, will perform at the Hyatt Regency O'Hare Hotel on Saturday, Nov. 16 at 7:30 p.m. Admission is \$20 and is a tax deductible donation to benefit the Creative Children's Academy Scholarship Fund. For ticket reservations and information, call 577-5868.

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Danny Orleans, magician will present "Feel the Magic" at Devonshire Center, 440 Grove, Skokie on November 17. The show, geared for children aged 4 and up, will begin at 2 p.m. Tickets of 75¢ are available in advance at Devonshire Center or at the door. Advance purchase of tickets is advised to ensure getting a seat. Danny Orleans is second in a series of five "Kids Need Culture, Too" performances co-sponsored by the Skokie Park District, Skokie Federal Savings, and Skokie Fine Arts Commission. Still to come are the Jesse White Tumblers on January 19; John Shirley with balloon and puppet fun on February 9; and Jack Hill, Ventriquist/Mime on March 16. Tickets are currently available for all performances. For more information call Skokie Park District, 674-1500.

Coin Collector's Show

The Chicago Coin Bourse will be held at the Leaning Tower YMCA, 6300 Touhy, from 10 a.m. to 4 p.m., Sunday, Nov. 10. Admission is free and there is ample free parking. Eighteen experts will have exhibits on display and will be available to appraise and identify any coins, medals, tokens or paper money presented. All persons interested in coin collecting are invited to attend.

YMCA plans Hypnosis program

"Chronic Pain Control Through Progressive Relaxation", is the title of Sandra Schoenwolf's presentation at the monthly meeting of the Association To Advance Ethical Hypnosis. The lecture will focus on achieving body balance, pain management techniques, the SD's syndrome, guided imagery, the art of relaxation. The demonstration of progressive relaxation will follow the presentation.

The meeting will be held at 8:30 p.m., Tuesday, Nov. 12, at the Leaning Tower Y.M.C.A., 6300 W. Touhy ave., Niles, Top Of The Tower Room, 9th floor. A donation of \$2 is required. The public is invited. For information call 685-7700. Schoenwolf, received her hypnosis training from Dr. Sid

Keith M. Inglesby

Schneider, Training Center for Hypnosis, and is a National member of the A.A.E.H., and has lectured at several area libraries. Sandra is serving as Corresponding Secretary of the Illinois Chapter #2 of the A.A.E.H. She is Co-director of Associates in Hypnosis, where she helps guide their clients through various improvement programs.

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"Sound of Music" at Marillac

The Marillac Production Company presents the "Sound of Music" on Friday and Saturday, Nov. 8 and 9 at 8 p.m. and Sunday, Nov. 10 at 2 p.m. in the Marillac Theatre.

Over 60 students including young men from Notre Dame High School, Loyola Academy, Maine East High School and grade school students from St. Norbert and Hynes Schools will participate in the musical based on the book, "The Trapp Family Singers," written by Maria Augusta Trapp.

"With such wonderful music by Richard Rodgers and lyrics by Oscar Hammerstein II, this award-winning production is highly entertaining for every member of the family," said Mrs. Mary Gavin Crawford, producer and director of the musical who teams up with Mr. Bob Drafall, Marillac's Music Director, conducting the orchestra and directing the music.

"Sound of Music" won 6 Tony Awards after its first year on Broadway in 1959 and the film version in 1965, starring Julie Andrews, won an Academy Award for "Best Film."

Songs include "How Can Love Survive?," "Do-Re-Mi," "Sixteen Going on Seventeen," "Maria" and "Edelweiss." The soundtrack recordings have sold over 20,000,000 copies.

Northbrook students in the cast are Patricia Gould (Mother Abbess); Maureen Kosturik (Sister Sophia) and Michael and Carolyn West from St. Norbert's playing "Kurt" and "Gretl."

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Mindscape presents the new tea tradition

From November 8 thru December 30, Mindscape Gallery, 1521 Sherman Ave. in Evanston, and The Mindscape Collection, 300 W. Superior in Chicago, will jointly present an exhibition of functional and sculptural tea pots and accessories by contemporary American clay artists. Entitled "This is my Handle, This is my Spout", the show will be open to the public Tuesday-Saturday, 10-6, Thursday, 10-9 and Sunday, 1-4 in Evanston, and Tuesday-Saturday 11-4-30 in Chicago. Phone 864-2650 (Evanston) or 664-2660 (Chicago) for further information.

Biddy Basketball begins season

Boys and girls, ages eight to eleven, are invited to suit-up for "Biddy Basketball," an intra-Jewish Community Center (JCC) basketball clinic and league, sponsored by the children's services youth sports program at the Bernard Horwich/Mayer Kaplan JCC, 3003 W. Touhy Ave., Chicago.

"Biddy Basketball" will be held Sundays, beginning Nov. 10, from 2 p.m. until 4:30 p.m. through March 2.

Youth Sports program coordinator Bob Knopken explained that basketball clinics presented in the first three sessions will provide skills assessment and group instruction. Teams will also be formed at that time. All children will play at least one quarter per game for the program's duration.

A Feb. 16 trip to see the Chicago Bulls vs. Dallas Mavericks game will highlight the "Biddy Basketball" season. Knopken noted that community volunteers who understand basketball and work well with children are needed to coach teams.

Fees for "Biddy Basketball" are \$28 for JCC members, \$40 for non-members and include a team T-shirt, and tickets and transportation to the Bulls game. For further information on joining a team or coaching, contact Knopken at 761-9100, ext. 320.

Horizons is a program that seeks to enrich the experiences of gifted students in District 207 by bringing guest speakers and programs in math, science, social science, foreign language, drama and English. Other programs that have already been planned for 1985-86 include Reid Lewis, lecturer on the LaSalle

Madrigal Feasts at Northeastern

From the opening strains of "The Boar's Head Carol" through the final notes of the "Ye Olde Tunes Sing-Along," the Northeastern Illinois University "Madrigal Feasts" on Thursday, Nov. 14, at 12:30 and 7 p.m. will recreate the color, pageantry and excitement of a Renaissance banquet. The "Madrigal Feasts" will be presented in the university's Alumni Hall, 5500 N. St. Louis Ave.

The feasts will feature an authentic meal and entertainment by the "Unicorn Minstrels," the Northeastern Illinois University Concert Choir, Brass Choir, Recorder Consort and Dancers. Musical works to be presented include medieval carols, Renaissance madrigals and English folk songs.

Fire Safety Program at Mark Twain

All students at Mark Twain Elementary School attended an assembly program on the topic of fire safety on Thursday, October 10. The assemblies, led by Firefighter David Strom of the North Maine Fire Department, were part of the activities held at the school for Fire Prevention Week.

The students reviewed the safety procedures of "Stop-Drop-and Roll" if clothing is on fire, the proper way to leave a building in case of a fire or smoke filled, fire safety while babysitting, and the importance of smoke alarms. Fireman Dave,

Author speaks to Maine students

John Powers, author of the musical comedy "Do Black Patent Leather Shoes Really Reflect Up?", will speak to accelerated English students at all three Maine Township District 207 high schools on Wednesday, Nov. 6, in the second Horizons program of the 1985-86 year.

Powers, who will discuss his career in writing, says "I've never laughed at anything I've written. Never. I'll read a paragraph and say, 'This could have been funnier.' And when I'm writing it, I hate it. I can see the huge gaps. I hate to write, anyway. I'm not a writer. I'm someone who has written."

Horizons is a program that seeks to enrich the experiences of gifted students in District 207 by bringing guest speakers and programs in math, science, social science, foreign language, drama and English. Other programs that have already been planned for 1985-86 include Reid Lewis, lecturer on the LaSalle

All performers will be dressed in historical costumes and musicians will play instruments of 15th-century England such as the harpsichord, recorder, sackbut (a predecessor of the trombone), a crumhorn (a double reed instrument that is an ancestor of the oboe), hurdy-gurdy, and a variety of brass instruments.

Tickets for the lunch-time feast are \$7; for the dinner-time celebration, \$10. Tickets may be purchased at the university's Commuter Center, room 207, Mondays through Thursdays, from 8 a.m. to 7:30 p.m. and Fridays, from 8 a.m. to 4 p.m. For additional information or to order tickets by phone, call 583-4050, ext. 331.

IAAI installs new officers



Senator Philip J. Rock, President of the Illinois State Senate (r.ctr.), acting as installing officer for the Chicago Chapter of the Independent Accountants Association of Illinois, presents the gavel to E. V. "Manny" Kenig newly installed President of the Chicago Chapter.

Others installed at the recent Installation of Officers held at Marriott's Lincolnshire Theatre are pictured 1 to r, John P. Karahalios, 1st Vice president; Patricia Kasch, Secretary; Donald F. Vecchiola, 2nd Vice president; and Richard E. Johnson, Treasurer.

St. John Lutheran Christmas Craft Bazaar

St. John Lutheran Church and Day School (Missouri Synod) will be holding their Annual Christmas Craft Bazaar on Saturday, Nov. 9 from 10 a.m. to 3 p.m. St. John Lutheran is located at 7429 N. Milwaukee Ave. (one block south of Harlem) in Niles.

Local arts and crafts dealers are invited to exhibit at this Holiday Craft Bazaar. If interested in renting a space, please contact Mrs. Marge Moellenkamp at 698-2538 (Niles).

A lunch will be served for a nominal fee during the noon hour. Coffee-and will be available throughout the Bazaar Day affording shoppers a time to sit down, relax and enjoy visiting with friends.

Santa Claus is scheduled to arrive at the Bazaar during the day. He will be there to visit with

Glenbrook North sets reunion

The Reunion Committee for the Glenbrook North Class of 1966 announced today that the class' 20th reunion celebration will be held the weekend of Aug. 8-10, 1986.

Festivities will include a welcome reception and party at Phil Johnson's restaurant in Northbrook on Friday evening and a dinner dance at the Hyatt Regency O'Hare on Saturday evening. Full details will be sent to all members of the class of '66.

Class members interested in working on the committee or having information on fellow classmates are urged to contact 564-0695, 495-8425 or 934-7085.

OCC Citizen Advisory Committee meeting

The Oakton Community College Skokie Citizen Advisory Committee is scheduled to meet November 13, at 7:30 p.m., in room 115, OCC/Skokie, 7701 N. Lincoln Ave.

Agenda items for the meeting include a presentation by Bill Rothwell, director of the OCC Institute for Business and Professional Development, a preview of spring, 1986 registration, and discussion of a 12-month meeting schedule.

For further information, call Committee chairperson, Mary Mittler, OCC assistant vice president for Educational Services, 635-1404.

Rummage Sale

Skokie Valley Traditional Synagogue is having their annual Rummage Sale on Saturday night, Nov. 9, at 8 p.m. and Sunday, Nov. 10 from 10 a.m. Clothes for the entire family, household goods and furniture, toys & jewelry—all at low prices. Admission is free and it will be held at the Synagogue, East Prairie and Dempster Sts., Skokie.

Proceeds from the shop benefit developmentally disabled adults at Skokie's Orchard Village. For further information, call 673-9455.

St. Juliana Holiday Craft Show

The St. Juliana Parish Guild of the Tabernacle is sponsoring a Holiday Craft Show and Bazaar Saturday, Nov. 16 and Sunday, Nov. 17. There will be over 75 exhibits tables. Enter at the School Hall (7201 N. Osceola) entrance or Gym (7200 N. Oketo) entrance, both just North of Touhy Ave. The hours will be 11

a.m. to 7 p.m. Saturday, Nov. 16, and 9 a.m. to 3 p.m., Sunday, Nov. 17. Santa Claus will be available on Saturday, Nov. 16, between 10 a.m. and 1 p.m. to have pictures taken with children. Food and beverage refreshments will be available for purchase.

Sale to benefit Molloy Center

On Saturday, Nov. 16, Molloy Education Center will hold a Rummage/Bake/Plant/sale from 8 a.m. to 4 p.m. There will be a large selection of clothes, household items, plants and

baked goods. The proceeds will benefit handicapped children. The address of the sale is 8701 N. Menard, Morton Grove, 5800 West-1 blk. S. of Dempster.

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94-95% EFFICIENT

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Saves 26% to 40% on heating costs! And heats your water, too! The Amana Energy Command furnace sets a new standard of gas heating efficiency. 94% to 95%. That compares to 64% to 67% for most ordinary gas furnaces. That's because ordinary furnaces let a lot of heat escape up the chimney. But the Amana Energy Command traps that heat, saving you money on your heating bills.

Replace your energy waster today!

MAYFAIR Heating & Air Conditioning Inc.
8820 N. Oketo Ave. Morton Grove 60053
312-966-8866

Amana COOLING-HEATING

CHICKEN INN
(FORMERLY OF ALBANY PARK)

FREE PIZZA WITH PURCHASE OF PIZZA OF EQUAL OR GREATER VALUE
Not valid on delivery Expires 11-21-85

7536 N. MILWAUKEE (Across from Animal World)
763-3962

10 PIECE CHICKEN \$4.99
REG. \$7.00
WORLD'S FINEST CHICKEN
Not valid on delivery Expires 11-21-85

HOURS:
Monday thru Thursday 10:30 a.m. to Midnight
Friday and Saturday 10:30 a.m. to 1:00 a.m.
Sunday 11 a.m. to 11 p.m.

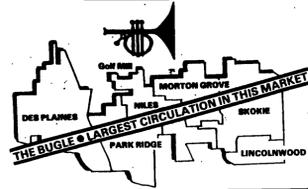
VACATIONS REDUCED IN PRICE 20% to 75%!!

JANUS TRAVEL HOT-LINE
24 Hour Per Day Recorded Message
Dial **7-7-G-R-A-N-D 774-7263**

Las Vegas, Florida, California, Hawaii, Puerto Rico, Mexico, Europe, Cruises, Virgin Islands, Caribbean

6938 W. Higgins Ave. Chicago, ILL. 60656 **763-2767**

USE THE BUGLE WANT ADS 966-3900



Your Ad Appears In The Following Editions

- NILES BUGLE
•MORTON GROVE BUGLE
•SKOKIE/LINCOLNWOOD BUGLE
•PARK RIDGE/DES PLAINES BUGLE
•GOLF-MILL/EAST MAINE BUGLE

BUSINESS SERVICE DIRECTORY

ADDRESSING: I Will Address Your Bar/Bat Mitzvah, Sweet Sixteen, Wedding, Etc.
AIR CONDITIONING: Just Received Truckload Of Carrier Window Units
ALUMINUM SIDING: SEAMLESS GUTTERS

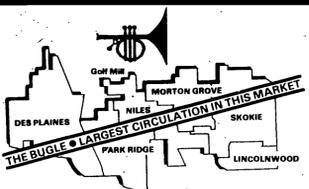
ALUMINUM SIDING: For The Very Best In Replacement Windows
ALUMINUM SIDING: (10 Colors) SOFFIT-FASCIA
ALUMINUM SIDING: DON'T REPLACE YOUR KITCHEN

CABINET REFINISHING: KITCHEN CABINET Refinishing Affordable Prices
CARPET CLEANING: TOUCH OF BEAUTY CARPET CLEANING
CATCH BASINS & SEWERS: J & C SEWERS SEWER TROUBLES?

ENTERTAINMENT: PROFESSIONAL DISC JOCKEY
FIREWOOD: MIXED FIREWOOD ALL SEASON DELIVERED
FURNACE CLEANING: Get your furnace or boiler cleaned quickly & efficiently
GUTTERS & DOWNSPOUTS: TAYLOR WINDOW CLEANERS

HANDYMAN: HANDY MAN For Home Repair
DAVE KAYE HANDYMAN: Commercial & Residential
RICH THE HANDYMAN: Building Maintenance
CIRCLE - J MAINTENANCE SERVICE: PLUMBING - ELECTRICAL - CARPENTRY

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•PARK RIDGE/DES PLAINES BUGLE
•GOLF-MILL/EAST MAINE BUGLE

BUSINESS SERVICE DIRECTORY

HEATING: PARKWAY Heating Maintenance Air Conditioning & Air Conditioning
LANDSCAPING: AMERI-JAM LANDSCAPING
MOVERS: CHECKMATE MOVERS
SACKLEY MOVING & STORAGE

MUSICAL INSTRUCTION: Piano - Guitar - Accordion Organ & Voice
PAINTING & DECORATING: LOGAN Painting & Decorating
PAINTING & DECORATING: A-MIRACLE REMODELING
PAINTING & DECORATING: DOUG'S PAINTING
PAINTING & DECORATING: F.B. DECORATING
PAINTING & DECORATING: GREAT LOW PRICES
PAINTING & DECORATING: LORES DECORATING COMPANY
PAINTING & DECORATING: HOWARD DECORATING SERVICE

PAINTING & DECORATING: PETS: NICE PETS FOR ADOPTION TO APPROVED HOMES
KAYS ANIMAL SHELTER
PLUMBING: MIKE'S PLUMBING SERVICE
PSYCHIC: MRS. NICKOLS
PSYCHIC READINGS: MRS. NICKOLS

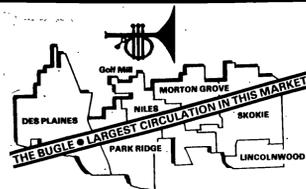
ROOFING: NEW ROOFING AND REPAIRS
O'CONNOR ROOFING
LOW COST ROOFING: Complete Quality Roofing Service
SNOWPLOWING: G & M SNOWPLOWING
BUTCH'S SNOWPLOWING

TRUCKING & PICK-UP: SCRAP HAULING
TUCKPOINTING: Early Bird Prices
MIKWAY: WE FIX BRICKS!
TUTORING: MATH TUTOR HIGH SCHOOL/COLLEGE
UPHOLSTERY: PETE'S UPHOLSTERY

PARTIES: G & M PARTIES, INC.
Featuring: Breakfasts, Lunches, Dinners, Desserts, etc.

TINY TIM TREE SERVICE: Serving Northwest Chicago and Suburbs 11 Years.
RESPONSIBLE! Tree Removal, Trimming, Root Removal

USE THE BUGLE WANT ADS 966-3900



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- GOLF-MILL/EAST MAINE BUGLE

BUSINESS SERVICE DIRECTORY

VCR'S REPAIRED

Now It's Possible To Transfer Your Super 8 16mm Films & 35mm Slides & Films to Videotape. VCR's Repaired At \$5 AFFORDABLE Prices For A Free Estimate Call: 622-1809

VIDEO TAPING

PROFESSIONAL VIDEO TAPING

Weddings-Bar Mitzvahs Parties MOVING PICTURES CO. PAUL KLEIN 253-1992

VIDEO, STEREO & COMPUTER EQUIPMENT

COMPUTER ADVANTAGE 583-1025

1 block off Expressway QUANTITIES LIMITED MANY OTHER: SPECIALS COMPUTERS ACCESSORIES



4 WAYS TO ADVERTISE IN THE BUGLE BARGAIN BARN YOUR CHOICE

The Bugle Bargain Barn, 8746 N. Shermer Rd., Niles, IL. 60648

(FOR 3-LINE AD)*	
PLAN 1 PRE-PAID FOR 1 WEEK ADVERTISING \$5.00	PLAN 3 PRE-PAID FOR 3 WEEKS ADVERTISING \$10.50
PLAN 2 PRE-PAID FOR 2 WEEKS ADVERTISING \$8.00	PLAN 4 PRE-PAID FOR 6 WEEKS ADVERTISING \$12.00

*EACH ADDITIONAL LINE \$1.50 Mail ads) together with remittance to The Bugle Bargain Barn. Sorry no pre-paid ads will be accepted by telephone. Sorry, no refunds. Ads may also be brought into the office at 8746 N. Shermer Road, Niles, Illinois 60648. 966-3900

THE BUGLE BARGAIN BARN'S ADS INCLUDE: Automobiles—For Sale—Garage Sales—Home Furnishings Miscellaneous—Personals—Pets—Situation Wanted Sporting Goods—Swaps & Trades

FURNITURE FOR SALE

2 Pc. Gold Sectional Sofa Exc. Cond. \$150/Best Offer. 967-7052

GARAGE SALE

Niles-7812 Park Ave., Sat. & Sun. 11/9 & 11/10. 11-5. Girls 4 Pc. Wht. Bdr. Set, Green Love Seat. Misc. Holid. Items.

MISCELLANEOUS

Lawnmower/Lawn Boy Like New. Exc. Cond. \$83.00 647-9717

Business Copy Machine. Many Features. Fully Automatic. Sacrifice \$625/Offer Please. 729-4148

SAVE 50%!!! Flashing arrow signs \$289!!! Lighted, non-arrow \$249. Un-lighted \$199. (Free letters!!) See locally. 1 (800) 423-0163. (Also GIANT BLIMP sale!!!)

PERSONALS

Happy Birthday Grandpa L. Love "Your Favorite Grandchild"

HAPPY BIRTHDAY TOM

USED CARS

75 OLDS CUTLASS 8 Cylinder, 9500 Runs Well. 692-7993

1973 Chevy Impala, 2 Door Coupe, Low Mileage, Runs Great. \$500 or Best Offer. 296-4808

79 Ford Mustang, 4 Cyl. Stick New Clutch, Runs Good. \$900/Offer. 299-3554

'84 Camaro Z28 H.O. Full Power T-Tops. Cruise, Marantz Stereo, Chapman Alarm. 13,000 Mi. Asking \$12,200. Jim—967-5443

WANTED TO BUY

ORIENTAL RUGS WANTED Any Size & Condition Call Anytime 296-3666

Wanted—Thomasville Italian Provincial PECCAN dining room table & chairs. Would consider any peccan set. Call 966-4567.

REAL ESTATE

CONDOS FOR RENT

Niles-Near Golf Mill 1 Bdr., Pool, Rec. Bldg. Fully Remodeled Condo 967-6362

SUN VALLEY SKI

Deluxe Condo, sleeps 6, fireplace and all amenities. Available 12/7 to 12/14. \$1,000 neg.

CONDO FOR SALE

Basmt. 1 Bdr., 1 Ba. Condo w/D.R. Clubhse., Pool, Sauna. Niles. \$49,900. Ask For Bernadette. Starck Realty. 358-0744

LAND

FLORIDA RAINBOW SPRINGS Sub/Div. Dunnington, 1.26 acres, wooded adj. highway 41. Tennis, Swimming, Golf.

(305) 981-4543

MOBILE HOME FOR SALE

77 COUNTRY SQUIRE, MINI 23 Ft., Sleeps 6, Full Tub, 2-Way Refrig., Roof Rack, TV Antenna. Excellent Condition. \$7,950. Negot.

(312) 832-3920

OUT OF STATE FOR SALE

NORTH FLORIDA Live Oak Mini Ranch, 5 acres with 3 bedrooms, 2 baths, central heat and air, carpet, ceiling fan, enclosed carport, big trees, 36 x 60 barn with ten 12 x 12 stalls, hayloft, fenced, cross-fenced. Owner transferred, owner partial financing at 11%. \$63,500. Call for appointment. (904) 382-7995.

SOUTH CAROLINA Hilton Head Island 1 bedroom Villa, ocean view, fully equipped, beach/tennis resort, close to golf course, for sale by owner. \$54,900.

(404) 953-0910

To place your Real Estate ads, Call 966-3900



The Classified Quiz.

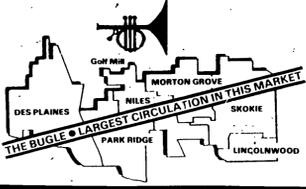
Before you decide classified advertising is not for you, respond to the following questions.

- Storage space is becoming a bit of a problem around my house. TRUE FALSE
- A lot of the items I've stored are just too valuable to give away.
- Even though we no longer use these items there must be families nearby who would love to own them.
- I could use a little extra money these days.
- If other people are picking up extra cash by selling the things they no longer need, I'd be silly not to give classified a try!

If you answered one or more of the above "True", it's time to pick up your phone and place your ad. Give us a call. We'll help you word your ad for top response.

The Bugle Newspapers 966-3900

USE THE BUGLE WANT ADS 966-3900



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- PARK RIDGE/DES PLAINES BUGLE
- GOLF-MILL/EAST MAINE BUGLE

HELP WANTED

Part-Time PRE SCHOOL TEACHER

Immediate Opening Tuesday & Thursday 1-3 P.M. Degree Necessary NILES PARK DISTRICT 967-6633

PSYCHOLOGY

Immediate Opening The Institute of Professional Practice, Inc. is seeking a full time Applied Behavior Analyst to provide consulting services to its New Hampshire programs. Position will involve design, implementation and monitoring of computer tracked individual client programs as well as staff training. Requirements: earned doctorate in relevant field, demonstrated clinical experience with the mentally retarded, mentally ill and dual diagnosed population. Salary: negotiable with excellent benefits. Send resume and letter of application to Michael J. Richards, Institute of Professional Practice, Inc., 30 S. Main Street Concord, NH 03301.

EQUAL OPPORTUNITY EMPLOYMENT

Bugle Newspapers does not knowingly accept Help Wanted advertising from advertisers who show a preference based on race, religion, sex, handicap, or national origin in violation of Federal, State or Municipal laws or ordinances.

CORRECTIONS

Each ad is carefully proof read, but errors do occur. If you find an error please notify us immediately. Errors will be rectified by republication. Sorry, but if an error continues after the first publication and we are not notified before the next insertion, the responsibility is yours. In no event shall the liability for the error exceed the cost of the space occupied by the error.

WE WILL GET THE MESSAGE FASTER ON OUR QWIP TRANSCIEVER



BUGLE NEWSPAPERS 8746 N. SHERMER RD., NILES, ILLINOIS 966-0198 (OUR QWIP NUMBER)

FACTORY CARD OUTLET STORE

New Store Niles Location 8221 Golf Road Near Milwaukee Now Hiring • Store Manager • Sales Clerks Full/part-time, retail sales experience a plus. Please apply in person Wednesday, November 6, 10 a.m. to 3 p.m. or call: 489-2000

Wanted Mature Women

for Retail Sales of Baby Items Hours: 10-3 Monday through Friday Apply At: CRIBS & BIBS 8225 Golf Road Niles, Illinois 60648 Four Flags Shopping Center

PRODUCTION CONTROL CLERK

Sargent-Welch Scientific Company has an opening for a Production Control Clerk to expedite, release and maintain production orders. Production control and CRT help. Comprehensive benefit package offered. Qualified candidates should apply in person or call: SARGENT-WELCH SCIENTIFIC COMPANY 7300 N. Linder Avenue Skokie, Illinois Dolores Rankin 677-0600 Ext. 214 equal opportunity employer m/f

MAILING SERVICE

needs young person for deliveries, mailing duties. No typing. Must be licensed driver. Afternoons—flexible as to hours. Ideal for student. Non-smoker. 965-1112

DESIGNERS AUTOMOTIVE

Body/Chassis/Electrical Immediate Openings Long Term Projects, Top Rate, OT/Call or Send Resume As Soon As Possible: NORTH AMERICA ENGINEERING 2101 Schaefer Melvindale, Mich 48122 (313) 389-2040 Donna

TOYS "R" US NEEDS HELP!

We're staffing up and we need all the hard working and motivated people we can find, to fill immediate FULL & PART-TIME positions. Flexible working schedules are available for daytime, evening & weekend hours. No experience necessary, we will train. We offer excellent benefits and growth opportunities. APPLY IN PERSON AT THE FOLLOWING STORE: TOYS "R" US 9555 N. Milwaukee Ave., Niles (Across from Golf-Mill)

SEARS

Has Part-Time Openings In Several Departments Apply in Person Personnel Department Monday 3 p.m.-6 p.m., Tuesday 11 a.m.-4 p.m., Thursday 9:30 a.m.-2:30 p.m. or By Appointment Only

SEARS

SEARS, ROEBUCK & CO. 400 Golf Mill Shopping Center Niles, Illinois 60648 Equal opportunity employer m/f

HELP WANTED

GOLF MILL SHOPPING CENTER Have you thought about earning extra Christmas Cash? It's easy as 1-2-3 and fun as can be. Positions are currently being filled for Santas & Santas Helpers. Positions will begin November 29 and run to December 24. Apply Now. Room 308 Golf Mill Shopping Center Professional Building 9 A.M.-5 P.M.

DRIVERS

Part Time Transport Students in the Des Plaines and Glenview areas. A.M. & P.M. routes available Approximately 3 hrs. per day Must be 21 and have a good driving record. No experience necessary. We will train.

SEPTRAN INC. 824-3208

BUOLE BUOLE BUOLE BUOLE BUOLE

**USE THE BUGLE
WANT ADS
966-3900**



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- SKOKIE/LINCOLNWOOD BUGLE
- PARK RIDGE/DES PLAINES BUGLE
- GOLF-MILL/EAST MAINE BUGLE



HELP WANTED



ANSWER PHONES
4 P.M.-10 P.M. (Tues., Thurs., Sat.)
2 P.M.-7 P.M. (2 to 5 Eves.)
Morton Grove Office
Call
966-3518

RECEPTIONIST/ SECRETARY
Rosemont Office
45 wpm typing, pleasant speaking voice. Handle heavy phone contact with ease (8 lines). Min. 1 yr. experience as a receptionist, competitive salary & co. paid benefits.
Call Tina **635-9100**

SECURITY GUARD
Part-Time
Local Financial Institution seeks a mature individual for part-time position. Ability to meet the public required. Good opportunity for active retiree. Pleasant working conditions.
Apply In Person
FIRST FEDERAL SAVINGS & LOAN ASSOC.
749 Lee St.
Des Plaines
an equal opportunity employer mlf

EXPERIENCED
Chapman Security System Installer. Must have own car, tools, and neat appearance. Experienced in radar detectors and mobile phones a plus. Paid insurance. Will train the right person.
ALARM KING
in Evanston
(312) 475-4705
Ask for Joe Dentamaro or Joe Bolter

Part-Time
ASSEMBLY & SHIPPING
Flexible Hours
Days: Tuesday through Friday
Call: Bob
967-6213

SALES/ INDUSTRIAL
Immediate Opening
National Marketing Company seeks REP-DIST to sell elect. pipe trace cable to petro., chemical & process industries in Chicago area. Minimum 35 years experience. Straight commission.
Call **1-215-668-0664**
or send resume to:
P.O. Box 7
Haverford, PA. 19041

MANAGEMENT ASSISTANT MANAGER AND SALES
Experienced people wanted for our high-fashion costume jewelry company. Join an expanding company. Advancement opportunities are unlimited. Northbrook Court location. For more information, call Lore.
(718) 591-4141
ZOE COSTE

General Office
SALES & MARKETING CLERK
We are currently searching for a bright individual who enjoys working in a busy and professional environment. If you have 2 years of general office experience, typing of 35 WPM and have a good phone manner, please call Gina at:
699-3938
WHEELS INC.
666 Garland Place
Des Plaines
equal opportunity employer mlf

TELLERS
Part-Time
If you are an experienced Bank Teller seeking part-time employment we are interested in talking with you. Available schedules include 10 a.m. to 2 p.m. or 2 p.m. to 6 p.m. weekdays and Saturdays 8 a.m. to 1 p.m. or 7:15 a.m. to 2 p.m. Your work schedule will include 2 or 3 weekdays and Saturday.
We offer a competitive starting salary as well as paid vacations and paid holidays after completion of one year of service. To arrange an interview, please contact:
LORETTA ROSS - 674-4400
Skokie Trust & Savings Bank A COLE-TAYLOR BANK
4400 Oakton St., Skokie, IL 60076
Equal Opportunity Employer M/F

Banking
CUSTOMER SERVICE REP
Immediate full time opening for experienced Teller to handle banking transactions and open all types of savings & checking accounts. If you enjoy customer contact and have prior experience, we want to talk to you! For more details about our competitive salary and benefits, apply in person at:
UPTOWN FEDERAL SAVINGS & LOAN
281 Lawrencewood
Niles, Illinois
(Waukegan & Oakton)
equal opportunity employer mlf/h

ENGINEERS
Gould Inc. has just completed its initial engineering investigations and prototyping of advanced high quality, high resolution graphic display systems. We are in need of Senior Display Design and Digital Design Engineers to produce and support several specializations of our initial systems designs.
The center of our display efforts are at our Landover, Maryland, facility. Landover is in close proximity to Washington, D.C., and Annapolis, Md. We are interested in talking to:
• Linear Circuit/Deflection Designers
• Video Amplifier Designers
• High Performance Raster
• Scan Display Designers
• High Speed Logic Designers
We offer competitive salaries, a supportive engineering organization and growth potential in a technically oriented organization.
If you are interested in meeting with us, please send resume to: Gould, NavCom Systems Division, 801 Brightseat Road, Landover, MD 20785. Or call collect to: Ray Simanowith (301) 499-2460 to set up an interview. All inquiries will be handled in a confidential manner. Equal Opportunity Employer M/F/V/H.



BOOKKEEPER
Fu Charge
Well versed individual needed to assist Controller. Duties include: inventory costing, A/R, A/P, gen. ledger and payroll. Working knowledge of computerized and manual bookkeeping necessary. Excellent opportunity for an experienced individual to grow with a rapidly expanding company in the apparel industry. Modern north suburban location close to transportation. Salary commensurate with ability. Send resume to:
Mark Custer
Melcher & Landau
6101 Gross Point Road
Niles, Illinois 60648

MAILING SERVICE
Seeking Full-Time Person for all phases of mailing, labeling, folding inserting. Typing unnecessary. Experience helpful, but will train right person. Informal office. No nights. Non-smoker.
965-1112

FULL TIME MAINTENANCE SECURITY GUARD
Northwest Suburban Savings and Loan seeks a mature individual for full time position. Pleasant working conditions.
Apply in Person
FIRST FEDERAL SAVINGS & LOAN
OF DES PLAINES
749 Lee Street
Des Plaines
Equal opportunity employer mlf

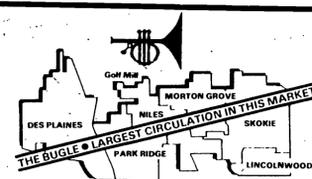
DRAFTER
Part-Time
Growing small sized manufacturing company requires part-time drafter. Will assist designer. Mechanical and some electrical experience necessary. Students & retirees welcome. Bring samples of work.
MARK ANTENNA PRODUCTS, INC.
2180 S. Wolf Road
Des Plaines, Illinois 60018
EOE

PLEASE CHECK YOUR ADS!
Classified Ads should be checked each time they appear. We cannot be responsible for more than one incorrect insertion. Bugle Publications shall not be liable for any amount greater than the amount paid for such advertising.
Bugle Publications reserve the right to classify all advertisements and to revise or reject any advertisement deemed objectionable.

Engineering
HYBRID DESIGN ENGINEER
Immediate Opening
Located in one of the upper Midwest's most scenic recreation areas, M-tron is a leading manufacturer of crystal, hybrid oscillators, and custom hybrid subsystems. We're looking for a senior design engineer with experience in linear and digital circuit and substrate design, component selection, packaging and production of thick film hybrids. One-chip microprocessor based product experience is also desired. Please send resume to:
M-TRON INDUSTRIES, INC.
Attention Personnel
P.O. Box 630
Yankton, South Dakota 57078

BUGLE BUGLE BUGLE BUGLE

**USE THE BUGLE
WANT ADS
966-3900**



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- GOLF-MILL/EAST MAINE BUGLE



HELP WANTED



COCKTAIL SERVERS CASHIERS-HOSTESS KITCHEN HELP
Please Apply In Person
Equal Opportunity Employer M/F
Stuart Anderson Cattle Company
630 Waukegan Road
Glenview

CAFETERIA HELP
8 A.M.-1 P.M.
965-0840

GOVERNMENT JOBS \$16,040-\$59,230/yr. Now Hiring. Call (800) 687-8000 Ext. R-2010 for current federal list.

TYPIST/TELEX OPERATOR
Good typing needed to fill telex operator position. Part-time hours are 4 p.m.-8 p.m. Niles location. Excellent Salary.
Mark
647-1211

TURN YOUR SPARE TIME INTO SPARE CASH!
Dictaphone Operators
Secretaries
Receptionists
Clerk Typists
ALL OFFICE SKILLS
We Sure Need You!
Work 2 to 5 days weekly near home and earn top \$\$\$ PLUS the best benefit package available.
CALL NOW
Debbie Temps
7900 N. Milwaukee Avenue
Niles, Illinois
Call Chris Now!
966-1403

Full and Part-Time Positions Available
For
Wait Personnel Cashiers & Hostesses
For Breakfast, Lunch And/Or Dinner
Apply In Person
BAKERS SQUARE
200 Skokie Boulevard
Wilmette, Illinois

General Office
CLERK TYPIST
Due to a promotion, our large car and truck fleet leasing company has an opening for a detail oriented person in our Car Ordering Department.
Responsibilities include: phone contact with dealers, vehicle ordering, typing and general administrative work. Should have good typing and organizing skills.
Excellent career potential in a friendly and professional environment. For immediate consideration, please call Katherine:
699-3937
WHEELS INC.
666 Garland Place
Des Plaines, IL 60016
equal opportunity employer mlf

DATA PROCESSING
We are looking for qualified, experienced PROGRAMMERS/ANALYSTS. A minimum of 2 years work experience with PL/1, COBOL, CICS, IMS, or IDMS DD-DC is required. We offer a competitive salary/bonus compensation program with relocation experience. Please call collect to schedule an interview or forward your resume to:
MULTIPLE TECHNOLOGIES CORP.
11260 Chester Road
Suite 230
Cincinnati, Ohio
45246-4050
(513) 771-0750

OFFICE WORK
Well established insurance company needs individual to handle various duties including: driving for company, processing mail and light maintenance (some heavy lifting). A valid drivers license is required.
480-4845
equal opportunity employer m/f

INFORMATION ON CLASSIFIED ADS
You Can Place Your Classified Ads by Calling **966-3900** or Come To Our Office In Person At:
8746 N. Sherman Road
Niles, Illinois
Our Office Is Open Monday thru Friday 9 A.M. to 5 P.M.
Deadline For Placing Ads Is Tuesday at 2 P.M.
Certain Ads Must Be Pre-Paid In Advance.
Business Opportunity For Sale
Miscellaneous Moving Sale
Personals
Situation Wanted
Or If The Advertiser Lives Outside Of The Bugle's Normal Circulation Area.

Secretary/ Receptionist
Niles manufacturing company has an immediate opening for outgoing, enthusiastic person with good phone voice. Typing 50 wpm. Ideal for someone with 2 years general office experience. Will train on CRT and to assist sales personnel. Some German a plus. Competitive salary and excellent company benefits.
PLEASE CALL
647-8338

DATA ENTRY OPERATOR
We currently have a full time Data Entry Operator position available. Candidate must have 2 years of experience and should be able to key 10,000 SPH.
We offer a good starting salary and benefits. For immediate consideration, please call Gina at:
699-3938
WHEELS INC.
666 Garland Place
Des Plaines
equal opportunity employer m/f

Full Time
BOOKKEEPING CLERK
35 Hour Week
May Be Recent High School Graduate.
Light Typing. Good Benefits
Call Ms. Joy
674-3000
AMALGAMATED LABOR LIFE INSURANCE CO.
7380 N. Lincoln
Lincolnwood, Illinois

BUGLE BUGLE BUGLE BUGLE

Business Directory

FRANK J. TURK & SONS., INC.

• AIR CONDITIONING
• SHEET METAL
• HEATING
647-9612
7136 TOUHY AVE.
NILES, ILL. 60648

IMMEDIATE PRINTING
48 HOUR SERVICE
• LETTERHEADS
• ENVELOPES
• BUSINESS CARDS
• FLYERS
• BULLETINS
• WEDDING INVITATIONS
• BUSINESS FORMS
965-3900
IMMEDIATE PRINTING CO.
6110 DEMPSTER
MORTON GROVE, ILL.

CONTRACT CARPETS
8038 Milwaukee
NILES, ILL.
• ALL NAME BRANDS
• ALL TEXTURES
Padding & Installation Available
Also Draperies and Armstrong
Solarian
FAIR PRICES
COMPARE-THEN SEE US!
Shop At Home Service
692-4176
Call 282-8575

DON'T WAIT! DO IT NOW AND SAVE! CALL 966-3900 TO PLACE YOUR BUSINESS-AD

Lincolnwood...

Cont'd from Skokie-L'wood P.1
 Parkway. Your cost is \$56 per tree planted with a one year guaranty. Select Maple, Ash or Honey Locust. Honey Locust is recommended for busy streets. Order now for planting in the fall.

Improve Our Landscape

Replace dead shrubs.
 Plant More Flowers
 -Tulips, perhaps this fall
 -Annuals next spring

Red, White and Blue has been chosen as the 75th Anniversary color scheme. Flowers in these colors will be available on Saturday and Sunday (May 17 and 18, 1986 from 9 a.m. until noon) at Prosel Park, near Village Hall. The price ranges from \$10 to \$12.50 per flat if ordered prior to October 31. This will raise funds to defray costs. Please place your order now.

Identify Some of the Most Beautifully Landscaped Properties in our community. Call 673-1540 Beautification. We would like to recognize these exceptional efforts.

LEGAL NOTICE

EAST MAINE SCHOOL DISTRICT #63 will be accepting Bids for Maintenance Vehicles.

Specifications for each of these items may be obtained at 10150 Dee Road, Des Plaines, IL 60016 or by calling Joseph Irpino, Director of Buildings and Grounds at 299-1900 between the hours of 8-4 p.m.

Bids are due November 18, 1985 at 2:30 p.m. At which time they will be publicly opened.

(s) Joseph Irpino
 Director of Buildings and Grounds

ANNOUNCING ANOTHER HairWorks at MainStreet Golf Mill



Totally new... just for you! Our no appointment necessary styling salon at your MainStreet store! Let our professionally trained staff create the latest looks in minutes! And! Our low prices are very affordable!

Conditioner \$2
 Haircut/Blow Dry \$10

Perm Wave (Complete with haircut and blow dry) \$25
 Shampoo complimentary with all services.

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 Perm Waves
\$5 off

HairWorks Coupon
 Shampoo/Haircut/Blow Dry
\$2 off

COMING SOON!
 Orland Park Place • River Oaks West

MainStreet

Weekdays 10 to 9 Saturday 9:30-5:30 Sunday 11-5
 Downers Grove at Butterfield & Finley • Fox Valley • Stratford Square
 Burbank Shopping Center • Chicago Ridge Mall • Wood Grove Festival Mall

X-rated books...

Continued from Page 3
 "All I want is a fair and square right to do business," Fran says, adding "the magazines are a big money-maker." Store manager Fred Sayadour added he thought it some magazines had to be removed, but Playboy and Penthouse were "apparently OK." Moreover, Sayadour noted ironically, "if this is such a holy city, why are they (the magazines) such big sellers?"

Harassment...

Cont'd from Niles-E. Maine P.1
 The person requesting it agrees to prosecute. Reportedly, the two victims believe the calls may have occurred as a result of a contention within members of the homeowners group or the swimming pool association. Stutland and Sigale are officers of the Chesterfield Country Club, which manages the swimming pool. Mitchell, who had been an officer in both groups, resigned in November, 1982. The current officers are part of a new group which is now in charge of the two organizations.

Mitchel said Friday...it was a "traumatic experience" and that he was innocent of the charge. "I did not make those phone calls," he said. "The first thing I knew about it was when I was arrested."

Mitchel's attorney, Norman Ruber, said that despite the appellate court ruling (inadmissible evidence), the case would have been dismissed in the long run. "There would have been no evidence against my client that could have been used as a basis for arguments by opposing counsel in the court," he said.

the counter and cannot be sold to anyone under 17 years-of-age. Fran maintains his employees check the identification of anyone purchasing the magazines appearing to be underage.

Niles Police Sgt. John Katsoulis confirmed he had visited the 7-11 stores this week and ordered the material removed. He said he was acting "at the request of women's groups" to the presence of the material. When asked why Playboy and Penthouse were deemed acceptable while Forum and Gallery were not, Katsoulis admitted it was a judgment call. "We're not against all the adult magazines," Katsoulis noted, "just the ones with graphic sexual displays."

Niles Police Chief Clarence Emrickson said the crackdown was normal procedure for Niles. "Niles is a conservative town and we are only enforcing village policy." Sgt. Katsoulis added Niles does not permit stores to sell or rent X-rated video cassettes, although he admitted he had not checked recently to see if this policy was being observed.

Cancer Unit...

Continued from MG P.1
 speaking to an ACS representative. The ACS is truly entering a new era, one in which the information explosion is channeled into an efficient system designed to serve the public. We can offer a system which vastly improves our ability to respond quickly and confidently to the most commonly asked questions on cancer.

By dialing 1-800-ACS-2345, a volunteer at the nearest of 18 area offices in Illinois, where the phone will be answered by a trained ACS representative.

"What makes this system unique however," adds Shel Marcus, Morton Grove Public Information Chairman, "is the inclusion of a local data base for each area. By exchanging and drawing on both national and local resources, we can provide callers with even more up-to-date information, on questions well as local input. If a woman calls this 800 number to ask about the benefits of a mammogram, she'll not only receive general information on mammography, but will also find out what facilities in her area offer the technique. So once again the ACS is using its full capabilities as the largest voluntary health organization of its kind to serve the public."

The American Cancer Society tells the public to "give yourself the chance of a lifetime." According to Dodee Connelly, Morton Grove Unit Chairman, those wishing to give themselves that chance of a lifetime should utilize this new system by dialing 1-800-ACS-2345.

Niles Library honors Children's Book Week

The Niles Public Library District's Children's Services Department is honoring Children's Book Week and its slogan Good Books, Good Times with a display of autographed children's books at the Main Library. Letters from noted children's authors will also be on exhibit; these letters are in response to the question: which book(s) have most affected your life?

Niles Senior Center blood pressure program

The Niles Senior Center at 8060 Oakton in Niles is sponsoring a monthly blood pressure program the second Wednesday of each month from 1-4 p.m.

The program is available to Niles residents who are 60 years and older. Any Niles resident who is younger than 60 can have their blood pressure taken at Fire Station #2 on the corner of Dempster and Cumberland from 6-9 p.m. on the second Wednesday of each month.

Legion... Continued from Page 1

Mid-point ceremonies to be held at the Public Library. Return is via Georgiana north, back to the Legion Home for concluding services.

A military band will be part of the marchers, as will be village officials and many civic, religious and community organizations along with scouts and the Legion's own groups: their honor guard, the Rifle Squad; the women's Auxiliary; etc.

At the Library, Seventh District Senior Vice Commander Richard Kapelanski will address the audience on behalf of the District Commander.

Optimist... Cont'd from Niles-E. Maine P.1

The Village of Niles and Robert L. Skeel, (r) Acting Secretary-Treasurer of the Optimist Club and Administrator of the Chicago Medical and Dental Center on Touhy.

The concept of the service club is as old as culture itself. For centuries, community and business leaders have joined with congenial companions to solve community problems. Because of the life-style and governments affirm each citizen's initiative and responsibility, service clubs flourish on the North American Continent.

Today, Optimist International is a federation of more than 4,000 clubs with well over 150,000 club members. Its chief objective is to help Optimist Clubs increase the effectiveness of their community service activities.

A group of concerned men representing a cross section of the Village of Niles community, who recognize their civic responsibilities and join together voluntarily in thought and action for the good of the community. The Optimist Club of Niles will acquire stature and prestige through its affiliation with Optimist International, but in the final analysis the activity, image and destiny of each Optimist Club is molded by its members and leaders. A charter and affiliation with Optimist International, a federation of clubs throughout the United States and Canada, shall be sought within the next few weeks.

Areas of involvement that the Optimist Club of Niles will focus their attention upon are as follows: citizenship, community improvement, culture and education, governmental affairs, health and welfare, international relationships, safety, spiritual and religious life and sports and recreation.

A highlight this year will be the carrying of the first time of the black/white POW/MIA flag which the Legion has obtained and will proudly include in all their future patriotic events.

The parade is under the direction of Earl Christenson and more - Bob Perschon. Post Commander Les Berg will also address the assemblage at the Library and Janet Hintz will offer vocal selections.

Master of ceremonies is Post Senior Vice Commander Chuck Rieck.

Optimist Clubs sponsor Junior Optimist Clubs (for junior high school aged youth) and Octagon Clubs (for senior high school aged youth). The youth club programs are continuing to grow and these clubs will be established by the Niles Optimist Club once original memberships and charters with the Optimist International have been consummated.

To become a charter member with other civic minded men in the Village of Niles and be "a friend of youth" contact: John Katsoulis, Acting Chairman, 647-7450 (Village Niles Police Department), Robert L. Skeel, Acting Secretary-Treasurer, 774-2100 (The Chicago Medical and Dental Center on Touhy), John Jekot, Membership, 965-3486 (Artistic Trophies, Niles Park District) and Jack Skaja, Membership and Chairman of the Nominating Committee, 866-7302 (Skaja Terrace Funeral Home).

Newcomer Virginia Buchanan beat out incumbent Geraldine Bugarin in the District 71 race. Three other incumbents were returned to their seats to serve four-year terms.

Official returns chalked up 300 votes for Buchanan, Janice Martin, 216; Robert Bianchi, 246; David Hoppe, 200 and Bugarin, 182.

Michael Langley received 68 write-in votes.

Niles-Park Ridge District 64

In School District 64, three incumbents and one newcomer will fill the four vacant seats for four-year terms. The unofficial tally was: newcomer Robert Wilkenberg, 1,047; incumbents Robert Metzger, 1363; Jonas Ichen, 1,171 and Terry Krahl, 1,326.

Non-incumbent David Adams received 963 votes.

Morton Grove District 67

A new face will appear on the District 67 school board with non-

School elections... Continued from Page 1

the Maine Township High School District 207 race.

Early results put the five caucus-endorsed candidates in a solid lead late Tuesday evening. The unofficial vote totals are: Howard Blassman, 2,309; Robert Cornelissen, 2,273; Frederick Flener, 2,353; and Elizabeth Storer, 2,372.

Incumbent Elizabeth Blowers, who ran unopposed for a two-year term garnered 2,752 votes.

Karen Licke, who withdrew from the race, but was too late to have her name removed from the ballot received 118 votes. According to a school source, if she had won the election, she would have to be seated on the board and then have the option to serve or resign. If she chose to resign, the school board would appoint someone to fill the vacancy.

East Maine District 63

About 1,500 voters turned out for the School District 63 race with all four incumbents winning board seats.

With all returns in, Joan Futerman received the highest number of votes with a tally of 994; Jim Friedlob, 836; Norman Padnos, 831; followed by Allan Hanhart with 808. All were caucus-endorsed except Padnos.

Non-incumbent Gerald Kantrovich received 668 votes.

Niles Elementary District 71

Newcomer Virginia Buchanan beat out incumbent Geraldine Bugarin in the District 71 race.

Official returns chalked up 300 votes for Buchanan, Janice Martin, 216; Robert Bianchi, 246; David Hoppe, 200 and Bugarin, 182.

Michael Langley received 68 write-in votes.

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Non-incumbent David Adams received 963 votes.

Morton Grove District 67

A new face will appear on the District 67 school board with non-

Niles zoners... Cont'd from Niles-E. Maine P.1

According to Joe Salerno, director of code enforcement, a village ordinance passed in 1973 prohibited outside storage by businesses. "However, because of the grandfather clause, the operation was under legal non-conforming use," he explained.

LoVerde said the three storage garages and the 7500 square foot office building would be used for rental purposes. He added 25 parking spaces would be provided for the office building to comply with village code.

Parking stalls for the three garages are not required because of the loading and unloading of storage items for brief periods of times in the aisles between the garages, according to zoning commissioners.

The storage garages will be constructed of cinder block with a stucco exterior. Driveways will be located on Newark and on Milwaukee Ave.

Ottow...

Cont'd from Niles-E. Maine P.1
 was the dear grandfather of Lisa, David and Jeffrey. Fond brother of George (Audrey), Wangrow, Melvin (Lois) Ottow, and Lorraine (the late Arthur) Herrmann.

Visitation is being held today (Thursday) from 3 p.m. to 9 p.m. at Skaja Terrace Funeral Home, 7812 Milwaukee ave., Niles. Friends and mourners are asked to meet at Our Lady of Ransom Church, Niles for funeral services at 10 a.m. Friday, Nov. 8. Interment will be in All Saints Cemetery.

In lieu of flowers the family has requested memorials to the American Cancer Society.

Library news

The great beat of Count Basie and the mellow strains of Glenn Miller will be heard in the Baxter Room of the Morton Grove Public Library when "The Big Band Sounds of Deerfield" performs on Sun. Nov. 10 at 2:30.

The Big Band Sound is a group of men and women dedicated to making good music. Although many members have played professionally, they make their living by other means.

The Big Band Sound was formed in 1979 and is sponsored by the Deerfield Park District. This is the 4th appearance of the Big Band at the Morton Grove Library and everyone is invited to enjoy an afternoon of easy listening pleasure, free of charge.

Nilehis cancel Institute Days

The District 219 Board of Education announces the cancellation of the two scheduled Teachers' Institute Days in the 1985-86 school year. November 8 and February 17 will now become normal school days for students and teachers.

According to Dr. Galen Hosler, Assistant Superintendent of the Niles Township High Schools, "the reinstatement of regularly scheduled classes on November 8 and February 17 is designed to give students and teachers the opportunity to advance their studies and that is always a top priority."

Optimist volunteers at Halloween Party



The Optimist Club of Niles provided volunteers at the Halloween Party on Thursday evening, Oct. 31 at the Notre Dame High School, sponsored by the Village of Niles and hosted by the Niles Police Department.

The Optimist Club of Niles in organizational stage, provided volunteers to assist the various Village Departments and the Niles Police Department in providing a Halloween party for the young people of Niles.

The Optimist Club members assisting as volunteers are: John Katsoulis, John Verrecchio, John Jekot, Bud Skaja, Allan Tepper and Ralph Bast.

Optimist Club volunteer John Verrecchio is shown above with two trick-or-treaters.

Cont'd from Niles-E. Maine P.1
 library service to residents and children in those areas, it is disappointing they did not see fit to support expansion of the district," however, he said "it was anticipated."

Two other parcels, Countryside and Westfield (Glensview area), could face a referendum in March. According to Pestine, a judge of the Cook County Circuit court will rule on the referendum question on Nov. 12. "If the court approves the measures, we will go ahead with it," Pestine said.

—Sylvia Dalrymple



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Sue Wardorf, Combined Services Supervisor, coordinates the efficient operation of Skokie Federal's VISA/MasterCard department.

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"It's no wonder my staff and I are kept so busy. The number of customers we have keeps growing every day. Part of our success, too, is the personal attention and service we provide. At the downtown

banks there's frequently a long wait on the phone just to find someone who'll answer a billing question. Our customers know just who to call. They can be assured that their questions will be answered promptly by someone who is familiar with their account.

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