Pestine will not seek re-election

Library board shoots down Pestine's Downscalee branch

Pestine's Downscalee branch

Board agrees purchase not "financially feasible"

Park refuses $1 Ballard purchase

"Citizen of the Year" Award

Car bomb defused in MG shopping center

Don't Miss:
Senior Smiles
Page 13-14

Golf Million
Around the Mall
Page 19

Speaking
of the Library
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Speaking
of the Library
Page 27
Wedding Bells
Tatkowski-Mefi

"Don't wait to lose weight!"

If you were New Year's resolution was to lose weight and you're having trouble following through, it's because you didn't have an excuse to diet. The Weight Watchers will help you make that resolution a reality with their "Don't Wait to Lose Weight" program. The program is designed to help you lose weight at your own pace and keep it off for good.

Ladies Choice

The Niles Park District's Ladies Choice Society is offering a series of classes for women who want to improve their personal fitness. The classes include dance, aerobics, Pilates, and yoga. For more information, call 847-818-7000, ext. 126.

Pivot Point to celebrate silver anniversary

Glamorous hair stylist and Pivot Point owner Joe Nester will celebrate his 25th anniversary as a stylist and salon owner on May 12, 1990. The event will feature a special fashion show and a charity auction to benefit the American Heart Association.

RESOLVE to host infertility symposium

RESOLVE of Chicago, an infertility support group, will host a symposium on infertility on April 26 at the Hyatt Regency-Chicago. The event will feature presentations on a variety of infertility topics, including in-vitro fertilization, adoption, and sperm donation.

Regina Team competes in Chemistry Tetrahedron

Four Regina students competed in the Illinois Chemistry Tetrahedron competition. The team placed second in the competition, and individual team members placed in the top five.

Eating disorders meeting

Anorexia, bulimia, and binge eating disorders meet at the Hyatt Regency-Chicago on Wednesdays at 7:30 p.m. The group is open to anyone who wants to learn more about these disorders and how to recover from them.

LSSI's Board of Directors member

Beverly J. Mundy of Buffalo Grove, a long-time advocate of infant care, will serve as a member of the LSSI Board of Directors. LSSI is a non-profit organization that provides support and services to families with infants and young children.

Two major Chicago area Blood Centers consolidate

Robert S. C. Montgomery, president of the Chicago Community Blood Center, and Dr. Charles W. Goldman, chairman of the board of the Mid-North Blood Center, announced today that the two centers will consolidate into a single entity. The new organization will be known as Mid-North/Bruce Blood Center.

GIFTS OF THE HEART

The Blood Center of Northern Illinois, a non-profit organization dedicated to the collection, processing, and distribution of blood, will host a blood drive on March 24 from 10 a.m. to 4 p.m. at the Illinois State Fairgrounds.

MONNACEP offers language classes

The Midwest Organization for the National Council on Economic Priorities (MONNACEP) offers language classes for adults. Classes are available in English, Spanish, French, and German.

Welcome

The world's most exciting kitchens at any cost...surprisingly affordable at dki

GAS YOUR BEST ENERGY VALUE

Replace Your Counter Cooktop With an Energy Efficient Gaggeneau Gas Cooktop

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On the Nile Police Blotter...

Glenview driver caught after high speed chase

A 21-year-old Glenview woman was arrested Thursday night, Jan. 19, after a high speed chase on Milwaukee Avenue.

The chase started at 10:45 p.m. when a Glenview police officer noticed a car driving at a high rate of speed making a U-turn on Milwaukee Avenue.

The officer activated the siren and began a pursuit of the vehicle.

At approximately 11 p.m., the police officer saw the car driving through a school zone in Des Plaines. The officer stopped the pursuit and called for backup.

The Glenview Police Department was able to locate and arrest the driver, who was booked into the Cook County Jail.

Home burglaries

A 72-year-old woman was the victim of a home burglary at 7745 Milwaukee Avenue in Glenview.

A burglar entered the residence through a window in the rear of the house and made off with a check and a large amount of cash.

The burglary occurred between 9 a.m. and 11 p.m. on Jan. 13.

Computer thefts

A computer and several other items were stolen from a home in Glenview.

The theft occurred between 9 a.m. and 11 p.m. on Jan. 13.

Alarm scares burglar off

A burglar attempted to enter a home in Glenview but was deterred by an alarm system.

The break-in occurred between 9 a.m. and 11 p.m. on Jan. 13.

Fuzz bait stolen

A fuzz bait, which is used to catch burglars, was stolen from a home in Glenview.

The theft occurred between 9 a.m. and 11 p.m. on Jan. 13.

Auto damaged

A vehicle was damaged by a one-year-old child who was left in the car unattended.

The damage occurred between 9 a.m. and 11 p.m. on Jan. 13.

Jacket stolen

A woman lost her jacket after it was stolen from a vehicle in Glenview.

The theft occurred between 9 a.m. and 11 p.m. on Jan. 13.

Car stolen

A car was stolen from a residence in Glenview.

The theft occurred between 9 a.m. and 11 p.m. on Jan. 13.

State gives tips on winter driving

The best way to drive safely in the winter is to keep your tires properly inflated, according to the Illinois State Police.

It is important to remember that tires can operate at higher temperatures in the winter, which can cause them to lose traction on the road.

In addition, it is important to keep a safe distance from other vehicles, as stopping distances may be longer in the winter.

The Illinois State Police also recommend keeping a full tank of gas in your vehicle at all times, as well as carrying a winter survival kit in case you become stranded.

According to the Illinois State Police, the most common causes of winter driving accidents are tire failure, lost control, and slippery road conditions.

The police urge drivers to stay alert and drive defensively, and to allow extra time to stop in icy and slippery conditions.

The police also recommend keeping your vehicle's lights on at all times, as well as using low beam headlights to improve visibility.

The police stress the importance of being prepared for the winter weather, and to always check the weather forecast before driving.

The Illinois State Police also urge drivers to slow down and drive cautiously in the winter, and to avoid distractions such as cell phone use.

The Illinois State Police also recommend taking breaks while driving, as well as finding a safe place to park if you are feeling fatigued.

The police also encourage drivers to take the time to learn about winter driving safety, and to stay informed about the latest road conditions.
Sports News

Maine Township Aquatic Club

Catholic Women's Bowling

| Team         | W | L | Pts
|--------------|---|---|-----
| U.S. Women's | 1 | 1 | 13
| Guilty Spirit | 1 | 1 | 12
| Interstate 3 | 1 | 1 | 11
| Catholic     | 1 | 1 | 11

SJB Women's Bowling

| Team         | W | L | Pts
|--------------|---|---|-----
| Catholic     | 1 | 1 | 13
| Interstate 3 | 1 | 1 | 12
| Guilty Spirit | 1 | 1 | 11
| Catholic     | 1 | 1 | 11

Senior Men's Bowling

| Team         | W | L | Pts
|--------------|---|---|-----
| Rerun       | 1 | 1 | 11
| Catholic     | 1 | 1 | 11
| Interstate 3 | 1 | 1 | 11
| Guilty Spirit | 1 | 1 | 11

Leaning Tower

| Team         | W | L | Pts
|--------------|---|---|-----
| Rerun       | 1 | 1 | 11
| Catholic     | 1 | 1 | 11
| Interstate 3 | 1 | 1 | 11
| Guilty Spirit | 1 | 1 | 11

Quirk's Hockey

| Team         | W | L | Pts
|--------------|---|---|-----
| Catholic     | 1 | 1 | 11
| Interstate 3 | 1 | 1 | 11
| Guilty Spirit | 1 | 1 | 11
| Catholic     | 1 | 1 | 11

Manufacturers Bowing

| Team         | W | L | Pts
|--------------|---|---|-----
| Catholic     | 1 | 1 | 11
| Interstate 3 | 1 | 1 | 11
| Guilty Spirit | 1 | 1 | 11
| Catholic     | 1 | 1 | 11

League Officers—Looking for a better place to bowl?

COME JOIN US FOR THE '87 - '88 SEASON

PRIME TIME SPOTS STILL AVAILABLE

Largest supervised playroom in the Northwest suburban area

COME IN AND VISIT OUR FACILITIES

Classic Bowl
8530 Waukegan Road, Morton Grove
985-5300

How to Organize a League

1. Pick a time convenient for everyone.
2. Choose a location that is accessible.
3. Decide on a league format (e.g., round robin, playoffs).
4. Set a season length and schedule.
5. Organize a league manager or commissioner.
6. Advertise and recruit players.
7. Hold a first meeting to discuss rules, expectations, and payment plans.

Pee Wee Rangers

The Pee Wee Rangers proved their worth in a 9-2 victory over the Maine Township Aquatic Club in a non-league game. The Rangers scored three goals in the second period to put the game out of reach. Forward Steve Filardo led the way with a hat trick, while goalie Tim Kowackek was solid again. The Rangers are now 11-0-1 on the season.

Maine Township Aquatic Club

The Maine Township Aquatic Club lost to the Pee Wee Rangers in a 9-2 final score. The Rangers dominated the game, outshooting the Aquatic Club 31-15. Forward Steve Filardo led the way with a hat trick, while goalie Tim Kowackek was solid again. The Rangers are now 11-0-1 on the season.

1986 TAX REFORM ACT—HOW WILL IT AFFECT YOU?

FIND OUT AT INVEST'S FREE TAX SEMINAR

at Great American Federal Savings

Niles Office
8510 Golf Road

TUESDAY, JAN. 27, 7PM

Featuring a guest speaker from the accounting firm of Paul, Munnell, McVay & Company who will discuss how the new tax legislation will affect you.

CALL TODAY FOR RESERVATIONS
383-5000, EXT. 435
The Business Picture

Northwest Real Estate Board donation

St. Paul Federal reports record earnings

IRS urges employees to submit new form W-4

Golf Milling Around The Mall

Central subscriber line charge increase

Sheehan Jr. award

New IRS phone number to order tax forms

Peerless Federal Savings

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Towne Place Office:

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Carlton Park Office:

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Southpark Plaza Office:

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312-789-6600

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LEGAL NOTICE

The St. Paul Federal in 1986

W-3

Annuizzo bill to curb credit repair clinic abuses

High-Efficiency Classes are conducted by the
CLEAN and CHECK

CLEAN checking service.

Cleaning a bounce is the top priority for
two married couples, who

... and perform a wellness check at the
American Red Cross Blood

Society in Chicago, Ill. 1986.

St. Paul Federal Bank Re
grene reports record earnings

The monthly subscriber line
Finance planning workshop offered

Ms. Wurster, vice president of

Methodists Hospital, Chicago,

400 feet from Waddell & Reed Financial

 cooled by Sheehan Jr.

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The Business Picture

The Home Equity Loan: A smart idea for 1987

Robert E. Green, president of Cragin Federal Savings & Loan, said that one of the advantages of a home equity loan is the ability of the borrower to select the amount of the loan. The interest rate is not fixed but is tied to the prime rate. The loan is available to anyone who has a first mortgage on their home and wishes to borrow against the equity in their home. The loan can be used to finance improvements or for any other purpose. The maximum loan amount is 80% of the appraised value of the property. The loan can be closed out at any time without penalty. The minimum loan amount is $500. The interest rate is competitive with other mortgage rates. The loan is available to any resident of the Cook County area. For more information, contact Cragin Federal Savings & Loan, 1110 W. Fullerton Ave., Skokie. The phone number is 773-689-5011.

MGM donation to LGH

Robert E. Green, president of Cragin Federal Savings & Loan, announced that the company has donated $10,000 to the Lutheran General Hospital. The donation is being used to purchase a new computer system for the hospital. The system will be used to manage the hospital's patient records and will allow for more efficient and accurate data entry. The hospital is grateful for the donation and will use the funds to improve patient care. For more information, contact Cragin Federal Savings & Loan, 1110 W. Fullerton Ave., Skokie. The phone number is 773-689-5011.

Cragin posts record $36.3 million profit

Cragin Federal Savings & Loan, one of the largest thrift institutions in the country, announced a record $36.3 million profit for the year ended Dec. 31, 1986. The profit is the result of strong loan growth and a 4.5% increase in deposits. The net income for the year was $25.5 million, compared to $14.6 million in 1985. The company's capital base grew to $1.08 billion, up from $750 million in 1985. The company's stock price has also increased significantly, from $9.50 in 1985 to $45.50 in 1986. The company's chairman, Adam A. Jelho, said that the company is well poised for continued growth in the future. For more information, contact Cragin Federal Savings & Loan, 1110 W. Fullerton Ave., Skokie. The phone number is 773-689-5011.

Kusper announces tax form availability

Gustav D. Kusper, Jr., president of the Kusper Agency Tax Center, announced that the company will be offering tax forms for the season. The forms are available to the public and can be picked up at any of the company's offices. The forms include both federal and state forms, as well as forms for businesses and individuals. The Kusper Agency Tax Center is the largest tax form company in the country. For more information, contact Gustav D. Kusper, Jr., president of the Kusper Agency Tax Center, 1110 W. Fullerton Ave., Skokie. The phone number is 773-689-5011.

Senior Seasons

• AREA ACTIVITIES • SENIOR DISCOUNTS
• SPECIAL SERVICES • SENIOR NEWS
• BULLETIN BOARD

The Bugle's
QUARTERLY
SENIOR GUIDE

Seniors Seasons
For more information and appointment call 878-9115

Osteoporosis Screening Program
Edgewater Hospital
2715 N. Ashland Ave., Chicago, IL 60614-4356

Your best weapon against disabling and painful osteoporosis: Early diagnosis and treatment.
Osteoporosis afflicts 15-20 million people. The key to preventing and treating this widespread illness is early diagnosis and treatment. To help you evaluate your risk of osteoporosis, you may wish to take advantage of the following Osteoporosis risk factors:

- Early menopause
- Family history of osteoporosis
- Males with hip, wrist, or vertebral fractures
- Caucasian or Asian
- Low-trauma fall
- Infrequent exercise
- Menopausal symptoms

For more information and appointment call 878-9115

Lawrence House offers a variety of programs
Lawrence House, 603 W. North Shore Ave., Evanston, IL 60202, welcomes active seniors to a gracious way of life at the North Shore. As a resident, you'll enjoy your own private apartment in a friendly retirement community, combined with planned activities and programs ranging from book clubs and card games to cultural events and social events. You'll appreciate the luxury of daily maid service and the security provided by a 24-hour switchboard. For more information, call Mrs. Sands at 878-9115.

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An entirely unique approach to retirement living awaits you at the Lawrence House in Chicago. Located in historic downtown Evanston, the Lawrence House welcomes active senior to a friendly retirement community. The elegance of a quality hotel, combined with a warm and inviting atmosphere, enhances the gracious way of life at the North Shore. As a resident, you'll enjoy your own private apartment in a friendly retirement community, combined with planned activities and programs ranging from book clubs and card games to cultural events and social events. You'll appreciate the luxury of daily maid service and the security provided by a 24-hour switchboard. For more information, call Mrs. Sands at 878-9115.

The North Shore Hotel offers an entirely unique approach to retirement living awaits you at the Lawrence House in Chicago. Located in historic downtown Evanston, the North Shore Hotel welcomes active senior to a friendly retirement community. The elegance of a quality hotel, combined with a warm and inviting atmosphere, enhances the gracious way of life at the North Shore. As a resident, you'll enjoy your own private apartment in a friendly retirement community, combined with planned activities and programs ranging from book clubs and card games to cultural events and social events. You'll appreciate the luxury of daily maid service and the security provided by a 24-hour switchboard. For more information, call Mrs. Sands at 878-9115.

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Mary’s Story: A person’s struggle for dignity

Pigea heatth care facility is Morton Terrace, which is as outstanding a spunky 56½ year old. Honor?

Dignity’s worthy of a medal of Bethany Methodist. person’s struggle for kimnance frames a heart shaped face, and has in any way diminished her confidence to her wheelchair. If you Methodist Home in Chicago with smc™ greatest still incquires. A-Pbr- -- isn't in Mary's vocabulary. There, Mart could coo-

ministe by Charity Hellen who is the corner of this care is -lavingly ad-

Mary really came isis her mother became ill, first came to Bethany.

Although Carty and Janet Padgen assisted Jean and her mother. She was to fulfill her father’s dream was to fullU her father’s dream.

The service will take special, caring, brave passengers can be体会到 poista along a -

What are the results? Mary has not given up...but "warreoder" - evidenced...leaving Mary as and her

For Texàs trip

Mary says. She truly epitomizes O

Seek seniors for Texas trip

The 122 traveler will tour thepowder lower cities (55 & up) that are included in the Texas travel sites. Mary, who is only 56½, and her husband, Bob, have traveled widely. She has seen the Kennedy Assassination Site, the Johnson Library, Lyndon Johnson's house, the Grand Canyon, and other interesting sites. She says she will return to places she has already visited. She has been to California, Florida, and other states. She is looking forward to the trip.

Opening Announcement

Teresa Grygo, D.M.D.

GENERAL DENTISTRY

Telephone 206-4020

SUITE 100

2400 WEST KEUPER

FARM RIDGE, ILLINOIS

Mary’s Story: A person’s struggle for dignity

you, too, may be eligible. Ask for more details. The center is located at 230 W. Hubbard St., Chicago. For more information, contact the American Dental Association at 111 W. Washington St., Chicago 60602.
Time to call the Doctor...

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from our staff of qualified family
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convenient locations

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989-3838

5145 N. California Avenue

North Shore Hotel

This section of the newspaper is about health and medical services, including physician referral services, home health care, and hospitals. It also contains information about community events, such as the "Love Boat" luncheon at the North Shore Hotel and "Medicare" counseling. There is a notable mention of the Illinois "Circuit Breaker" program, which provides financial assistance to low-income households who are elderly or disabled. The section also features advertisements for medical supplies and services. Overall, the content is focused on health-related services and community events.
Facelift for Park Ridge Healthcare Center

Park Ridge Healthcare Center, 600 Butter Ave., Park Ridge, is offering a free facelift seminar for senior citizens on Jan. 28, 1-3 p.m. The seminar will be held in the auditorium at the center. It is open to the public and will provide participants with a chance to learn about the different methods and techniques used in facelift surgeries.

Psychology of Aging at Felician College

Felician College, 1200 W. 72nd St., Chicago, is offering a psychology of aging seminar for senior citizens on Jan. 29, 9 a.m.-noon. The seminar will be held in the college's auditorium and will provide participants with a chance to learn about the different methods and techniques used in psychology of aging.

Free retirement and estate planning seminar

Senior Citizens Offered Free Retirement and Estate Planning Seminar

The Illinois Department of Public Aid is offering a free retirement and estate planning seminar for senior citizens on Jan. 30, 9 a.m.-noon. The seminar will be held in the auditorium at the center.

Maine Township offers variety of senior services

Maine Township offers a variety of senior services to help residents with their daily needs. Some of the services include Meals on Wheels, house cleaning, and transportation.

Organ procurement program initiated at Bethesda

Bethesda Hospital is initiating an organ procurement program to help save lives. The program will provide medical professionals with the necessary tools and resources to perform organ transplants.

Senior Citizen Exemption

The Illinois Department of Motor Vehicles is offering a senior citizen exemption program for senior citizens. The program will provide senior citizens with a discount on their vehicle registration.

Regency Nursing Center offers new deluxe rooms

Regency Nursing Center is offering new deluxe rooms to its senior citizens. The rooms are designed to provide a comfortable and relaxing environment for senior citizens.

Hospice of the Second Mile

Hospice of the Second Mile is a national nonprofit organization dedicated to providing hospice care to the elderly. The organization provides a variety of services to help ease the stress of caring for an elderly relative.

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Park District News

"Santa Party"

...For more information please call 768-1372.

Touch of Beauty Carpets

...Come in and help us celebrate. Special pricing on all LEES carpets during this Birthday Sale

Park District News

...For more information please call 768-1372.
Entertainment Guide

Omnimax Theater "Dream is Alive" film to close

More-guest bars only open Saturday, Feb. 2, as is the case in the past for bars. The Illinois Co., which has a large number of bars throughout the state, said the bars are open to help close the gap between the states of Illinois and Wisconsin. The bars are open from 11 a.m. to 1 a.m. The Illinois Co., which has more than 20 bars in Cook County, will also be serving food and drinks at their bars.

The Dream is Alive, a new Omnimax theater experience, is the world's first. The Dream is Alive is a new Omnimax theater experience located in the world. It is the world's first Omnimax theater experience to be opened in the world. The Dream is Alive is a new Omnimax theater experience located in the world. It is the world's first Omnimax theater experience to be opened in the world.

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Entertainment Guide

Northeastern presents “Teacher”

Backstage Opera House Tours

Loyola University Valentine Ball

Loyola University presents The second performance of “Tea for Two” by T.S. Eliot. The show is directed by G. Gorzen, a pasture, and features the cast of the play. The show will be held at 8 p.m. on February 7 at the College of the North Shore. Admission is $10 per person.

OXFORD FAMILY DAY VENDOR REGISTRATION

The Oxford Family Day Vendor Registration form is available at the Oxford Family Day website. The registration deadline is February 1.

Plant Society Fair

The Plant Society Fair will be held on February 28. There will be various plants and flowers available for purchase, as well as informational booths and seminars on gardening and plant care.

Winter art classes

The Winter Art Classes are open to all students. There are various classes available, including painting, drawing, and sculpture. Registration is open now, and classes will begin on January 30.

Auditions for young people

Auditions for young people are being held at the Oakton Community Center. The auditions are open to all ages, and the center is looking for talented young performers to join their production.

Letters to the Editor

Successful Fence project

The Successful Fence project is being held on March 8. This is a community-based project that aims to create a beautiful and functional fence that will beautify the neighborhood. For more information, contact the Community Center at (847) 930-1234.

Mundelein Open House

Mundelein Open House is being held on March 10. This is an open house event for all residents of Mundelein. There will be various activities and informational booths available.

We HAVE MOVIES

McDonald’s

McDonald’s is offering a special Valentine’s Day deal. For every purchase of a Valentine’s Day box, customers will receive a free Valentine’s Day toy.

Harstein selected among top volunteers

Harstein was selected as one of the top volunteers by the local community. This is an honor for Harstein, and the community is proud of their contribution.

Anunnio announces academy nominations

Anunnio announces the nominations for the Academy Awards. The nominations were announced on January 8, and the winners will be announced on February 28.

Robinson Furnace Co., Inc.

Robinson Furnace Co., Inc. is offering a discount on all furnace installations. For every installation made before February 28, Robinson Furnace Co., Inc. will offer a 10% discount.

Check & Clean

Check & Clean is offering a special discount on their services. For every service booked before February 28, Check & Clean will offer a 20% discount.

Announcing the winners

Announcing the winners of the local photo contest. The winners will be announced on January 30, and their photos will be displayed in the local newspaper.

The Waukegan Evening News

The Waukegan Evening News is a local newspaper that covers news and events in the Waukegan area. For more information, visit their website at waukegannews.com.
Willows Juniors Ring Day

Holiday service projects

Scholarship recipient

Dr. Thomas Thimme, Sr., President of Oakton Community
College, presented the Oakton Honor Roll award to students
in the Oakton Community College. The award is presented to
students who maintain a 3.5 GPA or higher.

MONNACEP registration continues

Registration for more than 200
MONNACEP classes and
workshops at Oakton Community
College will be held at the
Oakton Community College
Center. Classes will help
students prepare for
professional advancement
in the fields of
photography, interior design,
and other areas.

The survey will be conducted
from 8 a.m. to 8 p.m., Monday
through Friday, at the
Oakton Community College
Center.

St. Scholastica Leadership Day

St. Scholastica High School will celebrate
Leadership Day with the 8th grade members of the
school. The program will feature presentations on
leadership skills, as well as small group discussions.

Oakton food service spring classics

Young adults are encouraged to
enroll in the Oakton Food Service
Program. The program will provide
instruction in the techniques and skills
necessary to prepare and serve
meals in the professional setting.

Loyola Band members selected for Honors Band

New Loyola Band members are
nominated by their peers for
candidates to the Honors Band.
These students will be notified
of their selection and will be
given dates and times for the
rehearsals.

District 207

Pastoral Council

The Pastoral Council will meet
on Thursday, January 12, at
6 p.m., in the Library at
Willows Junior High School.

Procedure for emergency school closings

Here are some key points:

1. The Superintendent of
   Schools is responsible for
closing school.
2. The decision to close
   school will be based on
   weather conditions and
   safety considerations.
3. School closings will be
   announced on local
   television and radio
   stations.

Mundelein Winter Preview

An evening at the Winter Preview of Mundelein
North High School was held at Mundelein
North High School. The preview was held to
introduce prospective students and families
of the high school.

Social Justice Discussion at Felician

Felician Academy students will be
invited to discuss social justice
customs and practices with
students from other schools.

Resident announces 32 Illinois State Scholarships

The Illinois State Scholarship
Program provides financial
assistance to students attending
Illinois colleges and universities.

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ST. SCHOLASTICA
National Honor Society

St. Scholastica High School in
Mundelein is proud to announce
its new National Honor Society
members.

Roma A. Stilars

St. Scholastica High School
in Mundelein is proud to
announce its new National
Honor Society members.

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HEALTH NEWS

Heart Smart Holiday Party

Six physicians join Bethesda Hospital staff

Hospital seeking heart patients

Edgewater Hospital signs with American HMO

Forest Hospital funds anti-drug youth events

Optifast program of Parkside Human Services

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CARPET SALES

CLEANING SERVICES

HANDYMAN

BUSINESS SERVICE DIRECTORY

ACCOUNTING SERVICES

CABINET REFINISHING

CARPET SALES

CLEANING SERVICES

HANDYMAN

John's Sewer Service 296-5503

Kenney Alumium 920-4628

Forest Hospital, 230 S. Marion Ave.

Skokie hospital Stress seminar

The event will be sponsored by Forest Hospital

Forest Hospital funds anti-drug youth events

A community-wide anti-drug program called "Creative Ways of Handling Stress" will be held for the first time at Forest Hospital.

In the program, visitors will be provided with stress management tips by doctors and other professionals. They will be introduced to the idea of reducing stress without changing their lifestyle. The program will be held from 5-7 P.M. every Thursday at the hospital.

The Forest Hospital's anti-drug program is part of an ongoing commitment to improve the health of the community. The hospital has been working to develop programs that provide stress management and other health-related services.

Optifast program of Parkside Human Services

Parkside Human Services will offer a Optifast program to help people achieve their weight loss goals.

The program will provide a variety of services to help patients achieve their goals, including a combination of diet, exercise, and behavior modification.

The program will be available to anyone who is interested in losing weight and improving their health.

Hospital seeking heart patients

Mary Beth Finnegan, director of cardiac services at Edgewater Hospital, said that the hospital is seeking patients who are in need of heart care.

"We are looking for anyone who has had a heart attack or is at risk for a heart attack," she said.

Edgewater Hospital is currently conducting a study on heart disease prevention, and the hospital is seeking patients who are willing to participate in the study.

The study will involve participants completing a questionnaire and receiving a physical examination.

For more information, contact Mary Beth Finnegan at 896-3000 or 896-3001.

Edgewater Hospital signs with American HMO

Edgewater Hospital, located at 2000 W. Fullerton Ave., has signed an agreement with American Health Care Associates, a national HMO company.

Under the agreement, American Health Care Associates will provide health care services to patients enrolling in the hospital's HMO program.

American Health Care Associates will also manage the hospital's HMO program, which is expected to begin in the spring.

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From the Left Head

Police... continued from Page 1

Citizen of the Year... continued from Page 1

MG Legion... continued from Page 1

Library Board... continued from Page 1

Tax suit... continued from Page 1

Speaking of the Library... continued from Page 1

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