

RECEIVED
AUG 13 1987
RECEIVED

Completion of Dempster facelift set for Labor Day

by Joyce Hoyt

Trustee Don Snieder made an announcement at the Morton Grove Village Board meeting Monday, Aug. 10 that should make motorists and businesses along Dempster Street quite hap-

py. Snieder announced that repairs and resurfacing along Dempster should be completed by Labor Day, except for some traffic light work and cosmetic landscaping.

In other business, a request by Plan Commission Chairman Leonard Bloomfield to rezone the southwest corner of Natchez and Albert Avenues into a 3 lot single
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Niles man hangs self in garage

A 68-year-old Niles man hung himself from a garage door track last Friday. Police surmise it was an apparent suicide.

Steve Michalopoulos, of 8112 Oconto, was found hanging with a rope tied around his neck attached to the upper garage door

track by his wife, Catherine, who had just come home from work. The victim, who was retired, reportedly jumped from a four-foot ladder after tying the rope to the door track.

According to Lt. Marty
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	Village of Niles Edition
	8746 N. Shermer Road Niles, Illinois 60648 966-3900-14

VOL. 31, NO. 9, THE BUGLE, THURSDAY, AUGUST 13, 1987 25¢ per copy

Hilquist gives board financial position statement

OCC plagued with erosion, sewer woes

by Linda Zachow

At Tuesday night's meeting of the Oakton Community College's Board of Trustees, discussion centered around the fact that the college has been plagued with problems affecting roads, equipment, and grounds maintenance. The Board authorized a sum not to exceed \$6,107.65 for emergency repair of the sewage lift station, flooded and no longer functioning. The lift station allows raw

sewage pumped from the building to be lifted over the Des Plaines River into the city's sewage system.

Engineers are being consulted to decide if immediate repairs are necessary to resurface the eroding south entrance at Golf Road. The tennis courts, built over a landfill, are crumbling as well.

Continued on Page 47

Golf/Greenwood shopping center approved by County

The Cook County zoning board of appeals last week approved a request for a commercial development in a residential area at the corner of Greenwood Ave. and Golf Rd.

Proposed use calls for the construction of a small shopping center on the 1.22 vacant site in unincorporated Des Plaines. Sam Callas of Lincolnwood requested the commercial zoning.

The case will now go before the

board of commissioners which makes the final decision on the matter. The board is expected to take up the issue in Sept., according to a county spokesman.

The disputed property makes up three half-acre lots on the southwest corner of the intersecting.

Continued on Page 47

Niles foot patrol 'lends a hand'



The recently instituted Niles foot patrol took on the facade of 'good samaritans' recently as Reserve officer Ron Russell and Officer Pat Byrne lent a helping hand to out-of-towners from Wisconsin who were having mechanical trouble

with their car. The new program of Niles officers walking neighborhood beats has met with a very positive response from the residents.

From the Left Hand

by Bud Besser

Buglebits

An obituary notice in one of last week's metropolitan newspapers reporting former Niles Mayor Calef had passed away was incorrect. His wife, Leone, expired at a nursing home in Viroqua, Wisconsin where her husband, John lives. John was Niles Mayor from 1923 to 1931. The couple retired to Viroqua in 1979.

There was a second obit in the same newspaper reporting Anton Schmidt, 96, had died. He was believed to be Morton Grove's oldest living resident. Previously, a Lochner family member was accorded that honor. He lived past 100 years old.

Niles' 1932 Olympics track star, Ann Kelly, told The Bugle the Niles Historical society may create a Niles Sports Hall of Fame. Ms. Kelly, who still works out at the Y, would likely be Niles most prominent athlete. Others who should be considered are Niles late village manager, Ken Scheel, who was in the Colgate University backfield after World War II. Former basketball stars Irv Bemoras (Marshall, Illinois), George Leddy (Kelvyn Park, De Paul), and the late Jules Pandera. (Weber, De Paul)

Continued on Page 46

District 71 accepting board candidates petitions

Niles Elementary Schools District 71, 6935 Touhy Ave., Niles will be accepting candidate petitions from Mon., Aug. 17 through Fri., Aug. 24. The petitions will be for the following offices: three full four-year term school board members and one unexpired two-year term school board member. On Fri., Aug. 24 the office will be open until 5 p.m. to accept candidate petitions. On the other days, the hours will be from 8:30 a.m. until 3:30 p.m.

A lottery to determine the or-
Continued on Page 47

Health & Fitness Guide

Pages 19-33

Any old George'll do



You can win \$1,000 if you look like George Washington. Jay Lewkowicz (l), of Oakton Pavilion Health Care Center, which donated the prize, and Mike Albrecht, co-chairman of the Maine Township Freedom Fest Committee, display artists' renditions that will be used to judge the George Washington Look Alike Contest to be held at 1 p.m. Friday, Aug. 21, in the Maine Township Town Hall, 1700 Ballard rd. For information call 297-2510.

"Senior Days" at Tam

Attention Senior Golfers! Niles Park District's Tam Golf Course located at 6700 Howard St. in Niles, proclaims Wednesdays as "Senior Days" at the course. Senior Citizens age 62 and over are welcome to participate in free golf clinics each Wednesday morning at 7:30. Golf Professional Philip Holoubeck, Jr. will cover various aspects of the game while answering all your golfing inquiries. The course is also waiving the 25¢ reservation charge when Seniors golf on Wednesdays! For more information, contact the Tam Golf Course at 965-9697.

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Wellness on Wheels

The Des Plaines Community Senior Center is bringing the Wellness on Wheels (WOW) Coach to Des Plaines on Monday, August 31 from 9 a.m. to 12 p.m. Free health check-ups will be offered to adults and to teenagers who need a physical to enter ninth grade or college. The WOW Coach will be parked at the Senior Center located at 1040 Thacker in Des Plaines. Appointments are necessary.

Wellness on Wheels is an extension of the Adult Health program of the Cook County Department of Public Health, which is available to suburban Cook County residents who meet certain financial requirements. WOW is furnished with state-of-the-art equipment, enabling it to provide physical exams, health counseling, tests for anemia and diabetes, blood pressure screening, vision and hearing tests, dental checks, TB tests, immunizations, cholesterol screenings, urinalysis, pap smears and pelvic exams for women and prostate and testicular exams for men. All services are free.

This health check-up is designed to meet the needs of people who have not had a complete physical exam within the last year and who do not have easy access to medical care. WOW check-ups can be used for employment physicals.

To schedule an appointment, call Cook County Department of Public Health at 865-5125. Just ask for WOW!

Hearing loss group

Hearing loss is an aggravating condition with which not too many people sympathize. However, The Center of Concern has a trained facilitator available to lead the support group that has just been organized. Persons with this affliction can meet others with this same problem.

The first meeting is being scheduled for Thurs., Aug. 20, at 3:30 in the afternoon in Suite 124 of the 1580 N. Northwest Highway Building in Park Ridge. Please call 822-0453 for more information and reservations.

David B. Booker

Air Force Airman 1st Class David B. Booker, son of David B. and Carol D. Booker of 9337 National, Morton Grove, has arrived for duty with the 513th Services Squadron, England. Booker, a food service specialist, is a 1979 graduate of Niles North High School, Skokie.

THE BUGLE
(USPS 669-760)

David Besser
Editor and Publisher

MEMBER NORTHERN ILLINOIS NEWSPAPER ASSOCIATION

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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

SENIOR FORUM

The Niles Senior Center Forum will meet on Thursday, Aug. 13 at 1 p.m. All who would like to assist in planning programs are invited to attend. Newcomers are always welcomed.

TRAVEL COMMITTEE

The Niles Senior Center Travel Committee will meet on Thursday, Aug. 13 at 2 p.m. The travel committee works on selecting the destinations and restaurants involved in the center's one day bus trips. Anyone interested in this area is invited to attend.

VILLA TERRACE TRIP

A reminder is extended to all enrolled on the Friday, Aug. 4 trip to Villa Terrace and Mader's Restaurant in Milwaukee that the bus will depart the senior center at 9 a.m. and return at 5 p.m.

MEN'S CLUB

The Niles Senior Center Men's Club will meet on Monday, Aug. 17 at 10:30 a.m. Following the regular business meeting sportscaster Howard Sudberry is scheduled to speak. A light luncheon will be served at a cost of \$1 or members may bring their own luncheon. Coffee and dessert are provided at no charge.

SENIOR CITIZEN COMMISSION GOLF TOURNAMENT

The Niles Senior Citizen Commission is proud to present its ninth annual golf tournament on Wednesday, Aug. 19 at Tam Golf Course, 6700 W. Howard. Tee off times and foursomes will be posted at Tam and at the senior center on Monday, Aug. 17. Luncheon and the awarding of prizes will take place at the senior center following the tournament. Please call 967-6100 ext. 376 to check on openings.

MEN'S CLUB ARLINGTON PARK TRIP

A reminder is extended to all ticketholders for the August 20 Arlington Park Trip that the bus will depart the center at 11 a.m. and return at approximately 6 p.m. This trip is currently sold out.

WOMEN'S CLUB

The Niles Senior Center Women's Club will meet at 1 p.m. on Monday, Aug. 24. Prior to their regular business meeting the ladies will have a noon luncheon at a cost of \$1. Members have the option of brown bagging their own lunches. Following the business meeting the ladies will be treated to a "Color Me Beautiful" demonstration.

Leaning Tower Senior Adult Center

Humor, Nostalgia, Philosophy & Song... all of these together will comprise the entertainment at the August Birthday Party at Leaning Tower Senior Adult Center, to be held Monday, August 17 at 1 p.m. Mr. "Keen-Ager", Joe Eberhardt, will provide an afternoon of side-splitting fun. He is well known as Editor of Keen-Ager for many years and also as Radio Host on stations WJJD & WYFM. Now, in semi-retirement, he enjoys meeting personally with Senior Citizens and sharing a little laughter with them. All members of Leaning Tower Senior Center are invited to come and help the birthday celebrants enjoy the party. For information call the center at 647-8222 Ext. 2237, Lois Dickert, Director.

Leaning Tower Senior Adult Center announces a Musical Concert of Johann Strauss Selections to be performed by Mrs. Isa Illing at the piano. Mrs. Illing of Skokie has been a long time member of Leaning Tower Senior Center and is an accomplished pianist. The concert will be held on Friday, August 28 at 1 p.m. in the Multipurpose room, lower level of Leaning Tower YMCA, 6300 W. Touhy Ave., Niles. The concert is free of charge and open to the public.

We are pleased to announce that 8 Niles Township area Nursing Homes have been invited and they will transport their residents to Leaning Tower Senior Center so that they may enjoy this delightful program.

For information, call the center at 647-8222, Ext. 2237 and ask for Lois Dickert Director.

Village of Skokie

A representative of the Secretary of State's Office will present "How Illinois License Plates Are Made & Why Be Careless?" which is a humorous film and commentary to The Monday Group of the Smith Activities Center, Lincoln and Galitz, Skokie on Mon., Aug. 24, at 1:30 p.m. Please call 673-0500, Ext. 335 for additional information.

The Bugle

An Independent Community Newspaper Established in 1957

8746 N. Shermer Road, Niles, Illinois 60648

966-3900-1-4

The Bugle, Thursday, August 13, 1987

1987 NINA

MEMBER NORTHERN ILLINOIS NEWSPAPER ASSOCIATION

AGE 3

David Besser-Editor & Publisher
Diane Miller-Managing Editor
Robert Besser-City Editor
Mark Kratjecki-Copy Editor

Maine Beat

by Sylvia Dalrymple

CABLE STARS WANTED

Village officials have started a campaign in a goal to get more people interested in using the cable television studio (housed in the Niles Administration Building) via letters to residents, civic organizations, park district, library, schools, churches and other groups in the village. According to Angelo Marcheschi, village trustee and chairman of the cable television committee, the village wants to encourage people to get involved in the free training courses available at the studio to learn camera techniques, lighting, editing of film, etc. to produce their own programs. Participants must be certified by the television coordinator at the studio to use the equipment, he said. He noted it's a chance for residents and groups to get on the air, free of charge and to produce their programs over cable channels set aside for their use. Although the studio has been used for local programming in the past, more involvement is needed for a more viable access medium in Niles. "We want people to know the equipment is available to them," Marcheschi said.

The possibilities for local programming are unlimited. For example, the Niles Historical Society could showcase exhibits with a running commentary on memorabilia collected from residents. In other areas, the park district could feature its various programs to

Charges filed against unlicensed optometrist

Seven criminal complaints were filed Friday by Cook County State's Attorney Richard M. Daley against a Niles resident accused of performing eye examinations and writing prescriptions for eyeglasses despite the fact he has no license to practice optometry in Illinois. Charged with practicing optometry without a license was Rogelio Delacruz, 48, of 8554 North Terrace, Niles, who allegedly concentrated his "practice" on public aid recipients, Daley said. The defendant is charged with

committing the offenses at three separate locations in Chicago, including the Franklin Hospital Family Health Center, 2015 W. Armitage Ave.; the Westtown Medical Center, 1229 N. Ashland Ave. and the Garfield & Halsted Medical Center, 5501 S. Halsted St. "Consumers must be protected from unlicensed doctors who simply hang up a shingle and perform health services without first demonstrating that they know what they are doing," Daley said. Continued on Page 46

1987 Tam Open Golf Tournament

Entries are now being taken for the 1987 Tam Open Golf Tournament, held at the Tam Golf Course (6700 Howard St. in Niles) on Sat., Aug. 15 and Sun., Aug. 16. There is a \$10 entry fee which

Van Heusen store robbed by two men

Two men entered the Van Heusen Factory Store, 8474 Golf Rd., and at gun point robbed the cashier of \$400 at 5:45 p.m. on Aug. 4.

According to Niles police, the offenders approached the cashier, and one of the men displayed a gun, ordering the victim to open two cash registers. The accipitoe removed \$385.95 from one register, and about \$34 from the other, and then ordered the victim to the rear of the store. They then fled the area.

A witness saw the offenders walk past his store and run north to the parking lot, according to

Continued on Page 46

Husband follows jailed wife's nuclear protest crusade

MG man arrested for sabotage in nuclear protest

by Sylvia Dalrymple

Joseph Gump, 59, of Morton Grove, the husband of Jean Gump who is currently serving a six-year term for damaging a Minuteman II missile silo, was arrested for a similar crime Aug. 5 in Missouri.

Gump and a companion, Gerald Ebner of Milwaukee, were charged with destruction of property and sabotage during a protest against nuclear weapons that coincided with the 42nd anniversary of the atomic bombing of Hiroshima.

Literature was found at the site reading, "in the spirit of restitution and repentance for the unwarranted bombing of Hiroshima Aug. 5, 1945." Banners were also used in the peace protest saying, "Disarm and Live" and "Act of Healing."

According to a friend of the Gumps, an attorney linked to Jean Gump's case last year, he was confident the sabotage charge (a serious crime) would be dropped when the two men came up for arraignment. Jean Gump, mother of 12 children, was convicted of conspiracy and destruction of property at her trial last year.

Reportedly, the two men broke through a chain-link fence surrounding the silo, broke several electrical outlets and damaged the lid to a missile silo,

Printed material at the site identified Gump and Ebner as belonging to an anti-nuclear group called Transfiguration Plovershares. During a hearing Aug. 6 before a federal judge in Kansas City, Joseph Gump and Ebner said they would act as their own attorneys and would not comply with a \$5,000 signature bond set by the judge. The two men are now in Lexington, Mo. jail until they agree to conditions of the bond. They could face 10 years in prison and a \$250,000 fine if convicted.

Jean Gump and four others who took part in last year's incident were sentenced to eight years. Her sentence was reduced to six years which she is currently serving in federal prison in West Virginia, the maximum time to be served for damaging the silo. She must also pay restitution in the amount of \$424.48.

According to the family friend, she refuses to pay the \$424.48 because "symbolically" it would be payment for the damaged silo and would negate her protest action. (The silo was repaired shortly after the incident).

She noted the six-year prison term is tied to the mandated restitution - and a six-year

Continued on Page 47

"Just Friends" entertains vets



"Just Friends", a Sweet Adeline quartet entertained the veterans on Irv Kupcinet's annual "Purple Heart" cruise on Thursday, July 16. It was the second time the group was asked to perform for the annual event.

Shown above (l-r) are: Jean Anderson, Meg March, Clare Doud of Niles and Claire Coonen.

TYPIST/PASTE-UP

Part Time
The Bugle is seeking a part time typist for Monday, 9-3; Tuesday, 9-5, Friday, 9-3. Will train in paste-up of ads and pages.

Call: 966-3900

Camp Fire girls outing

The Hutani Region of Camp Fire, Inc. consists of groups from Edison Park, Park Ridge, Niles, Morton Grove, Skokie, Evanston and Norridge. The Region has many events that are involving all of the groups. Recently, five groups participated in the Spring Camporee, held in Rock Cut State Park. The weekend was spent learning outdoor skills, hiking, cooking, and having fun together in the beautiful weather we had.

In June, the region held its annual Council Fire. This is a very special awards assembly for the boys and girls. The parents attend the ceremony to celebrate the recognition for special awards, and years of service. Also, in June, we had 112 children, adults and leaders, come out to Palatine, at Camp Reimberg, for a mini-skills weekend. Everyone worked very hard, either teaching, or working on the skills. The progression of outdoor skills that the children work on, allows them the recognition of special badges or service beads. Of course, the weekend was more than just work. There were new friendships made, a lot of fun playing, and singing around the ol' campfire.

If you think that you or your child would be interested in becoming a part of the Camp Fire Organization, please contact the downtown office at 263-8218 and they will be happy to help you.

Jennifer A. Johnson

Coast Guard Ensign Jennifer A. Johnson, daughter of Clinton B. and Mary L. Johnson of 730 Glenview rd., Glenview, was commissioned a Coast Guard ensign and received a Bachelor of Science degree upon graduation from the Coast Guard Academy New London, Conn.

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Shown above having lunch under their tent were leader Sandy Hope with her group (from Niles) Amal Dajani, Kathy Sheehan, Kristen Hope, Jenny Heiser, and Melissa Brummitt.



Shown above is a group photo from Rock Cut State Park on Camp Fire Spring Camporee.

Volunteer Grandpa needed

Oakton Community College is seeking older, adult males to volunteer in the College's Child Development Center at Oakton East, 7701 N. Lincoln Ave., Skokie.

A "volunteer grandpa" will spend at least one morning or afternoon per week working with the three, four and five-year-old children enrolled in the center.

According to Karen McCarthy, lead teacher in the center, several older female adults are currently volunteering but the sole male has recently moved out

of town. The center would like to introduce a new "grandpa" in September.

"We need someone who enjoys playing with and talking to young children," said McCarthy. "The kids, some of whom have little contact with their own grandparents, really cherish the relationships they develop with these older adult volunteers, and the older adults also benefit from the love and affection they receive from the children."

Interested volunteers should call Helene Block, coordinator of the Center for Family Education, 635-1446.

NIU Lambda Sigma

Forty-seven outstanding students at Northern Illinois University are new members of the Lambda Sigma Sophomore Honor Society.

The 47 members, selected from a freshman class of 3,470, all attained at least 3.2 grade point averages on a 4.0 scale after completing at least 12 hours of college work.

Local NIU Lambda Sigma members are: Morton Grove - Cheryl Neimark; Skokie - Jackie Jacobson and Kevin O'Kane.

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965-8966	
Lincolnwood-Behind Lincoln village	
588-8227	

Senior Citizen News

Morton Grove Senior Citizens 965-4100

STATE FAIR
The Illinois State Fair will be held August 13 to 23, and persons age 60 and over will receive free admission every day. Senior citizens will be provided ongoing entertainment and complimentary orange drinks from 9 a.m. to 6 p.m. in the air conditioned senior citizens building. Arts, crafts, and health information will be on exhibit, as well as the First Annual Ethnic Exhibit. Free photo I.D. cards from the Secretary of State will be available along with applications for "Silver Pages," the nationwide discount program.

TAX TIP
Taxpayers 55 years old and over may benefit from a once-in-a-lifetime exclusion of gain, up to \$125,000, on the sale of their principal residence. To qualify for the exclusion, taxpayers must meet the following requirements: 1) Age 55 years or older on the date of the sale of the home; 2) The home must have been owned or lived in as the principal residence for at least three of the last five years preceding the sale; 3) The gain on the sale of the home must never have been previously excluded by the taxpayer or his/her spouse. The gain on the sale of the home is the selling price minus the selling expenses and the adjusted basis of the home. If all of the above qualifications are met, up to \$125,000 of the net gain will be excluded from taxation.

VISUALLY IMPAIRED
Morton Grove's Visually Impaired Motivators, a support and self help group for people who are blind or visually impaired, invites people with impairments and their families to their next meeting at 10 a.m. on Tuesday, Aug. 18 in the Morton Grove Village Hall, 6101 Capulina ave. in Morton Grove. For more information or free transportation, call the Senior Hot Line at 470-5223.

TELEPHONE INDUSTRY
The Suburban Cook County Area Agency on Aging is sponsoring presentation explaining changes in the telephone industry for suburban Cook County senior citizens from August through January, 1988. An agency representative will present programs at suburban senior centers and nutrition sites on topics such as: 1) Choosing a long distance company; 2) Telephone products and services for people with special needs; 3) Telephone repair; 4) Leasing telephone equipment; 5) How to read a telephone bill. There will be no charge for the presentation and informational brochures will be available at the program locations. For more information, contact Cheryl Kutsch of Suburban Cook County Area Agency on Aging at 559-0616.

"MILES FOR MOLLOY"
The 1987 Morton Grove bike-a-thon, "Miles For Molloy," will benefit Morton Grove's own Julia Molloy Educational Center. Molloy School is a unique special education facility for children ages 3 through 21. The school provides a blend of educational and therapeutic experiences for developmentally disabled students in the community. Residents of all ages are encouraged to participate by riding or sponsoring a rider in the bike-a-thon slated from noon to 2 p.m. on Sunday, Sept. 20 at Harrier Park in Morton Grove. Call the Village Hall at 965-4100, ext. 254 for details and entry blanks.

GEORGE WILLIAMS COLLEGE
George Williams' Lake Geneva Campus is offering group rates for three day visits that feature outdoor exploration, dinner cruises, and exceptional recreational options. The minimum group size is ten people and rates represent a discount of 25 percent off normal charges. Write or call the conference center at Box 210, Lake Geneva Campus of George Williams College, Williams Bay, WI, 53191, (414) 245-5531, ext. 22.

VOLUNTEERS
The Morton Grove Village Hall Senior Center has opportunities for a variety of volunteer and work-for-pay experiences where the gift of an individual's own personal resources can be invested into the needs of others. Specific positions include: home visitors/friendly companions for the homebound, drivers for medical appointments, housekeepers, and meals-on-wheels deliverers. For more information about these worthwhile opportunities, contact the Morton Grove Senior Hot Line at 470-5223.

For additional information about these and other senior services, call Ralph Birmingham at the Morton Grove Senior Hot Line, weekdays from 9 a.m. to noon at 470-5223, or Bud Swanson, Director of Senior Citizens Services at the Village Hall, 965-4100, ext. 254.

Village of Skokie
Julian N. Jablin, writer and a Skokie resident will present "Finnish Fotos" a slide and commentary program to The Monday Group of the Smith Activities Center, Lincoln and Galitz, Skokie on Mon., Aug. 31, at 1:30 p.m. Please call 673-0500, Ext. 335 for additional information.

Support Group for Seniors

Support Groups are starting for Senior Citizens trying to cope with changing lifestyles, changing relationships and loss. For reservations and further information call 967-5789.

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HILLS BROS. GOLD DECAF COFFEE 28 Oz. \$5.49

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MG woman to make presentation at Institute

Cassandra Diamond Friedman of Morton Grove, has been invited to be an on site presenter at the Illinois Institute on Drugs and Alcohol being held in Peoria, Illinois from Aug. 23 through Aug. 27.

While AIDS and cocaine head the broad range of topics that will be discussed at this year's Institute, other areas of interest include: drugs and aging; corporate programs; driving under the influence; ethnic, cultural and women's issues and prevention. Cassandra will introduce her unique model for the treatment of alcoholism. Recently, she had her model submitted for publication to the Seattle-based Alcoholism and Addictions Magazine. Formerly a teacher of 12 years



Cassandra Diamond Friedman in the Niles Township District, Cassandra is now in private practice in the Morton Grove area. She is pursuing her PhD in clinical psychology and will serve a 20 week internship at Forest Hospital in Des Plaines.

North Shore to hear Cabaret entertainer

Cabaret entertainer Bobby Cook will bring his one-man show and 40's and some sing-along to the North Shore Hotel, 1611 Chicago Ave., Evanston, on Wednesday, August 19, at 7:30 p.m. The public is invited to attend at no charge. Cook, who sings, plays piano and tap dances, will perform some Al Jolson specialties, as

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Singles Scene

ATTENTION! WIDOW/WIDOWER GROUP
Widow/Widower Support Groups are now forming in Skokie. Professionally led meetings will focus on resolving grief and reintegrating with exploration of new roles. Phone 967-5789 or 432-5811 for further information.

AUGUST 13 YOUNG SINGLE PARENTS
Thursday, August 13, Support Group (Adult)—Open to all YSP members which is facilitated by our own Ken Stall, M.S.W. It is a place to refuel your emotional self, share your thoughts, feelings, predicaments, solutions with people who care. Thursday Nite Social-Come out and join us, the last regularly scheduled Thursday night social. There is always something different happening with a lot of fun had by all. For more information call the Hot Line at 397-5850.

AUGUST 14 ST. PETER'S SINGLES
St. Peter's Singles invites all singles to their dance, Friday, August 14, at 9 p.m., held at the Park Ridge VFW, Canfield & Higgins. Live band, free parking. Donations are \$5. For further information call 334-2589.

N.S. JEWISH SINGLES
On Saturday at 7:30 p.m. on August 15, the North Shore Jewish Singles invites you to join them in a fun evening of dining and dancing at Beckwith Place Restaurant, 9300 Waukegan Rd., Morton Grove. It's a wonderful way to meet and make new friends. Seating is limited to 20 people for this event. Call for additional information 824-3225 or 824-6580.

AUGUST 15 THE SPARES
The Spares Sunday Evening Club will hold their monthly dance on Saturday, August 15, at the Officer's Club, Glenview Naval Air Station at 8:30 p.m. Take Greenwood North to Lake, that is the end of Greenwood, then turn East or right into the Naval Base, then to the Officer's Club. Music will be provided by Jerry Kay and his band. Guests are always welcome. Donation: Members-\$3; Guests-\$4. For more information please call 545-9486 or 823-4416.

AUGUST 16 YOUNG SINGLE PARENTS
Lake Michigan Boat Ride/Lincoln Park Zoo—Sign ups are a must for this event on Sunday, August 16. We will be meeting at the Holiday Inn front parking lot at 9-9:15. The bus will leave at 9:30 sharp. We will take a 1 1/2 hour boat ride on the Lake in a Wendella Cruise Boat. After the boat ride we will then proceed to Lincoln Park Zoo. The bus will begin its journey back around 3:30-4. For more information call 397-5850.

THE SPARES
The Spares Sunday Evening Club's Bike Ride & Breakfast will meet at 10 a.m. Sharp on August 16 at Ft. Sheridan's McDonalds for breakfast. Ride the Greenbay Trail to Lake Bluff, down to the beach (7 1/2 miles each way). McDonalds is on Sheridan Rd., north of Highwood across from Ft. Sheridan's main gate. Please call Will Lynn at 736-4366 if you plan to ride.

AUGUST 18 NORTHSORE Y.S.P.
Northshore Young Single Parents proudly presents on August 18 Tim Burr. Entertainment, music, dancing, cash bar and enthusiasm. A fun time for all. \$5 cost. Open to all singles. Doors open at 8:30 p.m. Held at Wheeling Northbrook Holiday Inn, 2875 N. Milwaukee, Northbrook. For more information, call our hotline at 432-3311 or Gary at 635-4788.

AUGUST 19 N.S. JEWISH SINGLES
On Wednesday, August 19, at 7:30 p.m., the North Shore Jewish Singles will hold their monthly meeting at the Congregation Beth Hillel, 3220 Big Tree Ln., Wilmette, Illinois. Judge Robert Mackey will speak on "Functions of the Law Division of the Circuit Court of Cook County". He is a graduate of Northwestern University Law School and began his judicial career in 1974 hearing both jury and non-jury cases. We anticipate a dynamic and informative evening with Judge Mackey, followed by refreshments and socializing. For information call 679-3692.

JEWISH PROF. SINGLES
The Jewish Professional Singles (ages 30-55) will have a "Dance and Romance" social on Wednesday, August 19, starting 8 p.m., at A.G. Beth Israel, 3835 W. Devon, Chicago. Admission is only \$2 and all are welcome.

YOUNG SINGLE PARENTS
Friday Night Dance & Social on August 21. Grand Opening. The music is new, the social night is new. We have switched our socials to Friday nights since most of us like to get out on Fridays which eliminates babysitting problems and having to look forward to going to work the next day.

AUGUST 21 PARENTS W/OUT PARTNERS
Parents Without Partners Northwest Suburban Chapter 168 will hold an Elvis Presley Night Dance on Friday, August 21, at Casa Royale 783 Lee St., Des Plaines at 8:30 p.m. A contest will be held for the best Elvis imitator. This is an open dance. Public invited. Admission is \$5. Music by Steverino. For information call 297-3015.

AUGUST 22 YOUNG SINGLE PARENTS
On Saturday, August 22 we will have our group discussion. We all have had at least one problem we encountered as noncustodial parents. Some of us have had more serious problems than others. But to each of us, the problems have left us with a feeling of dismay, disappointment or even deep seated anger. Come join us tonight and let's talk about it. For more information call 397-5850.

THE SPARES
The Spares Sunday Evening Club Bowlers will meet at the Classic Bowl, 8530 Waukegan Rd., Morton Grove, on Saturday, August 22, at 8 p.m., so we can start bowling promptly at 8:30 p.m. Members and guests, all are welcome, so won't you all please come and enjoy an evening out with new or old friends. Learners, beginners, and experienced bowlers all are welcome. For more information, please call Dale at 437-3911.

N.S. JEWISH SINGLES
On Saturday at 8 p.m. on August 22, the North Shore Jewish Singles will meet at the Skokie Skatium and car pool to Grant Park for a beautiful evening of music under the stars. Tschaikevsky Piano Concerto #1 and Berlioz Symphony Fantastique are featured. Bring blankets, lawn chairs and a picnic dinner and join us for a fun evening. For additional information call 824-3225 or 824-6580.

COMBINED CLUB SINGLES
All singles are invited to a Combined Club Singles Dance with the live music of Streetwise at 8:30 p.m. on Sat., Aug. 22, at the Itasca Holiday Inn, 860 Irving Park Rd. (Irving Park Rd. at Rt. 53), Itasca. The dance is co-sponsored by the Northwest Singles Association, Singles & Company, and Young-Suburban Singles. Admission will be \$5. For more information call 725-3300.

AUGUST 23 JEWISH SINGLES
The Jewish Singles (ages 21-45) presents a Citywide Dance on Sunday, August 23, from 7:45-11:45 p.m., at "Stuart Anderson's", located at 630 Waukegan, Glenview. Admission is only \$5 and all are welcome. For further information call 761-2069.

THE SPARES
The Spares Sunday Evening's Club Bike Ride and Breakfast will be on Sunday, August 23. Ride the Busse Woods Trail (Total 14 miles). Meet Dale and Jo at 9:30 a.m. sharp for breakfast at 7 Stars Restaurant in the Park and Shop Shopping Center in Elk Grove on Higgins Rd. (Rt. 72) just East of Arlington Hts. Rd. Please call Dale 437-3911 if you plan to ride. We hope to be back early. There is another Patio Party planned for later in the day.

THIS SALE STARTS THURSDAY!

MEATS

U.S.D.A. GRADED CHOICE BEEF LOIN **\$1.99** LB. (LIMIT 3 PLEASE)

U.S.D.A. GOVT. INSP. PORK LOIN **\$1.49** LB. ASSORTED PORK CHOPS

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U.S.D.A. GRADED CHOICE BEEF ROUND **\$1.49** LB. (LIMIT 3 PLEASE)

U.S.D.A. GRADED CHOICE BEEF LOIN **\$1.59** LB. (THIN SLICED \$1.89 LB. 15¢ A LB. EXTRA FOR FURTHER PROCESSING)

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Church & Temple News

Roosevelt Holocaust Course

"The Holocaust as History," a study of the origins, development and implications of the 20th Century tragedy, has been added to Roosevelt University's External Degree Program starting this fall.

External degree courses are designed for students who cannot attend a regular, structured course. Students read material prepared by Roosevelt faculty, along with supplementary readings. Assignments must be completed within a six-month period and returned for grading.

Unlike conventional courses, students may register for external degree courses any time of the year.

More than 900 students are currently enrolled in Roosevelt external degree courses. One- and three-hour courses are offered in computer science, English, geography, history, mathematics, political science, psychology, public administration, social work, sociology and general studies. Call 341-3866 for additional information.

Holy Name Fish Fry

St. John Brebeuf Holy Name Society will hold their annual Fish Fry and Smoker on Friday, Aug. 21 at Flanagan Hall, 8301 N. Harlem in Niles.

Dinner will be served from 6 to 7 p.m. Menu - fried perch, chicken, potato salad, cole slaw, garlic bread, cake and coffee with amber fluid all evening.

Common Threads of Universal Religions topic

Common Threads of Universal Religions will be the topic discussed at the Passages Through Life lecture on Tuesday, August 18 from 1 to 2:30 p.m. in Room 112 at Oakton Community College East, 7701 N. Lincoln Ave., Skokie.

Speaker Janet Buchnell has been a student of comparative religions all her life and a Bahai for 15 years. Her talk will survey the familiarities in the world's

Temple Beth Israel "Cook-Out"

Temple Beth Israel, 3939 W. Howard St. Skokie will hold a "Cook-Out", Sunday, August 16, from 5-7 p.m. in the Temple parking lot. Please call the Temple office at 675-0951 to make your reservations.

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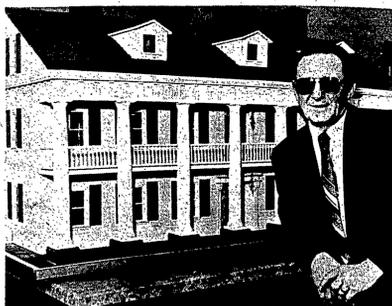
MTJC

The Bar Mitzvah of Michael Berg, son of Bernard and Rosalind Berg, took place at Maine Township Jewish Congregation Shaare Emet, 8800 Ballard Road, Des Plaines, on Saturday Morning, August 8, 9:30 a.m.

The Annual Men's Club Picnic will take place on Sunday, August 16, 11 a.m. at Roosevelt Park in Glenview. The community is invited to attend with their families.

Registration is now open for registration in our Sunday School Hebrew School, and Nursery School as well as the Synagogue Affiliation. For information call the Office at 297-2006.

Dollhouse donated to Res Sisters



Norwood Park resident Hill W. Kulik stands next to the elaborate plantation-style dollhouse he created and donated to the Sisters of the Resurrection for their Jubilee Dinner Auction Friday, Sept. 18.

A handcrafted antebellum-style plantation dollhouse built by Norwood Park resident Hill W. Kulik recently was donated to the Sisters of the Resurrection for their Friday, Sept. 18, Jubilee Dinner Auction at the House of Prayer, 7430 W. Talcott Ave., Chicago.

The dollhouse, which is valued by doll experts and collectors at \$8,000 is an adaptation of a plantation home built by planter David Weeks in 1834 called Shadows-On-The-Techie in New Iberia, Louisiana. Kulik estimates he spent more than two years of his spare time and nearly \$3,000 building the plantation dollhouse replica.

According to Sister Lenore, C.R., a member of the auction planning committee, mail bids are being accepted for the dollhouse and should be mailed to: Sisters of the Resurrection, 7432 W. Talcott Ave., Chicago, IL 60631. All bids will be opened on the day of the auction dinner.

Pre-auction viewing for prospective buyers is by appointment. Call Sister Lenore at (312) 774-9300 for appointment.

The antebellum-style plantation dollhouse measures 66 inches wide by 32 inches high and 23 inches deep with the most impressive feature being the eight hand-turned Doric style columns which extend from the bride portico upward to the front roof eave. A second floor balcony spans across the house front and is railed with approximately 100 tiny turned spindles. Double six-panel colonial front doors are centered on the house with French doors above the balcony on the second floor.

The house's interior is fully decorated with wallpaper, lighting fixtures, individually-planked wooden flooring, baseboards and door casings, chair rails and cornice moldings.

Ten fireplaces, which Kulik designed himself and says were inspired by fireplaces in the McCormick mansion at Cantigny, add elegance and originality to the fully furnished rooms. Nine of the fireplaces have electrical flicker units which simulate real burning fires.

Is your will up to date?

Many people do not realize that having a will is just as important to those in modest circumstances as to those people who are more affluent. Also, many people do not know just how to go about getting a will written up.

A program on Wills for senior citizens is co-sponsored by The

Center of Concern, Suite 125, 1580 N. Northwest Highway, Park Ridge and the bar association. A lawyer from the Chicago Bar Association's reference Plan is assigned to The Center the first Wednesday of every month.

To expedite the lawyer's work, a Will Information Form can be picked up at The Center, located in Suite 125 of the 1580 N. Northwest Highway Building. Information provided by the applicant is kept in strict confidence. There is no charge for the first meeting with an attorney. Wills for lower or medium income older adults are available at reduced fees, namely, \$50.00 maximum for one individual and \$75.00 maximum for two people.

The Center of Concern also sponsors a Legal Assistance Program which provides legal advice. Attorneys Abe Linderman and Raymond Bayster counsel residents of all ages each Saturday morning by appointment.

Appointments or further information may be obtained by calling, The Center at 823-0452

Mass for Golden Anniversary celebrants

Invitations for the annual Archdiocesan Golden Wedding Anniversary celebration have been sent to over 900 couples celebrating their 50th wedding anniversary during 1987. Cardinal Bernardin will celebrate with the jubilarians at a special 3 p.m. Mass on Sunday, August 30 at Holy Name Cathedral, State and Superior Sts., Chicago.

Seating is by ticket only. Couples interested in attending this celebration may contact the Archdiocesan Office for Family Ministries at 751-8351.

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CANADIAN CLUB 750 ML. 6.99 LESS MFG. REBATE -.150 ACTUAL COST 5.49	PASSPORT SCOTCH 1.75 LITER 9.99 LESS MFG. REBATE -.400 ACTUAL COST 5.99	BARTLES & JAYMES WINE COOLER REG. OR RED 2 - 4 PACKS 12 OZ. BTLs. 5.49 LESS MFG. REBATE -.200 FINAL COST 3.49	TANQUERAY GIN 750 ML. 8.99 LESS MFG. REBATE .150 ACTUAL COST 7.49
CALIFORNIA WINE COOLER ALL TYPES 4 PACK 12 OZ. BTLs. 2.79 LESS MFG. REBATE -.100 ACTUAL COST 1.79	SEAGRAM'S GOLDEN SPIRITS 4 PACK 12 OZ. BTLs. 3.49 LESS MFG. REBATE -.100 ACTUAL COST 2.49	MICHELOB BEER REG. OR LIGHT 12 12 OZ. N.D.B. 4.69	STROH'S BEER REG. OR LIGHT 30 12 OZ. CANS 7.99
			BLACK VELVET CANADIAN 1.75 LITER 9.99 LESS MFG. REBATE -.400 ACTUAL COST 5.99
			OLD STYLE BEER REG. OR LIGHT 12 OZ. CANS 3.99 LESS MFG. REBATE -.50¢ ACTUAL COST 3.49

UNDER NEW OWNERSHIP

Women's World

Women in Management Fashion Show

"Clothes for the Life We Lead" is the topic for the Women in Management, Inc. North Shore Chapter 11:30 a.m. Tues., Aug. 18 meeting.

Members and guests will meet for lunch and a fashion show at the North Shore Hilton, 9599 Skokie Blvd., Skokie.

Fashioning from T.H. Mandy of Deerfield for the working woman to wear for work and into the evening will be modeled by members of the group. Clothes for leisure activities also will be featured.

Reservations are \$12 for prepaid members and \$17 for non-members. For reservations, call Phyllis Galanter at 966-1400.

New arrival

A boy, Andrew Thomas Stoebig, 9 lbs. 1/2 oz., on June 15, to Kristin & Reverend Thomas Stoebig of 8150 N. Grace, Niles.

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29" WAX DOLLS, ALL DOLLS ON DISPLAY,
FOR SALE and ORDERS TAKEN



Monday 7 p.m. Doll and Teddy Bear Club Meeting. Paul Crees and Peter Coe will speak and show slides of their original dolls
DESSERT and COFFEE SERVED



Park Ridge resident Jane Simpson is the newly named chairwoman in charge of activities at the Bargain Basket Thrift Shop, 6712 Northwest Highway in Chicago. The Bargain Basket is operated by members of the Resurrection Auxiliary and all proceeds benefit the Auxiliary's current \$1 million pledge to expand outpatient surgical services at Resurrection Hospital.

Special Shows at Gigi's and Sherry's

Gigi's Dolls & Sherry's Teddy Bears, 7900 N. Milwaukee Ave., in Oak Mill Mall will be featuring from England, Paul Crees, "Stars of the Silver Screen", 29" wax dolls, and dolls on display, for sale and orders taken. This display will be held on August 16-17, Sunday, 1-5 p.m. and Monday, 11 a.m. to 4 p.m.

On Monday at 7 p.m. at the Doll and Teddy Bear Club Meeting Paul Crees and Peter Coe will speak and show slides of their original dolls. Dessert and coffee served.

ORT Book Sale

The Women's American ORT's annual half-price used book sale will be held from Aug. 20 through Aug. 29 at their ORT Alley book store.

Prices will be reduced by one-half on about 95% of the books, periodicals and records sold in the store, located at 1905 Sheridan Rd., Highland Park, Bobbi Teitelbaum, co-chairwoman of the shop said.

The store is located in the alley behind the ORT value center. Hours of operation are from 10 a.m. to 4 p.m. daily Monday through Saturday. The store is closed on Sunday, Teitelbaum said.

For further information please call the bookstore at 433-1172.

Music for Moppets

Introduction to music for children between the ages of 4 and 5.

Classes forming now to begin September 9-12

Classes will be held at the Baldwin Piano Store in the Golf Mill Shopping Center

For further information call Angie Safranski, Director at 298-6847

Swedish Covenant Resale Shop Bag Sale



The Swedish Covenant Hospital Resale Shop located at Foster and California Avenues, will hold a Bag Sale throughout the month of August. Shoppers can purchase a shopping bag full of merchandise for only \$5. Bags will be provided by the shop. New merchandise will be added continually all month to keep the shelves well stocked and to provide shoppers with new bargains everyday. Clothing, books, small appliances, dishes and shoes all included as sale items.

Shown above Kristi Adell, (left) Resale Shop manager, and June Sayad, volunteer chairman at the shop, prepare for the sale. The Resale Shop which is sponsored by the S.C.H. Service Guild, is open 10am to 3 pm, Wednesday thru Saturday.

Oakton's response to the changing field of early childhood education

With more and more parents heading to the workforce today, the question remains, "who's going to watch the children?" Families are looking to early childhood professionals for solutions to their child care needs. But the reality of the situation is that most quality early childhood programs are already flooded with children.

"They (the centers) are unable to meet the needs of families because the field has become more dynamic and is changing rapidly," says Peg Callaghan Oesterlin, chairperson of the Early Childhood Development program at Oakton Community College. "There is a growing interest among people in the field to start new centers and expand existing centers. We are introducing two new courses to provide them with the knowledge and know-how to support young children and their families."

The courses are developed in response to the growing and changing field of Early Childhood Education. "Early Childhood Administration" (ECD 273-001) has been created for individuals who are directors, or desire to become directors, of early childhood centers. The course examines current early childhood administrative practices and includes an analysis of administrators' interactions with governmental, legal, business/finance, medical, social service, and educational agencies. This three-credit-hour class will meet from 2 to 4:30 p.m. on Thursdays beginning August 27.

The increasing needs of school-aged (kindergarten through sixth grade) children's before-and-after-school care will be addressed in the course, "Development and Guidance for School-Aged Children" (ECD 170-050). The social, emotional, and physical growth of the children will be discussed. The three-credit-hour class will meet from 6 to 8:30 p.m. on Tuesdays beginning August 25.

For information on these and other child development courses offered this fall, call 635-1844.

Welcome

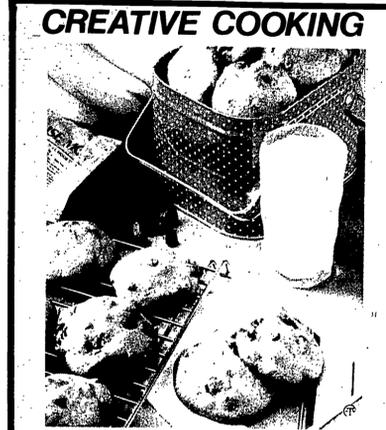
A boy, Gwo-Shu Jonathan Wang, 7 lbs. 10 oz., on June 16, to Yun Sophia & Ruenn-Sheng Wang of 7658 Arcadia, Morton Grove.

Brother Gwo-Jeng Ted age 20 months. Grandparents: Shyh-Fwu Wang of Morton Grove.

A girl, Marissa Joy D'Alba, 7 lbs. 2 1/2 oz., on June 15, to Merle & Alan D'Alba of 605 Gregg Rd., Northbrook, IL. Sister: Allyson age 3. Grandparents: Mrs. Barbara Kopka of Morton Grove, and Mr. & Mrs. Louis D'Alba of Glenview.

A girl, Ginny Lynn Hanover, 7 lbs. 2 oz., on June 13, to Karen A. & Larry R. Hanover of 9074 Terrace Dr., Des Plaines. Sister: Shannon age 19 months. Grandparents: Mr. & Mrs. Hanover of Morton Grove and Mr. & Mrs. Loiacano.

What's Cooking at The Bugle Pantry



CREATIVE COOKING

Add the luscious flavor of banana to chocolate chip cookies.

BANANA CHOCOLATE CHIP COOKIES

- 3 extra-ripe, small Dole Bananas, peeled
- 2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup butter, softened
- 1 cup brown sugar, packed
- 1/4 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup chocolate chips
- 1 cup chopped walnuts

Slice bananas into blender. Whir until pureed (1 cup). Combine flour, baking powder, cinnamon and salt. Cream butter with sugars until light and fluffy. Beat in eggs, vanilla and pureed bananas. Beat in flour mixture until smooth. Stir in chocolate chips and nuts. Drop by heaping measuring tablespoon onto greased cookie sheet 2 inches apart. Smooth top of cookies slightly. Bake in 350°F oven 12 to 15 minutes until edges begin to brown. Remove to racks to cool. Makes 2 to 2-1/2 dozen cookies.

ON THE LIGHT SIDE

Pasta, light? — you bet, when it's not smothered in cream. This whole meal salad starts with tangy, marinated, pasta shells stuffed with a rich tasting, but low calorie cottage cheese and almond mixture. It's high in flavor but low in calories — only 561 calories for 6 large stuffed shells, bursting with flavor.

So, when you are in the mood for pasta, indulge yourself, but keep it light with this crunchy almond and cheese-filled pasta shell salad.

Stuffed Pasta Shell Salad

- 1/2 cup chopped natural almonds
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup parsley sprigs
- 1 clove garlic
- 2 tablespoons dried basil
- 2 dozen jumbo pasta shells, cooked
- 1 cup low fat ricotta cheese
- 1 cup low fat cottage cheese
- 1/2 cup sliced green onions
- 2 teaspoons grated lemon peel
- Lettuce leaves
- Chopped parsley, for garnish
- Cherry tomatoes, for garnish
- Spread almonds on an ungreased baking sheet.

Bake at 350°F for 5 to 8 minutes until golden. Remove from sheet and cool. In blender or food processor blend oil, lemon juice, parsley sprigs, garlic and basil. Pour over hot drained pasta shells, tossing gently to coat, set aside. In mixing bowl or food processor blend cheeses, onions and peel. Stir in 1/2 cup of the almonds. Stuff shells with cheese mixture, allowing about 2 tablespoons filling per shell. Serve on lettuce-lined plate, sprinkled with remaining almonds. Garnish with parsley and cherry tomatoes. Makes 4 servings.

Advisory Council members

Nine employees of the Evanston and Glenbrook Hospitals have been named to two-year terms on the 1987 Employee Advisory Council (EAC). They are: Ruth Gerskowitz of Des Plaines; Rochelle Gutman of Wilmette; Lynne Pike of Wheeling; Joanne Schwall of Northbrook; Mary Turk of Niles; Carston Gudella of Chicago; and Helen Anderson, Jim Stepeny and Marcia Weismann, R.N., all of Evanston.



Mary Turk



Ruth Gerskowitz

Continuing on the EAC in their second year are: Michelle Berenson of Wheeling; Kathleen Boyer, R.N. of Glenview; Jimmie McRath, R.N. of Evanston; Barb Welti of Highland Park; and Wendy Glinton Brooms and Nadine Kars, both of Chicago.

Appointed co-chairmen for 1987 are Lynn Doering of Glenview; Georgette LePage of River Forest; and Darrell Morgan of Chicago.

NAWBO sets sail

The Chicago Chapter of the National Association of Women Business Owners will cruise on Lake Michigan aboard the luxury yacht, Anita Dee.

A good opportunity to spend an evening with clients, network with members, or just have fun. Aug. 27, will be a networking evening on the Anita Dee at Burnham Harbor. The boat is leaving promptly at 6. The cost of \$45 includes unlimited refreshments and food. Reservations can be made up to Aug. 24 by calling 969-7773.

Wedding Bells

Eterno-Baker

Mr. and Mrs. Joseph L. Eterno of Niles have announced the engagement of their daughter, Mariame, to Kenneth Baker, son of Mr. and Mrs. Richard Baker of Elkhorn, Wisconsin.

Marianne is a graduate of Maine East High School and the University of Illinois at Urbana-Champaign. She is currently residing in Indianapolis, Indiana where she is employed as a business manager for Griffin Companies, Incorporated.

Kenneth is the supervisor of inflow and infiltration for the Department of Public Works of the City of Indianapolis.

A September 1987 wedding is planned, after which the couple will reside in Indianapolis.

"Preserving the Bounty"

A series of events based on the theme "Preserving the Bounty," is scheduled for the Regenstein Fruit and Vegetable Garden at the Chicago Botanic Garden.

Sat., Aug. 22 will feature preserver Barb Dahl who will present a program on drying produce and changes in the tomato canning process. Her presentations are scheduled for 1, 2 and 3 p.m.

Chefs from the Raleigh Restaurant will be featured on Sun., Aug. 23 at 1:30, 2:30 and 3:30 p.m. along with home economist Jeanne Reed. Reed will demonstrate techniques for freezing summer fruits and vegetables at 1, 2 and 3 p.m. Admission to events on Aug. 22 and 23 is \$1 for adults.

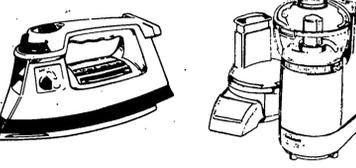
The Chicago Botanic Garden is located on Lake-Cook Rd., one-half mile east of the Edens Expressway. The 300-acre facility is owned by the Forest Preserve District of Cook County and managed by the Chicago Horticultural Society. Accredited by the American Association of Museums, the Botanic Garden is open every day but Christmas from 8 a.m. until sunset. Admission is free; parking is \$2 per car.

FACTORY OUTLET

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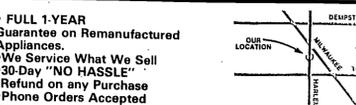
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- Compact—takes less counter space than your toaster
- So versatile you'll use it every day

\$34.95
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• We Service What We Sell
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• Phone Orders Accepted



Off the Niles Police Blotter...

Thefts...

An employee of an appliance store in the 6100 block of Golf Rd. reported Aug. 5 that he showed a radar detector from a display case to a customer, and when he returned from checking the price of the item, the offender gave back what appeared to be the radar detector. He then left the store.

The employee then observed it was not the same detector but an empty shell.

According to police reports, a witness saw the offender enter a car and observed the license plate registered to a Morton Grove resident. Police went to the home with negative results. A follow-up was requested.

The manager of a sporting goods store in the Golf Mill shopping center told police someone removed \$620 from a cash register as the cashier was vacuuming a mat near the counter.

Someone removed a change machine from a business in the 6100 block of Touhy on Aug. 4.

The machine weighing about 500 pounds was placed on a hand cart, wheeled to an emergency exit door and placed into a vehicle, according to police reports.

The amount of money in the machine was undetermined.

The manager of a video store in the 9000 block of Golf Rd. reported he discovered 295 instant lottery tickets valued at \$1 each missing from a shelf behind a counter.

It is unknown whether the lottery tickets were stolen. A garbage can is kept next to the shelf and the manager said it was possible they could have been knocked into the container.

Someone removed a camper in the 7200 block of Dempster on Aug. 4.

Entry was gained by cutting the rear door screen. Once inside, the offender removed a camera valued at \$140, two purses and a suitcase of undetermined value, travelers checks in the amount of \$150 and miscellaneous papers.

A Chicago man was arrested for retail theft and possession of a controlled substance on Aug. 5.

A Sears security agent observed the offender purchase various shirts, socks, boots, a jacket, and a briefcase totaling \$238 and pay with a credit card reported stolen.

After the offender asked police to move his truck in front of the store, police found a clear plastic bag containing blue pills labeled as valium on the passenger seat of the vehicle.

The security agent later called police to say he had found a cigarette box in the office where the subject was sitting containing a brown leafy substance suspected as cannabis.

He was released after posting \$5,000 bond and assigned an Aug. court date.

A Chicago man was arrested at Sears after purchasing items with a stolen Discover credit card at Sears on Aug. 3.

Investigation showed he was in possession of other credit cards and a social security card belonging to the owner of the Discover card. The victim will sign a criminal complaint.

He was released after posting \$1,000 bond pending a Sept. court date.

A Niles man was arrested for retail theft and battery at K-Mart on Aug. 3.

A security agent spotted the offender place two car mats into a bag and attempt to leave the store without paying for the items.

When the offender was brought into the office, he turned to the agent, pushed his fingers into his mouth and pulled them out again causing the inside to the victim's mouth to rip open.

He was released on \$1,000 bond pending an Aug. court date.

An Evanston man was arrested Aug. 1 after he removed a pair of gym shoes from Sportmart and attempted to leave the store with out paying for the items on Aug. 1.

He was released on \$1,000 bond and assigned an Aug. court date.

Someone pried open the right side vent window of a car in the Golf Mill shopping center on Aug. 3.

Once inside, the offender removed the stereo on the dashboard damaging the panel.

Total damage was estimated at \$200.

A Chicago man was arrested for speeding and a suspended driver's license after police spotted the offender driving 55 mph in the 6800 block of Milwaukee.

He was released on \$1,000 bond and assigned an Aug. court date.

A police car was traveling west on Howard at Waukegan and stopped for a red light. As the signal turned green, the police officer proceeded into the intersection to make a left turn. A man traveling south on Waukegan drove through the red light causing the officer and another motorist to take evasive action to avoid being hit.

The offender produced a driver's license from Poland which expired in 1985. He was released on \$1,000 bond and assigned an Aug. court date.

Neighbors pried open the lock of a car door in the 8700 block of Oriole on Aug. 5.

Once inside, the offender removed two stereo speakers of undetermined value and unsuccessfully attempted to remove the stereo equalizer from the dashboard.

Someone removed a 1984 Cadillac (value undetermined) in the 7000 block of Crain St. between July 30-31.

A set of golf clubs of undetermined value were in the company car.

Neighbor dispute

A resident in the 7700 block of Oketo was arrested Aug. 5 after he was involved in an argument with a neighbor.

According to police reports, the victim was cutting branches on the side of his property that separates his home from the offender next door.

The offender allegedly began yelling, threats and intention to stone his car. The victim continued to cut the overhang and the offender began to strike the victim on the head and neck causing scratches and bleeding. Two witnesses observed the incident, police reports said.

The offender refused to post \$1,000 bond, turning down an offer from his wife to pay the bond and was placed in a cell.

A Des Plaines youth was arrested after he was caught toilet papering trees on a lawn in the 9800 block of Huber Lane.

He was released on \$50 bond pending a Sept. court date.

A resident in the 8400 block of Madison reported someone used a B.B. gun to chip the windshield of a neighbor's car. The owner of the car is on vacation.

A Niles woman observed a man making a U-turn at Woolworth's in Golf Mill parking lot, slowing down as the woman as walking through the parking lot. He exposed himself and then drove out of the parking lot.

A 20-year-old Des Plaines woman reported she was riding her bicycle east on Oakton and observed an auto driving north on Oriole stop at Oakton. He then turned right onto Oakton, drove slowly past her and exposed himself.

Phi Eta Sigma, a national scholastic honor society for freshmen college students, has initiated 557 members at the University of Illinois.

Local initiates include: Des Plaines - Benjamin A. Bauer; Glenview - Mark R. Ashbrook; Kenneth E. Baime, Richard M. Fradin, Christopher A. Hedlund, Bradley L. Moldofsky, Sharon Ofer, and Scott A. Stegall; Lincolnwood - Dean C. Marinakis; Morton Grove - Lisa K. Clark, Debbi H. Cohn, Leigh C. Nachowicz, and Peter W. Poulos; Niles - Michael J. Chandler and Cynthia K. Rekuh; Park Ridge - Robert T. Brown, Karen A. Davlin, Daura B. DeLage, Pamela A. Juckett, and Joseph F. Sorquist; Skokie - Jami S. Becker, Joel G. Meyers, Carl D. Rutstein, and Chih-Miao Tsai.

Persons unknown removed the front and rear door on the right side of a car parked in the 7800 block of Nordica on Aug. 3.

Replacement value is unknown.

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DUI arrests

Police observed a man driving northwest on Milwaukee, pass a squad car in excess of the posted speed limit, and stop for a red light at Golf Rd. He then proceeded eastbound accelerating to 60 mph and began weaving from lane to lane.

A stop was initiated, and during the process, the offender hit the curb. A check showed there were empty beer bottles on the floor of the car.

He was released on \$3,000 bond pending an Aug. court date.

A Chicago man was arrested for drunk driving, no valid driver's license and no seat belt on Aug. 5.

The offender was observed straddling two traffic lanes in the 8600 block on Milwaukee. A traffic stop was initiated and during questioning police detected a strong odor of alcohol on his breath.

He was arrested on \$3,000 bond and assigned an Aug. court date.

A Niles man was arrested for drunk driving, improper lane use and no seat belt on Aug. 3.

Police responded to a call of a disturbance where they found the offender (who was intoxicated) having an argument with his son. Both refused police help, with the son saying he would not let his father drive the car.

As the squad car reached the end of the block, police saw the offender back out of the driveway and proceed eastbound on Lee to Harlem and was unable to stay in his lane. He refused to pull his auto to the curb and had to be boxed in by two police cars.

He was released after posting \$2,000 bond and assigned an Aug. court date.

A Niles man was arrested for drunk driving, improper lane use and no seat belt on Aug. 3.

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Vandalism...

A resident in the 8300 block of Caldwell reported Aug. 4 someone used a B.B. gun to put a hole in the screen of a bedroom window of her home causing \$15 damage.

A Niles man was arrested for drunk driving, improper lane use and no seat belt on Aug. 3.

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FREE! AUTOMATIC ICEMAKER

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24.8 cu. ft. capacity. 7.56 cu. ft. freezer. Adjustable tempered glass shelves. Equipped for optional automatic icemaker. Porta-Bin door shelves in freezer and refrigerator. Quick ServeSM system stores left-overs in individual dishes. Energy Saver Switch.

Get a FREE BASKIN-ROBBINS CONE WITH ANY APPLIANCE or TV PURCHASE

SELF-CLEANING OVEN RANGE

FREE! with purchase of this oven range

7-PIECE SET OF VISIONSSM COOKWARE

Model JGBP26GEJ

Lift-off black glass oven window door. Wash-nigh broiler. Porcelain enamel cooktop with removable chrome burner bowls. Automatic pilotless ignition. Clock, minute timer and automatic oven timer. Fluorescent cooktop light.

Get a FREE BASKIN-ROBBINS CONE WITH ANY APPLIANCE or TV PURCHASE

SELF-CLEANING OVEN GAS RANGE

FREE! with purchase of this oven range

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LARGE CAPACITY REFRIGERATOR

24.8 cu. ft. capacity. 7.56 cu. ft. freezer. Adjustable tempered glass shelves. Equipped for optional automatic icemaker. Porta-Bin door shelves in freezer and refrigerator. Quick ServeSM system stores left-overs in individual dishes. Energy Saver Switch.

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Rheem GAS-THE MARK OF VALUE (INCREASED TANK INSULATION) SIZES TAILORED TO YOUR FAMILY CONSUMPTION

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Village Plumbing & Sewer Service, Inc.

9081 Courtland Drive, Niles
Corner of Milwaukee and Courtland
986-1750 Visit Our Showroom Today! EST. 1948

Driving Violations...

A Chicago man was arrested for speeding and a suspended driver's license after police spotted the offender driving 55 mph in the 6800 block of Milwaukee. He was released on \$1,000 bond and assigned an Aug. court date.

A police car was traveling west on Howard at Waukegan and stopped for a red light. As the signal turned green, the police officer proceeded into the intersection to make a left turn. A man traveling south on Waukegan drove through the red light causing the officer and another motorist to take evasive action to avoid being hit. The offender produced a driver's license from Poland which expired in 1985. He was released on \$1,000 bond and assigned an Aug. court date.

HOUSE PAINTING INTERIOR/EXTERIOR \$25.00 OFF (WITH THIS AD)

STATE OF THE ART CALL FOR APPOINTMENT 803-8849

Phi Eta Sigma initiates

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I Bet You Didn't Know



By Jim Jennings

Here's one hard to believe... Since Walter Payton has gained more total yards rushing-by far than any other player in National Football League history, you'd think he would have led the league in rushing in many different seasons-but the fact is that Payton has led the league in rushing only ONCE in his career. The only year he finished first was 1977. Payton has gained over 16,000 yards rushing from 1975 through 1986, but in every year except 1977, somebody other than Payton has led the league in rushing. Hard to believe, but true.

Here's one from auto racing... When Craig Breedlove lost control of his jet-powered racing car in Bonneville, Utah in 1964, he was going so fast that the skid marks were more than 5 miles long. Breedlove was going 614 mph.

Amazingly, a major league baseball team once scored 11 runs in one inning on ONE HIT! This unique feat in big league baseball happened April 22, 1968, when the White Sox got 11 runs against Kansas City on 3 errors, one hit batman, 10 walks-and one single!

If you mention this ad after your deal is consummated (but before delivery) Jennings Chevrolet will deduct \$50 from the purchase price of your new or used car. One deduction per customer. One deduction per transaction.

Expires Aug. 20, 1987



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Friday 8:30 am - 6:00 pm
Saturday 9:00 am - 5:00 pm

SPORTS NEWS

Leaning Tower begins pool rebuilding

The Leaning Tower YMCA, 6300 W. Touhy in Niles, has begun a facility revitalization project, an extensive rebuilding of the pool. Renovations include a new roof, new ceiling and new lighting in the west pool area.

According to Art Michael, Executive Director of the Leaning Tower YMCA, "We are excited about these improvements and look forward to bringing our members and friends a more modern and pleasant YMCA."

He added, "As with all major facility repairs, there will be some disruption of routine as we close down the west pool for repairs." The following list outlines plans for facility use and schedule changes.

1. From August 9, the west pool will temporarily close. Estimates put the pool out of service through mid-October.
2. The east pool will be available for recreational swim through September 6. For the Fall I session (September 8 through October 31), the session of classes (September 8 through October 31), the east pool will be scheduled with as many classes and recreational swims as possible. It will be heated to a comfortable temperature to accommodate most YMCA members.

Park Ridge's Annual Charity Classic

Park Ridge's Annual Charity Classic will be run on Sat., Aug. 22 at 8 a.m. right through the streets of downtown Park Ridge. There is a \$7 entry fee payable to Uptown Merchants Association. Proceeds of the race will go to Northwest Suburban Aid for the Retarded. The race will start from the Pickwick Plaza and Summit Mall behind the Pickwick Theatre. Spectators are welcome to come and see their favorites. Awards Ceremony will be at 9:30 a.m. at Hinkley Field, Busse Highway and Morris.

Cubs Baseball Clinic winners

The following children attended the Cubs Baseball Clinic on June 22. They were the winners of the drawing held at the Sylvan Learning Center in Des Plaines: Gilbert Bailey, Evanston; Phil Ferraro, Park Ridge; Chad Finney, Park Ridge; Tim Pavel, Skokie; Ryan Rieck, Des Plaines.

Maritime Society Benefit participants



Ralph Freese of Niles (l), owner of Chicagoland Canoe Base at 4019 Narragansett, attends the Chicago Maritime Society's "All American Fourth of July Celebration" with guests (l to r) wife Rita, Phil Vierling and Father Thomas Hanlon. The benefit held at the future site for the Chicago Maritime Museum at Navy Pier, featured a picnic buffet, jazz and blue grass music and spectacular viewing of the lakefront fireworks from the museum site's adjoining rooftop terrace.

"Good Times" Classic road race

The Parkside Fitness/Sports Medicine Center encourages all runners and fitness enthusiasts of all levels to participate in the "Good Times" Classic, a certified, five mile road race. The race will be held on Saturday, September 19 and will begin and end at Parkside Center, 1875 Dempster in Park Ridge, adjacent to Lutheran General Hospital. Check in time is at 7:30 a.m. with the race officially starting at 8:30 a.m.

The first 400 persons registering for the race will receive a sports bag. The male and female age categories include 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 and over. Prizes will be awarded to the top male and female overall winners and the top three competitors in each division. All persons finishing the race will receive an assortment of complimentary items. Certified massage therapists will also be available after the run.

In addition to the prizes for the race winners, all individuals who finish the course will qualify for the special drawing at the end of the race. Over 50 gifts will be given away including getaway weekends, a Schwinn Aerodyne

bike, restaurant gift certificates, sports tickets, movie passes, and much more. WCLR disc jockey, Peter Dean will be on hand at the "Good Times" Classic to present all awards and prize drawings to the winners.

Tam Golf Course has wake up call

Tam Golf Course, located at 6700 Howard St. in Niles, has early tee off times available on most days from 5:30 a.m. to 7:30 a.m. A round of golf is a super way to start your day, or if you work a graveyard shift, it's a perfect way to unwind after work. Golfing this early in the morning is quick! A round of golf usually takes about 1 1/2 hours for 9 holes. Mon.-Fri. early golf fees are: \$4.75 a round per resident and non-residents pay \$6.75 per round. If you have enough players for a league and standard tee off times, call the Tam Golf Course at 965-9597. And don't forget our new photo I.D. system. Niles residents who do not have a photo I.D. card should bring proof of Niles residency!

Resurrection High School Sport try-outs

Don't miss out on the fall action - come to the fall sport try-outs on Aug. 17. The specific times for each sport are:

- Volleyball-Freshman Team: 9:1-30 p.m. JV Team: 12:30-2:30 p.m. Varsity Team: 2:3-3:30 p.m. Open Gym: 3:30-5 p.m.
- Cross Country-All levels: 8:30-10:30 a.m. (Meet in the parking lot behind the gym)
- Tennis-All levels: 9-11 a.m. (Meet at the courts at Oriole Park - 1 mile south of school, off Oriole Ave.)

If you have any questions, or for more information, contact Mrs. Donna Augustine at 775-8619.

Niles Park All American Run



On Sun., July 19 over 200 runners participated in the Niles Park District's 2nd Annual 5 and 10K All American Run. This race was held in conjunction with the Niles All American Festival held that same weekend.

After the race, runners enjoyed a variety of refreshments (ranging from beer to fruit and veggies) donated by the following businesses: Budweiser, Coca-Cola, Jerry's Fruit Market, Minelli Bros., Jewel Food Store and the Niles Events Committee.

The Niles Park District would also like to thank the following businesses who contributed monetary donations to the 5K-10K run: Peppers Waterbeds, Contract Carpets and Niles Color Center.

Men's 16" softball league

Team	W-L
*Old #7	14-2
Grapes	12-3
Squat Team	11-5
Candlelight Jewelers	11-5
Un-Nailers	9-7
Rustic Fence	5-11
The Franchise	7-8
Express	8-8
Yardbirds	2-14
Slammers	0-16

Team	W-L
*Coke Cola	13-3
Longshots	6-10
Great Godfrey Daniels	6-10
Nutcrackers	10-6
Marshall Fabrics	7-9
B-Team	6-10
Loggers II	7-9
Salerno	6-10
**M.T.V.D.	10-5
Midwesco	6-10

Mini Golf/Batting Cages open to public

The Niles Park District's Mini Golf Course and Batting Cages are open to the public 7 days a week from noon to 10 p.m. (weather permitting).

The mini golf course features 18 beautifully landscaped and challenging holes. Adults golf for \$2 and children under 12 pay \$1.50. The \$2.25 discount applies to those golfing before 4 p.m., Monday through Friday. For group reservations call 647-2156. Mini Golf Tournaments and Free Putting Clinics are featured attractions this summer.

Those inclined toward swinging a bat rather than a club can put more power in that swing at the Jozwiak Park Batting Cages. Batters get 7 pitches for a quarter, hourly rental rates are available and the cages feature 5 baseball machines and 2 softball machines.

Jozwiak Park, owned and operated by the Niles Park District, is located on Touhy Ave. just east of Milwaukee. For complete information on the Batting Cages or Mini-Golf call 647-2156.

Women's 12" slow pitch softball league

Team	W-L
Head First	6-2
Synergy	5-3
Castaways	6-2
**Hairs to You	6-2
Pat's Place	2-6
Foul Territory	0-8

Team	W-L
**Lasko's	9-0
Spuds	7-2
Bradford Exchange	3-6
Stagger Lee's	3-6
Avengers	5-4
Total Recs	1-8

Men's 12" Softball league

Team	W-L
Terminators	4-1
*Harm's	3-1
**Rebels	3-2
**Warriors	2-3
*Pizons	1-3
Brewers	1-4

Mini Golf Putting Clinic

Tired of losing your golf ball on our mini-golf course because you hit it too hard, and it goes east bound on Touhy Ave.? Putting Clinic offers a chance to improve your strokes for each hole? Well, the Niles Park District has a Mini-Golf Putting Clinic that will save your ball and your fingers and toes!

Each Wednesday through September, the staff at Jozwiak Park's Mini Golf Course (Touhy and Franks Aves.) will hold a fun and instructional Putting Clinic for all ages from 5:30 to 6 p.m. We guarantee to lower your score and improve your knowledge of our course! For more information on Jozwiak Park's Mini-Golf Course, contact Jay Russ at 647-2156.

Eager beavers



The Niles Park District Day Campers find holding periodic car washes anything but a chore! In weather so hot and humid, washing cars proves very refreshing as well as profitable. The money earned from the car wash helped subsidize the Day Camps field trips and Country Western Cookout.

Car washes are held periodically at the Rec Center on Milwaukee Ave. and at the Sports Complex at Ballard and Cumberland. Approximately 30 cars were meticulously scrubbed by 65 eager campers.

"Tam Bucket Brigade"

August 10-30, the Tam Golf Course, 6700 Howard St. in Niles, will be offering a "Bucket Brigade" special at the Tam Driving Range. Every Tuesday and Thursday during the above dates, golfers can take advantage of a 2 for 1 special on buckets of balls at the driving range. Purchase a small bucket (\$1) and get a small bucket free! Purchase a large bucket (\$2) and get a large bucket free!

Why not try a business lunch break. The Driving Range is a great way to "swing off steam" and our club house offers a complete line of concession items-everything from hamburgers to sweetrolls! For complete information contact the Tam Golf Course at 965-9697.

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The Rheemglas Fury Energy Miser is built to meet today's demand for greater fuel conservation. By incorporating unique design and production techniques, Rheem offers a dependable water heater with greater fuel efficiency and less heat loss. While aiding in fuel conservation, the Energy Miser can also substantially reduce fuel bills.

The Rheemglas Fury Energy Miser also features the highly efficient Gasmaster™ burner for use with natural gas, low input pilot for fuel efficiency.

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8053 Milwaukee Ave.
Niles, IL 966-1950

Interesting Facts From John Jennings



Here's a fact that helps demonstrate the incredible size of the universe: Although the Pioneer-10 spacecraft is traveling about 30,000 mph since it left the Solar System in June, 1983, it will take about 10,000 YEARS to reach the vicinity of the NEAREST star to Earth.

Which major city in the world is located on 2 different continents? Answer: Istanbul, Turkey. Part of Istanbul is in Europe and part is in Asia.

Although we all use the initials "a.m." and "p.m." for morning and afternoon, many people don't know what those initials stand for. They are ante meridiem and post meridiem-Latin for before and after noon.

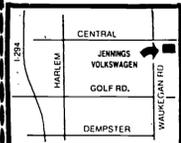
The least-straight street in the world is Lombard Street in San Francisco which, in one block, has 8 consecutive hairpin turns.

And, here's another interesting fact...

If you mention this ad after your deal is consummated (but before delivery) Jennings Volkswagen will deduct \$50 from the purchase price of your new or used car. One deduction per customer. One deduction per transaction.

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Friday:
8:30 AM-6:00 PM
Saturday:
9:00 AM-5:00 PM

BUSINESS NEWS

Tyda elected officer of S&L Network

Senior Executive Vice President and Chief Operating Officer of Talman Home Federal Savings and Loan Association, recently was elected vice chairman of the Savings and Loan Network.

The Network, comprised of and owned by 51 thrift institutions in nearly 400 offices in Illinois, works to enhance the competitive position, profitability, and overall viability of its shareholders' institutions through real estate investment and related real estate lending activities. Through dividends, shareholders receive a share of Network profits.

currently operates through three wholly-owned subsidiaries: RESCORP Development (construction), RESCORP Financial Services (credit), and RESCORP Realty (rental management).

Tyda joined Talman in 1978 in the Corporate Planning function. In 1981 he was named Executive Vice President and Chief Planning Officer. In Dec., 1982 he was appointed Senior Executive Vice President and in Aug., 1983 was named to his current position in which he is responsible for planning, directing and controlling all day-to-day operating activities of Talman and its subsidiaries.

Before joining Talman, Tyda

with the public accounting firm of Ernst & Whinney working exclusively with the savings and loan association and real estate development company clients of that firm.

He holds a Bachelor of Science degree in accounting from the University of Illinois, is a Certified Public Accountant, and is a member of several professional and trade organizations. He also is a member of the Executive Board of the Boy Scouts of America and the Board of Directors of Food Justice Program.

Tyda and his family reside in Sauganash.

Illinois Bell provides Allstate with Info Network

Illinois Bell will provide Allstate Insurance Co. with a new digital telecommunications system featuring the telephone company's Integrated Information Network (IIN).

The system will upgrade Allstate's existing Centrex system and will be provided from a Northern Telcom DMS-100 switch.

The 5,000-line system is scheduled to go into service in mid-1988 at Allstate's headquarters in Northbrook, said

Perry Erhart, Illinois Bell's senior marketing director for program management.

A product of the Ameritech Business Network, IIN is a digital voice and data telecommunications system offered by Illinois Bell. The equipment that provides the IIN is located in the telephone company's local switching office, which relieves customers of the expense of equipment purchases and maintenance.

Erhart said IIN is a flexible

communications system that allows Illinois Bell to tailor specific features to the individual requirements requested by a company.

Allstate will use the IIN for voice service.

Illinois Bell's plans are moving ahead for the start of IIN service later this year at the Sears Tower headquarters in downtown Chicago, Erhart noted. There, more than 8,000 IIN lines will be used for voice service.

Cragin Federal reports record lending volume

Cragin Federal Savings of Chicago has reported a record in mortgage lending volume for the first six months of 1987. \$283 million in loans were added to the

company's portfolio, representing an increase of 67 percent over the same period in 1986.

By midyear, 2592 applications had been received, according to

First Vice President of Lending Richard J. Jahns, who noted that by contrast 2800 applications were processed during the entire 1986 calendar year. In April alone, Cragin's lending staff took in 727 applications worth over \$67.5 million, another record in the institution's 78 year history.

Jahns attributed the volume to Cragin's competitive rates and unique adjustable mortgage plans. "There's also an added trust on the part of the public in dealing with savings and loans, because of the recent negative publicity about mortgage broker practices," Jahns remarked. "Customers want to know that someone will be there in years to come if they have questions or want to refinance."

Cragin Federal Savings has over \$2 billion in assets and operates five Regional Lending Centers in Chicago, Mt. Prospect, Schaumburg, Itasca and Wheaton.

Federal Estimated Tax Installment Due

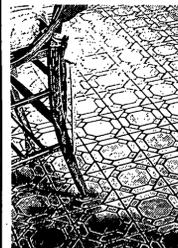
The Internal Revenue Service issued a reminder today to taxpayers who are required to make federal estimated tax payments.

The deadline for making the third installment for 1987 income taxes is Sept. 15.

Taxpayers who are required to make estimated tax payments should send their installment to the IRS service center where they file their tax return. The installment should be submitted to IRS along with the Sept. payment voucher that is contained in the Form 1040-ES Estimated Tax for Individuals.

Taxpayers who need to obtain copies of the 1040-ES and payment vouchers can order them by calling the IRS toll free 800-424-FORM.

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Golf Mill'ing Around The Mall

by Linda Zachow

Greetings from GOLF MILL where last Sunday's fashion show produced by J. C. Penney and Seventeen Magazine rated four stars for music, choreography, drama, and special effects—the fashions themselves.

Demure maidens dressed in the latest sleepwear hugged bed-sheets and raced to escape the night "boogie" man. In a circus routine, a handsome blonde master of ceremonies cracked his whip to let those sexy models wearing the latest leopard and tiger prints know they'd better tame their jungle instincts. Hot rock music ushered in the "hottest" black leather and leather looks. Attractive models, male and female, mesmerized the audience with flashy dance numbers.

The entire show was an electrifying success! The young models, most with no professional acting or dance training, were like sirens drawing the audience into their world of excitement. The brilliant bursts of color in the fashions made background scenery unnecessary.

Kudos are in order for Rose Pace, Special Events Coordinator for PENNEYS and Lauren McGowan, SEVENTEEN MAGAZINE'S Merchandise Coordinator. Their creativity allowed the patrons of the mall a very special afternoon of first class entertainment.

Despite these lazy, hazy days of summer, the calendar beckons us from our sunnambulism. The school bus will soon be waiting at the corner, and we'd better get ready. Let the mall be your one stop preparation center.

Our first stop was KINNEY SHOES, a great place for the latest style footwear for students ranging from preschool through grade school. We spoke with Jon Wilberge, manager, who has been fitting shoes for 10 years. He explained the extensive training course each new employee must pass in order to serve customers.

Jon also shared his fall fashion forecast with us for various groups. For the female set, Boots—fringes, Aztecs, white boots, and lug boots (leather, sweater lined high tops) for those cold days we can barely imagine right now...Athletic shoes and canvas skimmers remain popular for both sexes...For guys in high school and college, jazz shoes, campers, loafers, and the playboy looks are still going strong...Saddle shoes are still making a comeback for both sexes.

KINNEYS does a booming business in children's shoes and back packs for school. Jon told us that many small children fear getting new shoes and literally kick up a storm. KINNEYS is prepared for these occasions with the antics of assistant manager, Daryl Henderschalt, resident leprechaun. In the words of his colleagues, "He really looks like a leprechaun and acts like a child. He'll run around, leap over chairs, and give away balloons. Frowns become smiles and children beg to stay longer. Try KINNEYS for all your footwear needs.

FASHION CONSPIRACY is an appropriate name for the trendy women's clothing store that has been a fixture in the mall since 1979. According to manager Elizabeth Haban, they really do conspire to stock the newest trends before their competitors, and are usually successful. FASHION CONSPIRACY was the first store to stock those popular nuclear denims last Christmas and sold more than anyone else.

Being first is not their only claim to fame. Hard-to-find smaller sizes, and a great collection of the hottest fashions attract customers from ages 12 to senior citizens. It's a great place for pretens to find a more sophisticated look.

Their fall collections includes mini-skirts and the newer shorter sweaters in oak and neutral shades. Casual suits and dresses as well as an extensive sportswear collection is available... For great service, styles, and the opportunity to be the early bird trend setter in your crowd, consider FASHION CONSPIRACY.

GOLF MILL is an excellent place to obtain out of the ordinary school supplies. CARARY & THE ELEPHANT is offering discounts through August 19 on their unique and inexpensive perfumed pens, stackable marker sets, and erasers in animal shapes and teddy bears to name a few of their products.

ARCADIA is filled to the brim with designer school supplies. Ron Opdahl, manager, told us, "ARCADIA's buyers pound the pavement in foreign countries such as Italy, Germany, and the Orient to bring you the most fashionable, practical, and beautiful notebooks with matching pens, and desk accessories the world has to offer." Ron drew our attention to the store's white decor which acts as a canvass for the radiant pallet of colors seen in most of their merchandise.

ARCADIA's sleek Eurostyle Ergo desk organizer is perfect for those small college dorm rooms. Their notebooks and binders are works of art with brilliant splashes of color in geometric shapes on dark backgrounds...There's no excuses for forgetting homework assignments with tools like these.

Until next time, see you at the mall.

Illinois Bell's new Information Line

This information won't get lost in a drawer. It always will be accessible—24 hours a day, seven days a week—unless, of course, you misplace your telephone.

Illinois Bell's new Information Line—a group of "audio brochures" or prerecorded messages of basic, general information about customers' telephone service—now is available to those with Touch-Tone service in the 312 area code. By dialing 1-800-445-4945, customers can get answers to questions about starting or changing their current telephone service, repairs, information about the rate restructuring plan now in effect in Northeastern Illinois and money-saving tips.

The service allows customers to obtain information about telephone service at their convenience. For those who do need to contact a service representative, the Information Line provides customers with advance information about possible service options. This helps them to better plan their telephone needs.

The Information Line is an interactive system. Callers to the line will hear a general recorded message. They then are instructed to press numbers on their Touch-Tone dial that relate to the message they want to hear. Calls to the number are toll-free.

Talman Home sponsors Investment Seminar

Talman Home Federal Savings and Loan Association, in conjunction with INVEST, will sponsor a seminar on leveraged limited partnership investments at Talman's Irving Park office, 4901 W. Irving Park, at 6:30 p.m. on Thursday, August 20.

INVEST Representatives Paul Hickey and John Machonga will show members of the audience how to match their financial goals with this kind of investment product.

Although the seminar is open to the public free of charge, seating is limited. For reservations, please call Talman's Irving Park office, 777-1615.

INVEST is a service of ISFA Corporation, member SIPC.

Parkside names marketing head

William J. Mueller, president of Parkside Medical Services Corporation, a subsidiary of the Lutheran General Health Care System, announces the election by the board of directors of John A. Pugliese to vice president of marketing services.

Parkside Medical Services Corporation owns or manages over 60 centers for alcoholism, drug abuse, eating disorders, and psychiatric treatment from coast to coast.

Bradford promotion

Susanne Grogan Southwood, 47, has been promoted to vice president-creative at The Bradford Exchange, announced President Richard Tinberg.

Headquartered in Niles, the exchange is the world's largest trading center for limited-edition collector's plates.

ACE Hardware August Sale

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BILL RIECK
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Compact low cost alarm. For home or travel. Ass'td. Colors

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Theme Books
70 page wide or narrow margin book with lined pages.

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Your choice—3"x300" or 1/2"x450". Stock-up now.

2.99¢
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ERASERS
Your Choice:

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Professional Quality Ace DUCT TAPE
WHILE SUPPLIES LAST!

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AS ADVERTISED ON NATIONAL T.V.

COMBINATION LOCK -TWIN PACK

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WHILE SUPPLIES LAST!

AS ADVERTISED ON NATIONAL T.V.

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PLASTIC TUBE HANGERS

12 FOR \$1
Reg. 19¢ Value

Unbreakable hangers in assorted colors.

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AS ADVERTISED ON NATIONAL T.V.

14" Patio Broom

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WHILE SUPPLIES LAST!

Light Weight Push Broom

For leaves, dust and debris on patios and driveways. 48" handle.

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SCHOOL NEWS

Outstanding American History Scholar

Meredith Brammeier of Park Ridge has been selected the outstanding American History Scholar at Maine South Township High School.

Meredith has performed in two Broadway Musicals, one V>Show and an All-School Play. She has served as an accompanist for various musical groups at Maine South including the Concert Choir and the Choir Ensemble, in which groups she also sings. She has been on the staff of the school newspaper, Southwords, for three years - is presently Commentary Editor and has been named Co-Editor-In-Chief for next year. Meredith is a board member of the Modern Music Masters Society and she is also a member of the Mu Alpha Theta mathematics club, German club, Thespian Society and the National Honor Society. She has



Meredith Brammeier

received a journalism award and has been a member of Quill and Scroll since her sophomore year.

NIU student guides

Among the 325 students serving as NI Guides this month for "Northern Premiere Week 1987" at Northern Illinois University in DeKalb are: Des Plaines - Lisa

Bayer, Joe Goldstein, Gerylal Gradl, Patty Madaj, Kimberly Mulhall and Jill Palacz; Niles - Nancy Kozanek, Cheryl Moy and Paige Wechsler; Skokie - Jeff Cutler, Jackie Jacobson and Mitch Ratnow.

NI Guides are continuing NIU students who volunteer to assist incoming freshmen and transfer students make the adjustment to living in campus residence halls and to the NIU and DeKalb communities.

Their responsibilities include writing letters of welcome to new students, helping them move into their residence halls and arranging get-togethers for new students to meet each other. Guides also inform students about Premiere Week events and accompany them to campus activities scheduled for Aug. 28-30.

Beth Emet Pre-School programs

New toddler programs In Sept., the Beth Emet Parenting Center will offer 2 new toddler programs. The first, called BONIM, is for parents and toddlers who will be two years old by Sept. 1, 1987 and will be held on Thurs. mornings from 9:30-11 a.m. The KADIMA program, which will be held on Fri. mornings from 9:30-11 a.m., is for children (only) who turned 2 years old by Apr. 1, 1987.

Both programs provide opportunities for exploring a variety of experiences including storytime, outdoor and indoor free play, art and music activities all within a Jewish environment.

Four and five year olds The Shabbat Program at Beth Emet for four and five year olds offers exciting activities to familiarize the four or five year old child with the Synagogue, Shabbat and the variety of holiday celebrations. Activities are chosen in order that the child's family may become familiar and comfortable with a variety of Jewish rituals.

The program will be held Fridays starting in Sept. from 1-2 p.m. Three and four year olds Beth Emet's Nursery School Program is based on a developmental philosophy of education which enriches and integrates Jewish experiences in an atmosphere which encourages play and exploration.

Our program is available for those children who will turn three years old by Sept. 1, 1987, or four years old by Oct. 1, 1987. The program, meeting from 9:30 a.m.-12 p.m., is offered three days a week for three year olds, and four year old children have the option of attending the class either 3 or 5 days per week.

For further information on any of the above programs and/or applications please call Marsha Steinfeld at 869-4230.

Skokian participates in summer program Michelle L. Berkowitz, a resident of Skokie, was among 180 high school-age women who participated in a week-long Women in Engineering and Management Summer Program recently at Stevens Institute of Technology, Hoboken, N.J.

The program, attended by students from more than 30 states, was established in 1977 to inform young women of the career opportunities available in engineering, management, and related fields. The participants attended panel discussions with women engineers, received hands-on experience in a laboratory, took a field trip to a local company, and attended other career development activities.

The participants, most of whom are in the top 10 percent of their high school classes, had a demonstrated ability in mathematics and science in order to be selected for the program.

Registration days for District 63

August 19 and 20 have been scheduled as District 63 School Registration Days for all students. Children registering for kindergarten must be five (5) years of age on or before October 1, 1987, and those entering first grade for the first time must be six (6) years of age on or before November 1, 1987. Registration for Kindergarten through Grade 6 students will be held at all District 63 elementary schools on August 19 and 20 from 8:30 a.m. to 11:30 a.m. and from 1 p.m. to 3 p.m. Students whose last names begin with A through N will register on Wednesday, Aug. 19 and students whose last names begin with O through Z will register on Thursday, Aug. 20.

Wednesday evening, Aug. 19, between 6:30 p.m. and 8:30 p.m., all schools in the district will be open for registration for parents of students who work during the day or who cannot make arrangements to register during the day. Registration is encouraged at the time scheduled for you, if possible, as evening registration is anticipated to be very heavy.

Students assigned to the Early Childhood Center will register at Oak School, 7640 W. Main St., Niles, on Wednesday, Aug. 19, from 8:30 a.m. to 11:30 a.m. and from 1 p.m. to 3 p.m. No evening hours will be held at Oak School.

Parents who cannot register in person or have someone register their child for them will be required to mail the textbook rental fee, as well as whatever registration information is necessary for

their child, to their school of attendance on or before Thursday, Aug. 20, so that all appropriate student assignments can be completed before school commences.

If your child will be enrolled for the first time in kindergarten, first grade, or fifth grade, or is new to the district this school year, he/she must have evidence of current immunizations and physical examination on file. You must bring the completed forms to the registration on August 19 or 20. These forms were made available to all fourth grade parents and to those who enrolled their children for kindergarten. If you need additional forms, please contact your school principal.

The first day of school for District 63 students will be Monday afternoon, August 31. Full particulars are being sent to parents by mail.

Elementary schools in District 63 are at the following locations: Early Childhood Center, Oak School, Virginia Tingham, Coordinator, 7640 W. Main St., Niles, IL 60648, 966-2300.

Nelson School, Robert Jablon, Principal, 8901 N. Ozanam Ave., Niles, IL 60648, 965-0950. Stevenson School, Dr. Stewart Liechti, Principal, 9000 Capital Dr., Des Plaines, IL 60016, 827-6231.

Mark Twain School, Raymond Kuper, Principal, 9401 N. Hamlin Ave., Des Plaines, IL 60016, 296-5341.

Washington School, Patricia Johnson, Principal, 2710 Golf Rd., Glenview, IL 60025, 965-4780.

Gemini Junior High registration

East Maine School District 63's Gemini Junior High School, 8955 N. Greenwood Ave., Niles, has announced its registration dates.

Registration will take place on Wed. and Thurs., Aug. 19 and 20. Seventh graders will register on Wed., Aug. 19 and eighth graders will register on Thurs., Aug. 20.

Registration at Gemini School will be held in the Cafeteria on the first floor from 8:30 a.m. to 11:30 a.m. and from 1 p.m. to 3 p.m. On Wednesday evening, Aug. 19 between 6:30 p.m. and 8:30 p.m., Gemini will be open for

registration for the parents of students who work during the day. Please use the outside entrance on the northeast side of the building.

If you are on vacation at the time of registration, you can register in the Student Affairs Office of Gemini School between the hours of 8:30 a.m. and 11:30 a.m. and from 1 p.m. to 3 p.m., from Aug. 24 through Aug. 28.

The first day of school for students will be Mon. afternoon, Aug. 31. Opening day will be for one-half day only.

Dalton named principal of Forest School

Beth Dalton, 25, has been named principal of the Forest School, a fully accredited on-site school program operated by Forest Hospital, Des Plaines.

Dalton joined the Forest School three years ago as a teacher. She has served as assistant principal for the last two years. She was also an interim principal for a similar academic program at the

Springfield Park Central Hospital in Springfield, Mo.

Forest School provides a therapeutic academic program for kindergarten through 12th grades for children and adolescents who are inpatients at Forest Hospital. The school offers an individually developed teaching approach and educational programs for each student, with limited class sizes.

Final class registration at OCC

Students will have a last chance to register before classes begin for the fall semester at Oakton Community College during final registration on Monday and Tuesday, August 17 and 18. Classes will start Monday, August 24.

Walk-in registration will be ac-

cepted from 9 a.m. to 1 p.m. and 5:30 to 8:30 p.m. at Oakton, 1800 E. Golf Rd., Des Plaines and Oakton East, 7701 N. Lincoln Ave., Skokie.

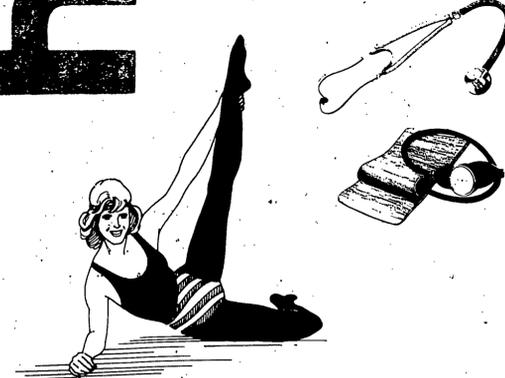
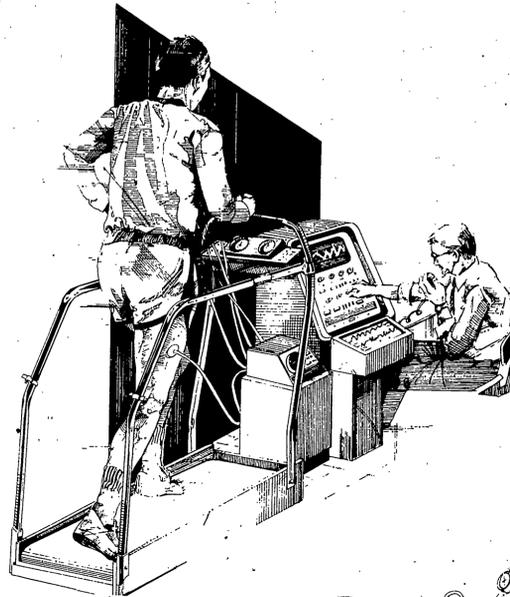
For information, call the Admissions Office, 635-1700 (Des Plaines) or 635-1400 (Skokie).

A Bugle Publications Special Section

Thursday, August 13, 1987

A Supplemental Guide to your continued Health and Fitness

Fit & Fitness



ac Oakton Community College

Fall Semester Touch-Tone Registration

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The Line You Don't Have To Stand In. Phone First. 635-1616

Telephone Registration Now in Progress.

You Will Need:

- Schedule of classes (Oakton Report)
- Instructions for Touch-Tone operation (available at various locations on each campus)
- A touch-tone phone
- You must have attended Oakton during the past year or have been notified of your acceptance for the 1987 Fall term.

For Other Registration: See the July Oakton Report or contact the Student Services Center. Des Plaines: 635-1741 Oakton East: 635-1417

HEALTH AND FITNESS

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One of the world's largest and oldest suppliers of fitness equipment is located in Chicago at 5612 N. Western. Wishhoff Industries only specializes in commercial quality equipment built to last a lifetime.

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The exercycle exerciser all body action fitness machine formerly used at Gloria Marshall Salons is the ultimate fitness machine sold today. Enabling you to do the rowing, swimming, push-ups and sit-ups, the fitness machine has handlebar movement, seat movement and pedal motion which gives the use an all body action exercise. The exercycle exerciser has been manufactured for the last 50 years and has given customers the only fitness machine they've ever owned. The trotter treadmill used in famous fitness centers such as Pritikin are all on display at the



Western Ave. showroom. Built to withstand heavy use this is the ideal treadmill for home use which has electric elevation models, state of the art pre-programmed models and many

New hope for breast cancer

One in every 11 women will be afflicted with breast cancer at some point in her life. However, thanks to improved methods of diagnosis and treatment, it is an increasingly manageable disease, with a complete cure rate among the highest of all types of cancer, says the National Foundation for Cancer Research.

Treatment often involves a combination of surgery, radiation therapy and anti-cancer drugs. The last method, known as chemotherapy, is toxic and usually causes side effects such as nausea and hair loss.

A scientific breakthrough - hormone therapy - pioneered by NRCR project director Kathryn Horwitz at the University of Colorado offers a less traumatic treatment alternative.

Hormonal treatment involves high doses of progesterone, a female hormone believed to inhibit the growth of cancer cells. Side effects are rare and are generally not serious.

Dr. Horwitz has developed a new test which checks for the presence of progesterone receptors in a breast tumor. The test determines whether a woman is a good candidate for hormone therapy. If she is not, the test enables her doctor to prescribe conventional treatment right away, without waiting to see if hormone therapy works and giving cancer time to spread.

The National Foundation for Cancer Research is a private non-profit organization based in Bethesda MD. With the help of donors nationwide, it has allocated more than \$50 million to basic cancer research over the last decade.

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First aid for heat reactions

Summer heat can affect the human body by causing heat stroke or heat exhaustion. Victims usually are the elderly or the very young, as well as overweight people, according to first aid experts at the Mid-American Chapter of the American Red Cross.

Heat stroke may occur when a person has a very high body temperature (106 degrees or higher), crossing a breakdown of the body's ability to perspire, which is the body's natural way of cooling down. Symptoms include skin that is hot, red and dry. If not promptly treated, a person with heat stroke may lose consciousness.

The Red Cross suggests these first aid steps for treating heat stroke:

- Undress the victim and sponge the skin with a towel moistened with cool water or rubbing alcohol.
- A fan or air conditioner should be used to help maintain a cooler body temperature.
- Do not give the victim stimulating beverages such as coffee, tea or alcohol.
- Give the victim half a glass of

water every 15 minutes or so over the course of an hour (one teaspoon of salt per glass).

Heat exhaustion is characterized by fatigue, weakness and profuse sweating. Symptoms include pale, cool clammy skin, nausea, dizziness and perhaps cramps. The victim's body temperature is usually normal.

The Red Cross recommends these first aid steps be taken in the event of heat exhaustion.

- Take the victim to a cool shaded place, but do not allow the victim to become chilled.
- Loosen tight clothing.
- Give victims sips of salt water.
- Have victim lie down with feet elevated eight to twelve inches above head level.

It is easier to prevent heat reactions than to treat them. Enjoy the outdoors during the summer - and keep this final tip in mind: Keep cool and use common sense.

First aid classes are offered by the Mid-America Chapter of the American Red Cross. For more information, call 440-2009 or write to the chapter at 43 E. Ohio St., Chicago 60611.

An Aspirin A Day?

Recent research has revealed an important new use for an old medicine. Scientific studies show that taking one or two aspirins a day can help to prevent a second and possibly a first heart attack.

As a result, many doctors now prescribe aspirin therapy as a preventive measure because aspirin increases the ability of the blood to stay fluid (like an anti-coagulant). In fact the U.S. Surgeon General, Dr. C. Everett Koop, who himself takes an aspirin a day, supports this use of aspirin. Dr. Koop recommends aspirin for heart attack prevention for anyone in their 40's and older.

Because regular aspirin can cause stomach upset—many doctors recommend the use of "enteric" or safety coated aspirin to eliminate concern over gastric problems. The market leader for coated aspirin is Ecotrin.

Coronary heart disease is the number one killer of adults in this country. Regular checkups, proper diet, sufficient exercise, and no smoking can also help you reduce your risk.

Program on fiber in diet

"Fiber - Friend or Foe" is the name of the medical program which will be presented at Lawrence House, the senior citizen hotel, 1020 W. Lawrence Ave., today, Thurs., Aug. 13 at 11 a.m.

The program is free and open to the public.

Nurse-practitioner Marion Wisby will discuss the benefits and side effects of the high fiber diets which are in vogue today. There is a need for fiber in diets, Wisby says, especially as persons grow older. "Fiber lowers blood cholesterol, reduces the propensity toward colon cancer and promotes cardio-vascular health," she added.

However, too much fiber influences the absorption of vitamins and minerals.

Wisby will explain the difference between "just enough" and "too much".

For reservations and information, please call 561-2100.

Hospital Olympics

More than 1100 athletes from Chicago and suburban hospitals will be competing in this year's major sports battle, the Hospital Olympics.

Events include a 5K and 10K road race, relay races, tug-of-war, softball and volleyball tournaments, pushball, tennis, free throws, darts, and swimming. The event will be held at Proseel Park in Lincolnwood, on Sun., Aug. 16, 8 a.m.-5 p.m.

Proceeds (approx. \$7,000) are donated to the Chicago Area Special Olympics. Area hospitals participating in the Olympics are Swedish Covenant and Lutheran General Hospital.

The event is sponsored by Edgewater Rehabilitation Associates, Inc. and Abbey Medical. For information, contact Chuck Kaplan, 878-6468.

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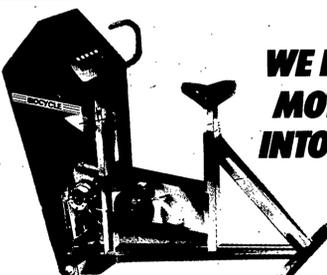
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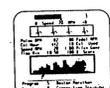
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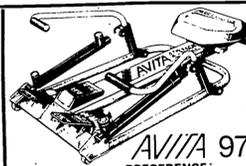


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HEALTH AND FITNESS

Physicians Center open Skokie office

Physicians Centers, responsible for helping thousands of patients stop smoking - and stay stopped - has opened a new medical office at 64 Old Orchard Center in Skokie.

With great success at Chicago's 500 N. Michigan ave. office and the Professional Building at Oakbrook Center, Oak Brook, now Skokie provides another convenient location where help is available to end the cigarette habit forever.

"Nicotine in cigarettes, like other drugs, has both a physiological and psychological phase in its addiction," says Eunice Bailey of Physicians Centers. "That's why our patients are seen by both a licensed medical doctor and a Ph.D., or counselor so all aspects of



Eunice Bailey

cigarette smoking are dealt with," said Bailey.

The one and one-half hour treatment takes effect within minutes. Many immediately experience a diminished desire to smoke and the majority do not experience the side effects of nicotine withdrawal as do those who try to quit on their own.

You can leave Physicians Centers a comfortable ex-smoker, who can stay stopped for the rest of your life. The fee for treatment is tax deductible and many insurance companies reimburse Physicians Centers patients.

Call the Skokie office for more information and to make an appointment to stop smoking for good. Call 679-5300.

Thomson Vacation Celebration Sweepstakes

The official Thomson Vacation Celebration Fitness Sweepstakes will be open to

Endometriosis Support Group

Endometriosis is a condition that affects women of child bearing age. It involves the reproductive system and can cause pelvic pain, infertility and other problems.

Northwestern Memorial Hospital's Prentice Women's Hospital and Maternity Center has established an Endometriosis Education and Support Group to help women learn more about the disease. Meetings are held the first Tuesday of every month from 7 p.m. to 9 p.m. at Prentice Women's Hospital, 333 E. Superior St. For more information or an appointment please call 908-7503.

Cardiologist joins Edgewater Staff

Franklin B. Saksena, M.D., has recently been appointed to the Edgewater Hospital medical staff. Doctor Saksena received his medical education in Canada and completed his postgraduate training at the University of Chicago and Northwestern University Medical Center. For many years Doctor Saksena has practiced medicine on Chicago's North Side.

His office is located at 2740 West Foster Ave., Suite 309, in Chicago and can be contacted at 679-2679.

existing members or potential members.

There will be three grand prizes (one at each club), one week trip for two to Jamaica, SuperClub's all inclusive resort in Jamaica that caters to fitness-conscious people. Entry blanks are available at Tam Athletic Club, Nautilus of Evanston and Woodfield Fitness Club. Sweepstakes will run from Aug. 13 to Sept. 9.

The official rules and entry blank are as follows:

RULES

- 1) No purchase necessary to enter.
- 2) Potential new members must tour through one of the clubs or take part in a complimentary workout to enter sweepstakes.
- 3) Existing club members need only to fill out below entry blank.

Lutheran General diabetes program

Lutheran General Hospital, 1775 Dempster, Park Ridge, will host an educational program for people with diabetes about foot care and the complications of diabetes. The program is scheduled for 7:30 to 9 p.m. Thurs., Aug. 20, in Room 902.

The program features Don Uhlmyer, certified diabetes educator. Mr. Uhlmyer will provide information on the complications of diabetes, current treatments and how foot care prevents complications.

The fee for the program is \$15 and reservations are suggested. For more information or to register, call the Diabetes Care Center Helpline at 696-8282.

Lupus Foundation benefit

A luncheon and polo match to benefit the Lupus Foundation of America, Illinois Chapter, will be held at the Oak Brook Polo Club on Sun., Aug. 30.

The benefit will feature a nautical theme and will include a luncheon and silent auction before the 3 p.m. match. For ticket information phone: 779-3181 or (815) 385-0013.

Bethany Methodist Golf outing benefit



A. Buck Ayars (l-r) stands with Frank Pope, of Currie Motors in Glenview, and Phyllis Sopicke next to the 1987 Ford Thunderbird that is one of the prizes to be awarded at Bethany Methodist Foundation and Terrace's Golf Outing on September 1.

Currie Motors is contributing the Thunderbird as a special prize for a hole-in-one on the twelfth hole, a 185 yard shot.

Buck Ayars of Northbrook and Phyllis Sopicke of Norridge are the co-chairs for this special benefit golf and poolside outing to raise funds for rebuilding the Rotunda at Bethany Methodist Terrace. The Terrace is a 275-bed nursing home in Morton Grove

with a special expertise in Alzheimer's Care in addition to intermediate and skilled nursing care. Its Rotunda serves as the resident's living area, with activities and volunteer offices as located within the aedulea as well.

Those interested in joining Bethany Methodist in this end-of-summer outing, whether for a day of golf or poolside with a Sante Fe buffet, should contact Joy Ibsen, president, Bethany Methodist Foundation, at 271-9040, or Phyllis Sopicke at 456-6750. Golf tickets are \$150. Poolside and buffet tickets are \$50.

Supplies and equipment for home rental/purchase

Pharmaceutical supplies, oxygen services, medical equipment, hospital beds and other patient care aids will be available for home rental and purchase through the new Resurrection Oxygen, Medical and Pharmaceutical Services (ROMPS).

The new ROMPS service will provide home patients and community residents with supplies and equipment necessary for home patient care and will be administered through the Resurrection Apothecary located in the Resurrection Professional Building, 7447 W. Talcott ave., Chicago.

Services are available 24-hours a day, according to Sam Kennedy coordinating the new service through the Apothecary located adjacent to and affiliated with Resurrection Hospital.

A special delivery option is available for a nominal \$2 charge, according to Kennedy. During regular business hours, local residents may call 792-6090,

and after hours they should dial 792-5200.

Supplies and medical equipment available for purchase or rental include: pharmaceuticals, wheelchairs, walking aids, patient aids, hospital beds, respiratory equipment, medical gases, oxygen concentrators, exercise equipment, traction equipment, ostomy supplies, diabetic supplies, chemotherapy drugs and wound care products.

Boundaries for the new ROMPS service extend east to Ashland ave., south to Randolph st., west to Route 83, and north to Willow (Palatine) rd..

Message for new voice group

The New Voice Club of Swedish Covenant Hospital will hear a talk entitled "Knocked down but not knocked out" with Chaplain Roger Nelson, director of the hospital's pastoral care department, at its meeting on Tuesday, Aug. 25, at 6:30 pm in the Anderson Pavilion, 2751 W. Winona.

The New Voice Club is an educational and support group for laryngectomees, persons who have had their voice box surgically removed, and their families. The meetings are free and open to all laryngectomees. For further information contact Sheila Derman of the hospital's speech therapy department, 878-8200, X5305.

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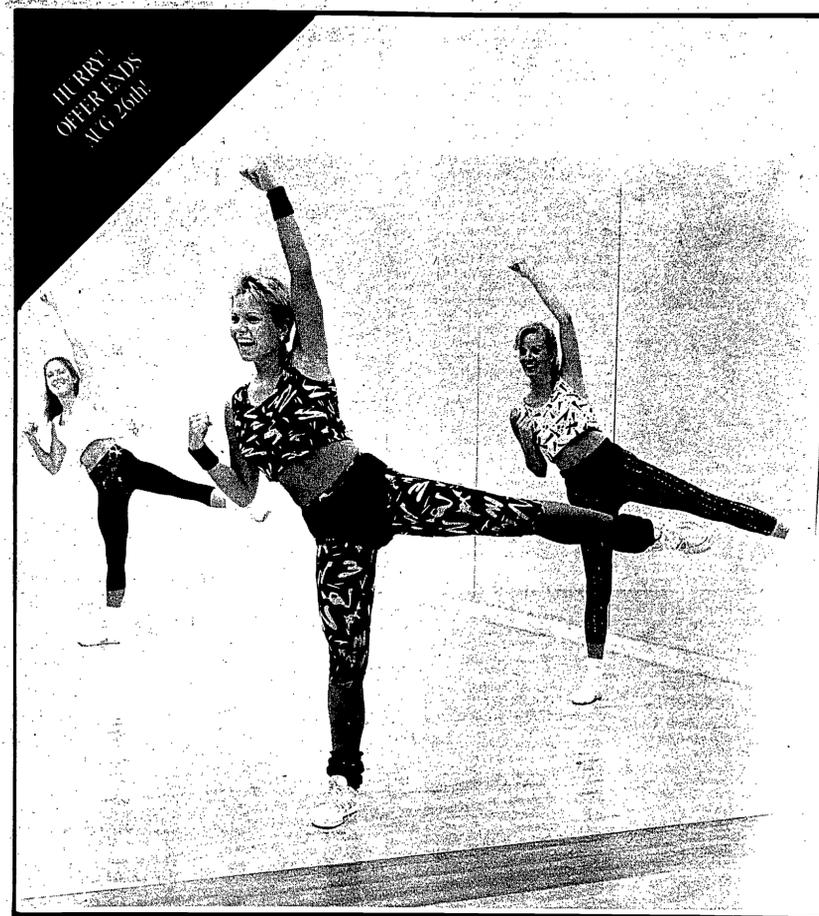
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HEALTH AND FITNESS

Nearing the finish line



James B. McCormick, MD, (l) president of Swedish Covenant Hospital, 5145 N. California; Donald Tunm, PhD, manager, LifeCenter on the Green, Inc., new health and wellness facility affiliated with the hospital; and Dr. McCormick's son, Jeremy, are seen here approaching the finish line of the Lakefront 10 race sponsored recently by the LifeCenter. The race followed the running path along the lakefront from Foster Ave. to Diversey Ave. and back. Dr. McCormick P.E.P.

Spanish classes

"Preparation and Education for Parenting" classes (P.E.P.) will be conducted in Spanish from 7 to 9 p.m. on Thursday, August 20 and August 27 at Edgewater Hospital, 5700 N. Ashland Ave. Classes provide information on nutrition, exercise, the mother and baby's growth and development, the birthing process and post delivery care.

To register and for fee information, call 878-6000, Ext. 3145.

Diet and Cancer

The government estimates that 35 percent of all cancer deaths are related to what we eat. This may seem like a startling statistic, but it actually translates into some encouraging news. The National Foundation for Cancer Research says that by following a few dietary guidelines, you and your family can dramatically reduce your risk of cancer.

While no food can cure cancer by itself, the following contain nutrients and vitamins which can have anti-cancer properties: brussels sprouts, broccoli, carrots, cauliflower, lettuce, leafy green vegetables, whole grain breads, whole grain cereals, cabbage, tomatoes, citrus fruits, and yellow vegetables.

Americans tend to eat too many fatty foods, which can contribute to breast, colon and prostate cancer. By cutting down on fats, you will also avoid obesity, which increases the risk of many forms of cancer. Eat

Caring For Your Ears

Many Americans are glad to hear that the itch in their ears may be caused by too much ear-wax.

There are lots of things that can cause wax to build up in the ear. Some ears just produce a lot of wax.

• An abnormally-shaped ear canal can hold wax too long.

• The wax may be softer or drier than normal and so not move out of the canal.

• The wax may be trapped by hairs in the canal.

Doctors advise the thing not to do is try to remove earwax with your finger, a cotton swab or any other object. What many people do is use the Murine Earwax Removal System available at drug and food stores. It consists of drops to gently soften and loosen the wax and an easy-to-use soft-bulb ear washer to safely flush the wax out of the canal. If your earwax needs to be removed weekly, you should discuss it with your doctor.

St. Stephen seeks blood donors

St. Stephen Church members invite community residents to join them on Monday, August 17 for a blood drive. The drive, from 4-8 p.m., will be held in the school hall, Prospect and Ash, Des Plaines. Chairperson Diana Dean urges eligible donors to walk in and donate.

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Beyond Calcium

By Dr. James "Red" Duke, Jr. Prominent Physician

Osteoporosis, the serious loss of bone mass, affects as many as half of all women and many men over the age of 45. Most people, however, don't know they have it until a bone breaks. In fact, the condition is difficult to detect on X-rays until people lose about one third of their bone mass.

But osteoporosis can be delayed and possibly prevented by following a few tips:

- Eat a well balanced diet. Calcium's popularity with women grows from its ability to make bones healthy. Fish, dark greens and skim milk offers lots of calcium without much fat. Other minerals that help maintain bone density are manganese (in meat, eggs, and skim milk) and zinc (in meat, oysters, and legumes).

- Exercise to strengthen bones. Inactivity can lead to bone loss. And studies show that the most beneficial exercise is "weight-bearing," which makes muscles move against gravity. Try running, hiking, dancing, or walking to build both muscle and bone.

- Consider estrogen. Studies show that women who take estrogen after the onset of menopause have fewer hip, wrist and spinal fractures than those who don't. If you're post menopausal or have had an early menopause due to ovary removal, ask your doctor about the benefits and risks of estrogen replacement therapy.

- Regulate your vitamin D. While it's possible to get too much, vitamin D is necessary for maximum absorption of calcium. Sunlight, not supplement, is the best and safest way to get it. Spend just 10 to 15 minutes in the sun daily for a good balance.

- Prevent accidents. As you age breaking bones can become serious business. Kepp floors clear, stairways well-lit and walkways free form ice.

- Stop Smoking. Recent studies show that 10 to 20 percent of all hip fractures are attributable to smoking. Through this hasn't been directly related to osteoporosis, it's one more reason to give up cigarettes.

For more information on this and other ideas for healthy living, tune-in to BODYWATCH, the PBS-TV series funded by the NutraSweet Company, the brings you health and fitness ideas you can live with. A viewers' guide to the series is available through: The NutraSweet Center (BWII), P.O. Box C1115, Skokie, IL 60076. Check local PBS-TV listings for show times.

Oncology support group

The Oncology Support Group of Swedish Covenant Hospital will view and discuss a videotape on the subject of "Loneliness" at its meeting at 1 pm on Friday, Aug. 14, in the Anderson Pavilion, 2751 W. Winona.

The Oncology Support Group's purpose is to help cancer patients and their families through education, information and sharing. The meetings are free and open to all appropriate persons. For further information contact Steve Jackson, pastoral care department, 878-8200, X5098.

HEALTH AND FITNESS

Need for blood leads to Legion Blood Program



Joseph Manak, American Legion, Post #96 blood drive chairperson, smiles while his daughter and son-in-law Linda and Daniel DeCastell donate blood for the first time.

Two years ago, Linda and Daniel DeCastell were out enjoying an afternoon motorcycle ride when suddenly their motorcycle was rear-ended. The impact threw Linda backward where she bounced off the windshield of the car behind them. She was thrown 150 feet. Daniel was also thrown 150 feet. Both were knocked unconscious.

Mammography Screening: What You Should Know

About one in every ten women will have to deal with breast cancer in her lifetime. Some 40,000 women die from the disease every year. The American Cancer Society estimates over 130,000 new cases of breast cancer will be diagnosed among American Women in 1987. Fortunately, many women make a full recovery from breast cancer, thanks to early diagnosis and treatment.

Mammography, a form of x-ray, is a screening tool used in detecting breast cancer and is considered the best method currently available for detecting tumors in their early stages, offering women the best chance for survival.

Having a mammography examination alone, however, is no assurance of early detection; the examination must be done properly. The Food and Drug Administration (FDA) monitors mammographic techniques and

Daniel remained unconscious for several days. After regaining consciousness, he remained at the hospital for six months. He suffered a cracked skull, knee fracture, broken leg and internal injuries. Daniel required several units of blood immediately after the accident.

After the accident, the DeCastell's decided to become blood donors as a way to say "thank-you" to the special people who had donated blood which saved their lives.

After learning of their blood usage, Linda's father, Joseph Manak, a seventeen year member of the American Legion, insisted that the post establish a blood program. Manak

volunteered to serve as chairperson of the drive.

On June 22, the DeCastell's made their first blood donations at the American Legion Post #96 blood drive. Linda says her gift of blood was also a Father's Day gift to her dad.

Linda's gift of blood has special meaning for Manak as well because he also received blood. Eleven years ago he learned that he needed open heart surgery to replace three blocked valves. During surgery he received several units of blood. "Blood helped save my life, so I decided to become chairperson and do what I could to help make blood available for others."

Manak's only disappointment

is not being able to donate himself. "Because of my surgery, I can't donate anymore. But there are many others in the community who are eligible to donate but don't. I urge them to donate before they too have to learn from experience."

If you would like to help make blood available for those who need it, call LifeSource at 298-9660. LifeSource, a not-for-profit community service organization, was formed in January as a joint venture of the American Red Cross and The Blood Center of Northern Illinois. LifeSource provides blood, blood components and related services to 60 hospitals in metropolitan Chicago.

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HEALTH AND FITNESS

Parkside names Strickland vice president

William J. Mueller, President, Parkside Medical Services Corporation, a subsidiary of the Lutheran General Health Care System, today announced the appointment of Betty E. Strickland to the position of Regional Vice President.

Betty Strickland, a graduate of St. Leo's Hospital School of Nursing, with under-graduate studies at Eastern Michigan University, has long been active in the

American Nurses Association and the National Nurses Society on Alcoholism, and has received many appointments and honors during her career. She resides in Buffalo Grove, Illinois.

Parkside Medical Services Corporation owns or manages over 60 centers for alcohol and drug abuse, eating disorders, and psychiatric treatment from coast to coast.

Dental Exams for kids

During the month of August, Dr. James D. Izzo's dental office, 7234 W. North Ave., Elmwood Park, will be giving dental examinations including x-rays, consult, and school form (if necessary) for \$1.00 (one dollar) to children ages 3-16 who must be accompanied by parent or guardian.

For an appointment call 452-7010.

Dr. Jim and his staff welcome

you and your family to our practice of family oriented preventive dentistry. We will be complimented to have you choose our office for all your dental needs. Our office is open Monday through Thursday with early morning and evening appointment availability.

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(312) 452-7010

James D. Izzo, D.D.S.
Cameo Tower - Suite 205
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Elmwood Park, Illinois 60635
(312) 452-7010

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Rush on mumps and rubella vaccinations expected

Are you aware of the new Illinois state law that requires proof of mumps vaccination before children may enter school this fall?

According to Pat Casey, R.N., director of Holy Family Hospital's Ambulatory Care Center, the new legislation requires all children, upon entering either private or public school this fall, to provide either a proof of mumps immunization after 12 months of age, a physician's statement of a physically diagnosed case, or a documented religious objection. This does NOT mean just kindergartners, but all grade school children.

"Because of the documentation needed to prove mumps immunization, there will probably be a rush right before school starts," stated Susila Subramanian, M.D., a pediatrician at the Wheeling-based Ambulatory Care Center. "A long time ago many physicians gave the immunization before 12 months but any immunization given before a year will not be effective for the child's entire life and therefore must be repeated."

Immunization Program Coordinator for the Illinois Department of Health, Chuck Jennings, stated that 78 percent of all children in the state have protection but approximately 22 percent or 446,000 children do not.

Although most schools notified parents about the necessity of immunization, the state expects a

rush two weeks before school starts. Statewide, both public and private clinics will be affected because of people putting off what could be done now, Jennings said.

"We are receiving shipments of the vaccine every month but the demand may be so great that the vaccine may not be readily available right before school starts," stated Jennings, "and children will not be allowed to go to school without proof of vaccination."

Mumps have also caused problems on college campuses. Due to outbreaks of mumps this past year, new legislation has been passed requiring college students to provide proof of all immunizations as of July 1988. Many colleges are voluntarily putting the legislation into effect this year, which will also increase the demand.

Holy Family's Ambulatory Care Center is getting ready now. It is offering the mumps vaccine for \$10, with no appointment and no waiting. All you need to bring are the appropriate school forms and immunization records. "The Center is an excellent facility," stated Dr. Subramanian. "It has everything necessary already there to treat out patients properly, including a full staff of physicians who have their offices there."

Holy Family Hospital's Ambulatory Care Center, located in Wheeling at the corner of Milwaukee and Strong aves., also features immediate medical attention, X-rays, laboratory, podiatry, dental and ophthalmology services.

If you don't have a physician, Holy Family's Ambulatory Care Center can provide follow-up treatments with the same physician who originally treated you. For more information on the Ambulatory Care Center's services call 529-0100.

Triglycerides: More Fat Than Fiction

The prefix "tri" in triglycerides indicates that whatever triglycerides are, they involve three of something. The three "somethings" that form triglycerides are fatty acids attached to a molecule of glycerol in the blood. And those fatty acids, in league with other blood fats, could be an important risk factor for heart disease in some people.

In concern about heart disease, triglycerides in the blood have always taken a back seat to cholesterol, another fatty substance which at high levels poses serious risk for coronary heart disease. However, researchers have been less certain about triglycerides' role in heart disease until recently. Newer means of blood analysis are giving scientists indications that high levels of triglycerides may indeed be a risk factor for heart disease, at least in some people.

Triglycerides are a type of blood fat that has two jobs: they provide the body's major source of energy from fat, and they are the body's main storage form of energy. If more calories are consumed than used by the body, the excess is stored as a triglyceride until the body needs that energy.

Low levels of triglycerides have generally been regarded as a sign of good health because they almost always occur along with low levels of other harmful fatty particles, such as cholesterol. Researchers also agree that high triglyceride levels are at least indirectly associated with increased risk of heart disease because high levels of other harmful blood fats are usually present with high triglycerides; in other words, triglycerides almost certainly cause trouble when combined with other forms of blood fat.

Triglyceride levels in the blood vary from hour to hour, depending on food intake, so a blood test for triglyceride levels should always be done after an overnight fast. And some physicians

require more than one test to get an average triglyceride level before prescribing treatment.

Normal triglyceride levels are based on age and sex, but many doctors regard 85 to 250 milligrams per deciliter (mg/dl) of blood as the "normal" range. Mild or moderate triglyceride levels in the range of 250 to 500 mg/dl frequently are a danger signal for increased coronary risk in people who have other risk factors. When triglycerides are higher, especially over 1,000 mg/dl, there is the threat of pancreatitis, an inflammation of the pancreas requiring immediate medical attention.

In most cases of high blood triglycerides, doctors encourage patients to lose weight by watching their calories, limiting their intake of foods high in cholesterol and saturated fat, and decreasing their intake of alcohol. Exercise is also effective in lowering triglyceride levels.

Exercise uses up triglycerides in the blood for energy. When drugs are used to treat patients with elevated triglyceride levels, dietary management is still important.

Since other risk factors for heart disease multiply the danger of high triglyceride levels in the blood, high blood pressure and cigarette smoking should be controlled. In the person with no other risk factors or no family history of heart disease, high triglycerides are less worrisome, but they still may be associated with a slight increase in risk for heart disease.

Tsang honored
Skokie resident Dr. Tat-Kin Tsang was recently honored by the department of medicine of The Evanston Hospital.

Tsang was selected "Attending of the Year", by the housestaff of the department of medicine. He was chosen from among 100 attending residents on the housestaff.

HEALTH AND FITNESS

Children with AIDS



The subject was pediatrics AIDS when Chicago Department of Health Commissioner Dr. Lonnie C. Edwards (l) met recently with Chairmen of Pediatric Departments from Chicago's medical schools. The growing problem of children with AIDS could affect hundreds of infants born to drug abusing mothers and others at risk of infection in the not too distant future, Dr. Edwards warned, as an educational program was planned. With Dr. Edwards is Dr. George Honig, of Skokie, Chairman and Professor of Pediatrics at University of Illinois at Chicago School of Medicine.

Orchard Mental Health Center new specialists

Norma Swanson Irie, a Phi Beta Kappa from Purdue University, comes to Orchard Mental Health Center with over 10 years of experience working with children and adolescents and their families. Having spent 3 1/2 years at a community mental health center in the western suburbs, she looks forward to rebuilding the Early Years Program at OMHC, offering services to children under three and their parents. It will include an outreach and preventative component as well as consultation to child care facilities in the surrounding area.

Margaret Thomas, with 11 years of experience as a psychiatric social worker and administrator, has been hired to head the large Rehabilitation Program at OMHC for chronic psychiatric patients. Having developed and administered similar programs at two

osteopathic hospitals, Mrs. Thomas hopes to expand OMHC's existing services. Vocational training will be a welcome addition to life skills already provided in the day treatment program.

Barbara LeVine, a mother of two grown sons, returned to university after many years of volunteer work in parental stress, to obtain a MSW at Loyola Graduate School. Particularly interested in adolescence, she will head the crisis intervention program for runaways and adolescents with severe family conflicts, which is administered by Turning Point on a 24-hour basis through a DCP's grant.

With the addition of these highly trained specialists, Orchard Mental Health Center hopes to give the Niles Township community an immediate response to their needs in these vital areas of mental health services.

Dudycz bill requires blood type on birth certificate
Hospitals will be required to list babies' blood types on birth certificates, under legislation co-sponsored by State Sen. Walter Dudycz (R-7th, Chicago) and passed by the General Assembly. Senate Bill 932 is one of several recommendations of a child safety report issued by a state Child Safety Panel in April.

"Knowing a child's blood type will help local authorities identify missing children," Dudycz said. "Growing children may change dramatically in appearance, but their blood types remain constant." "Currently, blood types are recorded on birth certificates only under certain circumstances, such as when a baby is sick or has a birth defect that might require surgery," Dudycz said. "Senate Bill 932 will require the hospital

The many faces of Hospice

The Home Hospice Program of the visiting Nurse Association North, 2008 Dempster, Evanston, needs volunteers to visit with families and their terminally ill loved ones. As a member of the Hospice Team, you will work closely with professional nurses, home health aides, family counselors, social workers and other trained volunteers. You will discover the natural gift of caring you already possess within and will understand how hospice respects the unique quality of life for each person facing a life threatening illness. At times, you may help tape a mother's memories, prepare a meal for someone who lives alone, or listen to a brother's heartfelt emotions.

Training will begin in mid-September. After the eight week course, you will be asked, when paired with a family, to volunteer up to four hours per week. Volunteers are also needed in the Hospice office, where an orientation to the Hospice philosophy is all that is required.

Call the Hospice Director of Volunteers, 328-1900 to see how you can not only see, but touch, the many faces of Hospice.

Diabetes Classes

If you need to learn more about diabetes, St. Francis Hospital can help. Free diabetes education classes are offered twice each month, giving information and support to diabetics, their families, and friends. The classes include discussion of the signs and symptoms of diabetes, proper diet and health habits, and available medications.

The 90-minute classes meet for three consecutive days, and are scheduled August 18-20, at 7 p.m., and September 8-10, at 2:30 p.m. St. Francis Hospital is located at 355 Ridge Ave., Evanston. For registration and additional information, call 492-6360.

Counseling Services offers newsletter

A free copy of a newsletter dealing with such mental health issues as teen suicide and drug and alcohol dependency is available to the community courtesy of Counseling Service Associates of Glenview, 950 River Dr.

The newsletter, "CSA REVIEW" will touch on a wide range of mental health matters in its first as well as ensuing issues. CSA of Glenview is a private mental health clinic which serves the North and Northwest suburbs as well as the North side of Chicago.

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Forest PsychCare Hospital

635-4100

Free diabetes screenings

Belmont Community Hospital, at 4058 W. Melrose St., is offering Free Diabetes Screenings to the public from now until August 21. The screenings will be held on Monday thru Friday from 8-9:30 a.m. Please call 736-7000, Ext. 505 to make an appointment.

HEALTH AND FITNESS

Regency continues expansion of care in Alzheimer's unit

To keep up with the increasing need for the care of Alzheimer's victims, Regency Nursing Centre, 6531 N. Milwaukee Ave., Chicago, is developing a psychological assessment tool to be given to each resident going into the Alzheimer's unit.

The assessment will be developed by two of the unit's new consultants, psychiatrist Lawrence W. Lazarus, M.D., from Presbyterian-St. Luke's Bowman Center, and psychologist Leslie Graves, also from Pres St. Luke's.

Both experts will bring a diverse background in working

with the elderly, especially those who have Alzheimer's disease.

The Regency Alzheimer's unit opened in Feb. 1985. Many new programs have been developed since then, serving to maintain each resident's highest level of functioning while minimizing the use of medications.

The new assessment tool will allow for the Alzheimer's staff to determine the programs that would most enhance the quality of life for each resident on the unit.

Kathy Clyde, unit director, looks forward to using the new tool that will educate staff and

families to current needs of the patient.

Said Clyde, "Especially since the patients are unable to state their needs, the tool will allow us to have some insight into the positive abilities that are still within the patient's reach."

For more information regarding the Regency Alzheimer's Unit, call 647-7444. Regency continues to host Alzheimer's Association and Related Disorders support group meetings at 7 p.m. on the last Wednesday of each month.

CJE offers Alzheimer's support group

The Alzheimer's Disease and Related Disorders Association has made Lieberman Geriatric Health Centre, 9700 Gross Point Rd., Skokie, and official site for a family support group. This group is continuous and people may join at any time.

The group meets at 7 p.m. the first Monday of each month in Lieberman's Social Hall. Lieberman Geriatric Health Centre is sponsored by the Council for Jewish Elderly.

The continuing group provides families with a form of information exchange and supportive discussions. The group will be led by Sondra Kraff, ACSW, Director of Human Services at Lieberman.

Questions should be directed to Sondra Kraff, 674-7210.

First aid for bug bites

Frequent outdoor activity invites one of the most common afflictions of summer—insect bites. Stings and bites from bees, wasps, hornets, mosquitos and other insects may cause pain and irritations. The American Red Cross Mid-America Chapter offers these hints:

Carefully remove any stinger as soon as possible. This can be done by scraping the stinger out with the thumb nail or a pocket knife. Do not try to squeeze it out. This will lodge the stinger deeper into the skin.

Apply soothing lotions such as calamine.

Apply baking soda mixed with water to irritated skin.

For more information, classes are offered by the Mid-America chapter of the American Red Cross. Call 440-2009 or write to the chapter at 43 E. Ohio St., Chicago, IL 60611.

Children with Diabetes picnic

Loyola University Medical Center's department of pediatrics, section of endocrinology and the Mulcahy Outpatient Center will host the first annual picnic for children with diabetes and their families. The event will be held at Katherine Legge Memorial Park in Hinsdale on Aug. 22, from 11 a.m. to 5 p.m.

"These special kids have to work hard to control their diabetes with nutrition, diet and insulin. We thought a picnic would be a good way for families to share experiences and have a good time," says Dr. W. Patrick Zeller, director of pediatric endocrinology.

Loyola treats about 150 diabetic children a year. For more information about the picnic call 531-4034.

Des Plaines blood drive

Des Plaines residents are urged to donate blood on Tuesday, August 18 at a community blood drive. The drive, from 1:30-4 p.m., will be held in the community room, at the Des Plaines Mall, Prairie and Pearson, Des Plaines. Blood drive chairperson Lucille Slivka heartily endorses community participation in the drive. To schedule an appointment call Slivka at 391-5484. Walk-in donors are also welcome.

Washington National Fitness Classic



Washington National Insurance Company in Evanston is preparing for the seventh annual Washington-National Fitness Classic, a 10,000 meter (6.2 mile) roadrace to be held on Sun., Sept. 13 along Evanston's picturesque lake shore, and so are members of the Washington National Running Club as exemplified by their t-shirts from the past six years roadraces and the upcoming event. Entry applications are currently available and registration, which is limited in number, closes Sept. 4. For further information, call 570-5509.

2,000 running enthusiasts from the Chicago area and across the nation will compete for prizes and prestige during the seventh annual Washington National Fitness Classic, an Athletic Congress (TAC) certified, 10,000 meter (6.2 mile) roadrace to be held on Sun., Sept. 13 at 8:30 a.m. along Evanston's picturesque lake shore. Both the start and finish of the race are at Floyd Long Field, Sheridan Rd. and Lincoln St.

Proceeds from the Fitness Classic will go to support The National Wellness Institute. The race, which is sponsored by Washington National Insurance Company, is recognized by the President's Council on Physical Fitness and Sports, the Illinois Governor's Council on Health and Physical Fitness, the Athletic Congress and the Chicago Area Runners Association.

Covenant Home wins Care Award

Proctor and Gamble selected Covenant Home's nursing staff to receive their 1986 Caring Practices Award. This award recognizes Covenant Home's commitment to continuing education and training, and its outstanding level of care.

Dwayne D. Gabrielson, Administrator, received the award from Lea Ann Kopezwski, representative of Proctor and Gamble. Covenant Home is one of 20 facilities in Illinois to receive this special award. Mr. Gabrielson expressed thanks to the Proctor and Gamble representative for this recognition of quality care given the residents at Covenant Home of Chicago.

Covenant Home, 2725 W. Foster Avenue, Chicago, is celebrating 101 years of service to the elderly through its sheltered and Skilled Nursing Care facilities.

Covenant Home is one of twelve retirement communities owned and operated by The Evangelical Covenant Church.

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- TAC certified 10K route—Chicago Area Runner's Association circuit race.
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Mail to: Washington National Fitness Classic.
1630 Chicago Avenue, Evanston, Illinois 60201

2



HEALTH AND FITNESS

Fashion Show attendees



Shown above (l-r) Joy Forkos, Northbrook, Bobbie Leon, Morton Grove, Judy Kaplan, Glenview and Brenda Stone, Northbrook, discuss the St. John's fall collection which was featured at a fashion show benefiting the Lutheran General Foundation.

Almost 150 women attended the affair at Saks Fifth Avenue, Old Orchard. Approximately \$3,000 was raised. The fashion show was the kick-off event for the foundation's upcoming dinner dance, Gala 87, to be held on September 12, at the Hyatt Oak Brook.

St. Francis paramedic graduates

33 paramedics recently completed their emergency medical training at St. Francis Hospital of Evanston. The hospital, which trains paramedics for ten north suburban communities, is one of only 38 Illinois hospitals certified for paramedic education by the Department of Public Health.

Over 600 paramedics have been trained at St. Francis since 1972. The following were honored at a June 30 ceremony: Morton Grove Fire Department: Michael Mitchell and Daniel Sowa; Niles Fire Department: Martin Feld and Richard Teper.

Resurrection Hospital's Physician Referral Service

A free Physician Referral Service now provides community residents with the names, addresses and phone numbers of three Resurrection Hospital medical/dental staff members in addition to information on additional Resurrection Hospital programs and services. Callers may also be provided with a complete medical/dental staff roster for their own use at home.

A special physician information file contains data on physicians who speak Polish, Spanish, Italian, Turkish, German and other foreign languages; in addition to specialties, ages, educational background and much more.

For additional information call the Physician Referral Service at 792-6040.

Washington National Annual Wellness Exhibition

The State National Bank Plaza in downtown Evanston will be transformed into a market place of health and wellness information on Thurs., Aug. 20 from 11 a.m. until 2 p.m. as Washington National Insurance Company sponsors their Fourth Annual Wellness Exhibition.

The Wellness Exhibition will give shoppers and business people on lunch breaks a chance to have their blood pressure

measured, learn sign language for the hearing impaired, observe aerobics and dance demonstrations, and see the latest offerings of local health- and fitness-related businesses.

Insurance companies should be leaders in their communities in making wellness available, said Ann Lachat, Occupational Health Nurse at Washington National. "We want to involve the whole community in being responsible for themselves and developing a self-motivation toward health in general."

Although many of the exhibitors are local businesses, sales will not be permitted. Many exhibitors will, however, sponsor drawings for gift certificates and other prizes throughout the exhibition.

In case of rain, the exhibition will be held on Thurs., Aug. 27.

North Suburban staff member
Robert S. Rosen, M.D., has recently joined Upendranath Nimragadda, M.D. in the practice of General and Peripheral Vascular Surgery at North Suburban Clinic, Ltd.

Dr. Rosen is a graduate of Northwestern University Medical School, and completed his surgical residency at Michael Reese Hospital and Medical Center in Chicago. He is on staff at Skokie Valley, St. Francis and Highland Park hospitals.

North Suburban Clinic, Ltd. is a multi-specialty medical group which provides primary care physicians, specialists, and other medical services in one location for its patients.

St. Zachary seeks blood donors

St. Zachary Altar of the Rosary Society of St. Zachary Church invite community residents and members to join them on Saturday, August 15 for a church blood drive. The drive, from 8 a.m. to 2:30 p.m., will be held in classrooms, 567 West Algonquin, Des Plaines. Chairperson Marianne Born urges eligible donors to schedule an appointment by telephoning 956-7020. Walk-in donors are also welcome.

Volunteers recognized at Senior hearings

Thomas H. Cafcas, President of the Suburban Cook County Area Agency on Aging presented special recognition awards to volunteers for their outstanding service to senior citizens during the Area Agency's Public Hearing on June 1, at Park Place Senior Center, Arlington Heights. The volunteers were nominated by their local community agencies in response to the Area Agency's request for nomination.

Those honored in the Northern suburbs were:
Al Krause, nominated by Lincolnwood Senior Club. Mr. Krause serves as a senior companion and helper for homebound seniors. He also is a nursing home visitor. Mr. Krause is a member of the Advisory Council on Human Services for the Village of Skokie and is a resident of Lincolnwood.

Rosyna Salerno, nominated by Niles Senior Center. Ms. Salerno performs telephone, reception and clerical duties on a weekly basis and frequently comes in for "overtime." She also is assistant director of the Center choral group. Ms. Salerno resides in Niles.

Chris F. Seyer, nominated by the village of Morton Grove. Mr. Seyer has served on the Advisory Commission on Aging, is Coordinator of the Emergency Flashing Light and a counselor on Income Tax. Mr. Seyer resides in Morton Grove.

Rheumatologist joins Edgewater staff

Robert A. Hozman, M.D., has recently been appointed to the medical staff of Edgewater Hospital. Doctor Hozman is a graduate of the University of Illinois Medical School and board certified in Internal Medicine. In addition, he has received additional postgraduate training in rheumatology.

His office is located at 4711 West Golf Rd. in Skokie and can be contacted at 673-8440.

Exercise demo for Stroke Club

The Survivors Stroke Club of Swedish Covenant Hospital will be given a demonstration by the SCH physical therapy department on "For the Health of It, Exercise" at its meeting on Thursday, Aug. 13, at 7 pm in the hospital's cafeteria, 5145 N. California.

The demonstration is designed "to get the kinks out" and "keep those muscles moving."

The Survivors Stroke Club is an educational and support group for stroke patients and their families. The meetings are free and open to all appropriate persons. For further information contact the SCH rehab department, 878-8200, X5303.



New Medical Director at Park Ridge Healthcare

Dr. Edward Forkos, M.D. has recently been appointed Medical Director for Park Ridge Healthcare Center, 665 Busse Highway in Park Ridge.

Dr. Forkos has practiced in Park Ridge since 1976, and makes his home with his wife and two sons in Morton Grove. He is a graduate of Northwestern University Medical School and took his Residency in internal medicine at Rush-Presbyterian-St. Luke's Medical Center. Prior to coming to Park Ridge, where he practices with Drs. Lawrence R. Pankau and Kenneth J. Patt at 132 S. Prospect Ave., Dr. Forkos was Director of Continuing Medical Education and Physician Supervisor of Laboratory Services in the U.S. Air Force.



Dr. Edward Forkos, M.D.

As Medical Director, Dr. Forkos oversees the medical policies and procedures of the Center and serves as a consultant to the Administrator regarding all medical services there.

Simple precautions reduce risk of food poisoning

Summer is a time for outdoor picnics and buffets, but is also offers an increased opportunity for food poisoning. One of the most common types of food poisoning is salmonellosis, which is caused by the Salmonella bacteria and results in varying degrees of gastroenteritis when ingested.

According to David Balling, M.D., specialist in infectious diseases, Salmonella poisoning is a fairly common disease which increases in frequency during the warm weather months. "There is a wide variety in the severity of the illness, and in most cases it is not life-threatening," he said. "A typical case may begin eight to 48 hours after ingestion of contaminated food or water, and include nausea, vomiting, fever, abdominal cramps, and diarrhea."

People with associated medical diseases or problems are more susceptible to serious illness from Salmonella and may require hospitalization, he said. The disease tends to be more severe in children and the elderly.

"In most cases, fever will subside within two days, diarrhea will improve within 4-6 days, and not require medical attention," he said. "If you suspect that you may have Salmonella poisoning, concentrate on replacing fluids. The most important thing is to drink plenty of water and juices to avoid dehydration." He continued, "If a high fever persists, with severe abdominal pain and diarrhea for more than two days, consult a physician."

Salmonella bacteria are most commonly found in raw meats, especially poultry, raw and undercooked eggs, and other animal-derived food products. Inadequate cooking of chicken, for example, or inadequate refrigeration of cooked meats, dairy products, salads with dressing, custards, and cream pies, may result in infection and illness.

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meats and other food supplies to be contaminated," he said. Salmonella can also be spread through polluted water, a problem more common in Third World countries.

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"In most cases," explained Dr. Foschi, "heart attack victims are hospitalized, and treated with a variety of drugs. There is always some loss of heart muscle, because the heart's blood supply has been cut by an obstructed artery. But now, if angioplasty is performed within a few hours of the attack, a blocked heart artery can be completely opened before there is any significant heart muscle loss. The patient can leave the hospital in a much shorter period of time."

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HEALTH AND FITNESS

New Medical Director at Park Ridge Healthcare

Dr. Edward Forkos, M.D. has recently been appointed Medical Director for Park Ridge Healthcare Center, 665 Busse Highway in Park Ridge.

Dr. Forkos has practiced in Park Ridge since 1976, and makes his home with his wife and two sons in Morton Grove. He is a graduate of Northwestern University Medical School and took his Residency in internal medicine at Rush-Presbyterian-St. Luke's Medical Center. Prior to coming to Park Ridge, where he practices with Drs. Lawrence R. Pankau and Kenneth J. Patt at 132 S. Prospect Ave., Dr. Forkos was Director of Continuing Medical Education and Physician Supervisor of Laboratory Services in the U.S. Air Force.



Dr. Edward Forkos, M.D.

As Medical Director, Dr. Forkos oversees the medical policies and procedures of the Center and serves as a consultant to the Administrator regarding all medical services there.

Simple precautions reduce risk of food poisoning

Summer is a time for outdoor picnics and buffets, but is also offers an increased opportunity for food poisoning. One of the most common types of food poisoning is salmonellosis, which is caused by the Salmonella bacteria and results in varying degrees of gastroenteritis when ingested.

According to David Balling, M.D., specialist in infectious diseases, Salmonella poisoning is a fairly common disease which increases in frequency during the warm weather months. "There is a wide variety in the severity of the illness, and in most cases it is not life-threatening," he said. "A typical case may begin eight to 48 hours after ingestion of contaminated food or water, and include nausea, vomiting, fever, abdominal cramps, and diarrhea."

People with associated medical diseases or problems are more susceptible to serious illness from Salmonella and may require hospitalization, he said. The disease tends to be more severe in children and the elderly.

"In most cases, fever will subside within two days, diarrhea will improve within 4-6 days, and not require medical attention," he said. "If you suspect that you may have Salmonella poisoning, concentrate on replacing fluids. The most important thing is to drink plenty of water and juices to avoid dehydration." He continued, "If a high fever persists, with severe abdominal pain and diarrhea for more than two days, consult a physician."

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Neal Helander of Palatine (right) recently became the 2000th angioplasty patient at St. Francis Hospital of Evanston. Mr. Helander was brought to St. Francis after experiencing severe chest pains at a health club. Alberto Foschi, M.D. (left) and his team, including Nancy Ford, R.N. (center), used a small balloon to open an obstructed artery in Mr. Helander's heart. St. Francis has more experience in angioplasty procedures than any other Chicagoland hospital.

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Is there a doctor in your house?

When you have a personal physician, you have confidence. Confidence that your doctor knows you as a person, not just another case. Confidence that you and your family will get prompt individual attention. Confidence that, in an emergency, there will be someone you can trust.

If you don't have a doctor for your family, Resurrection Hospital has made it easy for you to find one. Just call 792-6040 and talk to Sally Brunke. She'll help you find, not one, but three doctors in your neighborhood who meet your requirements.

Whether you need a general practitioner or a specialist, Sally can help you. And you'll have the added confidence of knowing that your doctor is associated with one of the finest community hospitals in Chicagoland.

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Call Sally at 792-6040

The Physician Referral Service



7435 West Talcott Avenue Chicago, Illinois 60631

HEALTH AND FITNESS

Radiological Services Manager

Chicago (DePaul neighborhood) resident Margaret Comer is the newly named manager of Radiological Services at Resurrection Hospital, 7435 W. Talcott Ave., Chicago.

Her major responsibilities will include the areas of Radiation Oncology, Diagnostic Radiology, Nuclear Medicine, Specialized Imaging, and Magnetic Resonance Imaging currently under construction, according to Sister Donna Marie, C.R., assistant vice president making the announcement.

Comer is a graduate of the X-ray Technology program at Little Company of Mary Hospital and also attended Loyola and DePaul Universities in Chicago.

Prior to accepting her position at Resurrection, Comer worked for 17 years at Rush Presbyterian-St. Luke's Hospital in a number of radiologic service areas including radiation oncology, medical physics, radiation safety, nuclear medicine, cardiology, biomedical engineering, pacemaker surveillance and administrative assistant in Surgical Science Services and Medical Science Services. More



Margaret Comer

recently she worked in sales for the Toshiba Medical Systems selling nuclear medicine, diagnostic radiology and CT equipment, and for the past two years she has served as the administrative director of the Medical Imaging department at Illinois Masonic Medical Center.

Alumnus of the Year

Ronald J. Ciskoski, M.D., was recently named University of Illinois Alumnus of the Year for Service to the Practice of Medicine. The award was given by the U of I Medical Alumni Association. A Skokie resident, Dr. Ciskoski is Chairman of Pediatrics at St. Francis Hospital of Evanston.

Dr. Ciskoski, on staff at St. Francis since 1965, is a former President of the hospital's Medical and Dental Staff and Chairman of its Credentials Committee. He is an active

member of the American Medical Association, the Illinois State Medical Society, and the Chicago Pediatric Society. He has served as President and Program Chairman for the Chicago Medical Society, North Suburban Branch.

A former school board member for District 72, Skokie, Dr. Ciskoski has been active in many community activities including Skokie Boys Baseball, Trojan Youth Basketball, and the Infant Welfare Society of Evanston.



Now open to the public

Start looking good and feeling great! Join the LifeCenter on the Green fitness facility with state-of-the-art exercise equipment. As a member of the LifeCenter exercise program you will receive a personal fitness assessment and lifestyle analysis.

LifeCenter on the Green offers you medically supervised programs, state-of-the-art equipment—Nautilus LifeCycle, Rowing Ergometer, Stairmaster, Air Dyne Bikes, Walk/jog track, Lockers and showers.

Members also have the opportunity to join other programs the LifeCenter offers such as aerobics and group exercise classes, wellness programs on stress management, quit-smoking, diet control, and biofeedback assessments.

For more information: LifeCenter on the Green, 5145 N. California Avenue, Chicago, Illinois 60625, 878-8200, x5660.

Affiliated with Swedish Covenant Hospital



Treatment for life-threatening sleep disorder

"Good sleep colors one's whole life," says Stritch School of Medicine Assistant Professor of Neurology Madeleine Grigg, M.D. "Sleep is very important."

Grigg, who also is director of Loyola University Medical Center's EEG laboratory in Maywood, says there are numerous reasons why people don't sleep well, ranging from depression to insomnia to bad reclining posture. Among the most serious of sleep disorders is apnea, a condition that causes a person to occasionally stop breathing while asleep. According to Grigg, sleep apnea may lead to pulmonary hypertension and even to sudden death.

"Apnea is the most life-threatening of the various sleep disorders," she says. "It is a condition often seen among older and over-weight individuals. These people experience 8-15 second periods when they don't breathe. No oxygen is going into their system, and this can cause brain damage."

Grigg says that during apnea, the body loses its voluntary urge to breathe. The body usually arouses itself with a sudden start. The pattern is characterized by an individual who snores, is quiet

for a few seconds, and then resumes snoring with a sudden, loud start.

"If that happens 200-to-300 times per night, briefly waking the individual each time, that person never gets a good night of sleep," says Grigg. Individuals with such snoring patterns should be monitored by a doctor, she advises.

Apnea is divided into two types. Obstructive apnea results from an obstructed air passage, often caused by a short neck and a tongue that falls back and blocks the airway. In such cases, respiration through the mouth and nose ceases. Central apnea occurs when the brain stops its breathing function, resulting in no respiration at all from the nose, mouth, or chest.

According to Grigg, obstructive apnea is the more common of the two apneas and is treatable. Over-weight individuals are required to lose weight as a first step of treatment; as Grigg explains over-weight people who don't breathe well often experience apnea also, a condition known as the "Pickwickian Syndrome." Other treatments for obstructive apnea include ear, nose, and throat operations to im-

prove the airway; the removal of tonsils and adenoids; or the restructuring of the jaw sometimes are required. Low doses of anti-depressant drugs are sometimes used, and hypertension is treated.

In more severe cases of apnea, an individual may need to wear a respiratory system to help him or her sleep, or may have to have a tracheostomy, a surgical incision for breathing through the neck.

Grigg says realizing the impact of sleep disorders is important. Members of her department work in collaboration with the ENT and pulmonary departments to deal with apnea, and with the psychiatry department to deal with the psychological problems that disrupt sleep.

"Sleeping disorders such as apnea need clinical detection," Grigg says. "People often harbor their sleep problems for years. They carry the burden of never getting a good night's sleep. This can change their whole personality; they are chronically tired, grumpy, drowsy, and they don't perform well. They have 'Ondine's curse.' Ondine was told if she ever went to sleep she wouldn't breathe. We can lift that curse."

Hearns named Parkside vice president

William J. Mueller, President, Parkside Medical Services Corporation, a subsidiary of the Lutheran General Health Care System, announced the appointment of Ms. Terrie Hearns to the position of Regional Vice President.

Ms. Hearns, a graduate of St. Louis City Hospital School of Nursing, and with a Master's degree in Health Administration from Lincolnwood College in St. Charles, Missouri, is a member of the Gulf Coast Conservation Association, the Texas Coalition for the Prevention of Child Abuse, and the Texas Women's Alliance. Terrie Hearns has a daughter and resides in Houston, Texas.

Parkside Medical Services Corporation owns or manages over 60 treatment centers for alcohol and drug abuse, eating disorders, and psychiatric treatment from coast to coast.

Geriatric service offered at Sheridan Road Hospital

The natural aging process affects people at different ages and to varying degrees. Changes that are commonly considered "normal" and "expected" may occur in the areas of physical and/or mental processes. These changes may have negative effects on daily self care and social functioning. There is often a fine line between changes caused by normal aging and those caused by disease.

Regardless of the cause, these changes are stressful to the individual, stressful to the person's family and friends. Older people and their families often need help evaluating these changes and finding the best method of identifying approaches to caring for themselves or loved ones.

A new service being offered by Sheridan Road Hospital of Rush-Presbyterian-St. Luke's Medical Center is now available to help individuals and their families sort out and cope with the changes associated with aging. The program is called The Geriatric

Assessment and Planning Service. As part of the Geriatric Assessment and Planning Service, a physician, nurse and social worker complete a comprehensive medical and psycho-social assessment.

The assessment itself includes a comprehensive physical exam and clinical review by a physician; a review of diet, medications, and ability to perform the basic activities of daily living; and an evaluation of emotional and social functioning, home environment, family relationships, and the effects of normal aging.

After the assessment is completed, the service's team members explain their findings and recommendations to the patient and family members. The assessment team will help the person and his or her family make plans about living arrangements, home modifications and continuing medical care. A written report is provided to the patient, the patient's family and the patient's primary physician.

The Geriatric Assessment and Planning Service was initiated over two years ago by the Johnston R. Bowman Center for the Elderly which is part of Rush-Presbyterian-St. Luke's Medical Center, Sheridan Road Hospital, located at 6130 N. Sheridan rd., is the second site to have the service.

The Geriatric Assessment and Planning Service at Sheridan Road Hospital can be reached by calling 508-6490.



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Saturday 9 a.m. to 5:30 p.m.
Closed — Wednesday and Sunday



HEALTH AND FITNESS

Bankers Life has a Helping Hand... Volunteers honored

Someone You Should Know

"I have a real sense of personal pride and satisfaction when I'm able to help seniors with their Medicare claims, and then return to them in a week or two with a big benefit check," says Mary Beth Bretzlau.

Celebrating her third year with Bankers Life and Casualty Company, Mary Beth feels her real calling is helping her clients in time of need. Although she is involved with all types of health and life insurance, her biggest group of clients are senior citizens who have relied on Mary Beth and Bankers Life not completely paid by Medicare.

Bankers Life offers 15

Medicare supplement programs and 5 other health and life products for senior citizens. It's easy to see why so many people call Bankers Life and Casualty Company when they become Medicare eligible or when they are unhappy with their present coverage.

A resident of Waukegan since birth, Mary Beth became a pharmacy technician after attending the College of Lake County. It was at that time she first became aware of how Bankers Life helps people with their hospital and doctors bills.

Since joining Bankers she has serviced the Northern Cook and

Lake county areas. Highly active in church and community affairs, Mary Beth and her husband keep busy with the young and old alike. She is currently involved with the formation of a church youth group aside from her other obligations with the area soup kitchen and delivering Meals ON Wheels to homebound seniors.

"I seem to have a natural magnet that attracts people to all ages. My husband and I attend dances with my in-laws, both in their seventies, and we have as much fun with the seniors as with people our own age."



Volunteers honored recently for 3500 hours of service at Swedish Covenant Hospital, 5145 N. California, are: (seated l to r) Bea Hermann of Lincolnwood, and Sadie Braz and Doris Anderson of North Park. Sylvia Passov of Lincoln Square (standing) was recognized for 3000 hours of service. All received service pins at the hospital's Volunteer luncheon held at DiLeo's restaurant.

Help for elderly with eye-diabetes problems

A total of 85 elderly Illinois residents have been examined and treated for a potentially blinding eye disease related to diabetes in a public service program sponsored by the state's eye physicians and surgeons.

Since it started in March 1986, more than 9401 Illinois residents have called the toll-free Helpline 1-800-222-EYES (3837) of the National Eye Care Project, sponsored by the Foundation of the American Academy of Ophthalmology and the Illinois Association of Ophthalmology. Nationwide, more than 185,000 people have dialed the toll-free Helpline.

Diabetic retinopathy is one of the most treatable eye diseases, yet it often progresses to blindness because many people with diabetes fail to seek medical eye care, according to the American Academy of Ophthalmology.

The disease is the leading cause of new blindness in the U.S. It can develop in people who have diabetes mellitus, a common metabolic disease which causes

changes in blood vessels throughout the body, including those in the eye.

Ophthalmologists estimate that early diagnosis and treatment can reduce the risk of severe visual loss from diabetes by 50 percent or more. About 60 percent of people who have diabetes for 15 years or more suffer some blood vessel damage in their eyes, making the elderly especially vulnerable to the eye disease.

"Laser therapy has been particularly effective in preventing irreversible loss of vision," said Bernard Sawne, Jr., MD, president of the Illinois Association of Ophthalmology.

People with diabetes should have periodic medical eye examinations to find out if they have sight-threatening problems, he said.

Depending on the type of diabetic retinopathy involved, two forms of treatment may prevent serious vision loss: The powerful light beam of a laser

can be used to stop leaking blood vessels, reduce abnormal blood vessel growth and seal the retina securely to the back of the eye. No incision is necessary with the laser procedure, which can be done in the ophthalmologist's office with minimal discomfort to the patient.

A surgical technique, vitrectomy, is also effective in improving sight by removing the blood-filled vitreous, the normally clear gel-like substance in the center of the eye, and replacing it with an artificial solution.

Through the Eye Care Project, ophthalmologists work with local hospitals to make hospital care available at no cost for those who need it. Hospital charges, eyeglasses and prescription drugs are not paid through the program.

The National Eye Care Project is open weekdays, 8 a.m. to 5 p.m., except in Alaska (8 a.m. to 4 p.m.) and Hawaii (8 a.m. to 2 p.m.). The Helpline number is 1-800-222-EYES (3837).

Grants for Alzheimer's

Five Alzheimer's Disease Research Grants awarded last year have been renewed for a second year by the Illinois Department of Public Health.

Funding for the grants comes from the more than \$132,000 contributed by Illinois tax payers through the 1986 state income-tax checkoff.

State Health Director Dr. Bernard J. Turnock said, "Through the generosity of our tax payers, we are able to provide these grant awards to encourage qualified people to engage in research and continue their careers in this important field."

Dr. Turnock noted that Illinois is the only state in the Nation to fund Alzheimer's research through an income-tax checkoff program. In the 1986 checkoff -the first year Alzheimer's research appeared on state tax-return forms - Illinoisans contributed \$114,000 to the fund.

Four of the renewed awards are general research grants; the fifth is an early researcher grant. General research grants are limited to a maximum of \$20,000 each, while early researcher grants may not exceed \$30,000.

Recipients of the four general research grant renewals are:

Parkside Lutheran breaks ground

On Friday, July 24, Parkside Lutheran Hospital broke ground for a new half-million dollar Meeting Room/Auditorium addition to its nationally recognized alcoholism and substance abuse treatment center.

Parkside Lutheran Hospital, a facility of the Parkside Medical Services Corporation, is building this important addition for essential patient program activities.

The new meeting room/auditorium will be located at the southwest corner of the existing structure of the Parkside Lutheran Hospital building, itself directly west of Lutheran General Hospital. It will have capacity of over 100 individuals at one time, with the capability of dividing the room for smaller groups. Recovery programming scheduled for here will consist of lectures, patient community group sessions, smaller therapy groups, instructional and therapeutic films, etc. Currently, Parkside Lutheran Hospital is outgrowing the area now allotted to these activities, and the new structure will provide adequate space and a more pleasant and bright environment for patient recovery.

Eligible applicants for early training, for careers in fields related to Alzheimer's Disease.

Alzheimer's Disease is a progressive and irreversible loss of mental faculties. Victims may suffer for 10 to 20 years after symptoms first appear. Early symptoms include impairment of the memory, learning ability, attention span and judgement.

About 111,000 Illinois residents suffer from Alzheimer's Disease and related disorders.

Leukemia benefit

The Goland-Orenstein-Sherman Memorial Chapter of the Leukemia Research Foundation cordially invites the public to join them for "A Nite At The Races" at Sportsman Park on Saturday,

August 15. Cocktails (cash bar) at 5:30 p.m. followed by dinner at 6:30 p.m. Post time is 8 p.m. Tickets are \$8 per person. Proceeds to leukemia research. For further information call 480-1177.

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ENTERTAINMENT GUIDE

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Celebrity visitor



Singer Judy Collins is welcomed to Chicago's Sheraton Plaza Hotel by the property's general manager Michael Newbold. Collins visited the hotel during her recent visit to Chicago to promote her new album and to perform at Ravinia.

New Theater Operation course at Oakton

Behind-the-scenes of a theater will be the focus of study in a new course introduced by Oakton Community College this fall. "Theater Operation" (THE 135), offered from 9:30 to 10:20 a.m. Mondays, Wednesdays and Fridays beginning August 24, is a two-credit-hour course which will provide hands-on experience in Oakton's Performing Arts Center by learning set design and construction, lighting, sound, make-up and theater management. As part of course work, students will create shows in the Performing Arts Center. The course is taught by Chuck Doolittle who is Oakton's Performing Arts Technical Director, and has 20 years of experience as an actor, director and designer. To register, call the Admissions Office, 635-1700.

Festa Italiana at Olive Park

The Amerital Unico Club of Chicago and Anthony J. Fornelli, chairman, invite you to join in one of the most exciting weekends in Chicago when they host Festa Italiana, August 14, 15, and 16 at Olive Park, Grand Avenue and Lake Shore Drive.

Entertainment is headed by Jerry Vale, star of stage and recording. His lyric voice has sold millions of records. In addition, Dick Contino, the virtuoso of the accordion, will thrill his many fans. Some other headliners include the Four Aces, Billy Falbo and Frank Pisani. If your taste runs to the classic, Festa Italiana presents an array of operatic voices unsurpassed anywhere. Alessandro Magno and his troupe, Stefano Bichiatti and Luigi Lenzi are among the best in the Chicagoland area and will be appearing daily.

Speaking of taste, super mouth-watering Italian food specialties such as artichokes, calamari, fried zucchini, in addition to the pizza and beef and sausage sandwiches, will satisfy the appetites of Italian food lovers. Advance tickets may be purchased at your neighborhood Dominick's Food Stores or Butera Food Stores, or by mailing your check to Festa Italiana, 127 N. Dearborn St., Chicago, Illinois 60602. Gate tickets are \$5. Children under seven are admitted free.

For more information call 782-4935.

"Illinois Smiles for Little City"

Joan Esposito, News Anchor, WLS-TV, Ch. 7, is looking for a top rated season for Little City, the national, non-profit, non-sectarian residential community for mentally retarded and blind-retarded children in Palatine. Joan is serving as Chairperson for the "smiles" fundraising drive.

The program known as "Illinois Smiles for Little City", will be held on Friday and Saturday, Aug. 14 and 15 throughout the greater Chicago area and in about 150 communities which have been granted permission for the activity. More than 4,000 volunteers will solicit donations and distribute happy-face "smiles" tags. They will be stationed on street corners, in shopping centers, at commuter stations and other areas of heavy pedestrian traffic. Proceeds from the "smiles" drive will enable Little City to carry out its expansion program which will permit more facilities and additional programs to help more children. Little City celebrating its 28th anniversary, has become a leading center for the habilitation of the mentally handicapped and blind-retarded. Remember - these special children need your help!! Support "Illinois Smiles for Little City" tag days, Friday and Saturday, Aug. 14 and 15.

"The Little Tailor" at Ravinia

The Lynda Martha Dance Company will perform "The Little Tailor" at Ravinia on Saturday, Aug. 15, at 11 a.m., as part of the Ravinia Festival's Young People's Program. Based on the classic Grimm's fairy tale, with colorful sets and imaginative costumes, "The Little Tailor" is brought to life through the language of dance. Choreographed by Lynda Martha, with original music by Body Parts, "The Little Tailor" offers a fun and exciting theatrical experience for the whole family.

The Ravinia performance of "The Little Tailor" was made possible by a generous grant from the Borg-Warner Foundation. Tickets are \$1 and may be purchased the day of the performance. For ticket information call Ravinia at: R-A-V-I-N-I-A. For more information on the Lynda Martha Dance company call 475-1770.

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ENTERTAINMENT GUIDE

Theater Guild names cast for "Chicago"

The Des Plaines Theatre Guild announces the cast for "Chicago", the musical vaudeville that opens the Guild's 42nd season. "Chicago" is a Bob Fosse, Fred Ebb and John Kander show telling the tale of Roxie Hart, the honky-tonk 20's showgirl who kills her lover and beats the rap. It's been described as "an elegantly, ribald musical tribute to lady killers and Chicago in the twenties."

Tracy Payne, Elk Grove, will be seen as Roxie; Terri MacInerney plays Velma Kelly, the hottest mankiller in town; Steve Sivak, Des Plaines, is Billy Flynn the hustler lawyer; Roxie's bumbling husband, Amos, will be played by Don Collignon, Mt. Prospect; and Joanne Rusch, Des Plaines, is the Jail Matron. Others in the cast include: Anthony Bonilla, Des Plaines, Pamela Booher, Prospect Heights; Ann Conlon and David Monterosso, Chicago; Joe Lusignea, Park Ridge; Maria Lynn, West Chicago; Amy Roto, Buffalo Grove; Andrea Sultan, Northbrook and Andrea Townsend, Schaumburg.

Produced by Jane Berman, Wheeling and directed by Charles Doolittle, Skokie, "Chicago's" musical director is Randy Giancy, Cary and choreographers are Karen Dreasler, Chicago and Rita Krysko-Toschi, Bellwood. Marilyn Collignon, Mt. Prospect, will do costumes. Technical production will be carried out by Marty Berman, Wheeling; Steve Levitt, Schaumburg; Rick Poland, Rosemont; and George Mattson, Arlington Heights. Kathy Brachmann, Des Plaines, is the assistant director.

"Chicago" will run four consecutive weekends beginning September 18. Friday and Saturday performance begin at 8 p.m.; Sunday matinees are at 2:30 p.m. For ticket information, call 296-1211 weekdays between noon and 8 p.m.

Mundelein College concert

A Chicago "first" dance partnership promises to benefit audiences, dancers and choreographers. Venetia Stiller's Concert Dance, Inc., the professional dance company in residence at Mundelein College Chicago and David Puszczewicz' David Pusz Dance Company (3829 N. Broadway), two independent dance companies, have joined resources for artistic and financial growth. The first shared performance will be on Fri. and Sat., Oct. 23, 24, 8 p.m. in the Mundelein College auditorium, 6363 Sheridan Rd. The Ensemble Espanol will also perform.

Come celebrate with Fluky's

Don't let the "Dog Days" of summer get you down! Help Fluky's in Niles celebrate their First Birthday. To thank their patrons Fluky's will dispense free drinks from Aug. 14 thru 16. In addition there will be birthday balloons for kids of all ages and, as always, toys and Hot Dog gum for all of their customers. Fluky's in Niles is located at 9645 N. Milwaukee Ave., just one block North of Golf. Their various locations have been serving Chicago's finest Red Hots since 1929 and now also serve complete cooked to order breakfast daily until 10:30 a.m. and Sun. until 11:30 a.m. For more information call 965-8708.

THE BUGLE'S Restaurant Guide

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ENTERTAINMENT GUIDE

Evanston Art Center seeks artwork

The Evanston Art Center is soliciting artwork for "Approaching the Millennium" the 8th annual Evanston and Vicinity Juried Exhibition. This year's showing will focus on contemporary sculpture and will run from October 16 through November 12. The deadline for slide submission, along with a \$15 entry fee per artist, is September 8. This year's Jurors will be Kent Lydecker, Executive Director of Museum Education at The Art Institute of Chicago; Barry Tinsley, a nationally known sculptor; and Martha Winans, Executive Director of the Evanston Art Center. Call 475-5300 to request a Prospectus.

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Saturday, August 22, 5 p.m. to 12 a.m.
Sunday, August 23, Noon to 12 a.m.

FREE PARKING ACROSS STREET
ADMISSION \$1.00 CHILDREN UNDER 12 FREE

Naper Settlement Textile Fair

Quilts and coverlets, hand-made bobbin lace, stencilled floor cloths, and natural dyeing will be among the featured textile-related arts at the Naper Settlement on August 16 from 12-4:30. The Textile Fair will add a new dimension to the 1987 exhibit, "In Stitches: 19th Century Textiles".

Demonstrations by representatives of several needle art guilds will also include knitting, rag dolls, samplers, rug braiding, embroidery, rug hooking, and quilting. Visitors can watch work being done on the loom, the spinning wheel, and the treadle sewing machine, reminiscent of the long hours women devoted to textiles in the 1800's.

As a special addition to the event numerous pieces from the textile collection of the Naperville Heritage Society will be on display for one day only including

Glenview Naval Station Expo '87

Help Naval Air Station Glenview, IL, celebrate its Golden Anniversary during Aviation Expo '87 to be held August 29 and 30 from 10 a.m. to 6 p.m.

There will be many activities for the entire family to enjoy including static military and civilian aircraft displays; bands and drill teams from Naval Training Center Great Lakes plus the Vanguard Drum and Bugle Corps; games for children; local

samplers, costumes, quilts, lace, and coverlets. Hands-on activities in the exhibit hall feature a loom where visitors can try their skill at producing a rag rug. For experienced stitchers a reproduction of one of the Settlement's original samplers will be available in kit form.

Throughout the day the historic buildings at Naper Settlement will be open for tours presented by costumed interpreters. The Settlement is a 19th century Museum Village located two blocks from downtown Naperville at Porter, Webster, and Aurora Avenues. For more information call 420-6010.

Admission to the event is \$3.50 for adults, \$1.75 for senior citizens and children from six through 18, and \$8.75 for a family. Children five and under are admitted free when part of a family group.

celebrities; fire engine displays; models and collectors plus flight demonstrations.

Admission and parking are free.

To get to NAS Glenview from highway 294 (Tri-State Tollway) exit on Willow Rd., east to Pfingsten Rd., south to W. Lake Rd., East of NAS; from highway 94: exit on Lake Avenue to Greenwood, North to West Lake, East to NAS.

Introduction to Music course at Oakton

Whether you are musically inclined or not, you will enjoy the course, "Introduction to Music" (HUM 105 002), an Emeritus cross-generational course offered at Oakton Community College East, 7701 N. Lincoln Ave., Skokie.

Taught by Patrick Casali, Oakton's professor of Humanities and International Studies, the class will meet from 9:30 a.m. to 12:20 p.m. on Wednesdays beginning August 26. The three-credit-hour class will help participants discover the vocabulary of sounds, instruments, form and tonal color as illustrated by music from ancient times to the present.

Tuition is \$17 per credit hour for persons who work or live in the Oakton College District #535. Residents over age 60 are charged \$8.50 per credit hour.

The Emeritus program is designed for older students who want the challenge and intellectual stimulation of a unique learning experience.

For registration information, call 635-1414.

Young Irish Fellowship dinner



Beth A. McElroy, President of the Young Irish Fellowship Club of Chicago announced that Rosemarie Lamb and Jack Hartman will be co-chairing the Annual Business and Professional Dinner. The dinner will be held on Thurs., Sept. 17 in the Gold Coast Room of the Drake Hotel.

Music will be furnished by Franz Benteler and the Royal

The North Shore Harmonizers

Barbershop Harmony will "ring" out once more under the stars tonight Thursday, August 13, at 8 p.m. in Wilmette's Starlight Theater, Gillson Park, Wilmette, IL. The North Shore Harmonizers Women's Barbershop Chorus, under the direction of Frank Fabian, will present their 35th Anniversary "Bow!" Show, singing songs that bring back "Moments To Remember". Our fondest memories, and our special thanks go to Mrs. Evelyn Frisby, who founded the

St. Demetrios Greek-American Festival

Chicago's Greatest Greek-American Festival, the 38th Annual St. Demetrios Picnic will be held on the Church grounds (2727 Winona) for four days, Thursday thru Sunday, August 20-23.



organization 35 years ago, and has provided us with the means to share our love of singing inside and outside of our group.

If rain should come, don't be Glum, we'll entertain you on Friday, August 14, instead.

If you love to sing, it would be our pleasure to have you become a member of our group. The membership is comprised of ladies from all of the northern suburbs and Chicago. To sign up, and for more information call, Jackie Rosenwasser, 251-9479.

The rhythm of Greek music and the aroma of charcoal-broiled shish-ke-bob and chicken will fill the air during the four day picnic, where a great number of people are expected to take part in the largest celebration of Chicago's Greek-American Community.

Admission is free until Saturday and Sunday, when there is a \$2 charge (which includes 1 raffle ticket). The festival will open from 5-11 p.m., Thursday, Friday, and Saturday, and from noon to midnight Sunday. Ample parking is available at the Swedish Covenant Hospital parking complex and the Transfiguration Church parking lot, Carmen and Rockwell.

Dear Editor:

Heinen expresses "All American" thanks

Dear Editor: "Thanks" is a very small word, but I would like to make it very big. As President of the Niles Events Committee, I would like to express thanks on behalf of the officers and directors to Mayor Nicholas Blase, the Trustees of Niles, Park District Board of Commissioners and staff, Niles Public Works, Police, Fire and Health Department; Building Inspection, Explorers, Bike Patrol and all other administrative offices of Niles.

I would also like to thank the sponsors who had great faith in us, the vendors who displayed their food so well, the Chamber of Commerce who were there when we needed them, and the Golf Mill Development Management for the use of their property.

Thanks also to all the people, young and old, who participated by volunteering many hours in

behalf of their organizations to make this Niles Event, the All American Festival, a big success.

Last but not least we will never forget all the good people who attended the festival to make all five days happy memories and a great success.

Thanks to my board for the endless hours of working to put things together which took one year of solid planning.

Red roses to each and every one of the Niles residents and the people who wished they lived in Niles for coming out to this great happening.

Elaine Heinen
President,
Niles Events Committee
All American Festival

Pony AA Cubs manager commends team and parents

Dear Editor: At this time I would like to thank my team for a very exciting year. I could say that this kid is special because he is a good pitcher, or that kid is special because he's a good catcher. But the truth of the matter is all the kids on my team are special. They've given me a year I will never forget and I hope they don't forget it either.

I would also like to thank my coaches, Bob Knurr and Bob Freeman, the parents who were out every game supporting their children and coaches, Hank and Josie Kern, also Walt Buesse, our Sponsor, and finally The Bugle who has printed our articles throughout the season. It means so much to the kids.

Manager Mike Valle

Camp Fire special Leader's dinner

The Hutani Region of Camp Fire, Inc., holds a special Leader's dinner every year to give recognition to the many leaders that work so hard all year 'round. This year the dinner was held at the Studio Restaurant in Morton Grove. The leaders in Camp Fire, are given a bead every year that they serve in Camp Fire. These are worn on a leather neckstrap. Every year, Leader's that work on a special project for the Region, are given another bead of recognition. So after many years, some Leaders acquire quite a few beads. This year, service beads were given out to 16 leaders. Tenure beads were given out from 1 year of service, all the way to 23 years of service!

The Region, along with the Chicagoand Metropolitan office, chose some Leaders' for special awards.

Blue Ribbon Award - Cindy Reynolds, Park Ridge; Judy Artrip, Park Ridge.

Wakan - Chris Lerner, Niles; Sandy Hope, Niles; Ted Siegf.

Park Ridge; James Lorenz, Park Ridge; Peggy Sherman, Park Ridge; Fran Nelson, Edison Park.

Charlotte Joy Farnsworth - Joyce Fancalski, Niles; Suzanne Swanson, Niles.

Hilteni - Mickey Herbin, Park Ridge.

Good New Award - Linnea Piro, Edison Park.

Certificates of Appreciation - Diane Fieri, Dorothy Jurcenko, Millie O'Brien, Harry O'Brien, Linnea Piro, Joyce Fancalski, Suzanne Swanson, Peggy Sherman, Ariene Elmgren, Jim Lorenz, Ted Siegf, Mickey Herbin, Judy Artrip, Mary Lipka.

Letters of Appreciation (given to the four members who are Leaders' In Training) - Ron Elmgren, Kristie Elmgren, Aimee Goodrich and Elisa Schmidt.

Park Ridge park district

Outdoor family fun is a Wildwood Nature Center program that is being repeated by popular demand on Thurs., Aug. 20, from 7:30 to 9:30 p.m. The entire family will enjoy a relaxing evening outdoors starting around a campfire complete with s'mores, singing and storytelling and winding up with a unique, sensory experience—a Night Hike. There is a \$2 per family charge. The group will gather at the Wildwood Nature Center in Maine Park—the log cabin just south of Maine Park Leisure Center.

Temple Beth Israel

Temple Beth Israel, 3939 W. Howard St., Skokie will hold Shabbat Services at 8:30 p.m. Friday, August 14 at 8:30 p.m. Rabbi Weinberg will deliver the sermon.

There will be an Oneg Shabbat following services. Everyone is welcome.

For additional information, contact the Temple office, 675-0951.

Center of Concern rules of the road course

Mon., Aug. 24, a refresher course on the State's Rules of the Road will be offered by The Center of Concern. Trained, experienced instructors will review the rules and sign-identification questions that are asked of driver's license applicants, whether for the first time or renewal.

Interested persons are asked to call The Center at 823-0433 for reservations. The meeting will be held in Suite 124 of the 1500 N. Northwest Highway Building in Park Ridge from 9 a.m. to 1 o'clock and is open to people of any age.

Foreign Language Courses at Oakton

Learning a new language can be a challenging experience. Oakton Community College offers a host of foreign language courses this fall for beginners and those with some experience. Classes will begin Monday, August 24.

Beginning and intermediate credit courses are offered in French, German, Hebrew, Italian, Japanese, Russian and Spanish. Day and evening hours are available for most classes, and four languages (Hebrew, Japanese, Russian and Spanish) are taught at Oakton East. In addition, "Beginning Spanish II" (SPN 102), "Spanish Conver-

sation" (SPN 105), "Introduction to French Literature" (FRE 210) and "Introduction to German Literature" (GER 210) courses will also be offered.

Registration is in progress, with final registration scheduled for Monday and Tuesday, August 17 and 18. For information, call Linda Korbel, department Chair, 635-1871.

Joseph J. Cecala

Joseph J. Cecala, son of Joseph and Carmella Cecala of 5042 Fitch, Skokie, has completed training in fundamental military skills at the Army ROTC Camp Challenge at Fort Knox, Ky.



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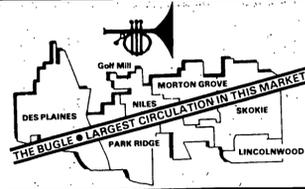


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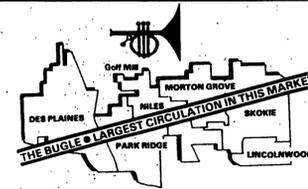
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Grid of business advertisements including Cleaning Services, Electric Service, Handyman, Moving, Painting & Decorating, Pest Control, and more.

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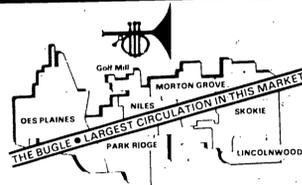


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HELP WANTED



**SALES
Public Pay Phones**

Private pay phone company seeking sales reps to call on food, liquor, drug stores, restaurants and anyplace that has a public pay phone. Increase your earnings. Sales experience highly desirable, but not necessary.

Call Mr. Marshall
775-2400

POTENTIAL

New company now opened in Des Plaines looking for 8 sharp people to fill assistant management and management positions. Will train. Call:

635-8830, Ext. 10

TELEPHONE SURVEYORS

Full & Part Time Monday thru Friday. Conduct phone surveys. No selling. Gather information only \$5.50 per hour plus bonus. Own transportation required.

Call Jay Long
647-0962

TELEMARKETING POSITIONS AVAILABLE FOR: MARKET RESEARCH & INSIDE SALES

Northbrook company member of the INC 500, has positions available for qualified, articulate, intelligent people who have good communication skills, willing to train. Earn above average part time income. For interview call Helen Fontaine:

480-1560

TELEPHONE WORKER

Work from your home for the Cancer Federation, asking for household discards from your local neighborhood. No sales involved. Centel Phone System with call pack needed. Senior citizens welcome. \$4.00 per hour or bonus. Permanent position 3 hours per day. Call:

**CANCER FEDERATION
(800) 642-5373**
(Lake County)
between 8 A.M. and 4:30 P.M.

SOLICITORS

HOURLY WAGE
TOP COMMISSION
A.M. and P.M. Hours
Available
Call Mike
774-1066

TELEPHONE WORK FROM HOME

No Selling
Ideal for housewives and retirees.
Dependability required.
980-5486

Christmas Is Back And Better Than Ever

Now hiring demonstrators for party plan and fund raisers. FREE sample kit, training and supplies.

Call Pam
463-4784
10am-2pm

AGGRESSIVE INDIVIDUAL

FULL OR PART TIME
To help manage fast food restaurant. Flexible hours. Competitive salary. Company benefits. Experience helpful but not necessary.

Apply in Person
HOT DOGS AND MORE
GOLF MILL CENTER
NILES

FOOD SERVICE

NOTRE DAME HIGH SCHOOL
•Cooks
•Cashiers
•General Cafeteria Help
Full Time & Part Time Available
Call:
622-1864
To Make An Appointment

DOC WEEDS IN NILES

Is Now Hiring
•Hostesses
•Food Servers
•Cocktail Waitresses
For Days & Nights
Full & Part-Time
APPLY IN PERSON
8832 Dempster

High School Girls Part Time

After School and Weekends
STAN'S RESTAURANT
7146 Dempster
Morton Grove

•WAITRESSES•

Flexible Hours
Apply In Person
DINO'S
At Classic Bowl
8530 Waukegan Rd. Morton Grove

PIZZA HUT

Hiring
•Wait Staff
•Cooks
Full & Part Time
Up to \$4.50/Hour
•Niles Store Only
6959 W. Dempster
965-2254

BARTENDER

Part Time
Friday, Saturday, & Sunday.
APPLY IN PERSON
See Bonnie After 5 P.M.
CLASSIC BOWL
8530 Waukegan Rd.
Morton Grove

PIN CHASER

PART TIME
Experience Helpful.
Must be over 18 yrs old.
Apply in Person
See Bonnie After 5:00 PM
CLASSIC BOWL
8530 Waukegan
Morton Grove

SECURITY GUARDS

Part Time
Uniforms Furnished
Company Benefits
Available
Excellent Pay
Call Mr. White
572-0801

The Company Store in Skokie is hiring for the following positions: Assistant Manager, Full and Part Time Sales, Stock and Bookkeeper. Benefits Included
Apply in person or call:
THE COMPANY STORE
10065 Skokie Blvd.
Skokie
674-0051

RETAIL SALESPEOPLE

**PERMANENT ...Part Time/Full Time
MADIGANS WOODFIELD**
If you enjoy customer contact, working in pleasant surroundings with congenial people, and a good salary, we have the ideal job for you. FLEXIBLE HOURS, including evenings and weekends.
Excellent company benefits. Immediate 20% merchandise discount. Sales experience helpful but not necessary.

Please Apply At
Personnel Dept. - Misses Store
MADIGANS
WOODFIELD MALL SCHAUMBURG, IL 60173
Equal Opportunity Employer

FOTOMAT CORP.

Applications are now being accepted for permanent part time positions in:
•Evanston •Skokie •Morton Grove
•Palatine •Hoffman Estates •Schaumburg
•Glenview •Niles •Highland Park
Wage incentives and bonus plan. Paid training and benefits. Enthusiastic individuals wanted to work Monday thru Friday and alternate Saturdays. Available hours are: 9 AM to 2:30 PM or 2:30 PM to 8 PM weekdays, and 10 AM to 4 PM Saturdays. Must be at least 17 years old, have reliable transportation and phone. Competitive wages.
For More Information Call:
980-3151

FOOD SERVICE MANAGER

Supervisory position with some production responsibilities in small nursing home.
Need proven ability to manage food costs & personnel. Certification & Sanitation course required.
Call Joy or Patti
Park Ridge Healthcare Center
665 Busse Highway, Park Ridge, Illinois
825-5517

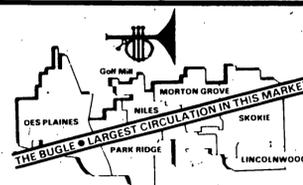
ASSISTANT BOX OFFICE MANAGER

PART TIME
Must be willing to work evenings and/or weekends. Start date September 1st. Previous experience helpful.
Apply in writing before August 15 to:
FRAN BRUMLIK
NATIONAL JEWISH THEATRE
5050 CHURCH ST.
SKOKIE, ILLINOIS 60076

SALES

Excellent Opportunity For Experienced Salesperson.
Full Time Position
Work Close To Home Must Have Car.
Salary Plus Commission.
BUGLE NEWSPAPERS
Call 966-3900

**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



HELP WANTED



TEACHER/ASSISTANT

Montessori Pre-School
Full or Part Time
Will Train
692-2335

LEARN WHILE YOU EARN

Continue your education while in the U.S. Marine Corps. We pay 75 percent of college tuition while you serve; new G.I. Bill after serving. Technical training to expand your job market. Call:

1-800-223-8762
Marines
We're looking for a few good men.

PRINTING HELPER WANTED

1 year minimum experience. Plate making, press work, bindery and art work. Ask for Mr. U. Call between 8 a.m. and 4 p.m.:
299-3530

JANITORIAL WORK

Full Time
5 Days - 2nd Shift
Clean Up Duties
Skokie Area
Experience Necessary
Must Have Own Transportation
677-2230

WAREHOUSE HELP

PART TIME
•Ideal For Students•
Flexible Hours
Evenings & Weekends Required
\$6.00 Per Hour To Start
ABT TV & APPLIANCES
7315 W. Dempster, Niles
967-8830
Established 1936

OIL CHANGE TECHNICIAN

Needed full or part time at
OIL EXPRESS
Exp. helpful but not necessary, will train right person. Apply in person, Mon.-Sat. 8AM-5PM.
OIL EXPRESS
8430 W. Dempster
Niles, IL 60048
827-0600

ACCOUNTS PAYABLE

National distributor in Niles (Harlem & Touhy) needs highly motivated individual to perform data entry & other accounting functions. Experience necessary. Full time. Good salary & benefits. Pleasant environment. Call Loretta.

792-1700

ACCOUNTS PAYABLE

Due to expansion we will be hiring 3 Accounts Payable Clerks. We offer competitive salary & excellent benefits. No experience necessary. Will train.

Call for Interview
WAREHOUSE CLUB
679-6800
Ext. 530

TELLERS

Customer service and cash handling experience required; previous bank or S & L background preferred. We offer competitive starting salaries and outstanding benefits. For more details and interview appointment, please call Human Resources at:

967-2162
UPTOWN FEDERAL SAVINGS
equal oppor. employer m/f/h

LOAN PROCESSOR UNDERWRITING OPPORTUNITY

Have You Been:
A Mortgage Loan Processor for about 2 years, handled all aspects of credit investigations and review, and think you have a basic knowledge to be a junior underwriter.
Young, Growing Company Currently Interviewing
Competitive Salary and Benefits
CALL: MRS. HARRIS
673-6107

MAINTENANCE/ HOUSEKEEPING

Madigans has full time and part time positions in our Woodfield Store.
Hours must be flexible and include evenings and weekends.
Duties are routine maintenance and cleaning throughout the store including vacuuming, window washing and track removal.
Comparable starting salary and excellent company benefits including 20% merchandise discount.
Please Apply at Personnel Office

MADIGANS (MISSY STORE)

WOODFIELD MALL
EOE

DRIVER

Bugle Newspapers
Seeks Man To Do Light Deliveries
For 4 Hours Per Week
Must Have Own Car
CALL
966-3900

TELLER - PART TIME

Good communication skills are required as well as light typing ability. Afternoon Hours: 2:30 p.m. - 6 p.m. and Saturday mornings, 7:15 a.m.-1:30 p.m. Please call Personnel Dept. for interview appointment: 965-4400.

FIRST NATIONAL BANK OF MORTON GROVE
6201 Dempster A Mid-Citico Bank
equal opportunity employer m/f

TELLER FULL & PART TIME

Bell Federal Savings & Loan of Highland Park has positions available for a full time and a part time teller. If you have teller experience or if you have a good figure aptitude and some cashiering experience along with some general light typing skills, we may have a job for you. For information please call Mrs. Largo at:

432-5000
BELL FEDERAL SAVINGS & LOAN
1921 St. Johns Ave.
Highland Park
equal opportunity employer m/f

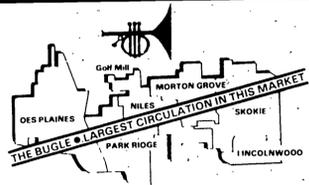
LIFEGUARDS! MATURE & EXPERIENCED

Current Red Cross ALS or WSI and CPR required, plus supervisory experience.
GOOD BENEFITS
MAYER KAPLAN JCC
5050 Church St. Skokie
Call Shirley
675-2200 Ext. 147
equal opportunity employer

PART TIME POSITIONS AVAILABLE FOR FALL

•ASSISTANT LEAGUE COORDINATOR
Experience with children, parents & leagues.
Good organizational ability.
•GYM SPECIALIST
Experience teaching gym activities.
•SWIM INSTRUCTORS
Current ALS/WSI required.
•COACHES
(Volunteer Position)
Experience with Flag Football, 8-13 year olds.
•LIFEGUARDS
Early Bird - 6 a.m.-9 a.m.
Current ALS required
CPR preferred
Call Lauren
BERNARD HORWICH JCC
761-9100 ext. 319

USE THE BUGLE WANT ADS 966-3900



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

HELP WANTED

USE THE WANT ADS

RN'S IMMEDIATE OPENINGS!! THIS JOB'S FOR YOU
3-5 months Florida, California and much, much more! \$520/week. FREE HOUSING and TRAVEL BONUS.
Call: **NURSE AMERICA, INC. 1 (800) 531-5480**

NURSING ASSISTANTS
Intermediate facility. Educational benefits. Near train station, Abbott House, 405 Central, Highland Park.
432-6080
equal opportunity employer
PART TIME
Orthodontic Assistant
Experience preferred, but will train.
775-0810

EMERGENCY DEPARTMENT PHYSICIAN

Our busy Emergency Department provides an exciting environment for the individual who is properly qualified. We are looking for BC/BE Physicians with residency training in E.M., F.P., I.M., or Surg candidates. Must have A.C.C.S. A.T.L.S. preferred. Our career oriented Emergency Physicians receive a benefit package which includes malpractice, health & life insurance, C.M.E. time with stipend, vacation time & a pension plan. For further information call or write:
Robert H. Leviton, MD, Chief Physician
Department of Emergency Services
(516) 825-8800



SOCIAL WORKER

Swedish American Hospital in Rockford, Illinois is seeking an experienced Social Worker for their Adolescent Care Unit chemical dependency treatment program.
Requires MSW with knowledge of Twelve Step Orientation. Responsible for patient, family interviews and group therapy. CAC certification or eligibility required.
This position affords a good starting salary and benefits including life, medical, and 401K Plan.
Send your resume to:
SWEDISH AMERICAN HOSPITAL, ACU
1400 Charles Street
Rockford, Illinois 61108
Attention: Program Manager
Or Call:
1 (815) 966-2273
Equal Opportunity Employer

PROFESSIONAL MEDICAL OPPORTUNITIES POSITIONS AVAILABLE FAMILY PRACTICE PHYSICIANS, and EMERGENCY ROOM PHYSICIANS

IMMEDIATE OPENINGS
Several fine opportunities to choose from at Swedish American Hospital in Rockford, Illinois. Due to rapidly expanding practices, a need exists to place several Board Certified Physicians.
Competitive salary and benefit packages make these very attractive practice situations.
Forward your curriculum vitae to:
DOROTHY TARRO EXECUTIVE ASSISTANT
SWEDISH AMERICAN CORPORATION
1313 E. State St. Rockford, Illinois 61108

REAL ESTATE

APTS. FOR RENT
1 bedroom studio-320. Available September 1. Across from Oak Mill Mall. Call Cindy at: **537-8880**

OUT OF STATE FOR SALE
MICHIGAN-SOUTHWEST FOR SALE BY OWNER
4 BR, 1 1/2 BA, Brick Home w/30x60' insul., Barn, 12 acres and fish pond. Ideal Hobby Farm; 3 miles off I-94. Call after 6 p.m.: **1 (616) 674-8357**

OUT OF STATE FOR SALE
IOWA FOR SALE BY OWNER IDEAL FOR HORSES
Scenic Northeast. 10 minutes to Mississippi River. Must Sell. 300 sq. ft. Luxurious home on 3 acres with farm building; 5 bedroom, 2 1/2 bas., fireplace, large family room, attached greenhouse plus many amenities. Free use of 50 acre pasture. \$125,000.
1 (319) 539-2235

Niles/Pk. Ridge, 4 rm, 1 bdr, dlx. All appls, incl. 5 carpet & ht. A/C. No pets. 692-5105.
Park Ridge - 1 bdrm, deluxe. All appls. included plus carpeting and heat. No pets. 1 bl. to train. 692-5105.

MICHIGAN PAW PAW AREA FOR SALE BY OWNER LAKEFRONT CUSTOM HOME
4 BR, 3300 s.f. Oak trim, Oak cabinets. Beautiful 1 acre wooded lot. Oak, Black Walnut trees, secluded. \$96,900. Terms avail.
1 (517) 894-2222

ROOMS FOR RENT
3 ROOMS FOR RENT
Single person wanted. \$350/mo. (Area - Touhy & Harlem) Ask for Toni **470-7250**

CONDO FOR SALE
NILES - "TERRACE SQUARE" (GOLF & DEE RDS.)
Lovely 2 bdr 2 ba unit in newer elevator building. All modern appliances, 2 balconies, club house with pool plus many many extras.
CALL NOW!
B. FRIEND REALTY 774-2500

WISCONSIN-RIVERSIDE RETREAT FOR SALE BY OWNER
Only 15 min. from American Club in Kohler. WI. Year round home w/passive solar features. Decks and Sunroom; 2500 s.f. Priced at \$84,800. Act now! **1(414) 564-3811**

VACATION/RESORT
FLORIDA NEAR ORLANDO AND EPCOT CENTER
Time share week of New Year's or Christmas, sleeps 6 or 8; absolutely beautiful. All amenities, Vistana Resort. Call after 6 p.m.
(312) 998-8881

HOBBY FARMS
WISCONSIN RICE LAKE AREA FOR SALE BY OWNER
Wis/N.W., 5 acre hobby farm. Ideal for Horses & newly remod. 4 BR home; 28x38' gar; barn & chicken coop, virgin pine trees; 3 miles from Rice Lake; \$97,000. Additional land avail. For more info:
1 (615) 459-5277

WISCONSIN-PRINCETON FOR SALE BY OWNER
PERFECT FOR EARLY RETIREE
3 BR home in good condition; 1 1/2 BA, frplc. FR large lot, bar in basement, 2 car gar. and work shed. \$55,900.
1 (414) 295-3676

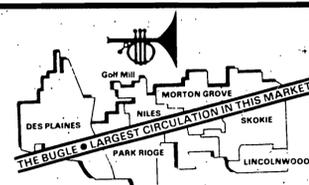
MOBILE HOME
ILLINOIS-SOUTH BY OWNER
Beautiful 3/4 Acre W/2 Mobile Homes on wooded lot. Includes 1909 School House. Ideal to renovate. Excel. investment. Perfect for early retiree. Also has 17 pine trees & minerals. \$28,500.
Act now! **1 (618) 323-6880**

OUT OF STATE FOR SALE
WISCONSIN BLACK RIVER FALLS W/700' River Frontage
Beautiful 4 BR ranch home on the Black River. 6 mi. from the city of Black River Falls, on a 15 ac. Indospd site. Included in the appointments are an 18x24' living room with natural fireplace, with a 2 1/2'x13 1/2' hearth, cathedral ceiling of boxcar siding and a view of the river through a 4x10' window (all windows are thermopaned). Underground electrical and phone service; hobby room, and office or study; 3 bedrooms, jacuzzi, large 2 car attached garage with automatic openers, and much more. \$150,000.
Riordan Real Estate
P.O. Box 57
Black River Falls, WI 54615
1 (715) 284-4589 1(715) 284-9330

OFFICE SPACE FOR RENT
OFFICE FOR RENT AT **CLASSIC BOWL**
8530 Waukegan Rd. Morton Grove
Call Bonnie **965-5300**
After 5:00 P.M.

THE CLASSIFIEDS CALL 966-3900
YOUR TICKET TO JOBS HOMES EVERYTHING

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

Classified - Always a Winner

ANTIQUES

LINDA MARK WILL PAY CASH FOR YOUR ANTIQUES
Carved Furn., French Furn., Bdrm. Sets, Dining Room Sets, Parlor Furn., Oriental Rugs, Gold & Silver Jewelry, Glassware, Lamps, Linens & Lace Silverplate, etc.
ONE PIECE OR ENTIRE ESTATE FOR AN APPOINTMENT CALL 348-9647 or 348-8875

\$\$\$TOP CASH PAID\$\$\$ FOR ANYTHING OLD
Antiques-Collectables- Furniture, China, Silver, Jewelry, Glassware, Knicks Knacks, Dolls, Toys, Oriental Rugs.
SINGLE ITEMS- ENTIRE ESTATE
We make house calls. Call before your garage sale.
Marilyn 998-6877

BUSINESS OPPORTUNITIES

TEMPE, ARIZONA ONLY 6 MILES TO SCOTTSDALE AND MESA
Dry Cleaners and Finishing Laundry. For sale by owner, small but fast growing business. Excellent potential. \$165,000 with Negotiations. Call Sandy, 7 a.m. to 7 p.m.: **1 (602) 968-6616**

FLORIDA JACKSONVILLE FOR SALE BY OWNER
Established 10 year old Silversmith, repairing and brass polishing business. Only silversmith and repairing business in Northern Florida. Includes living quarters and all equipment. ACT NOW! \$70,000.
1 (904) 744-3197

ILLINOIS BELVIDERE GROCERY-LIQUOR FOR SALE BY OWNER
Videos & Lotto. 3 Million Plus. Will support multiple families. Located on Highway 76 and U.S. 20. \$425,000 Includes inventory. ACT NOW! Ask for Bob: **1 (815) 544-4330**

INDIANA ELWOOD PARTS & SALVAGE SPECIALIZING IN SEMI TRUCKS
20 years in business. Highly profitable. Located on Interstate 69 in Ft. Anderson, Indiana. Additional acreage available. Excellent opportunity! **JACK STILES REALTY 1 (317) 582-6881**

LOUISIANA BY OWNER
Meat Plant U.S.D.A. Inspected. Cajun Prod. Wholesale meat plant. Retail & Wholesale outlets. Authentic Cajun products made; shipped nation or worldwide. Priced at \$615,000. Serious inquiries only. Call after 5 p.m.
1 (318) 627-5811, Louisiana

BUSINESS OPPORTUNITIES

MINNESOTA FOR SALE BY OWNER IDEAL FOR HORSE RANCH
160 acres adj. river, 45 miles northwest Duluth, Minnesota; 3 bdr. ranch, basement, barn, grainery, out building. Good fishing, hunting. \$90,000 **1 (218) 427-2433**

UPPER MICHIGAN ADULT FOSTER CARE HOME
With living quarters, 20 client capacity. Mostly new construction. Excellent location. \$175,000. Also, all types of commercial real estate & lake and riverfront homes. Chet Benson, C-21, Grant Assoc. **1 (800) 265-9921**

WISCONSIN-GREEN BAY Attn: Investors/Developers
60x80', 2 lvl. bldg. on 1/2 acres at busy intersection. Frontage on 3 city streets. Liquor lic. available. Partial rent \$28K. Asking \$75,000.
1 (414) 469-1031

SALOON WISCONSIN/ HORIZON MARCH
Escape to a sportsman's paradise. 150 miles north of Chicago. Busy tourist area, growing business. John Deere Company 1 block away, has 1,700 employees, 2 living quarters. \$95,000. **1 (414) 688-2656**

Friendly Home Parties has openings for managers and dealers in your area. Largest line in party plan - Free Kit - Brand New Christmas Catalog - Toy, Gift, and Home Decor Catalog. Over 800 items. Top commission & hostess gifts - Call for free catalog **(800) 227-1510**

MLM
One Yr. Did Company
No products to sell, buy or stock.
Make \$\$\$-Save \$\$\$
For Information Call Ray **237-8903**

DOLL SHOW
ST. CHARLES DOLL SHOW & SALE
Sunday, 8 a.m.-4 p.m.
August 16
November 15
Kane County Fairgrounds Randall Between Rts. 64 & 30

INSIDE-OUTSIDE ST. CHARLES, IL
Over 150 Dealers, 350 Tables
Old, New Dolls, Supplies, Accessories, Antiques, Modern Paper Dolls, Bears, Books, Miniatures, Some toys.
CHILDREN UNDER 12 FREE
ADMISSION: \$3 PARKING FREE
INFORM: (312) 898-0095
Star Margaret O'Brien at Pheasant Run Extravaganza, 200 Booths Antiques Mega-center. Thanksgiving Weekend.

1986 SKYLINE MOTOR HOME
26' Deluxe Ford 460. Roof air, AM-FM, 3 way refrig., micro-gen, ready, rear twin beds, alum. frame, ladder roof rack \$27,500
296-6863

UNITED BONUS TICKETS WANTED
Will pay up to ***\$425.00**
Call Toll Free **1(800) 247-3146**

FURNITURE FOR SALE

Sofa w/2 chrs, 2 tbls, val. & drapes \$200. Rnd. gl. tbl. w/4 chrs. \$175.
966-5454

GARAGE SALE
7831 Churchill, Morton Grove
Aug. 14 & 15, 9:00 to 5:00
Everything Must Go!

MULTI FAMILY GARAGE SALE
Aug. 14, 15 & 16, 9:00 a.m.-4:00 p.m.
Some things old, many things new. Collectables, costume jewelry & Christmas items.
8636 N. OZARK, NILES

NILES - 6966 SEWARD
Fri. & Sat. 8:15 & 8:15, 10-4
MOVING - Furn., tools, misc.

MISCELLANEOUS FOR SALE
MOVING: MUST SELL!
August 15 & 16, 10 A.M.-4 P.M.
297-4539

6' high, 6' long entertainment center (marbled formal) Like new.
\$150 965-7437

BUSINESS COPY MACHINE
Many Features. Cost \$1,700.
Sell \$325 **729-5415**

1984 Pontiac Sunbird Wagon-Blue
A/C, Automatic, Cruise Control, AM-FM Stereo W/Clock, Power Locks-Steering Brakes, Tilt Wheel, Roof Rack, Rear Defogger, Reclining Front Buckets, Folding Rear Seats, Fuel Inj. Front Wheel Drive, Ziebart, Miracle Shield, 38,000 Miles, 35 MPG Highway. **967-9536**

MOTORCYCLES FOR SALE
1982 Kawasaki KE-100 - \$550 for one, 1978 Yamaha DT-125 - \$700 for second bike.
MINT CONDITION
965-7326

TRAVEL

TRAVEL
UNITED BONUS TICKETS WANTED
Will pay up to ***\$425.00**
Call Toll Free **1(800) 247-3146**

TRAVEL

FREQUENT FLIERS AIRLINE AWARDS - CASH
Up to 50% off
1st Class Tickets
Hawaii - Europe - Australia
Call Toll Free
1(800) 443-2274

BUMPED FROM AIRLINE?
Buy/Sell Airline Awards.
Call Toll Free:
1 (800) 852-8777

USED CARS
1977 Pont. Grand Prix
Clean. Runs well. 75,000 mi.
1950 or best offer. Call:
470-0042

Sharp, Red 1985 Plymouth Turismo Duster
Auto, A/C, Cruise, Sport Wheels, Alpine Stereo
Power Steering & Power Brakes
\$5,700 Or Best Offer
745-5347

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.

USED CARS
1979 Pont. Bonn.-New Parts, Shocks, Springs, Tires, Brakes & Valve Job. Good Cond. \$3,500.
671-8185

WANTED TO BUY
WANTED: LIONEL & AMERICAN FLYER
Turn your old trains and toys into money. Collector pays cash. Will pick up.
699-0268

HERBALIFE
Independent Distributor for products or opportunity.
228-0773
OF
456-5140

USED CARS
1977 Pont. Grand Prix
Clean. Runs well. 75,000 mi.
1950 or best offer. Call:
470-0042

Come In And Place Your Garage Sale Ad Today!

Pick Up Your FREE Garage Sale Signs

Appearing in all 5 editions

3 lines \$5.00 each additional line \$1.50

THE BUGLE NEWSPAPERS
8746 N. Shermer - Niles
966-3900

From the Left Hand

Continued from Page 1

were all stars of city championship teams during their high school days. And if the Hall should need more nominees we would suggest Jerry Sullivan, who played on St. George's championship football team in 1943. What makes Jerry a special candidate is he played briefly for the Chicago Fire, a semi-pro team which played at Notre Dame stadium in the 1970's. Jerry, who was then in his mid-forties, became the kicker for the team. We thought this over-the-hill athlete was making a statement for all of us over-the-hillers, who vicariously wanted to score one more touchdown, hit one more home run and shoot one more shot from mid-court.

There's a great deal of movement behind the scenes preceding the upcoming Senate hearings for the Robert Bork nomination for the Supreme Court. Last week we received a thirty-five page packet from the White House extolling Bork's legal background. Since The Bugle was on the mailing list we assume most daily and weekly newspapers in the country also received the packet. In addition to the many-paged letter from the President's staff, there were about 20 supportive editorials from newspapers including the Chicago Tribune, New York Times, Washington Post and Washington Times.

Having an emergency ambulance service within five minutes of your home is an asset which should never be taken lightly. Last Thursday we were in Michigan. The tree trimmers were cutting off some dead branches from the 60 year old oak trees we have in the back of our house. One of the trimmers went up 40 feet into the crook of the tree where two branches joined. Before tying himself around the tree he slipped and fell to the ground. It was horrible watching him fall and not being able to aid him. He landed on the small of his back and let out a shriek which will never be forgotten. My daughter telephoned the 911 number for help from a nearby Michigan town. We then drove into Indiana and contact-

ted the medics there. It took 42 minutes before the first medical group arrived. Fortunately, the man only sustained a hairline fracture of a vertebra. But the agonizing 42 minute wait while the man was in pain was most difficult. The 42 minute timeframe was critical. Had he been the victim of another problem he might not have survived this long a wait.

A Niles man called last week to tell us he received two tickets from the village because his lawn had grown six inches while he was on vacation. He said the young man who normally cuts the grass was ill, resulting in the unkempt property. On the other hand, the ticket-receiver was not the first person to ever be fined for growing grass.

The Charley Kozaks called last week to tell us they had come across an old brochure dated May 1, 1959 which reported Niles police chief Bob Romey was beginning his 28th year on the police force. The bit of satire included a picture of four crooners named Krause, Mehring, Kozak and Bolek who were singing a sentimental ditty to their Chief. The name of the newspaper was the Niles Bugle.

Caveat Emptor Dept.:
We received an estimate of \$203.63 for a new muffler and pipe assembly from a local muffler dealer. We got a second estimate of \$133.00 and a third estimate of \$106.49 plus tax. Since the numbers kept bouncing around we tried the Car X Muffler Shop on Milwaukee Avenue and received an \$85.60 estimate plus tax. Guess which shop got our business?

Borrowing from Ann Landers column in Tuesday's Chicago Tribune, Mrs. Arleigh Burke was displeased with her recently retired husband, Admiral Burke, who was doing a great deal of napping during his first days of retirement. After a few days of his laziness around she told him, "I married you for better or worse but not for lunch".

Robbery...

Continued from Page 3

Both offenders were described between 25-30 years old, dark hair, both with mustaches, and were wearing dirty road worker-type clothes. The man who displayed the small automatic handgun was 5'9", weighing about 140 pounds and wearing blue jeans and a blue cotton shirt. The accomplice was described 5'8", 160 pounds, wearing blue jeans and a white tee-shirt. The victim said she would try to work with the police identification to reconstruct a facsimile of the offenders faces. Police are investigating the case.

Craft Fair/ Flea Market need volunteers

The Niles Park District still has vendor spaces available in the Craft Fair/Flea Market to be held at the Sports Complex, 8435 Ballard Rd. in Niles, on Sunday, August 16 from 10 a.m. to 3 p.m.

Crafts such as silk flower arrangements, papermache sculpture, wooden objects d'art, bird houses, miniature collectibles and oil paintings will be featured. For information on space sizes and fees, contact John Jekot at the Niles Park District, 967-6633.

Maine Beat...

Continued from Page 3

boost people participation, and schools could air educational programs. The possibilities are endless...and everyone would have a chance to be a star on cable TV.

A case in point was the airing of a new locally produced show on the public access channel 21 called "Here's Looking at You" a few months ago featuring Niles' personalities and a book review. A resident, Stuart Gootnick, a miniaturist and a fire memorabilia buff, displayed models of fire houses and old homes. "Book Beat" featured reviews of recent books by guest critics from Niles.

Judging from past history, there is a lot of talent in Niles that should be captured on camera. Hopefully, there will be more cable-related participation in the future.

AREA TIDBITS... contrary to rumors, Nicholas Blase was not among the mayors attending a mayors' conference last week in Carmel, California...hosted by actor-mayor Clint Eastwood. According to a reliable source, Blase left town last week for a vacation, but the destination was not the west coast.

BOND CELEBRATION... It's been 25 years since James Bond hit the screen and the event was celebrated at the Golf Mill Theater to coincide with the opening of "Living Daylights" starring Timothy Dalton, the new James Bond.

Greeting the patrons were ushers in tuxedos (compliments of Gingiss Brothers Formalwear in Niles) and gal employees dressed in bikinis and gowns for a true Bond atmosphere.

Memorabilia of the various actors who played the role (Sean Connery, Roger Moore) were depicted via movie trailers and scenes on video tape in the theatre lobby...and movie posters on the wall loaned to die-hard fans Bill and Glen Grant of Niles.

A bit of trivia...according to Cubby Broccoli, producer of the Bond films through the years, half the world's population has seen James Bond in action on the screen.

Niles man...

Continued from Page 1

Stankowicz, police were contacted by a neighbor at 4:10 p.m. Upon arrival, police quickly cut the rope, and paramedics began life-saving techniques but there was no response from the victim.

Stankowicz said the county medical examiner was called who pronounced Michalopoulos dead. The body was transported to the county morgue. "The incident happened between 10:30 a.m. and 4 p.m. based on facts gathered by police," Stankowicz said.

He explained the victim's wife left for work at 5:50 a.m. and spoke to her husband phone at 9:30 a.m. at which time he gave no indication of his later action.

A neighbor saw him cutting the grass around 10:30 a.m. and

Niles wins at Senior Olympics

Eleven men from the Niles Senior Center participated in the six county senior olympics held recently at Wheaton College. The event was sponsored by the Illinois Parks and Recreation Association and the American Lung Association.

Over two hundred fifty participants competed in thirty-two olympic events. Five Niles men entered the pool (8ball) tourney. Larry Bell won the silver (second place) medal and Bill Schiemann won the bronze (third place) medal. Four men from Niles participated in the eighteen hole golf tournament at arrowhead Golf Course. Bill Zillmer, the Niles men's exercise instructor won second place in the golf tournament.

English language courses slated for Oakton East

Oakton Community College is offering intermediate and advanced English as a Second Language (ESL) credit courses this fall beginning the week of August 24 at Oakton East, 7701 N. Lincoln Ave., Skokie.

"Reading and Study Skills for Non-Native Speakers" (EGL 072) is designed to improve reading, vocabulary and discussion skills. The course must be taken together with "Grammar and Composition for Non-Native Speakers" (EGL 075), which teaches the foundations of

talked to him for a few minutes about her children and the weather. On leaving her, the victim said "say goodbye to your children for me," which she did not think was unusual at the time.

At approximately 4 p.m., the victim's wife came home from work and when she began to open the garage door, she found her husband hanging from the door-track. She then summoned the neighbor to call the police.

Stankowicz said police spoke to the victim's doctor who said his patient was suffering from diabetes and high blood pressure and was being treated for blood clots in the leg. The doctor further stated he believed Michalopoulos was in a depressive state of mind.

He also won a gold medal in the standing long jump and Art Scheel won third place and brought home a bronze medal in this competition. Paul Grecco won the first place gold medal in the basketball free throws and Joe Musso and Bill Zillmer tied for second place silver medals.

All of the men from Niles who participated in the senior olympics are members of the men's exercise classes which meet at the Grennan Heights Fitness Center. The men's exercise classes will resume this September. For further information on the Niles Senior Center Men's Exercise Classes please contact Karen Hansen at 967-6100 ext. 378.

English grammar necessary for success in college-level courses. Both courses are offered on Tuesdays and Thursdays from noon to 2:45 p.m. or Mondays and Wednesdays from 6 to 8:45 p.m.

"Advanced Reading and Study Skills" (EGL 073) and "Advanced Grammar and Composition" (EGL 075), offered on the same days and times, focus on teaching skills to students at an advanced level.

For information, call Kathleen Lee, 635-1418.

Bike fest...

Cont'd from Skokie-L'wood P.1

winners will receive get-away-weekends at the Hotel Morton, 500 South Dearborn in Chicago. Teams consisting of two men and two women may also compete for the Citicorp Savings Challenge Cup.

Youths under the age of 18 can ride and compete in a bike rodeo, a mini-course designed to teach cycle safety. All children competing in this event will be eligible to win a Schwinn bike which will be given away the day of the event. The Velo Club Roubaix, a northshore bicycle club, and Al's Cycle Shop, 8118 Lincoln in Skokie will also be participating. The Wilmette Bicycle and Sports Shop, 605 Greenbay Road in Wilmette will raffle bike accessories.

Adults as well as children should pre-register for all events at either the Citicorp Savings Skokie branch, 9933 Lawler or the Citicorp Winnetka branch, 814 Elm. Children under the age of 18 require parental/guardian signature.

Optometrist...

Continued from Page 3

in announcing the charges.

The charges, which each carry a possible jail term of up to one year and a \$1,000 fine, came as the result of a joint investigation by Daley's office and the Illinois Department of Registration and Education after one of Delacruz's alleged patients filed a complaint with the state.

An arrest warrant was issued for Delacruz on Friday, Aug. 7. Daley said that the defendant has never held a valid license to practice optometry in Illinois.

Poster Contest...

Cont'd from Skokie-L'wood P.1

certificate for entering. The first prize winner will receive a ribbon and art supplies.

Winning posters will be displayed at the Library and featured in the Library booth at the Lincolnwood Bicentennial Celebration, Sun., Sept. 13 at Prosesel Park.

Deadline for the contest is Fri., Sept. 11, at 6 p.m. Entries should be brought to the Lincolnwood Library, 4000 W. Pratt Ave.

Niles North seeks flea market vendors

The Student Congress of Niles North High School is seeking vendors, merchants, and exhibitors for its first annual arts and crafts fair/flea market. The event is scheduled for Saturday, September 19 from 9:30 a.m. to 3:30 p.m. in the school's west parking lot. Each single space will be rented at a charge of \$10 for the day. While proceeds from space rentals will benefit the charity chosen by Student Congress, vendors will retain their own profits.

The fair/flea market features free admission to the public, refreshments on the premises, and an extremely accessible location. Niles North High School is at 9900 N. Lawler Avenue, just west of the Old Orchard Shopping Center, and just east of the Old Orchard exit of Edens Expressway. Parties interested in exhibiting their wares at this brand-new event should contact Dave Schusteff at 673-6900.

Oakton...

Continued from Page 1

A motion to request funds for a project to abate lake erosion in the amount of \$108,300 plus state funds of \$73,000 was passed over the objections of Trustees Kenneth Latos and Diana Loveland.

According to David Hlquist, the man-made lake on Oakton property is causing erosion to the point where the plumbing is above the water level. He also cited the example of Harper College's huge expense in a similar situation. Loveland, unconvinced, voted against the motion calling the expenditure outrageous.

In other businesses, David E. Hlquist, Treasurer, presented a financial position statement as of June 30, 1987, subject to year-end audit stating, "Actual cash receipts were not sufficient to meet operating expenditures, and the sum of \$2,097,000 was transferred from investments...1986 taxes may be subject to readjustment based on final assessed valuation, the revised multiplier, and the date taxes are due...The total prepaid expense at June 30 is significantly higher than other times of the year and will be charged to the next fiscal year...Deferred revenue, mostly in the form of tuition fees, will be used in the 1987-88 fiscal year."

The financial position statement also disclosed revenue in excess of budget with possible adjustments made upon collection of taxes. Expenditures are within

County zoners...

Continued from Page 1

tion. Homeowners in the area fought against commercial use of the property about five years ago and when the case went to the appellate court.

Officers of the Golf-Greenwood Gardens Homeowners Assn. are expected to hold a meeting this week to discuss the zoning board's decision with residents.

At a June hearing by the appeals board, residents expressed concern about intrusion of commercial development in their neighborhood, impact of a shopping center on neighbors, traffic, drainage and other potential problems. During the hearing, a peti-

tion was presented to the board showing that 60 out of the 70 persons living in the sub-division of a single-family homes oppose the development.

Niles village trustees unanimously approved a resolution at a board meeting last month opposing construction of the shopping center. The village borders the property, which lies across the street from the Golf Mill shopping center, and on Western Ave. where the high rise buildings were annexed by the village in the early 1970's.

by Sylvia Dalrymple

District 71...

Continued from Page 1

der of listing on the ballot will be held on Wed., Aug. 26 at 5 p.m. at the district office of Niles Elementary School District 71 for those persons whose petitions are filed simultaneously. Nominating petitions are considered to be filed "simultaneously" only when:

a) They are filed as of the opening hour on the first day of filing or;

b) They are received in the first mail delivery on the first day of filing.

All other names of candidates are listed in the order of filing of the nominating petitions.

Touhy Avenue Arts and Crafts Street Fair

Congregation Ezra Habonim, 2820 W. Touhy, is sponsoring the First Annual Touhy Avenue Arts and Crafts Street Fair on Sunday, August 16 from 10 a.m. to 5 p.m. on the 2600 block of Touhy Avenue. The fair features the artwork of local artists including ceramics, leathercraft, woodwork as well as oils and watercolor paintings. The arts and crafts displayed for sale will represent a wide range of ethnic diversity. Refreshments

Art reception...

Cont'd from Skokie-L'wood P.1

feature films are "The Invisible Man" on September 10; "City Lights" on September 17 and "Lady in the Lake" on September 24.

Diane Nawrocki, art therapist at Schwab Rehabilitation Center, will conduct a children's workshop exploring ways of seeing. The free workshop will be held Tuesday, September 15 at 3:30 p.m. Pre-registration is required.

Videotapes and color catalogues with braille transcripts will accompany the exhibit.

Sabotage...

Continued from Page 3

probation period. If Mrs. Gump will not pay the money, she would have to answer to the court for violating the court order which could result in her serving five more years in prison, according to the judge who sentenced Gump.

"As a member of the Transfiguration Plowshares, Jean has strong convictions. She is totally against nuclear weapons and is calling to the government to dismantle all missile sites in this country. Her husband feels the same way and his refusal to pay the \$5,000 bond (based on conditions) is a commitment to that belief," the friend said.

The U.S. attorney for the western district of Missouri said conditions for the bond restricted the two men from trespassing on any federal government property or committing any other offenses while out on bond. The matter will be presented to the federal grand jury convening in Kansas City on Aug. 17.

In a statement to the newspapers, the Gumps' son, William, said that although his mother has been involved in peace protests for a number of years, this was the first time his father has been arrested.

Niles Senior creative arts classes

Enrollment has begun for some of the fall creative arts classes at the Niles Senior Center, 8060 Oakton in Niles. The following classes are open to any Niles resident 62 and older or the spouses of someone 62 and older.

A creative drawing mini series will be held on Tuesdays for four weeks beginning September 1 from 9:30am to 11:30am. Tuition costs \$6.00 for the four week class. Students must furnish their own drawing supplies. All levels of ability are invited to enroll. Helen Van Tempora is the instructor.

Oil painting will be held on Tuesdays from 9:30am to 11:30am from September 29 through November 17. Tuition for the eight week class is \$15.00. Students must furnish their own oil painting supplies. Helen Van Tempora is the instructor. All levels of oil painting are invited to enroll.

For further information or to enroll in either class please contact Cindy Risoff: 967-6100 ext. 376.

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Dempster...

Continued from Page 1

family subdivision was given approval by the trustees. A prerequisite to the rezoning was to vacate Church Street along the southern boundary with a 30 foot utility and water retention/detention easement. In order to do this, Larry Arft, Village Administrator and Chuck Scheck, Director of Community Development, had to determine the market value of the vacated property. Current market value being \$7.50 a square foot of residential property in Morton Grove, the total worth comes to \$3,622.20 for which the developer has already issued a check to the Village.

Scheck asked for and received approval for a waiver to allow Lawrence Huber, a maintenance worker in the Public Works Department, to participate in the Housing Preservation Program. Scheck pointed out there is no

conflict of interest as Huber has no participation in policy making decisions.

Corporation Counsel Jordan Kaplan reported on a complaint by a resident at 7951 Luna about a cable wire running across his property illegally. Kaplan reported the wire, indeed, should not be located in its present place and has instructed the cable company to move it.

Fire Calls...

Continued from Page 3

The Niles Administration Building at 7601 N. Milwaukee Ave. on a report of a gas leak from lamps in front of the building. Cause was traced to burned-out gaslights resulting in a gas odor. There was no immediate danger and maintenance men were notified of the problem.

LEGAL NOTICE

NOTICE OF BID
The Village of Niles will be accepting sealed bids for concrete work; fill in loading dock and pour concrete entrance at 7530 Oak Park Avenue, Niles, IL. Specifications will be available at the office of Cody-Braun & Associates, Inc., 4513 Lincoln Avenue, Lisle, IL, 60532; telephone # 630-1333 on Au. 14, 1987. Sealed bids must be submitted to the Niles Park District, 7877 N. Milwaukee Avenue, Niles, IL, 60648 by 5:00 P.M. on August 25, 1987. Bids will be opened and read aloud August 25, 1987 at 8:00 P.M. in the Niles Park District Recreation Center, 7877 N. Milwaukee Avenue, Niles, IL, 60648.

General information and specific instructions concerning this request for proposal are available at the Office of the Purchasing Agent, 7601 N. Milwaukee Avenue, Niles, Illinois 60648.

Bids will be opened at 8:00 P.M. on Tuesday, August 25, 1987, at the Board of Trustees' meeting, 7200 Milwaukee Avenue, Niles, Illinois 60648.

(s) Andrew R. Buffa
Purchasing Agent

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NILES PARK DISTRICT
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U.S.D.A. Choice Beef Rib Boneless Rib Eye

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