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Highland Square diet food sale gets MG approval

by Jill A. Janov
 The sale of canned and frozen foods at a Jenny Craig Weight Loss Centre in Highland Square Shopping Center was approved with only one trustee voting against the proposal in the regular Morton Grove Village Board meeting on Monday, March 13. All trustees were present. However, Trustee Donald
 Continued on Page 50

Four trustees vie for three seats on MG Board

The Morton Grove trustee election on April 4 will be more competitive after a March 8 Circuit Court decision allowing Trustee Henry Szachowicz on the ballot. Szachowicz' petitions had been ruled invalid by the Morton Grove Electoral Board because they did not specify whether he was running for a two-year or four-year term of office.
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The Bugle
 Village of Niles Edition
 8746 N. Shermer Road
 Niles, Illinois 60648
 966-3900-1-4
 VOL. 32, NO. 40, THE BUGLE, THURSDAY, MARCH 16, 1989
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Tax increase could cost homeowners \$177 per \$100,000

Proposed tax hike defended by Dist. 63

by Nancy Keraminas
 Preparing for opposition prior to an April 7 school referendum which could result in major property tax increases for area residents, East Maine District 63 officials have gone on the offensive. Speaking to parents gathered at a PTA meeting on March 7 at Viola Nelson School, 8901 N. Ozanam Ave., Superintendent Dr. Eldon Gleichman presented financial information relative to the property tax referendum, indicating that the district's current financial problems are attributable to inflation, a decrease in state aid funding, and no increase in the educational tax rates since 1967. The current rate paid by homeowners before a homestead or senior citizens' exemption is applied, is \$1.81 per \$1,000 of assessed valuation. The proposed new rate is \$2.40 per allowable rate. Currently the district is at its maximum. Glenview currently taxes at a \$2,0048 rate, having
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From the Left Hand

by Bud Besser
 Buglebits
 While we've always been friends with school district 63 (as well as most other districts) we've never let our friendship interfere with our first concern of representing residents in the community.

With only three weeks to go before an April 4th referendum, we have not received any information from the school district on the upcoming referendum. And because the cost to homeowners will be a whopping \$178 annually on a \$100,000 home, we're suspicious school officials are trying to slide through a "quiet referendum".

In bygone days an administrator at Maine East High School said the best way to pass a tax hike school referendum was "to do it quietly".

We've been told by East Maine administrators if anyone wants information about the April 4 referendum they should contact the school administration. Meanwhile, the administration is preparing a packet of information which will be sent through the PTA groups which will go into the homes of those residents whose children are attending the schools. Those parents are the most likely "Yes" voters which is motivation for such communications. But since the residents from the entire district, most of whom are not involved with the schools,
 Continued on Page 50

MG Police unionize in 27-3 vote

by Nancy Keraminas
 By what their leader terms a "very one-sided majority" vote, Morton Grove's sworn police officers have decided to be represented by the Fraternal Order of Police. According to Officer Daniel Donoghue of the department, uniformed officers voted 27 to 3 in favor of affiliation. Two officers abstained from the voting Wednesday, March 8. "As soon as possible," police officers "will appoint or vote for a negotiating team" that will sit down with members of the Village and work out a contract for the police officers. Unlike the Morton Grove firefighters, who are currently negotiating a new two-year contract with the Village, police wages and benefits are currently not covered in a contract. According to Donoghue, the police representatives on the negotiating team would be chosen from the entire membership or each shift could select its own spokesperson. Twenty-eight patrol officers already belong to the Fraternal Order of Police Lodge and enjoy some of the group's benefits. According to Donoghue, F.O.P. represents police interests nationwide and sends lobbyists to Washington, D.C. and Springfield. The March 8th vote gives F.O.P. the right to be the Morton Grove Police Department's sole bargaining agent with respect to wages and benefits and personnel matters. The Village of Morton
 Continued on Page 50

District 207 expands student day schedules

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

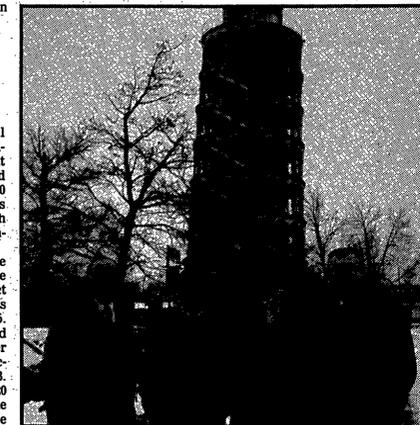
Don't Miss:

Senior Seasons Guide
 Page 27-37

Based upon overall parental and faculty response, the decision has been made to implement the new expanded eight-period day schedule for the 1989-90 school year, according to James L. Elliott, Maine Township High School District 207 superintendent.

The proposed schedule change was presented to the Maine Township High School District 207 Board of Education at its meeting Monday, December 5. Parents and faculty were notified of the proposal before the winter break and asked for their reactions by Tuesday, January 3. Although a group of about 20 Maine West parents came to the January board meeting to ask the board to consider a nine-period day for all students beginning with the 1989-90 school year, reaction from other parents and faculty members have been favorable.
 Continued on Page 50

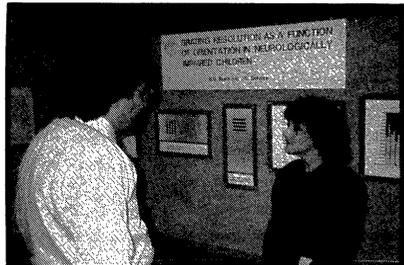
YMCA leaders plan fund raising



Fund Raising was on the minds of these leaders as they stopped for a photo in front of the Leaning Tower YMCA's replica. Above, left to right, are Jim Kohler, Executive Director, Matt Barone, Fund Raising Chairman, Dick Wehman, Chairman of the Board and Gene Mroz, Board member.

Area News

MG doctor presents poster



Sandra Block, O.D., M.Ed.

Sandra Block, O.D., M.Ed., (right) stands next to her poster, "Grating Resolutions as a Function of Orientation in Neurologically Impaired Children," at the American Academy of Optometry in Columbus, Ohio. Dr. Block is an Associate Professor of Optometry in the Pediatrics Department at the Illinois College of Optometry. Janice Scharr, O.D., M.A., Associate Professor of Optometry, ICO, also presented the poster.

Dr. Block lives with her husband, Joel, and 2 children, Bryan and Jennifer, in Morton Grove.

Legion celebrates birthday party

The Morton Grove American Legion Post 134 will celebrate the 70th birthday of the American Legion and St. Patrick's Day with a huge combined party at the Legion Memorial home, 6140 Dempster, on Saturday, March 18.

The evening will begin with an attitude adjustment hour at 6:30 p.m. and buffet dinner at 7:30 p.m. There will be an open bar.

Chairman Roger Schmidt, junior vice commander, has announced authentic Irish dancers will present a dance show and the Ted Martin Trio will play dance music from 9:15-12:15 a.m.

The donation for the evening is \$40 per couple, all inclusive; or \$20 per person for singles.

Reservations must be made in advance at 679-1873.

NBC signs former Maine East student

Scott Cohn, who served as a newscaster for WMTH in Park Ridge and graduated from Maine Township East in 1978, will be joining NBC's news cable network, CNBC, as a TV news correspondent early in April.

CNBC represents an ambitious entry into the cable market by NBC. Their programming should be most interesting and informative. As we understand it, they will present the business side of the news as it relates to the consumer, as well as industry. The network is already projected to reach between 10 and 15 million homes nationwide.

Scott Cohn currently serves as anchor and executive producer for the weekend news on station WZZM-TV (ABC) in Grand Rapids, Michigan. During his six years as anchor and reporter for WZZM, he was the recipient of several Associated Press and United Press awards in Michigan, including firsts in feature reporting, investigative reporting, and spot news coverage.

Prior to Grand Rapids, Cohn was news anchor for WEAU in Eau Claire, Wisconsin, and newscaster for WHA Public Radio and TV in Madison. He graduated from the University of Wisconsin in 1981. Cohn also won numerous awards in state radio competition while a student at Maine East.

Scott Cohen is the son of Daniel and Lillian Cohn of Glenview.

Sidewalk Repair Program in Niles

The Village of Niles is offering a sidewalk replacement program for owner who will pay half the cost to repair cracked public sidewalks in front of their homes.

The Engineering Department is handling the program, which allows the Village to repair the sidewalks at half price to residents. A minimum of two sidewalk squares must be repaired for an owner to participate in the program. The owner should mark with chalk the section or sections in need of replacement.

To apply, simply fill out the application below and send it to Niles' Engineering Division of Public Services Department, 6848 Touhy Avenue. Applications must be in by April 30, 1989. For more information on the program, call 967-6100.

NILES' 50-50 SIDEWALK PROGRAM

NAME _____

ADDRESS _____

TELEPHONE _____

I wish to participate in the Niles' 50-50 Sidewalk Program. I have _____ squares of front public sidewalk for replacement.

Signed _____ Date _____

Notre Dame drivers education program

On March 16 at 7:45 a.m., the program "Driving Under the Wrong Influence" will be presented to Notre Dame High School drivers education students. The program is designed to teach them how to avoid becoming an accident victim.

The program will be presented by John Scott, District Coordinator of Community Education for the Country Companies, an insurance and investment group. Driving inexperience and alcohol are a deadly mixture and one that results in thousands of teenage fatalities each year in the United States. The program will present the facts about alcohol and how it affects decision making abilities and driving skills.

Regina to host drama competition

Regina Dominican High School will host the IHSA Regional Drama/Group Interpretation Competition Saturday, March 18, Regina students will compete in each category.

MG resident president of alumni

Mrs. Kathy Ruhl is directing Spoon River Anthology, the group interpretation entry. Local students Gina Perilli of Skokie and Nicoletta Harris of Lincolnwood will participate.



Frank Mader

Frank Mader of Morton Grove has been elected president of the Oakton Community College Alumni Association. A charter member of the Association, Mader is retired now after 43 years of service with the IBM Corporation.

Students will also receive an informative booklet on drinking and driving. Scott comments that "Our goal is to help students make responsible decisions regarding drinking and driving. The Country Companies want them to realize that drunk drivers are 25 times more likely than sober drivers to have accidents. And the costs for driving drunk are higher premium rates, higher auto repair costs, injury and, too often, the ultimate price - their lives".

Regina to host drama competition

Regina Dominican High School will host the IHSA Regional Drama/Group Interpretation Competition Saturday, March 18, Regina students will compete in each category.

MG Historical Society fundraiser

The Morton Grove Historical Society is sponsoring a St. Patrick's Card Party for its fund raiser this year at the American Legion Hall, 6140 Dempster St. in Morton Grove, Thursday March 16 at 7:30 p.m. Donation is \$3. There will be raffles for cash and other prizes. Come with a friend to this painless way to help support your Morton Grove Museum - The Haupt-Yehl House.

Michael J. Agosti

Marine Lance Cpl. Michael J. Agosti, son of John Agosti of 8156 Crawford, Skokie, recently departed on a six-month deployment while serving with 1st Battalion, 5th Marines, California.

The Bugle

An Independent Community Newspaper Established in 1957

8746 N. Shermer Road, Niles, Illinois 60648

966-3900-1-4



MEMBER Northern Illinois Newspaper Association

David Besser—Editor & Publisher
Diane Miller—Managing Editor
Robert Besser—City Editor
Jill Janov—Copy Editor

Students perform for cultural week

by Eileen Hirschfeld

Nelson School's International Week was brought to board members of East Maine Elementary School District 63 at a regular meeting last Tuesday. Niles is located at 8901 Ozanam St. in Niles.

Students from the school's six teams, or grades, displayed their knowledge of other cultures, much of it gathered from various heritages represented in the school body.

Representing Nelson were Jennifer Hack, kindergarten, Evan Keraminas, team one, Alejandra Bastidas, team two, Edward Slepowski, team three, Vijay Malavia, team four, Natalie Ovetsky, team five and Amy Markos, team six.

Board members as well as the public learned from Jennifer that "Children around the world are just like me." While wearing a kimono, Evan described her

team's correspondence with Japanese pen pals. In a long white ruffled dress, Alejandra danced barefoot to Colombian music.

Edward, of Polish descent, showed the chart of his lineage while Vijay narrated facts of his family tree, all members born in India except for him. Natalie, dressed in a uniform typical of a Russian student, played a Russian game of "Who has the ring?" with board members. As representative of grade six, Amy introduced the other youngsters as well as described her report of an imaginary help through China.

Teacher coordinators were Carolyn Kueffner, Elsie McAvoy, Helen O'Connell and Mary Jo Wilhelm.

An assortment of international pastries was served following the

Continued on Page 51

Gas stations prepare for robbers and run-offs

by Nancy Keraminas

In the wake of two armed robberies at two Dempster Street service stations, area gas companies are taking a variety of precautions against similar crimes. Service stations are also frequently victimized by thieves who fill their tanks and drive off without paying.

Hillerich's Car Care at 5801 W. Dempster St. was held up Feb. 27 by a gun-wielding thief who escaped with \$150 and on Saturday March 4 a man with similar description and gun stole at least \$200 in receipts from Citgo Car Care at 6335 Dempster St. Both

stations are in Morton Grove. The thief locked the Citgo employee in a storage area before fleeing.

"We don't have the doors open after hours," Tony Sabbia said, one of the owners of the Dempster and Ozark Shell Service. After hours when only one employee is on duty, the station uses cash drawer system. In addition, after 9 p.m. on most nights the station has customers pay for gasoline before it can be pumped into their cars.

"We've been taking precautions for the last few years," Sabbia said.

Continued on Page 51

Group effort leads to purse snatchers' arrest

A combined force of seven Niles police officers and at least two citizens banded together to apprehend two Des Plaines men who boldly snatched a purse belonging to an 87-year-old Chicago woman on March 11 at Oak Mill Mall.

"People were really wonderful," said the woman,

Regency in top 8% in Illinois

by Maureen F. Deasy

The Regency Nursing Center in Niles has won the State of Illinois Department of Public Aid Six Star Award for Excellence. The six areas that the Department of Public Aid surveys are: Resident activities, community involvement, personalized environment, resident satisfaction, specialized nursing, and special intensives which include areas in which the nursing home gives specialized help.

Continued on Page 51

who, accompanied by her daughter, had gone shopping at the Jewel/Osco Drug Store at 7900 Milwaukee Ave. after a visit to a local bank on Saturday. As she and her daughter left the supermarket, they went to the parking lot to unload their groceries. The woman's purse was left unattended in the cart.

"The man took my bag in broad daylight with all those people around. I screamed and my daughter went inside the store to call police. I couldn't run after him." A witness called Niles police from his car phone and officers were on the scene in less than four minutes. Corporal Dan

Continued on Page 51

Bugle Seeks Typist

The Bugle is seeking a high school typist for approximately 3 days a week after school and alternate Saturdays. Must be excellent student. Sophomore or Junior preferred.

Call: 966-3900

Thirty non-tenured and 9 tenured teachers dismissed

Declining enrollment forces Dist. 207 staff reduction

Village hosts Children Safety Day

Ronald McDonald will make a very special guest appearance at this year's Morton Grove Children's Safety Day fair scheduled from 10 a.m. to 3 p.m., Wednesday, March 22, at the Prairie View Community Center, 6834 Dempster St. Ronald's appearance will be at 11 a.m.

More than 600 children and adults throughout the Morton Grove community are expected to attend. Plans for this year's Safety Day include a special tour of a U.S. Coast Guard helicopter, fingerprinting for children, bicycle registration, Stop Drop and Roll instruction, and special appearances by McGruff, the Crime Fighting Dog.

A boys and girls bicycle and a \$25 free savings account donated on behalf of Savings of America also will be raffled during the event. Winners need not be present to win.

This year's event is sponsored by the Village of Morton Grove

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Health Officials cautious about Chilean grapes

While supermarkets nationwide voluntarily began pulling Chilean-grown produce from their inventory due to possible cyanide contamination, health professionals in Niles and Morton Grove have not had to order any retailer to remove any fruit from their departments. Local markets have responded immediately to the situation by suspending sales of grapes, plums, nectarines and peaches shipped from Chile.

Dwight E. Roepneck, previously with the City of Evanston in a similar capacity, has been the Niles Village Health Inspector since October and he began contacting Niles-based supermarkets and produce vendors immediately after receiving reports of the discovery of tainted grapes in Philadelphia.

"Vendors are sending out trucks to pick things up since 7 last night (March 13)," Roepneck said. The health inspector surveyed Minelli Brothers, 7780 Milwaukee Ave., all three Jewel Foods stores located in Niles, as well as other grocers and produce markets. Convenience stores were also checked but do not normally feature fresh fruits and vegetables.

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Area police seeking to be accredited by peers

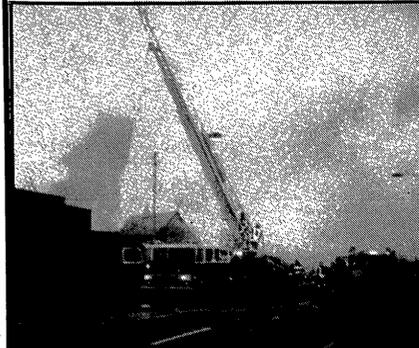
by Nancy Keraminas

Skokie and Glenview did it. Morton Grove is doing it. It is accreditation by the Commission on Accreditation for Law Enforcement Agencies (CALEA) an association formed in 1979 to "promote, recognize, and maintain professional excellence in law enforcement." Nationally, 92 police agencies have already completed strict CALEA requirements. In Illinois, 41 agencies have either been accredited

or are in the process. Morton Grove began its program after Chief Larry Schey and Deputy Chief George Incledon attended a CALEA seminar in April of 1987. Morton Grove Patrol Office James Halas was assigned the arduous task of converting the police manual, known as the General Order Book, to conform with CALEA standards.

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Fire destroys Niles restaurant



An electrical short is believed to be the cause of the March 11 fire in The Bungalow Restaurant in Niles. Although total dollar damage has not been determined, it took units from seven different fire departments to extinguish the blaze.

A rush hour fire shut down operations at a recently opened Niles restaurant on Friday, March 11. The alarm was sounded at approximately 5 p.m. when smoke was spotted coming from the roof area of The Bungalow Restaurant on the west side of

Milwaukee Avenue, just south of Harlem Avenue. Units from Morton Grove, Glenview, North Shore, Skokie, and Park Ridge responded as well as Niles firefighters.

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Letters To The Editor

Thanks to MG businesses for benefit support

Dear Editor:

On behalf of the Morton Grove Chamber of Commerce and Industry, I would like to congratulate the Morton Grove Unit of the American Cancer Society for a great job they did on putting together the "Taste of the World".

I would also like to thank the following businesses for the tasty foods they provided: Black Forest Chalet, China Chef, Happy Endings Bakery and Catering, Harry G's, Joni B's Cafe and Catering, LaBamba, Sea Port, Shanes (all from Morton Grove), and Great Godfrey Daniels (Skokie) and Siam Square (Evanston). With the support of these busi-

nesses, many of them MGCCI members I might add, the people in attendance were able to enjoy great food, and at the same time help the American Cancer Society raise funds.

Last, but not least, I would like to thank the attendees, for without their support where would any of us be?

Sharon Ellis
Executive Director
MGCCI
Morton Grove

Disabled residents enjoy bingo

Physically disabled adults are invited to play "Wingo Zingo Bingo" from 1 to 3 p.m. Tuesday, March 21, at the Maine Township Town Hall, 1700 Ballard Road, Park Ridge.

The bingo game is one of a series co-sponsored by the Maine Township government and Maine-Niles Association of Special Recreation (M-NASR) on the third Tuesday afternoon of each month.

Participants are asked to bring a "white elephant" suitable for a raffle prize. A \$1 donation is requested at the door. Transportation from M-NASR headquarters in Morton Grove to the Maine Township Town Hall is available for a \$3 fee (including the donation for bingo.) To arrange for transportation call M-NASR at 966-5522.

For further information on Maine Township's programs for the disabled, call Donna Anderson at 297-2510.

Low rates make State Farm homeowners insurance a good buy.

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FRANK PARKINSON
7745 MILWAUKEE AVE.
NILES, IL 60048
967-5545

State Farm Fire and Casualty Company
Home Office Bloomington, Ill.

Closed Easter Sunday

BAKERY TREATS

FOR EASTER

WEEKEND SPECIAL
Sat. March 18th & Sun March 19th

ALMOND CUSTARD or PLAIN ALMOND
COFFEE CAKE... \$2.95

ST. PATRICK'S DAY DECORATED
CAKES, CUPCAKES and COOKIES
IRISH SODA BREAD

St. Joseph's Day Cakes "SEPPERLE"

Please Place Your Easter Orders Early

- LAMB CAKE LARGE or SMALL
- BUNNY CAKE

- Eggs • Rabbits
- Baskets • Cupcakes
- Decorated Cakes
- Blessing Bread
- Butter Cream or Whipped Cream
- And Assorted Tortes

Happy Easter From

Niles Pastry Shop

7633 MILWAUKEE AVE., NILES
PHONE 967-9393

Parental stress support group

Charter Barclay Hospital, 4700 N. Clarendon Ave., Chicago, will host a free "Parental Stress Support Group" starting on Wednesday, March 22 at 6:30 p.m. The group is designed to help those experiencing difficulty in parenting.

Parents often struggle with ongoing occurrences of tension, anxiety, and physical symptoms like headaches, insomnia, weight problems and body pains. These and other "stress messages" can result from the strain of being a single parent, children's behavior or "parent burn-out."

Charter Barclay Hospital's support group will teach participants necessary parenting skills such as family communication, understanding children's behavior, building positive self-esteem, discipline and other coping methods to build better relationships.

For more information about the Parental Stress Support Group, contact Charter Barclay Hospital at 728-7100, Ext. 103.

Easter Bunny visits Old Orchard

Peter Cottontail arrives at Old Orchard Center for his annual Easter visit Friday and Saturday, March 17 and 18, and the following Friday and Saturday, March 24 and 25.

Our furry friend will greet everyone on the malls each of these days between 11 a.m. and 4 p.m. His basket will be filled with special treats for all kids. Parents, bring your cameras as the Easter Bunny would love to take a picture with your youngsters.

Old Orchard Center is on Skokie Blvd. and Old Orchard Road in Skokie.

Wren joins Lincolnwood Library

Maripat Wren has joined the Lincolnwood Library staff as head of technical services, according to Library Director Cynthia Josephs. Wren earned her undergraduate and graduate degrees at Rosary College in River Forest. Before coming to Lincolnwood, she worked as a cataloging librarian at Illinois Valley Community College, in Peru, IL. She succeeds Mary Alonzi who resigned after the birth of her twin sons in December.

Lorraine Heinichen, who has worked at the library since its earliest days and most recently had served as a part-time member of the circulation staff, was named head of circulation upon the retirement of Estelle Kahn in February. Stella Wisowaty has joined the library as a new part-time circulation clerk.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County.

File No. K115303 on Mar. 3, 1989 Under the Assumed Name of City Wide Climate Control with the place of business located at 7626; N. Milwaukee Niles, Ill. 60648 the true name(s) and residence address of owner (s) is: Gerald Cross 7626 N. Milwaukee Niles, Ill. 60648; Mier Sussan 8928 Robin Drive unit B Des Plaines, Ill. 60016

Senior Citizen News

Morton Grove Senior Citizens
965-4100

MORTON GROVE HEALTH FAIR

The Morton Grove "Life. Be In It." health fair has several important screenings and exhibits for seniors and for the entire community. The fair hours are 9 a.m. to 1 p.m. on Saturday, April 8 in the Prairie View Community Center at 6834 Dempster St. A complete blood workup including blood chemistry and coronary risk profile is available for just \$18. Additionally, screenings for glaucoma, spinal analysis, vision, body composition, colon cancer and breast cancer are available. Reservations are required for the fair and can be made by calling the Morton Grove Department of Health and Human Services at 470-5246.

STATE'S ATTORNEY'S COUNCIL

The special meeting of the State's Attorney's Senior Advisory Council begins at 10 a.m. on Thursday, March 16, in the Skokie Courthouse, Room 201, 5600 Old Orchard Road. Eileen Murphy, Director of the Victim/Witness Assistance Program will discuss this service. Please R.S.V.P. by calling 443-7948.

INCOME TAX RETURNS

Expert income tax filing help is available for Morton Grove senior citizens every Monday, Wednesday, and Friday. This free assistance is provided by volunteer aides who have been trained by the IRS and AARP. For an appointment, call the Senior Hot Line at 470-5223.

VISUALLY IMPAIRED MOTIVATORS

Morton Grove's support group for persons with visual impairments will hold their next meeting at 10 a.m. on Tuesday, March 21, in the Flickinger Senior Center. Helpful information and supportive interaction will assist participants to adjust to their impairments. For more information, or to arrange for transportation, call the Morton Grove Senior Hot Line at 470-5223.

MANAGING CHANGES AFTER 60

Morton Grove senior citizen residents whose lives are in transition because of loss of a loved one, retirement, relocation or any other lifestyle change, may wish to consider the "Managing Changes After 60" support group now meeting at the Flickinger Senior Center. Carol Powers, M.S.W., social worker with the Family Counseling Service of Evanston/Skokie Valley, will moderate the group to start at 2 p.m. on Tuesday, March 21. Topics of discussion include changing self-image, surviving a loss, living alone, health issues, friendships, and maintaining independence. For more information call the Flickinger Center at 965-4100, Ext. 254.

MEALS-ON-WHEELS VOLUNTEERS

The Morton Grove Department of Health and Human Services, together with numerous medically homebound and shut-in residents are searching for individuals willing to donate an hour a week to deliver hot meals. Meals are prepared at the Bethany Methodist Terrace health care facility and all deliveries are within Morton Grove. To volunteer or for more information call the Department of Health and Human Services at 470-5246.

INVESTMENT GAPS

"Filling in Your Investment Gaps and Laughing All the Way to the Bank" will be the topic presented by Rosemary Aitken, chartered financial consultant and president of Aitken Associates. She will give basic investment information to help individuals act with direction and purpose. This program begins at 1 p.m. on Tuesday, March 21, in room 112 of Oakton Community College's Skokie campus, 7701 Lincoln Ave.

ENERGY ASSISTANCE

Money is still available for utility bills for those who qualify for the Illinois Home Energy Assistance Program. March 31, is the deadline for application to both renters and home owners. For more information contact the CEDA/Neighbors at Work, at 328-5166.

MASSAGE LECTURE

Massage and muscle tension will be the topic of discussion at 12:30 p.m. on Monday, March 27, at the Prairie View Community Center. This free program is open to all and especially for those who wish to learn more about this relaxing therapy.

MEDICARE FORUM

The new Medicare Catastrophic Coverage Act is receiving mixed reviews from seniors, care providers and legislators. In order to best sort through the advantages and disadvantages of this law and to realize its actual intent, the Morton Grove Park District and the Village of Morton Grove are planning a panel forum. At issue will be the pros and cons of the act as well as ways to seek its enhancement. All those who are concerned with the Medicare legislation may attend a forum scheduled for 1 p.m. Tuesday, March 28, at the Prairie View Community Center.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-7447. To receive the "Seniors in Morton Grove" newsletter, send \$2.50 to the Morton Grove Park District, 6834 Dempster St., Morton Grove, IL. 60063.

Dominick's

DOLLAR MANIA

Save up to \$43.00 with Dollarmania coupons this week

Most Stores Open Easter Sunday 'Til 3 p.m.

Some stores open longer - Check your store for their hours.



USDA Govt. Insp. - Fully Cooked Vacuum Packed - Water Added

Smoked Shank Portion Ham
48¢
lb.
Butt Portion Ham 68¢ lb.



Large Size Head Lettuce
59¢
ea.

Save \$1.00
USDA Grade A - 25 oz. & up (2 pack only)
Tyson Cornish Hens
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$1.00
Cantaloupes
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

1 lb. pkg.
Oscar Mayer Bacon
\$1.79
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$1.00
Bone-In - Vacuum Packed
Smithfield Ham Steak
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$1.00
3 lb. bag
Yellow Onions
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$2.00
Any Variety of
5 lb. Canned Ham
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$1.00
8 inch - Assorted Single Layer
Carnival of Cakes
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$1.00
1/2 gallon ctn. - All Flavors
Sealtest Ice Cream
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$1.00
12 roll pkg. - Assorted Colors
Northern Bath Tissue
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$1.00
64 oz. bl. - Liquid
Dynamo 2 Detergent
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$1.00
12 oz. can - Frozen Concentrate
Regular or Homestyle
Tropicana Orange Juice
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$1.00
30.5-39.5 oz. - 3 Varieties
Tombstone Double Top Pizza
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Save \$2.00
PVC Strap Chair
With this coupon
Without coupon regular price
Good March 16 thru March 22, 1989.
Subject to 11¢ sale tax on reduced price.

Dream Team
A Pair of As Low As First Quality
Pillows \$9.99 Sheet Sets \$12.99
As Low As
With 100-000-Pin Regatta Tapes
Complete Details in Store.
Hurry! Promotion Ends March 29, 1989.

Save \$1.00
30100 A/W - 60150 A/W
G.E. Soft White 3 Way
Reg. 12.39
With this coupon
Without coupon regular price
Good March 16 thru April 1, 1989.
Subject to 11¢ sale tax on reduced price.

AD PRICES EFFECTIVE 7 FULL DAYS

THURS	FRI	SAT	SUN	MON	TUES	WED
MAR 16	MAR 17	MAR 18	MAR 19	MAR 20	MAR 21	MAR 22

Unless otherwise indicated, Dominick's reserves the right to limit quantities on all advertised and featured items. No sales to dealers. Dominick's Food Foods 1989

Specials Good Only at Dominick's

- Morton Grove 5747 Dempster
- Morton Grove 6931 Dempster
- Lincolnwood 7225 N. Cicero Ave.

Church & Temple News

Temple Beth Israel

Temple Beth Israel, 3939 W. Howard St. Skokie, sponsor a Pre-Purim Pandemonium II party on Saturday, March 18 at 8 p.m. Games, prizes and food will be available. There will be a \$5 admission charge that will include five free games tickets. For further information contact the Temple office: 675-0951.

The Temple Juniors will have their annual Purim Carnival on Sunday, March 26 from 11:30 a.m. to 1:30 p.m. at the Temple, 3939 W. Howard St., Skokie. Tickets for games, food and prizes will be sold at the door. Costumes for all are encouraged and a clown will be present.

The Temple will celebrate Purim with the Reading of the Megillah on Monday evening, March 20 at 7:30 p.m. Costumes are the "dress for the evening". The TBI Junior Choir will sing portions of the music for the evening.

Shabbat Friday Evening Services will be on March 17 at 8:30 p.m. Rabbi Michael A. Weinberg will deliver the sermon. There will be an Oneg Shabbat following services. Saturday Morning Services will be held on March 18 at 11 a.m. For further information contact the temple office: 675-0951.

Shabbat Friday Evening Services will be celebrated on March 31 at 8:30 p.m. Rabbi Michael A. Weinberg will deliver the sermon. There will be an Oneg Shabbat following services and Saturday Morning Services will be held on April 1 at 11 a.m. For further information contact the temple office: 675-0951.

Temple Beth Israel, 3939 W. Howard St. Skokie, will celebrate Shabbat Friday Evening Services on April 7 at 8:30 p.m.

MIKE'S FLORAL SHOP
 6500 N. MILWAUKEE
 • Cut Flowers • Floral Designs
 • Corsages • House Plants
631-0040

You can count on our professional knowledge... and understanding.



In times of grief, funeral directors offer a wide range of specialized, caring services to bereaved families. Today, extensive education and experience enables our funeral directors to carry out your wishes with professionalism, dignity, and reverence. For more information about our professional qualifications and services, please feel free to call.

COLONIAL FUNERAL HOME
6250 N. Milwaukee, Chicago, Ill. 774-0366
OTHER LOCATION:
WOJCIECHOWSKI FUNERAL HOME
2129 W. Webster, Chicago 276-4630
Family Owned & Operated For Over 70 Years

Holy Week services at St. John

Holy Week at Edison Park Lutheran Church, 6626 N. Oliphant Ave., will begin Palm Sunday, March 19, with services at 7:30, 8:30 and 11 a.m. Palm fronds will be distributed. Guest preacher on Palm Sunday will be Rev. Donald Hallberg, President of Lutheran Social Services of Illinois.

Mundy Thursday, March 23, services with Holy Communion will be at 11 a.m. and 7:30 p.m. Rev. Harry Victorson, Visitation Pastor at Edison Park Lutheran Church, will preach at both services.

Church Mission conference

Glenview Evangelical Free Church will be holding its Mission Conference, "All The World For All The World", starting March 12 and continuing through March 19. On March 12 guests Don and Paul Cabeen will celebrate the Flags-of-the-Nations; a Ladies Dinner will take place on March 13 with Ruth Snyder; Missions Hi-Light with Tony Nelson will be featured on March 15; there will be a men's Pancake Breakfast on March 18 with Jim Carlson; and March 19 will bring Faith Promise Sunday, including the Carlson's and the Snyder's and an all church potluck. For information please call 724-7277.

On Maundy Thursday, March 23, Worship Services with Holy Communion will be held at 8:45 a.m. and 7:30 p.m. On Good Friday, March 24, services will begin at noon and 7:30 p.m. The Order of Tenebrae will be followed at both Services. All the members of the community are welcome to join in any and all of these special Holy Week Services. For more information call the church office at 647-9867.

JCC drawing class

"Drawing and Painting," a class that will explain and demonstrate the basic techniques of drawing and watercolor painting, starts March 27 at the Bernard Horwich/Mayer Kaplan Jewish Community Center (JCC). The class will meet at JCC's Kaplan site, 5050 W. Church St., Skokie, on Wednesdays from 1 to 3 p.m. through the week of May 29. Instructor Bluma Herman will

emphasize individual creativity and innovative ideas as she guides students through basic methods of visual expression. Students will work on an individual basis in their own medium. Herman holds a masters degree in practice and history of art from Northwestern University. She has studied at the Art Institute of Chicago and maintains her own studio. She has taught art classes at the JCC for 20 years. Cost for the class is \$10 for members, \$25 for non-members. For information to register, contact Carolyn Topcik at 675-2200.

JCC holds exercise class

"Fitness with Brandy," a weekly easy exercise class using low-impact aerobics and stretching routines, starts March 27 at the Bernard Horwich/Mayer Kaplan Jewish Community Center (JCC). The class will meet at the Kaplan site, 5050 W. Church St., Skokie, on Tuesdays from 9:30 to 10:30 a.m. through the week of May 29. Instructor Brandy L. Miller will lead a workout choreographed to music and geared to the abilities of class members. Miller is a YMCA-certified aerobic instructor with eight years teaching experience.

Participants will start with a warm-up and stretching period, moving into low- or no-impact aerobic exercises for cardiovascular fitness. Sessions, which may include floor exercises for muscle toning, will end with a cool-down and more flexibility work. Cost for the class is \$5 for members, \$25 for non-members. For information or to register, contact Carolyn Topcik at 675-2200.

Kol Emeth plans social event

Congregation Kol Emeth will sponsor an evening of fun and games on Saturday, March 25 in the social hall of the Synagogue, 5130 West Touhy Ave., Skokie. From the hours of 7:30 p.m. to midnight, the Congregation will provide a cash bar and a variety of games for the fun and enjoyment of the guests. The donation is only \$3 per person. For additional information, please contact the Synagogue office, 673-3370.

Temple Beth-El Purim Services

Rabbi Victor Weissberg, Spiritual Leader of Temple Beth-El, 3505 W. Walters Ave., announces that there will be a Purim Seudah, Purim Service and Purim Festival at the Northbrook Leisure Center, 3323 Walters Ave., March 20. Festivities will begin with dinner at 6 p.m. promptly, followed by the traditional reading of the Scroll of Esther, the Megillah, in which members of the Temple Beth-El Religious School will participate. There will be a costume parade and games. Cost for dinner will be \$8 for adults, \$4.50 for children four years of age and above. Reservations must be made in advance because of limited seating capacity. For further information call 564-2670 or 274-0341.

New Sunday bible classes

Glenview Evangelical Free Church invites you to join them for worship and Bible class. Located at Golf and Sherman Roads in Glenview, Sunday services start at 8:30 a.m. and 11 a.m., with Bible classes for all at 10 a.m. New Bible classes include the study of Proverbs; Apologetics; The Adversary and books "Angles, Elect & Evil"; "Overcoming the Adversary"; and "Inside Out," dealing with making real changes made from within. For information call 724-7277.

New Church celebrates Palm Sunday

The New Church, 74 Park Drive, will hold a family festival church service on Sunday, March 19 at 11 a.m. A miniature representation depicting Jesus riding into Jerusalem on a donkey will be on display and the children of the New Church elementary school will carry palm branches to lay down before Him. The Rev. Brian Keith will address the congregation and he invites all to attend. For more information, contact the Swedenborg Center at: 729-6130.

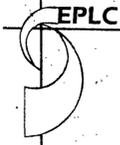
Jewish Genealogical Society

The Sunday, March 19, meeting of the Jewish Genealogical Society of Illinois (J.G.S.I.) will be held at 3:30 p.m. at North Shore Congregation Israel in Glencoe. Frank Nesbitt will speak about preserving photos and documents. His demonstration will include handouts. Guests as well as J.G.S.I. members are welcome to attend. For more information, please call Nanette Woods at 539-6354.



ASTER SERVICES

That We Might Have Everlasting Life



Edison Park Lutheran Church
6626 North Oliphant Avenue
Chicago, Illinois 60631
312-631-9131
(Lift available for the handicapped)

PALM SUNDAY, March 19
7:30, 8:30 and 11:00 a.m.
Palm Fronds will be distributed

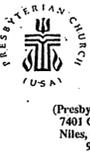
MAUNDY THURSDAY, March 23
11:00 A.M. AND 7:30 P.M.
Holy Communion will be offered

GOOD FRIDAY, March 24
3:00 p.m. Service of the Passion Reading
6:30 & 8:00 p.m. "Veiling of the Cross"

EASTER DAY, March 26
SUNRISE SERVICE 5:44 a.m.
Unveiling of the Cross—Special Music
Easter Breakfast following the service

FESTIVE WORSHIP, 7:30, 8:30 AND 11:00 a.m.
Holy Communion will be offered at all services

Direct Radio Broadcast Each Sunday
8:30 to 9:30 a.m. WNDZ AM 750



Niles Community Church
(Presbyterian - U.S.A.)
7401 Oakton Street
Niles, Illinois 60648
967-6921

HOLY WEEK SCHEDULE

Sunday, March 19, 10:00 a.m.
Palm Sunday

Thursday, March 23, 7:30 p.m.
Maundy Thursday -- Holy Communion

Friday, March 24, 7:30 p.m.
Good Friday Tenebrae Service

Sunday, March 26, 9:00 a.m. and 11:00 a.m.
Easter - The Resurrection of the Lord

The Rev. Howard W. Boswell, Jr.: Pastor



Edgebrook Evangelical Free Church

6155 W. Touhy Ave. Chicago, Ill.
Church Office: (312) 631-1155
Rev. Bradley J. Thompson, Pastor

PALM SUNDAY SERVICE - March 19 - 10:45 a.m.

GOOD FRIDAY SERVICE - March 24 - 7:30 p.m.

EASTER SUNDAY BREAKFAST - March 26 - 9:15 a.m.
SERVICE - 10:45 a.m.



Messiah Lutheran Church

(The Evangelical Lutheran Church in America)
1605 Vernon Ave., Park Ridge
823-6984

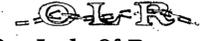
Pastor Gaylen Gilbertson
Assistant Pastor Joseph Hulperstrum

PALM SUNDAY, MARCH 19th:
Service of Worship at 8:30 and 11:00 a.m.

MAUNDY THURSDAY, MARCH 23rd:
Holy Communion Service at 7:30 p.m.

GOOD FRIDAY, MARCH 24th:
Tenebrae Service at 7:30 p.m.

EASTER SUNRISE SERVICE 6:00 A.M., MARCH 26TH
7:00 a.m. Easter Breakfast
Festival Services 8:30 - 11:00 a.m.



Our Lady Of Ransom
8615 West Normal Avenue Niles, Illinois 60648

March 7 - 7:30 PM Penance Service

March 18 - 1:00 PM Penance Service - 4 priests (Polish and Spanish Confessions) 4:00 - 4:45 PM Reconciliation (Confession) 5:30 PM Mass - Palms will be distributed

March 19 - Palm Sunday - Palms at all masses 7:30, 9:15, 10:45 and 12:15 Masses Solemn Procession at 9:15 and 10:45 Masses

March 23 - Holy Thursday 8:00 AM Morning Prayer 7:30 PM Commemoration of the Lord's Supper, Adoration until midnight

March 24 - Good Friday 8:00 AM Morning Prayer 3:30 and 7:30 PM - Commemoration of the Lord's Death, Reading of the Passion, Veneration of the Cross, Communion Service

March 25 - Holy Saturday 8:00 AM Morning Prayer 11:00 AM Food Blessing 7:30 PM Blessing of new fire, Initiation of new members, First Mass of Easter

March 26 - Easter Sunday 6:00 AM Sunrise Service Outside, weather permitting 7:30, 9:15, 10:45 and 12:15 Masses in Church 10:50 AM Mass in Paluch Hall 12:20 Mass (Spanish/English) in Paluch Hall

Celebration of Easter

You are invited to attend a unique non-denominational Celebration of Easter. A contemporary service of music, drama, dance and a positive, inspiring message from the Bible. Featuring the Good News Community Band and Singers, the Community Players and Pastor Ed Roames.

SUNDAY, MARCH 26, 10:00 A.M.

Good News Community Church
meeting at
The Pickwick Theatre
-corner of Touhy and Northwest Hwy.-
in Park Ridge

Good News Community church meets weekly at the Pickwick Theatre, with additional facilities at Good News Chapel, 1473 W. Oakton in Park Ridge. Weekly messages by charismatic pastor Ed Roames are interesting, relevant, and Bible-based. Offerings are low key. Visitors are welcome. Children's program and nursery provided.



Home & Energy

Qualified home remodeling contractors

In the spring a homeowner's thoughts turn to the home remodeling project conceived in the winter. The question is how to find a qualified contractor to fulfill the conceived dream.

Recommendations for a contractor may come from friends, local municipal building departments and lumber yards, but it's up to the homeowner to check a contractor's qualifications.

An important starting point is to determine if the contractor belongs to a national association, such as the 50-year-old National Association of the Remodeling Industry (NARI), which has a chapter serving greater Chicagoland. Membership in a national association means that the contractor is established and subscribes to a strict code of ethics and has qualified expertise.

Before calling a contractor, write down exactly what work is to be done so that the contractor will have detailed information on which to base a price. Minor work may cost \$2,000 to \$3,000. Major kitchen remodeling, for example, may cost \$15,000 or more.

NARI chapter president Richard C. Ward, Jr., CRA, offers these helpful tips in dealing with a contractor: Be sure that

the contractor is licensed, if a license is required in your community. The contractor's employees and subcontractors should have liability insurance and workmen's compensation coverage. Obtain a waiver of lien to protect you from paying for materials if the contractor fails to pay for them. Payment schedule should be detailed in the contract. Typically, one-third paid before start of the work, one-third at a specific point in the work progression, and the balance on completion. The contract should include starting and completion dates. Verbal agreements must be included in the contract. Get a written notice of your right to cancel within three business days if the contract is signed in your home.

"With proper planning you will be able to hire a qualified contractor at a fair price," Ward said.

For more valuable tips on dealing with contractors, you may obtain the helpful brochure, "Selecting a Professional Remodeling Contractor," and a directory of qualified contractors by writing to NARI of Greater Chicagoland, P.O. Box 3309, Skokie, IL 60076, or call 679-4777.

Cost-effective remodeling

Some remodeling projects can bring a 100 percent or more return on investment. Renovations most in demand by homeowners this year include fireplaces, kitchen and bathroom remodeling, skylights, ceramic tile, basement and attic conversions. While such features help augment a home's resale value, not all remodeling costs are fully recoverable. The projects with the highest recovery value are fireplaces, modern kitchens and bathrooms, and well-maintained landscaping.

All these and much more will be featured at the Spring Home and Energy Show, March 17-19 at Harper College in suburban Palatine. The do-it-yourselfer as well as those looking for experts to do the projects, will find plenty of ideas for improving their homes and property. Show visitors are encouraged to talk with the experts about which projects would be best for their budget and lifestyle.

The Spring Home and Energy Show runs Friday through Sunday, March 17-19. Show hours are Thursday and Friday, 4-10 p.m., Saturday, 11 a.m. - 10 p.m. and Sunday 11 a.m. - 6 p.m. Ample free parking is provided for show visitors.

Spring Home and Energy Show schedule

Home owners and prospective home owners throughout Chicagoland will be offered an exciting variety of home improvement, beautification and remodeling ideas at the three day Spring Home and Energy Show, March 17-19 at Harper College in Palatine. More than 200 display booths will showcase the latest in remodeling and rehabbing materials, home furnishings, landscaping and interior design services, cabinetry, energy efficient equipment and more. The show has something for everyone from the do-it-yourselfer to those looking for experts to do the job for them.

Leading the list of celebrities giving presentations at the show is Chef Tell, known for his appearances on "PM Magazine" and "Lifestyles of the Rich and Famous". His enthusiastic presentations turn cooking into pure entertainment. Another celebrity speaker scheduled to appear at the show is Bob Thomson, host of the PBS "Victory Garden" TV series. Bob's presentation followed by questions and answer period will be of interest to the beginner as well as the experienced gardener. Ken Benson will be on hand to give free landscaping advice. Visitors are encouraged to bring in a photo and plot of survey. There will also be colorful garden displays presented by local nurseries.

Tower Conference Management Company organizes a number of other home and garden shows, throughout the United States. For more information, contact Tower Conference Management Company at 800 Roosevelt Rd., Bldg. E-Suite 408, Glen Ellyn, IL 60137-5835, 469-3373.

MG bank offers new visa card

A new Visa Credit card is being offered by the First National Bank of Morton Grove, announced president Charles R. Langfeld.

The card is available in two series, Classic and Gold, each featuring no annual fee for the first year. The Classic card comes with a credit line of up to \$2,500 and an interest rate of 15.96 percent APR. The Gold edition offers a minimum credit limit of \$5,000, with a 15.96 percent APR for balances up to \$2,500. If the balance is higher, the rate drops to 14.88 percent APR. In addition, the Classic card includes \$250,000 travel accident insurance and the Gold card carries \$500,000 worth of coverage.

Another feature is a toll-free, 24-hour travel service that pays a five percent travel dividend every time you purchase airline tickets, auto rentals or lodging with either card.

If your luggage is lost, a special locator instructs the find on how to report the loss. And, if tickets are lost or stolen, an emergency airline ticketing service is available 24 hours to assist you in making new arrangements. A \$500 emergency cash advance also is offered.

To apply for either card, simply visit the bank at 6201 Dempster St. and fill out an application. Or call 965-4400 and request to have a form mailed to you.

Illinois Bell: Call before digging

Illinois Bell is reminding homeowners, farmers and construction crews that there is a way to avoid the hassles caused by cut cables. Call JULIE before you dig.

JULIE, or Joint Utility Locating Information for Excavators, is the organization responsible for helping people who want to dig in their yards or at construction sites find a path to do so without severing cables buried underground, such as Illinois Bell telephone lines. DIGGER performs the same service within the Chicago city limits.

In the city or the country, buried pipelines and cables—which are expensive and sometimes dangerous—can be anywhere. Wherever you dig there can be underground gas lines, oil or petroleum pipelines, electrical cables, water and sewer pipelines, telephone and communication cables.

JULIE—a statewide clearing-house of information on underground facilities—is a one-call service that notifies member utilities when someone is about to dig. The utilities then have an opportunity to locate and mark any buried pipelines or cables that may be at the site.

More than 2.5 million calls have come into JULIE since 1974, when Illinois Bell and other area utilities formed the one-call, cable-locating system.

Illinois Bell receives about 400,000 cable locate requests each year through both JULIE and DIGGER. But despite these efforts, 3,057 cables were damaged during 1988, disrupting vital telephone service to law enforcement agencies, hospitals, businesses, and residences.

Anyone planning to dig should call JULIE at 1-800-892-0123 at least 48 hours before breaking ground. More time is required over the weekend and on holidays. In Chicago, call DIGGER at 312-774-7000. JULIE, a free service to callers, operates 24 hours a day, 365 days a year.

Spring Home and Energy Show

Bob Thomson, host of The Victory Garden TV series will give six formal presentations as well as speak informally with show visitors at the Spring Home and Energy Show, March 17-19, held at Harper College in Palatine.

The Emmy-award-winning Victory Garden Show is now in its 14th year. Popular host Bob Thomson returns to the series for his 10th year providing valuable "how to" gardening information and demonstrations. In addition to hosting The Victory Garden, Thomson has been an on-air radio presence on gardening related subjects for more than 20 years in the greater Boston area. He has developed a number of "how to" brochures and has been involved in creating audiovisual gardening programs.

Thomson's presentations at the Spring Home and Energy Show are scheduled for Saturday at 1, 3 and 7 p.m. and Sunday at 12:30, 4:30 p.m. The show is open to the public and runs Friday through Sunday, March 17 through Sunday, March 19. Show hours are Friday, 4-10 p.m., Saturday 11 a.m.-10 p.m. and Sunday 11 a.m. to 6 p.m.

White Westinghouse

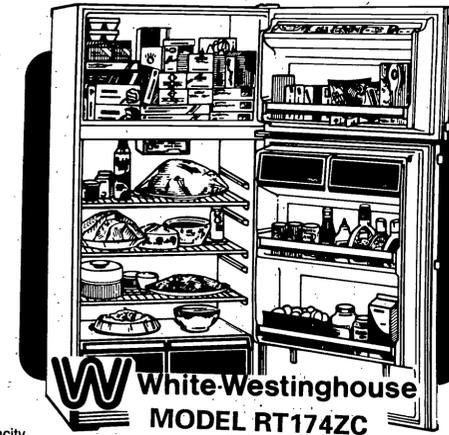
BUY FIVE & SAVE

Buy White Westinghouse
New Through March 31...

17.0 Cu.Ft. Frost-Free Refrigerator-Freezer

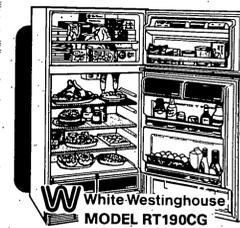
MODEL RT174ZC

499⁹⁵



- 12.4 Cu. Ft. Fresh Food Capacity
- 4.6 Cu. Ft. Freezer Capacity
- Energy Saver Switch
- Three Heavy-Duty, Glide-Out Shelves
- Twin Covered Crispers
- Two Covered Dairy Compartments
- Two Full-Width Refrigerator Door Shelves
- Removable Egg Server
- Optional Automatic Ice Maker

- Molded-In Juice Can Rack
- Freezer Door Shelf
- Two Quick-Release Ice Cube Trays
- Separate Temperature Controls
- Automatic Interior Light
- "Leather-Look" Textured Doors
- Reversible Doors with Magnetic Door Gaskets
- Front Leveling Legs



19.0 Cu. Ft. Frost-Free Refrigerator-Freezer

MODEL RT190CG

669⁹⁵

- 13.6 Cu. Ft. Fresh Food Capacity
- 5.4 Cu. Ft. Freezer Capacity
- Energy Saver Switch
- Optional Automatic Ice Maker
- Separate Temperature Controls
- Adjustable Glide-Out Rollers
- Three Glide-Out Shelves (Adjustable to Five Convenient Positions)
- Two Quick-Release Ice Cube Trays
- "Leather-Look" Textured Doors
- Foamed-In-Place Insulation
- Magnetic Door Gaskets
- Automatic Interior Light

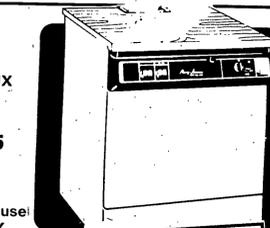
- Twin Crispers
- Twin Dairy Compartments
- Removable Egg Server
- Two Full-Width Door Shelves
- Full-Width Freezer Shelf
- Juice Can Rack

Portable/Convertible Dishwasher

MODEL SC560JX

429⁹⁵

- Hydrodynamic Wash Action
- Four Push-Button Controls
- Eleven Cycle Selections Including Pot Scrub, Water Saver/Fine China and Plate Warmer
- Push-to-Start Safety Timer
- Radiant Heat Dryer
- Roll-Out Racks
- Porcelain Enamelled Interior
- Automatic Pre Rinse
- Prewash (Third Detergent Cup)
- Dual Covered Detergent Dispenser
- Hardwood Cutting Board Top
- Easy-Roll Casters
- Available in Decorator Colors



90 DAYS SAME AS CASH*

Large-Capacity, Top-Loading Washer

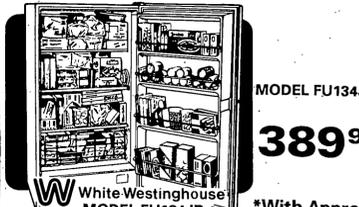
- MODEL LA800JX
- Exclusive Weigh-To-Save® Loading Lid and Scale
 - Bleach and Fabric Softener Dispensers
 - Four Push-Button Water Temperature Selections
 - Four Wash/Spin Speeds
 - Regular, Permanent Press, Knits and Prewash/Soak Cycles
 - Four-Cycle Timer
 - Five Water Saver Selections with Reselect
 - Two Agitators—Regular Deep Ramp and Gentle Care
 - Lock 'n Spin® Safety Lid
 - Porcelain Enamel Wash Basket, Top and Lid
 - Lint Filter and Recirculation System
 - Washing Instructions on Lid
 - Four Leveling Legs



479⁹⁵

13.3 Cu. Ft. Upright Freezer

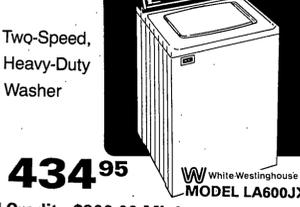
- MODEL FU134JR
- 389⁹⁵**
- 13.3 Cu. Ft. Capacity
 - 14.2 Sq. Ft. Shelf Area
 - Foamed-In-Place Insulation
 - "Dry Wall" Construction
 - Adjustable Temperature Control
 - Three Full-Width, Fast-Freeze Shelves
 - Four Full-Width Door Shelves, Including Juice Can Rack
 - Four-Sided Magnetic Door Gasket
 - Easy-To-Clean Interior and Exterior
 - Bulk Storage Package Guard
 - Lock with Pop-Out Safety Key
 - Door Stop
 - 90° Door Opening
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389⁹⁵

Large-Capacity, Two-Speed, Top-Loading Washer

- MODEL LA600JX
- Double-Action Washing
 - Two Wash/Spin Speeds
 - Three-Position Water Saver with Reselect
 - Three Water Temperature Selections
 - Deep Ramp Agitator
 - Lock 'n Spin® Safety Lid
 - Porcelain Enamel Wash Basket
 - Lint Filter and Recirculation System
 - Four Leveling Legs
 - Optional Fabric Softener Dispenser
 - Optional Gentle Care Agitator



434⁹⁵

*With Approved Credit - \$300.00 Minimum Purchase

It's Here!

Spring HOME AND ENERGY SHOW

PLENTY OF FREE PARKING

• Friday, Saturday, Sunday
March 17, 18, 19

Harper College - Building M
Roselle & Algonquin Roads
Palatine

Over 200 Displays of Home Improvement Ideas, Products & Services

SAVE \$1.00 WITH THIS AD!!

With this ad pay only (1 ad per adult)

Regular Adult Admission \$4.00

Children 6-12 \$5.00

Children under 6 \$1.00

Children under 6 FREE

Co-Sponsored by: Daily Herald, NARI, National Association of the Remodeling Industry

SHOW HOURS:

Friday 4:00 PM - 10:00 PM

Saturday 11:00 AM - 10:00 PM

Sunday 11:00 AM - 6:00 PM

PLUS

- Bob Thomson of TV's Victory Garden (Saturday & Sunday)
- Chef Tell of TV Fame (Saturday & Sunday)
- Better Health Cooking Demonstrations
- Helpful Workshops & One-on-One Advice

House TV & Appliances

7850 N Milwaukee

Niles SUPERSTORE

470-9500

Mon-Thurs-Fri 9 to 9

Tues-Wed 9 to 6

Saturday 10 to 5

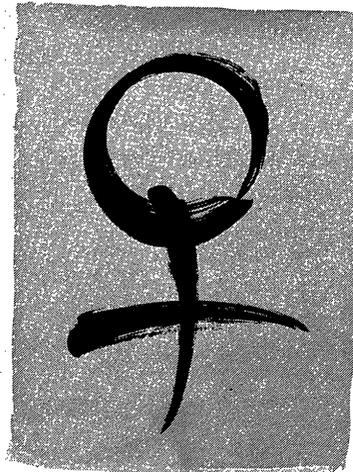
Sunday 12 to 4

Visa, Mastercard, Discover, and The SUPERSTORE® charge are accepted.

Health News

Shoulders receive frequent injuries

Next to backs, the shoulder is the joint most frequently injured on the job. Not only do those lifting heavy objects at work suffer such as auto mechanics, bricklayers and nurses, but so do the aging and elderly.



For Women.
By Women.
About Women.

Often it takes a woman to know a woman. That's why St. Francis Hospital developed the Center For Women's Health. Staffed exclusively by women. Dedicated solely to your needs as a woman.

We want to see you healthy, in every way. For a healthy body, we have physicians for internal medicine and obstetrics/gynecology, and specialists in nutrition and other areas. For a healthy mind, we maintain a women's health reference library and sponsor ongoing health education programs and seminars. And for your emotional health, our psychologists offer individual and group counseling.

Most of all, we want to build a healthy relationship with you. If you'd like a tour or immediate appointment, call us. Our Center is conveniently located in downtown Evanston, and our hours are flexible to fit your schedule.

Call 492-3700 today. And let's talk, woman to woman.

Center for Women's Health
St. Francis
Hospital of Evanston
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According to Dr. William Dobozi, associate professor of orthopedics and chief of adult trauma and reconstructive surgery, Loyola University Medical Center, Maywood, "Our typical patient is about 53 years old with bursitis of the soft tissues of the shoulder due to mild trauma."

Essentially, there are two types of shoulder injuries: those caused by mild trauma, a blow from outside the body, producing bursitis and those caused by stresses from within producing rotator cuff tears.

The rotator cuff is a tight shell of tendons connected to four major muscles of the upper arm. The rotator cuff keeps the ball-shaped shoulder joint in the socket. Dr. Dobozi finds that injuries to this joint are more common in male patients than female by a ratio of 80 to 20 percent. "Conversely, he says, 'more women suffer bursitis of the shoulder than men by a ratio of 70 to 30 percent.'"

By definition, the bursa is a thin membrane around the joint which permits the normal gliding motion of the shoulder. When it thickens, mobility of the joint is inhibited resulting in pain and the development of spurs under the shell of the acromion bone. Often patients complain of an inability to sleep at night due to the intensity of the pain.

Treatment for shoulder bursitis first includes an x-ray to eliminate the possibility of arthritis, then cortisone or steroid injections into the bursa followed by physical therapy for six weeks. "Ninety-five percent of cases successfully find relief from the pain and patients do regain the normal gliding motion in the shoulder," says Dr. Dobozi. "Only five percent must be treated by surgery."

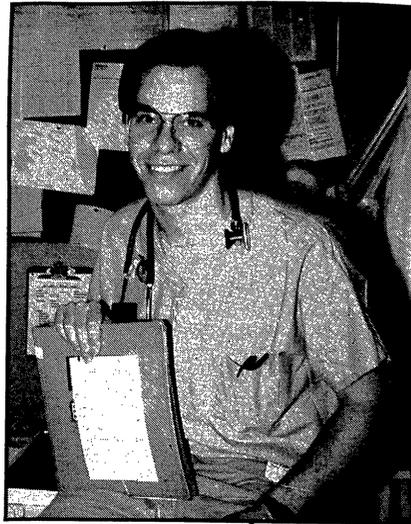
If left unattended or untreated, bursitis can result in a "frozen shoulder," the consequences of which are more pain and swelling and the inability of the patient to lift his or her arm above shoulder level. The "frozen shoulder" condition may be aggravated by the normal aging process or trauma to that part of the body and surgery may be required for bursal excision followed by six to nine months of physical therapy.

The rotator cuff, the tendon area connected to the major muscles of the upper arm, keeps the ball-shaped shoulder joint in its socket. When the rotator cuff is stretched or torn due to trauma falls or lifting heavy objects, severe shoulder weakness occurs and the patient is unable to lift his or her arm above the head.

Tears to the rotator cuff range from small to large. With small to moderate tear damage, Dr. Dorozzi recommends a rehabilitation program of physical therapy and steroid injections. Large tears, however, require surgical repair followed by physical therapy treatments three times a week.

"Long-term shoulder problems can be prevented in the older person," says the Loyola surgeon. "When the pain doesn't get better in two weeks, the individual needs expert diagnosis and treatment. Long-term problems that may require surgery sometimes can be avoided if the patient calls his or her physician when the pain persists."

Off-duty nurse saves child



Steve Bock

Steve Bock, a staff nurse at St. Francis Hospital of Evanston, smiles proudly as a local hero after saving the life of 3½-year old Evanston girl on Jan. 27.

Bock was awakened at 6 a.m. by a commotion from a downstairs apartment, and ran to see what was happening.

"My neighbor was standing holding his child, who was obviously not breathing," said Bock about unconscious Larissa Wells, whose color was slightly blue.

As a CPR instructor for area schools and businesses, Bock began to utilize his resuscitation skills and administered "mouth-to-mouth" to the child. She began to breathe, and had gained semi-consciousness by the time the paramedics arrived.

She was taken to St. Francis Hospital, and later transferred to Children's Memorial Hospital, where she is listed in fair condition.

Mount Sinai North names managing director

William R. McLeod has been appointed managing director of Mount Sinai Hospital North (MSHN), 2451 W. Howard Street, Chicago. McLeod formerly served as executive vice president of South Chicago Community Hospital.

"William McLeod brings more than 30 years of experience in healthcare administration to Mount Sinai Hospital North," said Ruth M. Rothstein, executive director of MSHN, and president of Mount Sinai Hospital Medical Center and Schwab Rehabilitation Center. "As Mount Sinai Hospital North continues to expand its acute care and rehabilitation services, Bill McLeod will provide the leadership to solidify a committed team

of healthcare specialists."

McLeod joins the recently appointed medical director, Dennis Citrin, M.D., Ph.D., as part of the new management team. Dr. Citrin, an oncologist and internist, came to Mount Sinai Hospital North from Northwestern University Medical School, where he still serves on the faculty as an associate professor in the Oncology Department.

Mount Sinai Hospital North has been managed by Mount Sinai Hospital Medical Center since January, 1988. It is owned in partnership between Mount Sinai Hospital Medical Center and Universal Health Services, Inc., of King of Prussia, Pennsylvania.

Forest Hospital awards grant to Omni

Omni Youth Services, a non-profit agency serving the northwest suburbs, has received a grant for \$5,000 from the Forest Hospital Foundation, as part of the Foundation's on-going program to fund Peer Leadership and counseling services for adolescents by Illinois schools and organizations.

The grant will enable Omni Youth Services to continue and expand its Peer Leadership Program. Established in 1972, Omni Youth Services provides counsel-

Health News

Forest Hospital's new lecture series

Forest Hospital and Foundation has announced a family therapy workshop series in honor of Virginia Satir, internationally recognized family therapist. Known for her pioneering strategies to improve family and professional communications and relationships, Satir passed away in September, 1988.

A series of four workshops, which are designed for professionals in the health and education fields, will be presented by leading professionals who worked closely with Satir. All sessions will take place from 9 a.m. to 3 p.m. in the Novick Auditorium at Forest Hospital, 555 Wilson Lane,

ANAD holds meetings for families

Anorexia Nervosa and associated disorders (ANAD), will hold a group meeting for anorexics, bulimics, parents and families at 8 p.m., Thursday, March 23, at Highland Park Hospital, 718 Glenview Ave., Highland Park, IL. The meeting is free. Those interested are invited to attend. ANAD groups now hold regular meetings in numerous north shore communities and other sections of greater Chicago. For additional information call 831-3438.

Anorexia Nervosa and bulimia are dangerous eating disorders characterized by extreme loss of weight and/or binge eating and purging.

Mt. Sinai to hold optifast program classes

According to the National Institute of Health Consensus Development Panel, being severely overweight is a serious medical problem. The risk of developing diabetes, high blood pressure, hypertension, elevated serum cholesterol, and coronary heart disease is much greater in people who are obese.

To help those who are 50 or more pounds overweight, the Optifast Program at Mount Sinai Hospital North, located at 2451 West Howard St. on the city's far north side, is now offering Saturday classes.

The Optifast Program was developed by Sandoz Nutrition and is based on the knowledge that obesity is a complex disease that requires a complex solution. The program offers safe, rapid weight loss by focusing on long-term behavioral modification and psychological support; nutrition education; exercise and frequent medical monitoring.

"Recently, Optifasts gained notoriety as the weight loss method of choice for celebrity Oprah Winfrey. As a result of the publicity, new programs attempting to imitate Optifast have hit the marketplace. It is important to keep in mind that The Optifast Program is medically supervised and provides personalized treatment of obesity," Barnes said.

The Optifast Program reduces the risks associated with obesity and therefore covered by many insurance companies. For more information on the Optifast Program at Mount Sinai Hospital North, or to attend the next free orientation, call Ann Barnes, M.S., R.D. at 973-1183.

Male infertility lecture

Resolve of Chicago, Inc. is a non-profit, tax exempt organization which offers counseling, medical referral and support to couples experiencing problems with infertility.

General meetings are held at 8 p.m. on the fourth Tuesday of every month, September through June, at Lutheran General Hospital, 1775 Dempster St., Park Ridge in the 10 East Cafeteria. Meetings are free and open to the public.

The next general meeting is scheduled for Tuesday, March 28 on "Advances in Male Infertility" by Dr. Ronald Lee. For further information call Resolve at 743-1623.

\$25,000 donated for Continuing Education

A donation of \$25,000 has been made to St. Francis Hospital of Evanston, creating the Leonard O. Krez Endowed Continuing Education Fund for Rehabilitation Therapy.

The donation was made in memory of Leonard Krez, an Emeritus member of the St. Francis Board of Directors, by his children. The fund, given by Daniel Krez (son) and Mrs. Robert (Carole) Foran (daughter) created scholarships allowing occupational and speech therapy staff to attend training sessions and national conferences.

The gift represents a continuation of support from the Krez family, begun in 1971 with a major donation by Leonard Krez. The contribution led to the establishment of the Dorothy

Krez Pavilion, the current home for Rehabilitation Therapy.

Mrs. Foran is a resident of Kenilworth, and Daniel Krez resides in New York.

Support group for adult children

The Alliance for the Mentally Ill, Greater Chicago has a support group for adult children who have a parent ill with schizophrenia, manic depression, or depression. The Adult Children Support Group meets the first and third Tuesday of each month from 6:30-8:30 p.m. The meetings are held at the AMI-CC office, 833 N. Orleans, Chicago. Call 642-3383 for more information.

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Politics

Director of PNA activities

John Ksiazek really had something to celebrate on his 25th birthday, January 24. He was officially named Director of Fraternal Activities for the PNA which has over 275,000 certificate members in 36 states.

Ksiazek, born in 1964, was graduated from Our Lady of Victory grade school, is a 1982 graduate of Weber High School and attended Triton Jr. College, Wright Jr. College and Chicago Institute of Technology.

Since August of 1986, he toiled in the Treasurer's office at the PNA headquarters in Chicago and also worked as a PNA Sales Representative.



John Ksiazek

Democrats promise reduction in township taxes, if elected

Taxes for Maine Township Government will be reduced by at least 10% if the Democratic Township Candidates are elected, vowed members of that slate.

"In contrast to the current Republican Township Officials who have raised township taxes 82% over the past three years, when we are elected, we will reduce taxes by at least 10% during our first year in office", stated Andrew Przybylo, Democratic Candidate for Maine Township Supervisor. "There is a tremendous amount of fat in the township budget and we intend to take a meat ax to it in order to save taxpayers money."

Przybylo outlined some specific examples of waste that could be eliminated to save money. "First of all, we will, eliminate health and insurance

benefits for elected township officials, which is an unnecessary luxury paid at taxpayers expense," stated Przybylo. "Secondary, we will cut the assessors salary, which is a do-nothing job with duties that are covered by other public agencies. Next, we will get rid of the outrageous public relations consultants fees and publicity expenses that current township officials have wasted money on to promote themselves. We also advocate getting more cost-efficient use out of the current township hall, by either moving into it social service programs like Mainstay or the maine council on alcoholism that currently pay rent in other buildings, or by seeking commercial tenants for any vacant space. And, finally, you can rest assured that our slate will never take \$44,000 out of

the township budget to spend on a picnic, as the present incumbents have."

"After having their taxes raised 82% over the last three years, taxpayers deserve to have township spending policies that are dedicated to eliminating waste. Our slate will be able to reduce taxes by at least 10%."

Committee for honest government

The Illinois Committee for Honest Government will hold a reception to promote its endorsements in the April 4 elections in Chicago and the suburbs on Saturday, March 18, at the LaRosa Restaurant, 3724 W. Dempster St., Skokie, beginning at 4 p.m.

At that time, the I.C.H.G. will formally announce its endorsements in many suburban mayoral and village presidency contests, including Evanston, Des Plaines, Chicago Ridge, Blue Island, Waukegan, Barrington, Lincolnwood, Orland Park, Oak Lawn, Oak Park, Wilmette, Palatine, Alsip and Willow Springs. The I.C.H.G. is also expected to announce action in key township races, including Maine, Worth, Northfield, Orland, Bremen, Palos, Stickney, Thornton, Leyden and Proviso townships.

I.C.H.G. President Phyllis A. Sherman said the Committee's endorsements in the Chicago races, States Attorney Richard M. Daley for mayor and Ald. Ronald Robinson in the 6th Ward will carry over from the Feb. 28 election.

Tickets to the reception are \$25 for pizza and beverages. Those wishing information on tickets or committee actions may phone 338-5081 for details.

In-person absentee ballots

Maine Township Clerk Stephen J. Stolton has announced that registered voters who are residents of unincorporated Maine Township and expect to be out of the county on Election Day, Tuesday, April 4, can vote in person by absentee ballot at his office in the Maine Township Town Hall, 1700 Ballard Road, Park Ridge.

The Clerk's Office is open from 9 a.m. to 5 p.m. Mondays through Fridays and 9 a.m. to noon Saturdays. In-person absentee balloting will be available through Monday, April 3.

Stolton emphasized that only residents of the unincorporated area can vote in-person at the Town Hall. Residents of municipalities can vote in person at their city or village halls.

Stolton stressed, however, that any resident of Maine Township may obtain an absentee ballot application at the Maine Township Town Hall.

For further information, call the Clerk's office at 297-2510.

Raynauld Queyquep Marine Sgt. Raynauld Queyquep, son of Virgilio Q. Queyquep of 8046 Kilpatrick, Skokie, has been promoted to his present rank while serving with 2nd Marine Aircraft Wing, Marine Corps Air Station, Beaufort, S.C.

Politics

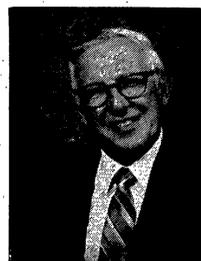
Engelman stresses his dedication to Niles Parks

Val Engelman, incumbent Niles Park District Commissioner, is stressing his dedication and experience in his campaign for the Niles Park Board election April 4.

A long time observer at the Park Board budget, committee and board meetings, Val often was able to contribute another resident's point of view to the discussions. During one budget meeting several years ago, Val presented a proposal to relocate the women's ninth tee. The resulting tee was well received by the women golfers at the course.

Last year, Val was selected by his fellow Board members to serve the remainder of Dan Kosiba's term. As a Board member, Val has shown the same diligent, caring attitude. He gives generously of his time and energy to serve the Niles Park District residents.

Val has been actively involved in several major district wide improvement which have begun in the last year or are now being planned for future development. As a result of the projects to be funded by the \$900,000 bond issue, the district will have the ability to



Val Engelman

upgrade playgrounds, complete work in the Tam maintenance facility and extensively upgrade the swimming pools to serve the young adults and teenagers with new sand pit volleyball courts.

Because of his active involvement with the district, Val was able to step right in and be a valuable contributing member of the Board. His wide range of interests and long time residence in Niles add to his ability to respond to needs of Niles Park District residents.

Incumbent Costello concerned about library

One of the most active board members of the Niles Public Library is Irene Costello. She has been on the board for ten years, eight of these as secretary of the board. Despite involvement in numerous other volunteer services, she feels most concerned about the library and its future. One of her biggest fears is that the improvements of the last four years will be badly undermined by candidates for Trustees who are not library users, and have no idea of the struggles that went on for the last ten years, and therefore will not value our present Administrator and staff.

Mrs. Costello and her husband Louis moved to Niles almost 31 years ago and have raised their four children here. Mrs. Costello was a leading force in reestablishing the "Friends of the Niles Library". She has actively worked both in Springfield and in Washington D.C. for library reforms and grants. She will continue to



Irene Costello

work for the citizens in the Library District as she has in the past. However, she does need your support in the election on April 4.

Capparelli pushes for no tax budget

Responding to Governor James Thompson's budget address, State Representative Ralph Capparelli (Chicago) expressed his concern that citizens of northwest Chicago may suffer another case of "tax shock" if the Thompson Administration successfully passes its 1989-1990 proposed budget. The budget, which includes an additional 18 cent per pack tax on cigarettes, does little to solve the problems which are presented facing the State of Illinois.

"Taxes seem to be the Governor's solution to every problem confronting Illinois government," Capparelli said. "It is my intention to fight any new tax which comes before the Illinois General Assembly, including property tax increases."

Capparelli, a veteran member of the Illinois House and a member of House Leadership, explained, "All new general revenue growth should go toward funding education in order to keep our property taxes down. It is time for the Governor to reassess his spending priorities instead of proposing new taxes and spending the revenue on new jobs."

Capparelli explained that the Thompson budget includes 1,700 new state jobs, money which could be very well used for education. In addition, Thompson has proposed cutting money from

the Illinois Scholarship Commission which assists students in attending college. Capparelli continued, "While Thompson proposes \$32 million for the Build Illinois Fund and an additional \$30 million for the Department of Commerce and Community Affairs, our schools continue to decline and health care is becoming expensive and difficult to obtain."

Chmielowski sees a 'situation of apathy' on Niles board

by Geraldine C. Lim

What is making Walter Chmielowski run for village trustee?

He holds no grievance against the mayor or the village trustees. In fact, he is satisfied with what they have accomplished in Niles the last 12 years.

"I think they have done an excellent job. My property values have gone up 100 percent in the last 12 years. The mayor has torn down some eyesore buildings and helped develop more businesses," Chmielowski said.

Still, Chmielowski is the only candidate running against incumbents Peter Pesole, Abe Selman, and Louella Preston. Incumbent Mayor Nicholas Blase is running for his eighth term unopposed.

So what is making Walter run on April 4? Because, he says, no one else is.

"I feel that young blood, new blood, creates ideas and enthusiasm. I see a situation of apathy and I think that it's not good for them to go unopposed," Chmielowski said.

Chmielowski is running his campaign for village trustee by himself. He had to collect the 150-180 signatures required for candidacy by himself because his children "found it embarrassing to have to approach people," Chmielowski recalls, laughing.

It took him 10 days to get 165 signatures, but his one-man petition campaign became a valuable experience. He was able to meet and hear what residents thought he should do as village trustee.

Chmielowski wants to encourage more public involvement in Niles. He is proposing more awards, essay-writing contests, and programs that would encourage school children to get involved in the community. With 44 percent of the Niles population over the age of 45, Chmielowski also wants to attract younger

landowners.

The talks he had with residents also gave him the chance to tell them his views.

He wants to prove that one does not have to be a professional politician or an attorney to run for public office.

"I do not run as an expert. I run as a person of life experience," he said.

Chmielowski may be a fledgling in village politics, but he is not a new face in public office. Two years ago, he was offered a seat in the library board that library Trustee Frank Biga was vacating. Chmielowski, who always had a love for libraries, accepted the trusteeship.

The position on the library board was a bold step for Chmielowski, who was never even a class officer in school. When he started, the Niles Public Library had just suffered an unsuccessful referendum that sought increased funding to solve its financial problems.

In 1987, the library's budget was \$3.1 million. But after a successful referendum last year, the board was able to raise the 1988-89 budget to \$3.2 million and upgrade its facilities.

In the two years that he served as library trustee, Chmielowski has not only seen a revival in the library but also impressed his colleagues in the board.

"He is very, very active and very hardworking," Trustee Charlene Wagner said. "He has done a very good job on the board."

"Walter is a caring person who is very much into investigating everything in the library," said Trustee Myles Dimand, who was actually surprised when he found out that Chmielowski was running for village trustee.

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Q & A: Diabetes

by Dennis L. Citrin, MD, PhD
Medical Director,
Mount Sinai Hospital

Dennis L. Citrin, MD, PhD, is the medical director at Mount Sinai Hospital North, an affiliate of Mount Sinai Hospital Medical Center and Schwab Rehabilitation Center. Mount Sinai Hospital North is the site of the Northside Diabetes Center.

Dr. Citrin specializes in internal medicine and medical oncology with special emphasis on cancer prevention. He is an associate professor of Clinical Medicine at Northwestern University Medical School and has published over 70 articles and delivered more than 100 lectures at national and international conferences. Citrin and his associates have a private practice at two locations—one on the city's north side and one in downtown Chicago.

Q. What is diabetes?

A. Diabetes is a disease that affects the way the body uses food. It causes sugar levels in the blood to be too high. With diabetes, insulin—a hormone that converts sugar, starches and other food into the energy needed for daily life—is absent or ineffective. As a result, glucose in the bloodstream cannot be used by the cells to make energy. Instead, the glucose in the bloodstream cannot be used by the cells to make energy. Instead, the glucose collects in the blood, eventually leading to the high sugar levels that are the hallmark of untreated diabetes.

Q. What are the two main types of diabetes?

A. The two main types of diabetes are referred to as insulin-dependent diabetes (type I) and non-insulin dependent diabetes (type II). Insulin-dependent diabetes, or type I, was formerly known as juvenile-onset diabetes because it occurs most often in children or young adults. However, it can occur at any age. In type I diabetes, the pancreas stops making insulin or only make a minimal amount.

Type II diabetes typically occurs in people over 40, who are overweight. In this type of diabetes, the pancreas is able to produce insulin, but it is not used effectively. Therefore, blood sugar cannot be maintained at normal levels.

Q. What are the symptoms of diabetes?

A. Early warning signs of type I diabetes include frequent urination, excessive thirst, extreme hunger, dramatic weight loss, irritability, weakness and fatigue, and nausea and vomiting. These symptoms usually occur suddenly.

Type II diabetes can go for years without detection because the symptoms come on slowly and may seem minor. Warning signs include recurring or hard-to-heal skin, gum, or bladder infection; drowsiness; blurred vision; tingling or numbness in hands or feet; or itching.

Q. What are the dangers of diabetes?

A. Diabetes can often lead to serious complications that involve nearly every tissue of the body. When high levels of sugar build up in the blood, heart disease, kidney disease, blindness, nerve damage and leg and foot amputations from gangrene can occur.

Q. How is diabetes controlled?

A. If you suspect that you have diabetes, experience any of the symptoms mentioned above, or have a family history of diabetes, see your doctor. Type I diabetes can be treated with daily insulin injections, regular exercise and a balanced meal plan that limits sugar. Typically, meal plans are tailored to suit individual needs and include three meals plus two snacks a day. Meals and snacks generally need to be consumed at set times each day to properly balance insulin, which is also taken at fixed times.

Type II diabetes can be controlled with individualized diet plans that restrict calories and sugar intake, and include an exercise program.

Q. Is there a cure for diabetes?

A. There is no cure for diabetes. However, research has made exciting progress in the treatment of people with the disease. Self blood glucose monitoring, pancreas and islet cell transplants, oral medications, laser therapy to prevent diabetes-caused blindness, and new insight into the dietary needs of people with diabetes are some of the recent advances helping diabetics live longer healthier lives.

While there is no cure, diabetes can be controlled by keeping to a prescribed diet, maintaining the weight suggested by your doctor, following a recommended exercise program, and testing your blood sugar level as directed.

Seek kids who get headaches

Illinois Institute of Technology researchers invite parents of those children aged 6-16 who suffer from recurrent headaches to participate in a mail survey designed to test the Children's Headache Assessment Scale (CHAS) questionnaire developed by Associate Professor of Psychology Karen Budd. Professor Budd and her students want to determine whether or not the questionnaire accurately identifies factors that affect children's headaches. Their research could ultimately point

toward ways to improve headache treatment for children. Parents who wish to participate will be asked to fill out a questionnaire about their child two times during a four-week period and to provide some general information about their child and his or her headaches on a separate questionnaire. A self-addressed, stamped envelope will be sent with the questionnaires. For more information, call Professor Budd or Carolyn Lemsky at 567-3500.

Chisox funds camps for ill children

As spring training draws near and thoughts turn to the upcoming baseball season, the ChiSox Club with the support of the Chicago White Sox, offers White Sox fans of all ages the opportunity to show their loyalty and support, while aiding a most worthwhile cause, the ChiSox Kids Charity.

The charitable fund-raising intentions of the ChiSox Club set it apart from many similar organizations in sports. The club's contributions to ChiSox Kids Charity, designed to help prevent and treat serious illnesses in children, have helped to fund Camp-One-Step-At-A-Time for seriously ill children at Lake Geneva, Wisconsin, along with the ChiSox Kids Playroom at Children's Memorial Hospital, and the Bill Vecek Pediatric Cancer Research Fund established in 1985 to support priority research projects in the area of leukemia and bone marrow transplantation.

Members of the ChiSox Club

receive two reserved seat gift certificates to a White Sox game at Comiskey Park, a complete set of White Sox baseball cards, a membership card, a special club gift, and a subscription to the quarterly White Sox publication, Comiskey Columns.

In addition, members also receive notifications of all ChiSox Club sponsored events, including the ChiSox Luncheon series, fan trips, and the annual ChiSox Golf Classic. Also, all members are invited to an exclusive youth baseball clinic held at Comiskey Park and instructed by several White Sox players and coaches.

A portion of the proceeds from the ChiSox benefit ChiSox Kids Charity for which over \$28,000 was raised in 1988.

To become a ChiSox Club member, send \$10 to: ChiSox Club, 324 W. 35th St., Chicago, Illinois 60616, or call the White Sox at 924-1000 for further information.

Passages lecture on investments

How to modify your investment system to accommodate short and long-term financial needs will be discussed by Rosemary Aitken, a chartered financial consultant, in a Passages Through

Life lecture, "Filling in Your Investment Gaps," on Tuesday, March 21 from 1 to 2:30 p.m. in room 112 at Oakton Community College East, 7701 N. Lincoln Ave., Skokie.

Aitken is president of Aitken Associates, a private company specializing in corporate and personal financial management. She is listed in "Who's Who of American Women and Emerging Leaders of America."

A \$1 donation will be collected at the door. For information, call 635-1414.

Varblomman's Swedish pancake breakfast

Back by popular demand, Varblomman Children's club will have another authentic Swedish pancake breakfast on Saturday March 18, from 8 a.m. to noon. The breakfast will be held at Ebenezer Lutheran Church, 1605 W. Foster Ave., in Chicago. Unlimited pancakes will be served with your choice of lingonberries or maple syrup. Sausage, juice, and coffee, tea, or milk are included with this delicious breakfast at a cost of \$3.50 per adult, \$1 for children under 12. In addition, lovely gifts from Sweden and home-baked items will be for sale, plus a raffle of a Bing and Grondahl plate.

Proceeds will go toward sending the children to Sjolunden, an International Language Camp. Varblomman is a member of the international organization, Vasa Order of America. The club works to maintain Swedish culture in America through teaching Swedish songs, language, and folk dances.

For further information, call Joy Hamrin at 777-5906.

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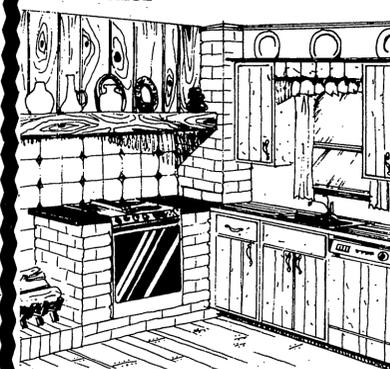
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- AREA ACTIVITIES • SENIOR DISCOUNTS
- SPECIAL SERVICES • SENIOR NEWS



THE BUGLE'S SENIOR GUIDE

SENIOR SEASONS

Area Activities • Senior Discounts • Special Services • Senior News • Bulletin Board

Crane Tech Old Timers' Reunion

The next annual Crane Tech Old Timers' Reunion will be held on Wednesday, May 10, at the Holiday Inn, 5300 Touhy in Skokie.

Graduates of the classes of 1938 1/2 and 1939 will be honored on their 50th anniversary.

Honor and special recognition will also be given to the classes of 1928 1/2 and 1929 on the occasion of their 60th anniversary.

For more information, call Herman Helfer at 921-0200 from 10 a.m. to 3 p.m. or at 205-9520 after 7 p.m.



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Models open at Breakers of Golf Mill

The Breakers of Golf Mill, a 10 story residential building offering luxurious apartments for seniors-on-the-go, now has model apartments available for inspection. The Breakers, a 282 apartment facility, is for seniors, age 62 and older, who wish to enjoy living in a luxurious setting complete with meals, numerous planned activities, companionship, security, and transportation.

The Breakers offers amenities which include a swimming pool, fitness room complete with scheduled exercise classes, library, media room, a greenhouse for those who enjoy plants, a craft room for ceramic classes, a beautiful lobby for sitting and socializing with friends in addition to shops on the premises including a drug store and a beauty shop with more shops available for tenancy.

Each apartment is equipped with two signal buttons on the walls giving residents the security of knowing they can summon medical help whenever they need it. In addition, each resident's medical history, including their medications, is recorded on computer so that when an emergency arises, all their medical history is

available to responding medical help.

A mini-bus travels daily to area shopping centers and banks for their convenience. The mini-bus also makes regular trips to Chicago's Loop affording residents the opportunity to travel to downtown Chicago.

Rents for the variety of apartments are: studio apartments start at \$375 a month; convertible units with a bed alcove are \$1,150 monthly; a one-bedroom unit is \$1,350 and a two-bedroom is \$1,850. All apartments are equipped with a kitchen and include heat, water, weekly house-keeping and two meals a day in the dining room. Residents are given a choice of four entrees for their afternoon-evening meal. A 24 hour juice bar is also located in the dining area. Residents can

also have their family and guests for dinner a private setting and pay tray charges for each guest.

Prospective residents are invited to inspect the models which are now open to the public. If interested, they are then requested to submit a credit check and a security deposit of \$1,250. A physical examination is also required. The deposit is placed in an escrow account which accumulates five percent interest annually.

James Klutznick and William Kaplan, owners of the Senior Lifestyle Corporation also operate The Breakers at Edgewater Beach. Both men agree that older Americans are benefited by the active lifestyle which the Breakers afford. They can live in areas close to their families, yet live independently enjoying an active life.

Maine Township offers new options

Options 55, Maine Township's program to serve the social needs of adults from age 55-65, will soon be entering its second year.

Coming up this month is a Saturday night outing March 25 featuring dinner at the strongbow Inn in Valparaiso, Indiana, followed by a Tony Bennett concert at the Holiday Star Theatre in Merrillville.

On Sunday, April 2, the members can enjoy high tea at the Drake Hotel followed by a performance of the hilarious backstage comedy "Noises Off" at the Theatre Building in Chicago.

Options members can also participate in a new free "On Track" program permitting them to walk the Maine West High School track from 7-8 a.m. Mondays and Fridays.

In May, Options 55 is planning a joint trip with the Maine Township Seniors to Indianapolis and scenic Brown County, Indiana. Longer journeys have included a recent nine-day trip to New Orleans and points South.

Other activities have included a "Night at the Races" with dinner, intertrack betting and dancing at Dika's Tracks at Arlington Park and an evening performance of the Pulitzer prize-

winning play "Driving Miss Daisy."

Options 55 is geared toward adults who may still be working full or part-time and are approaching retirement. Activities will include weekend trips to unusual places, evening excursions to concerts and theaters, and seminars to help prepare people for retirement.

The program resulted from numerous requests from residents who are not yet eligible to join the Maine Township Seniors—a group limited to adults over 65.

Options 55 coordinator Sue Neuschel said, "People in this age group have the freedom to enjoy many of the activities they've been forced to forgo in the past and now would like to explore new horizons. As they approach retirement, they will be faced with many choices on how to use their time. This program offers them a chance to pursue some of these options and, at the same time, share their experiences with others facing similar decisions."

There is no fee for joining Options 55 and members benefit from group rates on activities. Maine Township residents who would like to join should contact Neuschel at 297-2510.

Study course for Emeritus students

An Emeritus field study course, The Heart of England, will be offered by Oakton Community College from July 13 to 24 for adults age 50 and over.

Taught by Dr. Frank Molyneux, senior associate lecturer at the University of Nottingham, the 12-day course will offer participants a chance to live on the Nottingham campus where they will join English professors and artists, as well as older adult students in learning about the history and culture of middle England.

Highlights of the course include lectures by noted English educators; excursions to D.H.

Lawrence's home in Eastwood and to Sherwood Forest, the exciting site of the story of Robin Hood; a weekend field trip to the seaside resort of Whitby; and a tour of the beautiful English countryside.

Molyneux, a lifelong resident of middle England, is also a geographer and social scientist whose charm and humor enhance the learning experience during this unforgettable trip to a place that is seldom explored by tourists.

The cost of the trip is \$1,509. A deposit of \$399 is due by March 24. For information, call 635-1812.



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Governor's award for Agency on Aging

The 1989 Governor's Award recognizes Suburban Area Agency on Aging for excellence in the field of long term care.

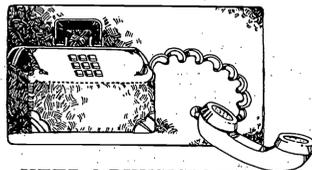
The Award was presented by Janet S. Otwell Director of the Illinois Department on Aging and accepted by Jonathan Lavin, Executive Director and Dominic Rossi, President of the Board of Directors on behalf of the Suburban Area Agency on Aging at the Awards Luncheon of the Governor's Conference on Long Term Care at the O'Hare Hyatt Regency on February 28.

The Suburban Area Agency on Aging improves the lives of older persons through administering comprehensive and coordinated services for over 380,000 seniors in 30 townships and 130 municipalities.

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S.I.J. valentine party



Pictured left to right are president Rudy Seifert, Queen Mildred Bowler, King Ray Lynch and Social Chairman Irene Seifert.

Swedish Covenant Hospital lab accredited by College of American Pathologists

The Swedish Covenant Hospital laboratory, 5145 N. California, recently was awarded a two-year accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on results of a recent on-site inspection.

John D. Batjer, MD, FCAP, commission chairman, advised the laboratory of this national recognition and congratulated its staff for the "excellence of the services being provided." Swedish Covenant Hospital has one of the 3,600 CAP-accredited laboratories nationwide.

Began in the early 1960's, the College's program was the first peer-review program for clinical laboratory accreditation. Even before government agencies mandated it, pathologists voluntarily were inspecting and ac-

crediting laboratories to maintain the highest quality laboratories possible.

Today the CAP Laboratory Accreditation Program is one of the few recognized by the federal government as requiring adherence to standards equal to or more stringent than the government's own. The inspection itself is one of the most rigorous a laboratory can experience, and may require up to a year of advance preparation by the laboratory staff.

The inspectors examine the records and quality control of the laboratory for the preceding two years, as well as the education and qualifications of the total staff, the adequacy of the facilities, the equipment, laboratory safety, and laboratory management to determine how well the laboratory is serving the patient.

The College of American Pathologists is a national medical specialty society of physicians certified by the American Board of Pathology.

Center of Concern phone reassurance

Elderly persons who live alone can find a friendly and reassuring contact each day through the staff of The Center of Concern, located in Suite 125 of the 1580 N. Northwest Hwy Bldg., Park Ridge.

Those participating in the program call The Center each day. If the person does not call in, a staff member or volunteer of The Center calls him to make sure that all is well.

If you or a loved one would like to participate in the program, notify Kristie at 823-0453. Other services are available at The Center.

Cancer hotline available

The Cancer Information Service (CIS), at 1-800-4-CANCER, provides Illinois residents with information to help them make informed decisions regarding cancer, whether it is state-of-the-art treatment or the role of prevention. The CIS is a telephone information program sponsored locally by the Illinois Cancer Council and funded by the National Cancer Institute. It is part of a network of 28 Cancer Information Services which crisscross the country. Its easy to remember toll free number, 1-800-4-CANCER, links callers to cancer information specialists who are trained to answer questions about cancer, help individuals locate community services and provide names of physicians for referral. The CIS has access to numerous resources which provide the most up-to-date information on cancer causes, prevention, detection, treatment, rehabilitation, sources of aid, patient referral, and physician consultation.

While the CIS does not provide diagnosis or treatment recommendations relating to the individual situations of the callers, individuals seeking this information are directed to their own physician or assisted in finding one. The Illinois CIS has available to it a large panel of physician consultants and other health specialists who are knowledgeable in various aspects of cancer.

In addition to providing assistance over the telephone, the CIS offers free printed materials on subjects ranging from the types of cancer and treatment to advice on how to talk with cancer patients to information on cancer prevention.

The CIS also has access to the Physician's Data Query (PDQ) system. PDQ is a computerized information system developed by the National Cancer Institute (NCI) in an effort to disseminate advances in cancer treatment more effectively. Patients have access to up-to-date information on prognosis, relevant staging and a description of comparable treatment options which are considered to be "state-of-the-art" treatment by type and/or stage of the disease.

Information is also available on clinical trials supported by the National Cancer Institute, as well as treatment protocols which have been voluntarily submitted for inclusion in the PDQ database by clinical investigators throughout the country. Each protocol summary provides study objectives, patient entry criteria, details of the treatment regimen and information about who is performing the trial and where it is being conducted.

The next time cancer information is needed, call the Cancer Information Service at 1-800-4-CANCER. Staff are available Monday through Friday, 9 a.m. to 5 p.m. The Cancer Information Service is the public's link to cancer information.

St. Viator 50th reunion

St. Viator grammar school, class of 1939 is planning a 50th anniversary reunion in September of 1989. Call Lorraine Hochstetter Miller 654-3743 or Augie Novello 453-9082 for details.

SENIOR SEASONS

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Marillac students join Parkside seniors



Smiles were all aglow and the room echoed with shouts of "Bunco" as participants from the Parkside Adult Day Health Service Center and students from Marillac High School joined together for an afternoon of fun. Pictured from left to right are Marv Barkal and Violet Rouleau, day care participants and Bethann Stone and Chris Werlein, Marillac students.

Adult day health services provides an alternative to older adults who do not need the full-time services of a nursing home, but who, because of physical or mental impairment, cannot participate in conventional senior citizens programs. Day service provides a setting that offers health, social and recreational programs with an emphasis on restorative care.

Older Adult Services' professionally staffed centers offer seniors such diverse services as nursing care, medication monitoring, personal care and counseling, group exercises and recreational activities, as well as opportunities for companionship they might not have elsewhere. Adult day health service enables seniors to continue living at home with their families by providing supervision during the day.

For more information about day health services at Marillac High School or Parkside's other locations, please call Older Adult Services at 696-7700.

Aerobic/slimnastics classes

Get into shape this spring with aerobic and slimnastics classes at St. Francis Hospital of Evanston.

Low-impact classes are offered at both moderate and advanced levels. Classes begin the week of Monday, March 20.

Moderate low-impact classes meet Mondays, Wednesdays and Fridays from 4:40 - 5:30 p.m. Advanced low-impact meets Tuesdays and Thursdays from 4:40 - 5:30 p.m. Slimnastics meets Mondays and Wednesdays from 5:10 - 6 p.m.

The cost for the 8-week sessions is \$20 (two times a week), \$25 (three times a week) or \$30 (unlimited class pass). To register or for more information, call 492-6170.

Mended Heart group meeting

Individuals who have undergone heart procedures are encouraged to join Saint Francis Hospital of Evanston's newly-formed chapter of the Mended Hearts, Inc.

The next meeting will be held on Monday, March 27 at 7:30 p.m. in the hospital's Harry Hay Wolf Jr. Auditorium. The guest speaker will be the Saint Francis Director of Cardiology, Alberto Foschi, M.D., known worldwide for his laser-enhanced angioplasty procedures to restore blood flow.

The national organization, founded in 1955, offers support to individuals and their families dealing with heart mending procedures.

Members share experiences and encourage positive outlook on life. Anyone who has had heart surgery or a heart attack is encouraged to attend. For more information, call 492-2255.

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Driving tests for aged 81 and older

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Responding to a significant and growing traffic safety problem, Secretary of State Jim Edgar proposed Monday that Illinois test the driving skills of those 81 and older more frequently than the current requirement of every four years.

Those 87 and older would be tested annually and those 81 through 86 would be examined every two years under the change in state law being proposed by Edgar.

"We can no longer wait four years between tests for this expanding, valued segment of our population. Recent national and state studies clearly show that senior drivers tend to become greater risks to themselves and others after they reach their 80's. The fatal accident rate for drivers 87 or older is 20 times higher than the rate for all drivers," Edgar said.

"Illinois now has the strongest senior citizens driving law in the country. Under my proposal, we will remain the strongest. But, most importantly, we will have a law that is even more effective," Edgar said.

"I know this proposal is going to be unpopular with some people, but it is something that must be done to save lives," he added.

Edgar's proposal also would require that those renewing their licenses while in the 75-through-80 age range be tested. They would receive a four-year license if they pass.

Routine testing of those 69 through 74 would be eliminated. Illinois is now the only state that begins requiring driver tests at age 69. Under the 32-year-old law, tests are required every four years when the senior driver, whether 69 or 101, seeks to renew his or her license.

"Studies reveal that there is no justification for continuing to routinely test drivers in the 69-through-74 range because their accident rate compares favorably with the rest of the population," Edgar explained. "Legislation necessary to make the changes will be introduced in the Senate and co-sponsored by Sen. Carl E. Hawkinson (R-Galesburg) and Timothy F. Degnan (D-Chicago), chairman of the Senate Transportation Committee.

The proposal has won support from leaders of several senior citizens groups including the American Association of Retired Persons, the Illinois Retired Teachers Association, the Illinois Coalition on Aging, the Area Agency on Aging Association and the Illinois Gerontology Consortium. Also backing the legislation are representatives of the National Safety Council and the AAA Chicago Motor Club.

Edgar's initiative is based on a year-long study by the Secretary of State's office, which reviewed demographic data, medical information, accident rates and a major national report. Among the key findings:

Illinois drivers in the 69-through-74 age range have an accident rate of 10.5 per million miles, compared to the rate of 10.7 for all drivers. The rate increases to 12.3 for drivers in 75 through 80, to 26.9 for drivers 81 through 86 and to 53.3 for drivers 87 and older.

In Illinois, drivers in the 69-through-74 age range have a fatal accident rate of .038 per

million miles, compared to the rate of .031 for all drivers. The rate increases to .062 for drivers in 75 through 80, to .135 for drivers 81 through 86 and to .844 for drivers 87 and older.

The number of Illinois drivers 81 and older has increased by 140 percent—from 37,704 to 90,712—in the last decade. And the number is expected to nearly double—to 172,707—by the year 2000.

People generally are living longer and those in their 80's and early 70's are generally healthier than those in that age range decades ago.

The Secretary of State's office studied its own accident data, national statistics and a recent, comprehensive report from the Transportation Research Board of the National Research Council.

The Transportation Research Board concluded: "Most older drivers have good driving records. Up through age 75, most older drivers appear to perform as well as middle-aged ones. Although involved in a small number of crashes, after about age 75 older drivers are about twice as likely to be involved in a crash per mile driven."

Edgar said, "Age alone should not be a basis for restricting a drivers license. Thanks to modern medicine, most people are fully productive well into their 70's. However, medical science tells us there tends to be a decline in reaction time and vision by the time one reaches 75. And, by age 80, this decline becomes more pronounced."

He added, "We believe that by testing the oldest group of drivers more frequently, we can save many of them and others from potentially crippling or even fatal accidents."

"At the same time, we want to do everything we can to preserve the dignity of our senior citizens and to allow them the mobility they deserve."

Maine Township seniors tour Indiana

The Maine Township Seniors and the Township's Options 55 group will explore the back roads of Indiana on a three-day trip Wednesday through Friday May 17-19. Guests also may register for the trip.

Cost of the trip is \$221 per person double occupancy, \$271 single occupancy and \$203 triple occupancy. Guest reservations will be accepted.

The Maine Township Seniors is a social group for Maine Township residents age 65 and over. Options 55 serves residents from ages 55-65.

For membership and reservation information, call Sue Neuschel at 297-2510.

Free dental examinations

The Swedish Covenant Hospital Dental Service is offering free dental examinations on Thursday, March 23, from 9 a.m. to noon in its offices in the hospital's Anderson Pavilion, 2751 W. Winona.

This free service is open to persons of all ages. If x-rays are required, a fee will be charged.

Appointments for the free dental screening are necessary and may be made by calling the SCH Dental Service at 878-8200, x5500.

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Heart attack patients in Resurrection rehab program

For most Americans the New Year traditionally signals a resolve to lose weight, stop smoking and shape up.

But for more than 475 cardiac patients who have participated in Resurrection Medical Center's special rehabilitation program, the New Year marks another milestone, and for many, a new lifestyle.

For more than two years, Resurrection Medical Center's specially designed and individualized program for cardiac rehabilitation has helped patients "take heart" and mark optimistic, healthier New Years. The program focuses on both recovery and prevention and has received rave reviews from those who learned to modify their lifestyle for better health and fitness.

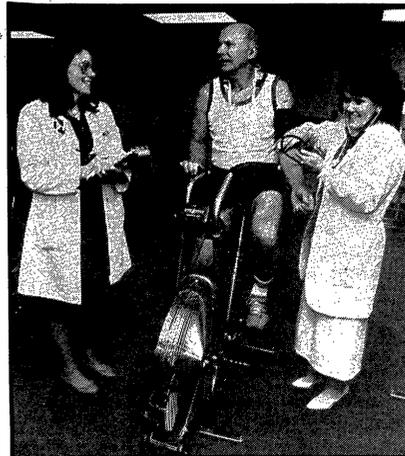
Former cardiac patient Jim Hagstrom, 33, of Rosemont, praised the entire cardiac rehabilitation staff for his recovery after suffering a heart attack last year. Now an avid health enthusiast, Hagstrom's previous life-threatening lifestyle is definitely behind him.

My life has completely changed for the better," Hagstrom commented. "Before my heart attack, I never exercised...ever. I was overweight, drank liquor, smoked three packs of cigarettes a day, and ate junk food constantly. Now I work out at least three times a week, eat wisely and am careful to make sure I do not gain back the 91 pounds I lost. I feel terrific!"

When dynamic Chicago Bears coach Mike Ditka suffered a heart attack in mid-season, public attention focused on cardiac health, especially among middle-aged adults. Many were shocked to discover that five percent of heart attacks occurred in individuals under age 40, and 45 percent of the attacks were suffered by those under age 65.

Under the supervision of cardiologists, Resurrection Medical Center's cardiac rehabilitation program includes a highly trained and motivated staff specializing in critical care nursing, exercise physiology and diet modification. The three-phase program includes an inpatient component, a 12-week-monitored outpatient exercise section, and a Phase III outpatient, medically supervised exercise sessions.

The Phase I program consists of a 12-step program of musculoskeletal, range of motion exercise, exercises to increase muscle tone, endurance and progressive ambulation including stair climbing. Throughout Phase I, blood pressure and heart



Resurrection Medical Center Exercise Physiologist Linda Dean checks the telemetry readout on cardiac rehabilitation patient Bob Foder during a supervised exercise session, while Cardiac Nurse Debbie Baumgart takes a blood pressure reading.

rate are closely monitored, and participants are carefully observed by the nurse.

Phase I patients may include those having suffered a myocardial infarction, patients with angina pectoris, congestive heart failure, those at high risk for developing coronary artery disease and others who may benefit from low-level physical conditioning as determined by their physician.

Phase II offers a monitored exercise program along with a balanced mix of physical activity, education and psychological support. It begins approximately three to four weeks after the patient returns home from the hospital. Participants attend small-group exercise sessions for one hour, three times per week for 12 weeks. This phase provides a continuation of the inpatient program and features a supervised and monitored exercise class for cardiac patients, patients with heart disease and others at

high risk for heart problems. A required stress test, prior to admission, permits the development of an exercise prescription program tailored-made to the patient's specific needs.

Phase III is an ongoing support program designed for outpatients who have completed Phase II or for those who are at high risk for developing coronary artery disease. Medically supervised physical activity, continued patient education and psychological support is offered; an individual exercise prescription is developed from the stress test acquired for admission to Phase III. One-hour sessions are available five mornings per week.

For additional information on the cardiac rehabilitation program, contact the medical center's Health Promotion and Wellness department at 799-5022. Enrollment in any portion of the three-phase cardiac rehabilitation program requires the referral of your physician.

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North Shore Hotel St. Pat's Day

A St. Patrick's Day Celebration will take place at the North Shore Hotel, 1611 Chicago Ave., on Friday, March 17 from 2 to 4 p.m. The public is invited to attend at no charge. A fully costumed Irish bar maid in a decorated Irish pub will serve non-alcoholic beverages to all guests. Darts, sweepstakes and other pub games will be played.

At 2:30 p.m. The Mullane Dancers - 15 youngsters age 4-17 will perform Irish step dancing. These young people are students at Mullane's School, where they learn competitive Irish step dancing to the tunes of reels, jigs and hornpipes. Brother-and-sister teaching team Michael and Mary Alice Millane are North American Irish step dancing champions and have competed in world competitions held in Dublin. The Mullanes

started to dance at age four. For reservations for the gala afternoon, call 864-6400.

New Voice Club surprise meeting

The meeting of the New Voice Club of Swedish Covenant Hospital on Tuesday, March 21, at 6:30 p.m. in the Anderson Pavilion, 2751 W. Winona, will feature a surprise program.

The New Voice Club is a support group for laryngectomies, persons who have had their voice box surgically removed, and members of their family. For more information call Sheila Derman, speech therapist and club moderator, at 878-8200, X5306.

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 1 - 4 P.M.

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 For additional information phone Miss Mathews, 864-6400.

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Maine Township seniors' activities

Maine Township residents 65 and older can find a wide variety of activities to suit every taste and pocketbook with membership in the Maine Township Seniors.

Special events are frequently offered at little or no charge. Coming up later this month is a luncheon/theater matinee to see "Big River", an award-winning musical celebration of Mark Twain's Huckleberry Finn, on March 29, at the Lincolnshire Marriott.

Seniors can look forward to attending one of three April Showers luncheons to be held April 11, 12, and 13. Luncheons are held

every month featuring special entertainment and holiday themes. The luncheons are so popular that at least two or three must be held each month to accommodate the Maine Township Seniors' membership.

Also in April, seniors will visit historic Aurora with lunch at Fisherman's Inn and a visit to a vintage home loaded with antiques.

Monthly day trips to luncheon matinees and interesting sites offer seniors an opportunity to expand their horizons without the hassle of driving.

Seniors also began "On Track" this winter, a free program that permits them to walk to Maine West High School track from 7-8 a.m. Mondays and Fridays.

Bingo is offered on the first Wednesday of each month for a nominal 50-cent fee to cover the cost of refreshments. Fees for luncheons, theatres, and day trips are kept at reasonable rates and include deluxe buses where transportation is required. Longer journeys have included a recent trip to Las Vegas and a nine-day visit to New Orleans and points South in March.

More than 2000 residents are enrolled in the Maine Township Seniors. Most activities are limited to members and new members are always welcome. Applicants must be 65 or older and provide proof of residency. To receive a membership application and obtain reservation information, call Sue Neuschel or Helen Jung at the Maine Township Town Hall, 297-2510.

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StableLives diabetes free public forum

The StableLives diabetes program at Holy Family Hospital will be holding a free public forum on National Diabetes Awareness Day, March 21. Panel members will consist of the program staff, namely: Stuart Fine, M.D., medical director; Don Uhlmeier, RN, CDE, program director; Henriette Rocks, RN, CDE, nurse educator; Rosemarie Krieb, RD, CDE, dietitian; Jeff Parker, ACSW, social worker, and Paul Bergman, M.S., exercise therapist.

The staff will make introductory comments concerning their role in the management of diabetes. A question and answer period will follow.

The forum will be held from 7-8:30 p.m. in the hospital auditorium, located on the ground floor. StableLives is hoping to reach those with diabetes in need of better management, and those who need more information regarding this disease and how it affects or could affect their lifestyle. For more information, please contact StableLives at 297-9977.

Humanities courses for senior adults

Oakton Community College offers four humanities non-credit courses for older adults in April. All courses will be held at Oakton East, 7701 N. Lincoln Ave., Skokie.

"Times are Changing" (HUM E33 61), a six-week course from 9:30 to 11:30 a.m. on Mondays beginning April 3, will examine how the myths and realities of growing old have changed as a result of medical, political, social and psychological realities.

"Women in literature" (Hum E32 61), offered from 1 to 3 p.m. on Tuesdays beginning April 4 for six weeks, will highlight the stimulating ideas of great women writers, and help to develop thinking skills through discussion and critical interpretation.

"Older Adults in Literature" (HUM E35 061), a six-week course from 1 to 3 p.m. on Thursdays beginning April 6, will examine how friendships, marriages, children and grandchildren of older adults are reflected in literature.

"Theatre Going in Chicago" (HUM S20 01), a seven-week course from 7:30 to 9:30 p.m. on Thursdays beginning April 27, will explain how theater lovers can save 10 to 40 percent on tickets, where to find different theatrical performances and how to meet the cast after their performance.

To register, call 982-9888.

Vision warns of Alzheimer's Disease

by Alton Blakeslee
Science Editor, Ret.,
Associated Press

The remarkable human eye can supply evidence of dreaded Alzheimer's disease, according to preliminary studies reported by Dr. Alfredo A. Sadun of Los Angeles.

Alzheimer's is a brain disease that can destroy memory, cause dementia, bring difficulty in speaking or reading or in making deliberate movements. It affects over 2.2 million Americans. Many victims die of it no longer knowing who they are.

A recent national survey sponsored by Research to Prevent Blindness (RPB) a national voluntary health agency, found Alzheimer's mentioned as often as cancer as "the worst thing that can happen to you."

An autopsy confirms the disease by a finding of plaques and tangles in brain nerve fibers.

But this is far too late to trace back what had happened in brain functions and tissues from the onset of Alzheimer's, as against other diseases that affect the brain, Dr. Sadun said.

Earlier detection could help in better understanding the cause and progression of Alzheimer's, perhaps ultimately helping show the way to treatment and prevention.

Dr. Sadun, of the University of Southern California School of

Medicine, finds subtle changes in the optic nerve and retina of the eye from patients with Alzheimer's disease.

Initially there is early degeneration of the large "M" cells in the retina whose nerve fibers penetrate into the brain. These cells tell you very quickly the distance and motion of an object. Then, smaller "P" cells, sending their signals at slower speed, fill out the details, including color, of what you are seeing.

People with early Alzheimer's may have 20/20 vision, but still complain of visual problems, like "I can't seem to find things". Routine eye exams do not indicate the problem, Dr. Sadun said, but more detailed tests disclose the change in "M" cells, giving notice that Alzheimer's probably has to be dealt with and compensated for.

Visual aids for Alzheimer's are currently very limited. One is a piece of cardboard or opaque plastic with a small hole or window in it. The Alzheimer's patient's visual focus tends to jump around. Moving the windowed cardboard over a printed page permits individual words to be seen and read one after another while the rest of the page is masked.

Northeastern Illinois health fair

Northeastern Illinois University's "Wellness Expo '89 - Promoting Peak Performance" health fair, which will feature a presentation by two former members of the Chicago Bears, will take place Wednesday, March 22, and Thursday, March 23 from 9 a.m. to 8 p.m. at the university, 5500 N. St. Louis Ave. in Chicago.

Former Chicago Bears Leslie Frazier and Brian Cabral will present "The Winning Edge: Issues Related to Wellness, Substance Abuse, Steroids and Making the Right Choices," Wednesday, March 22 at 7 p.m. in Northeastern's auditorium.

Door prizes for the event will include Chicago Bears' posters and a signed football.

A panel discussion on "Super Power/SuperPerformance Drugs, Are They Worth the Risk" by members of the sports, medical and legal professions will follow the lecture. Included in the panel will be Barry Kronin, reporter and author of the recent Sun-

Blues concert at Lawrence House

Blues and torch songs will highlight a performance by singer Virginia Barton when she presents, "It's Blues to Me," at the Lawrence House, the senior citizen residence at 1020 W. Lawrence Ave., on Sunday, March 19 at 3 p.m.

The public is invited to attend the performance for the fee of \$1 per person with all funds donated to charity.

Barton will sing the songs made famous by such stars as Billie Holiday, Helen Morgan and Jane Froman.

"Before the era of the Big Bands, all of the popular singers were women," Barton said. "With the 1930's came Perry Como, Frank Sinatra and Bing Crosby. But before then it was a woman's world. And the great composers such as Vincent Youmans, George Gershwin and Irving Berlin had specific women in mind for the music they wrote." Barton will sing, also, songs made famous by Broadway star, Ethel Merman.

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Blood Center in forefront of safety measures

LifeSource has expanded its operations to include a state of the art procedure that ensures patients undergoing surgery receive the safest blood available: their own. LifeSource, Illinois' largest blood center, recently performed its first intraoperative autologous transfusion, a transfusion in the operating room that actually returns to the patient most of the blood lost during surgery. The machine used to collect the patient's blood, clean it of everything but the healthy red blood cells and return it to the patient is called a Cell Saver.

"It is a quick, efficient process that reduces the use of voluntarily donated blood and virtually eliminates the very small risk of serious transfusion-related reactions or transmission of blood-borne diseases," said Dr. Ennio Rossi, Vice President, Medical Affairs of LifeSource.

In recent years, according to Dr. Richard Bradley, Director of the Lake Forest and Highland Park Hospital blood banks, physicians have advocated the use of predeposited autologous blood, i.e., blood donated by the patient in

preparation for his upcoming surgery. LifeSource's intraoperative Autologous Transfusion Service (ATS) is "a logical extension to the predeposit or autologous program since reusing the patient's own blood is the safest transfusion," said Caron Cousins, MT (ASCP), SBB, director of program development at LifeSource.

Dr. Adams Romeiser, a general surgeon at Lake Forest Hospital, is the first surgeon there to call for ATS and was impressed by the procedure's efficiency. "It worked well," he said.

"The (aneurysm) patient lost 600 ml. of blood during surgery and we were able to recover 80 percent of that blood and return it to him. We also transfused two autologous units. There were two units of donated blood available for him, but we didn't need them."

Although four new tests have been added in the past three years at LifeSource, public awareness of the possible transmission on infectious disease through blood products has contributed to patients and physicians seeking alternatives

Center of concern

Mrs. Scott needed help. She lives alone and doesn't get around very well, although she's able to take care of herself. If she could just find someone to come in once a week and clean house, someone to do the outside work, mow the lawn, pull a few weeds and someone to do those little odd jobs around the house that never get done. But being on a limited income, she couldn't afford to hire professional services.

Mr. Bradford needed work. A retired plumber in his 70's, he was bored staying home, moping all day and was driving his wife crazy.

Both of these people turned to The Center of Concern's Employment Service for Seniors program. Mrs. Scott had received other kinds of help from The Center, so she had heard about the program. Mr. Bradford read about it in the local paper and decided to drop in.

In no time at all, Mr. Bradford

was doing those handyman chores for Mrs. Scott. At home that night he reported his day's activities to his wife and told her the lady needed someone to pull weeds. "You wouldn't know a weed from an orchid," said Mrs. Bradford, "so I better go and pull the lady's weeds." Mrs. Bradford loves gardening, is in excellent health and, like her husband, enjoys helping people.

Bernice, a recent widow desperately in need of funds, agreed to clean house for Mrs. Scott every week, solving yet another problem. An unemployed teenager was all too happy to take on the lawn mowing job.

That's what the Employment for Seniors program is all about - helping people. Call 823-0475 and find out what The Center can do for you. The Center is located at 1580 N. Northwest Hwy, Suite 125, in Park Ridge.

Good news for mature motorists

Whether we want to face it or not it is true, as the number of candles on our birthday cake increase, our ability to see, hear, and react quickly diminish.

The medications we take may further dull our senses. Our memory of safety rules learned long ago inevitably fades. These factors lead drivers over 55 to have more accidents per mile driven than their younger counterparts.

Older drivers across the country are not letting these facts assign them to the passenger seat. Through a course for mature citizens offered by the American Association for Retired Persons (AARP), they are looking their way to compensate for these problems.

This program is titled '55

Alive/Mature Driving', the one defensive driving course designed for the mature driver. Anyone age 50 and over can attend the eight hour class (taught in two, four hour sessions) and emerge with a card for AARP and a certificate from the office of the Secretary of State. The certificate from the state entitles you to a discount on liability insurance premium. Pre-registration is required. Classes are on April 8 and 11, at the Niles Public Library 12:30 to 4:30 p.m. both days. Other locations and dates are scheduled in neighboring communities. To register and/or for information call: Vel Durham, Phone: 344-4172 or write Vel, P.O. Box 272, Melrose Park, IL 60160-0272.

Tony Bennett shines for Maine Seniors

A Tony Bennett concert will be the highlight of a Saturday night outing March 25 planned by Maine Township's Options 55 group.

Bennett, a singing legend in his own right, will showcase the classics of the legendary Irving Berlin. The concert at the Holiday Star Theatre in Merrillville, Indiana, will be preceded by dinner at the delightful Strongbow Inn in Valparaiso.

Buses will leave the Maine Township Town Hall parking lot at 4 p.m. and return about 11:30 p.m. Cost of the trip including transportation, dinner, and concert tickets is \$37. Guests will be accepted after Feb. 24 on a space-available basis at \$42.

Options 55 is designed to meet the needs of pre-retirement adults, ages 55-65. Programs are planned for evenings and weekends to accommodate working members. Activities include concerts, theater trips, and weekend excursions to unusual places. Membership is limited to Maine Township residents. There is no fee for joining and members benefit from group rates on activities.

Residents interested in joining Options 55 should contact Sue Neuschel at 297-2510.

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Catastrophic provisions added to Medicare

A long illness is a misfortune that anybody can face, but those most vulnerable are aged people whose health is beginning to fail. They not only have to endure the sorrows and pains of being sick, but also the financial burden that long hospitalization and expensive treatments can place on them and their families. Such lengthy illness is considered "catastrophic" and has been a matter of concern for many years.

To place a cap on the beneficiary out-of-pocket expenses for medical care as a result of catastrophic injury or illness, the Congress passed legislation on June 8, 1988, and President Reagan signed the Medicare Catastrophic Coverage Act into Law on July 1, 1988.

Beginning in January, the catastrophic health insurance coverage provides unlimited hospital coverage for a Medicare beneficiary after he or she has paid a deductible once a year. This year's deductible is \$560, but it changes each year.

Before the catastrophic legislation became law, a Medicare patient admitted to a hospital had to pay a deductible in every "benefit period," and then Medicare paid the balance of all allowable charges during the first 60 days of hospitalization. After 60 days in the hospital, the patient had to pay a certain amount each day; after 90 days all costs were paid by the patient unless reserve days were used.

If the patient was readmitted to the hospital within 60 days of being released, he or she didn't have to pay a new deductible. If the patient was readmitted after more than 60 days had elapsed since the last hospital release, a new benefit period began and a new deductible was required.

Under the catastrophic legislation, there are no "benefit periods," coinsurance payments, or "reserve days." The patient pays an annual deductible and Medicare pays the balance of covered costs regardless of how many

times the patient is readmitted to the hospital, or the days of hospitalization.

To finance the new benefits, any person eligible for Medicare who is 65 years old, or anyone who is disabled at any age and receiving Medicare, will pay a premium based on their Federal Income Tax Liability.

The surtax is \$22.50 for each \$150 of Federal Income Tax. The maximum is \$800- for a single person and \$1,600 for certain married individuals.

Medicare medical insurance remains almost the same this year, but the premium is raised to \$31.90 including \$4 per month for catastrophic coverage. In Puerto Rico this additional premium will be \$1.30; in the U.S. Trust Territories, it will be \$2.10. The \$75 deductible remains the same in 1989.

There are more changes in 1989 for the new Medicare. Up to 150 days in a skilled nursing facility are covered per year with no previous hospital stay required if the person needs daily skilled nursing care or rehabilitation services and meet all the other requirements. The patient pays \$25.50 in coinsurance each day for the first eight days of care during the year.

Hospice care for 210 days which can be extended indefinitely if a doctor certifies that the patient is terminally ill; the patient chooses to receive care from a hospice, and the hospice is certified by Medicare.

There will be more changes beginning next January to provide new coverage for preventive

care, cancer screening, respite care, improving your home health care benefits, and to cover some outpatient prescription drugs.

If you want more information on Medicare catastrophic health insurance coverage, you can call the Medicare carrier that processes claims for your area. The number is listed in the Medicare Handbook. Information, including the carrier's telephone number, also may be obtained by calling 1-800-888-1998. Questions about the supplemental premiums should be directed to the Internal Revenue Service.

Tax tips for older Americans

With April 15 just around the corner, the newly retired, recently widowed—and even those as young as 55—should be taking a very hard look at some special tax breaks that can make a significant difference in their personal financial future.

Someone 55 years old, for example, might be eligible to exclude up to \$125,000 of the gain from the sale of a house, and the impact on one's life after retirement can be enormous, said Richard Jurgovan, senior manager in financial counseling in the Chicago office of Deloitte Haskins and Sells.

Often, he said, retirees go scurrying around for advice and make decisions on the spur of the moment that can have a lasting impact. "Obviously, it makes sense to plan for retirement as far in advance as possible," Jurgovan said. However, for those who are late bloomers, he explained, there is some very important tax information that can be very helpful to older Americans as they start to work on their 1988 tax returns:

*If you are over 65 or disabled and under 65, you may be eligible for a retirement income tax credit against your federal income tax liability. This credit must be computed and claimed by filing Schedule R with your Form 1040.

*The proceeds from a life insurance contract received on the life of your deceased spouse will be exempt from tax. In cases where you receive interest on the proceeds—either through a deferred distribution arrangement or annuity payments—the interest income only will be taxable.

*Medical expenses are deductible—on Schedule A, Form 1040—only to the extent that they are not compensated for by insurance and the unreimbursed amount exceeds 7.5 percent of adjusted gross income. Deductible medical expenses include the portion of insurance premiums paid that relates directly to medical care, transportation expenses for medical care, lodging costs (up to \$50 per night) while away from home to visit a licensed physician in a hospital, prescription drugs, the cost of hiring a trained nurse, the cost of home improvements made for medical care and the cost of medical care received in a nursing home (excluding meals and lodging).

*If you sell your personal residence, you may be eligible for a one-time exclusion of up to \$125,000 of the gain from the sale if you are at least 55 years old, have never elected this exclusion and have resided in the home for three of the last 5 years. Form 2119 must be completed.

*Another way to reduce the tax penalty on the sale of a personal residence is to reinvest the proceeds in another personal residence within two years of the date

of sale. The amount of gain subject to tax will be limited to the amount of the proceeds not reinvested in the new residence.

*In addition to the regular standard tax deduction, which ranges from \$3,000 for single taxpayers to \$5,000 for qualifying widowed taxpayers, those age 65 are provided an additional deduction of \$600 to \$750 depending on their tax filing status (single, married filing jointly, etc.). For those who are both 65 and blind, the amount of the additional deduction is doubled.

*A limited portion of social security benefits (up to 50 percent) is taxable if adjusted gross income is above certain amounts. A worksheet in the instructions for Form 1040 will help determine the amount that must be reported.

*By April 1 of the year after you turn 70 1/2, you must begin to take distributions from individual retirement accounts and other qualified retirement plans. These distributions are reported on lines 16a and 17a of Form 1040 in the year received.

*Taxpayers who have accumulated accrued retirement benefits of \$562,500 as of August 1, 1986, may be subject to a 15 percent excise tax on "excess distributions" from qualified retirement plans. The tax must be calculated and reported on Form 5329. However, taxpayers can make a special "grandfather election" on Form 5329 to shield retirement distributions from the tax.

Widowed spouses may file a joint return, subject to certain requirements, in the year in which their spouse died and in the following years as long as they have a claimed dependent. A personal exemption may be claimed for the deceased spouse in the year of death only.

"Of course, each individual's tax situation is different," Jurgovan said. "However, there are a lot of things older Americans can do in terms of taxation and personal finance to make their golden years more golden.

"If you are 55 and beginning to think about retirement—or just contemplating moving to a smaller home now that the kids are off to college—careful planning before April 15 could turn out to be a very wise decision," he concluded.

John M. Ryan
Army Spec. John M. Ryan, son of Patrick G. and Ruth A. Nelson of 1329 Henry Ave., Des Plaines, IL has arrived for duty in West Germany.

Ryan is an Infantryman with the 16th Infantry.
He is a 1984 graduate of Maine West High School, Des Plaines.

HAPPY ST. PAT'S DAY

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Healthy diet tips

You've heard it all before. You know how to maintain a nutritionally well-balanced diet, but just can't seem to adjust to eating right. An easy way to get on the path to good eating habits is to follow a few basic tips.

"There are ways you can vitalize your life," Cathy Cazel, a registered dietitian on staff at Holy Family Hospital said. "The key is moderation and planning. Schedule your life carefully, including what and when you eat and exercise, until you get used to change."

Here are a few dos and don'ts to help ease into a lifestyle full of energy and vitality no matter what your schedule is like.

Eat healthy snacks. A glass of juice will give you the same pick-me-up as candy and is much better for you. Don't eat too heavily before going to bed. Sleeping

habits may be disturbed by your stomach going at full tilt. Eat bigger meals toward the beginning of the day.

Do eat complex carbohydrates such as bread, pasta, rice, cereal, fruits, and vegetables. These give you much more needed fiber and keep you feeling full longer.

Drink lots of water. Drink at least six to eight glasses of liquids a day. Milk and juices also are good liquids to drink. Watch salt intake. It's easy to eat too much salt if you snack on processed foods.

Cazel also suggests to avoid fast foods. Nutritionally, fast foods don't contain enough vitamins, minerals and fiber. However, fast foods do contain many calories, proteins, sugar and fat.

Limit alcohol consumption, according to Cazel. Don't drink more than one to two ounces of beer or six to eight ounces of wine a day.

By remembering these few tips, anyone can put themselves on the path to eating right.

Oakton Arms offers

housing for active seniors

As the population of elderly and retired persons in the Northwest suburbs grows each year, more and more senior citizens are faced with a dilemma.

On the one hand, they feel they cannot remain in their homes any longer—either because the house has become too expensive for them to keep up, or because they simply don't want to keep that heavy responsibility in their later years.

On the other hand, many don't want to leave the area where they've raised their children, have their relatives and friends, and feel most comfortable.

For many such seniors, the ideal solution lies in the numerous new senior citizen housing developments which are springing up in the Northwest suburbs.

One of the newest such developments is Oakton Arms, which is now open in Des Plaines.

located just south of Oakton Street and west of Lee/Mannheim Road, is the first of its kind in Des Plaines. It was developed in conjunction with the nearby Oakton Pavillion nursing home.

Jay Lewkowitz, executive administrator of Oakton Pavillion, said Oakton Arms was designed primarily with senior citizens in mind.

"There is definitely a need for it," Lewkowitz said.

Oakton Arms was created for active, healthy senior citizens who want to stay in the community, but need a simpler living arrangement, Lewkowitz said.

All 102 units in Oakton Arms are 425-square foot studio apartments designed for one or two persons. The monthly rate is \$1,500 a month for a single person, with an additional charge of \$450 a month for couples.

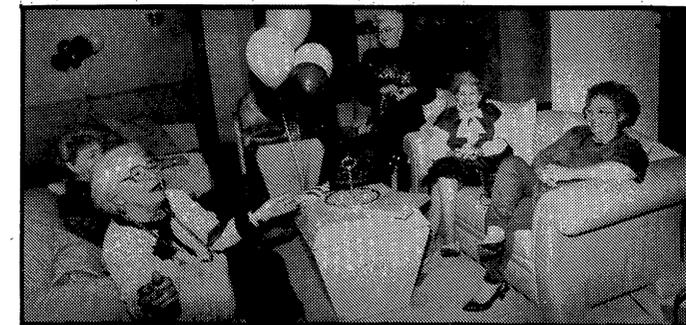
Each studio apartment in-

cludes an attached kitchenette and a bathroom with a tub and shower equipped with hand rails for safety. The studios have wall-to-wall carpeting, fully-paid utilities (except telephone) and two call-bells to use in case of a medical emergency—one in the apartment, the other in the bathroom.

The cost of living at Oakton Arms also includes lunch and dinner served each day in a cafeteria-style setting; a full-time activity center; and access to a "courtesy car" to get seniors to activity centers, shopping areas, churches, and other popular destinations. Those who have their own cars also have parking space nearby.

Lewkowitz said the philosophy of Oakton Arms management is "to provide residents with the most independence possible, yet with an underpinning of security."

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Teen athletes osteoporosis risk measured

Today's outstanding young, female athletes may be tomorrow's handicapped and dependent senior citizens. They may also suffer more frequently from stress fractures.

Physicians of The Lutheran General Medical Group, S.C. are embarking on a study of athletic

girls between the ages of 13 and 19 to determine whether exercise intense enough to stop menstruation affects bone density, leading to development of osteoporosis and greater vulnerability to stress fractures.

The study, partially funded by Lutheran General Hospital, will

address an area of osteoporosis research as yet unmeasured. Findings so far indicate that this disease, which causes thinning of the bones, is responsible for 90 percent of all serious bone fractures among women aged 65 or older in the U.S.

As the country's population ages, osteoporosis emerges as a major public health problem. Elderly victims become disabled by severe hip and spine fractures. Following a hip fracture, half are unable to care for themselves without assistance, and 20 percent die within six months of injury.

Estimates indicate that hip fractures alone will double by the year 2000 to 494,000 cases per year. Americans now spend 7 to 10 billion dollars annually to care for these patients, and the price is likely to go up as the incidence of the disease increases.

The Lutheran General study is aimed at identifying likely candidates for osteoporosis to aid in developing effective methods for prevention of bone deterioration among women, beginning with the teen years.

Hormone imbalance is among several factors already known to contribute to inadequate bone growth in women. Other studies have shown postmenopausal estrogen loss contributes to a thinning of bones in elderly women.

In fact, several studies of athletic adult females have demonstrated that the combination of intense exercise and amenorrhea can lead to a significant loss of bone mass. One study of runners who had stopped menstruating showed a 16 percent decrease in bone density of the spine. Others indicated bone thinning of as much as 20 and 30 percent.

Not only do these young women risk osteoporosis in later life, but the immediate effect is that they develop more stress fractures than their menstruating counterparts. And, some evidence indicates bone loss among young women may be irreversible.

Dr. Susan Broy, Rheumatologist and Medical Director, Parkside Sports Medicine Center and Dr. Robert

Shadel, Family Practice physician and Medical Director, Parkside Sports Medicine Center and clinical assistant professor at the University of Illinois College of Medicine, both members of The Lutheran General Medical Group, are coinvestigators in the study. They hypothesize that adolescent athletes who stop menstruating may experience abnormal bone growth significant enough to increase their risk of osteoporosis later in life. These young women may also be more likely to suffer stress fractures now because of their decreased bone density.

Adequate exercise is known to be the most important factor for women to develop optimum bones mass by age 35. However, studies of adult female athletes indicate that intense exercise can lead to amenorrhea (a cessation of menstruation) and a subsequent loss of hormones essential to bone growth.

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Shadel, Family Practice physician and Medical Director, Parkside Sports Medicine Center and clinical assistant professor at the University of Illinois College of Medicine, both members of The Lutheran General Medical Group, are coinvestigators in the study. They hypothesize that adolescent athletes who stop menstruating may experience abnormal bone growth significant enough to increase their risk of osteoporosis later in life. These young women may also be more likely to suffer stress fractures now because of their decreased bone density.

Adequate exercise is known to be the most important factor for women to develop optimum bones mass by age 35. However, studies of adult female athletes indicate that intense exercise can lead to amenorrhea (a cessation of menstruation) and a subsequent loss of hormones essential to bone growth.

In fact, several studies of athletic adult females have demonstrated that the combination of intense exercise and amenorrhea can lead to a significant loss of bone mass. One study of runners who had stopped menstruating showed a 16 percent decrease in bone density of the spine. Others indicated bone thinning of as much as 20 and 30 percent.

Not only do these young women risk osteoporosis in later life, but the immediate effect is that they develop more stress fractures than their menstruating counterparts. And, some evidence indicates bone loss among young women may be irreversible.

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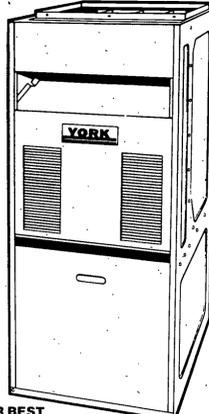
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Maine East winter scholar athletes

Five Maine East senior have been designated winter scholar athletes and received certificates of merit at individual winter sports banquets.

This is the second year that Scholar Athletes have been named. The idea was first presented to coaches and athletic directors by the Central Suburban League, which wanted to recognize senior athletes who have maintained a minimum of 3.0 G.P.A. for four years and earned two varsity letters.

Maine East Winter Scholar Athletes are: Joe Belleau of Morton Grove and Scott Boryk of Niles--swimming; Dante Federighi of Park Ridge--wrestling; Adam Kamarat of Des Plaines--boys' basketball; and Hilary Sostin of Morton Grove--girls' basketball.

Niles West scholar athletes

Fifteen winter athletes from Niles West High School have been named Scholar Athletes by the Central Suburban League. Students are given this honor if they have maintained a minimum "B" average on academic work for seven semesters. In addition, each student athlete is a senior and varsity letter-holder for the sport.

Niles West's Scholar Athletes are Marc Bechar, Robert Pine and Brett Youstra in wrestling; Margaret Campbell and Yoko Yamaguchi in girls' gymnastics; Heather Donlon in girls' basketball; Jeffrey Foss, Andy Laliberty, John Lally, David Miller and Javier Vargas in boys' basketball; and Brian Hansen, Timothy Hieber, Kevin Kiedaisch and Eric Orsic in boys' swimming.

Mite House League

In a tight defensive battle that pitted the league's top two goalies against each other the Hawks edged the Blues 3 to 1. The Hawks goalie Blair Halton and the Blues Nicky Hynes were outstanding in goal for their respective teams and there were some fine defensive plays in front of them.

The Blues got on the board first when Tedd Markos scored on a breakaway early in period one which ended with the Blues clinging to that 1 to 0 lead.

The Hawks tied the score as Brendan Dalton scored off a goal mouth scramble early in period two. Dalton scored his second of the game moments later off a

Tony Turner pass in what turned out to be the game winning goal in favor of the Hawks.

The Hawks Gino Ori sealed the victory with an unassisted goal midway through period number three.

The Blues got fine defensive work from Derek Cwik, Jason Henrickson and Alex Mrowiec. The Hawk's Mike Kalas, Jason Lee and the always hustling Ricky Lupinski were defensive standouts for their team.

The Hawk's Blair Halton was voted the games most valuable player and received the game puck.

Area News

Notre Dame holds dinner dance

The Alumni Parents' Committee of the Notre Dame High School Parents' Association is presenting its annual St. Joseph's Day Dinner-Dance at the high school on Saturday, March 18. Cocktails will be available from 6:30 p.m. The Special St. Joseph's Day Table Blessing will be at 7:15 p.m., with the Dinner beginning at 7:30 p.m.

The dinner will feature in the Italian tradition spaghetti, meatballs, and fish. There will be dancing from 9 p.m. to midnight. A

cash bar will be available for beverages. Tickets for this event are \$12.50 per person and are available from Father Joseph C. Stroot, C.S.C., moderator of the ND Alumni Parents at 965-2900 or Mrs. Jessie Paul, ticket chairperson, at 965-5377.

In addition to the dinner and dancing, a raffle will be held during the event. Proceeds from the event will be used to support the general operating fund of the school.

Workshop on raising children

Hynes School is offering a two-session workshop on raising responsible children on March 29 and April 5 from 7 to 8:30 p.m. The second session will not be a repeat of the first session. The title of the workshop is "Raising Responsible Children Without Slapping, Yelling or Nagging."

The seminars will provide practical ideas for raising responsible children. There will be sufficient opportunity for questions and interaction with other parents.

The speaker is Dr. Ken Kaye. He has a private practice in family therapy and he is a research associate at the Center for Family Studies. Dr. Kaye has four children, ranging from infancy to college age. He is the author of "Family Rules: Raising Responsible

Children and The Mental and Social Life of Babies: How Parents Create Persons."

Dr. Kaye is currently an Associate Professor at Northwestern University Medical School. He has a Ph.D. in Developmental Psychology and Education from Harvard and he was a Knox Fellow at the University of Cambridge in England.

There is no registration fee for School District 67 parents. However, there is a \$5 fee for parents outside district 67. (This fee covers both districts for both parents in the family.)

Hynes School is located at 9000 North Belleforte Ave., Morton Grove. To register or for further information call Dr. Roger Prossie at 965-4500.

Niles North 25th anniversary

All Niles North High School alumni and friends are invited to "Spend A Silver Moment" with friends at the school's 25th anniversary dinner reception at 6:30 p.m. Saturday, April 15 in the gym, 9800 Lawler Ave., Skokie. The celebration will be complete with a time capsule and entertainment by the symphonic and con-

cert orchestra and bands, the pompon squad, cheerleaders, Aurors Dance Club, and drama students.

The cost for the dinner reception, which will be catered by LaSalade, is \$12 per person. Tables of 10 may be served for \$100. To reserve seats, send your name, address, phone number and number of tickets needed, along with a check for the full amount, to the Niles North Silver Anniversary Committee, Niles North High School, 9800 Lawler Ave., Skokie 60077. For additional information, call 673-6900.

Notre Dame initiates phone drive

The Notre Dame High School Alumni Association initiated its Third Annual Phon-a-thon on March 13. This year's phone drive will last for 15 nights covering parts of two weeks in March and two weeks in April.

The Alumni Association has set for itself a goal of reaching 5,000 of its 8,961 alumni during the effort. It has also set a targeted goal of \$75,000 to be raised through this effort and the supporting efforts of the Alumni and Institutional Advancement Offices of the school. Mr. William Strotman, Phon-a-thon Chairman and a 1977 graduate, has confirmed that the monies raised through the combined efforts of the Alumni Association sponsored phon-a-thon and the high school would be used to provide support to the general operating fund.

Alumni or friends of Notre Dame High School for Boys in Niles who wish to assist in this effort should contact Father Joseph Stroot or Mr. John McGee at 965-2900.

Break week at YMCA

There will be a special Break Week from March 20-25 at the Leaning Tower YMCA. No regular classes will be scheduled.

There will be a Special School's Out Program for children Kindergarten thru sixth grade on Monday-Friday from 9:30 to 3:30 p.m. with extended care from 7:50 to 9:30 a.m. and again from 3:30 to 5:30 p.m. Gym, crafts, games, swimming, movies are events scheduled for the week. This program is available for members and non-members.

On Tuesday, March 21, from 9 to 11 a.m. there will be an Easter Egg Hunt for children 3-6 years old. This is for members and non-members. There will be a special on youth programs March 20-24 from 3:30 to 4:30 p.m. Monday's program is ragueball, Tuesday is Gymnastics, Wednesday is Basketball, Thursday is soccer, Friday is Fun and Games. This is free to members and there is a nominal fee for non-members.

There is a special open gym and swim schedule throughout the week. Special flyers are available at the "Y" on exact times. Non-members may buy guest passes.

There will also be free fitness classes for members only during this period. Consult the special brochure for activities during this week. The "Y" will be closed on Easter Sunday, March 26. For further information call the "Y" at 647-8222.

Heritage Club Easter party

The Heritage Club of Polish Americans will hold its annual "Swieconka" Easter party on Sunday April 2 from noon to 4:30 p.m. at Robert and Allen's Regency Inn, 5319 W. Diversey in Chicago. The party will feature a six course dinner, dance music by Ralph Goray and Polish Easter customs. A special Homemade Easter Bonnet contest will be held for the ladies. Tickets are \$17 for adults and \$8.50 for children under 12 years old.

Tickets may be obtained by calling Adeline Holm at 736-5861 or Lee Biga at 647-8170. Reservations must be obtained on or before March 27.

LEGAL NOTICE

THE VILLAGE OF NILES WILL BE ACCEPTING SEALED BIDS FOR: One Vertical Turbine Pump, 50/50 Sidewalk Program and Courtland Court Storm Sewer Separation. Sealed bids will be accepted until Noon on March 28, 1989, at the Village of Niles Office of the Purchasing Agent, 7601 Milwaukee Ave., Niles, Illinois 60048. General Information and specific instructions concerning this request for proposal are available at the Office of the Purchasing Agent, 7601 Milwaukee Ave., Niles.

Bids will be opened at the 8 p.m. Board of Trustees meeting 7200 Milwaukee Avenue, Niles, Illinois 60048 on Tuesday, March 28, 1989. Or in the event such a meeting is not held then at the next regularly scheduled or special Board Meeting.

Hartigan greets Irish queen



Attorney General Neil F. Hartigan greets St. Patrick's Day Parade Queen, Colleen M. O'Connell and James McCarthy, General Chairman of the Parade...

St. Isaac Jogues School notes

Three new school board members were elected on March 5. They are Robert Maslanka, Jacqueline Leksander and Charles DiPrima. Maslanka has been a member of the parish for the past fifteen years. He has been an active supporter of the school fund raising activities and served on the school board in the past for six years. Leksander has been a member of the parish for six years and was the parent club's past vice president. She also was chairwomen of the Uniform Exchange Program. DiPrima has been a member of

the parish since 1965 and is currently working on his associate degree in fire science. The junior high, under the direction of Kathy Weber and Debbie Meres, are preparing a History and Science Fair to be held on March 20 and 21. The projects will be judged on the 20 and on the 21 is Parent's Night at which the parents can come and view the projects and hear the students presentations. This project will develop the students skills in research, writing and speech.

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Entertainment

Network Purim food drive

An evening of Israeli Dancing will highlight Network's upcoming Purim Party. Phil Moss' Israeli Dancing Troupe will teach and lead Israeli and traditional Jewish dances at the event. The Purim Party will be held Saturday evening, March 18 at B'nai Jehoshua Beth Elohim Synagogue 901 Milwaukee Ave., Glenview. The party begins at 8 p.m. and will end at midnight. Cost of the event is \$5 in advance, \$7 at the door. Food and champagne punch will be provided.

In honor of the celebration of Purim, Network is sponsoring a canned food drive with donations going to the Ark Food Depository. Attendees are encouraged to bring a canned good with them to the event for collection. Kosher foods are preferred; look for the symbol K, "CRV" or U on the side of a can. For further information, contact Glen Bolko at 635-1570.

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Geological Society gem exhibit



Lois Zima

Lois Zima of Des Plaines, will be demonstrating how she makes Gem Trees at the Des Plaines Valley Geological Society's 24th Gem, Mineral and Jewelry Show. Lois has exhibited at various Gem and Mineral Shows throughout the midwest and at international gem and mineral shows. She uses twisted copper

wire for the trunks and branches, and jade, agate, and amethyst for the leaves.

The Gem Show will be held on March 18 and 19, at the Rand Park Field House, 2025 Miner St., Des Plaines. Hours are Saturday 10 a.m. to 7 p.m. and Sunday, 10 a.m. to 5 p.m.

Phyllis Diller highlights dinner dance

Comedienne Phyllis Diller quips that in an effort to stay young, she's stolen cells from Dick Clark's body and had them transplanted into her.

Diller's quick wit and inimitable humor will be the highlight of

the dinner dance to be held on Saturday, March 11, to benefit the Judge James A. Geroulis Educational Foundation.

The gala event will begin at 6 p.m. at the Westin Hotel, 909 N. Michigan Ave., Chicago.

The black tie optional event includes dinner and dancing to the music of Franz Benter and the Royal Strings. Honorary Chairmen for the evening are the Honorable Abraham Lincoln Marovitz, Senior Judge of the United States District Court and noted Chicago attorney, Philip H. Corboy.

The play tells the story of Quentin, a lawyer disillusioned by the Depression, the Nazi Holocaust, the Communist witch-hunts of the McCarthy era and two failed marriages.

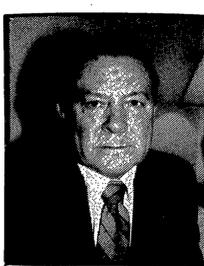
Tickets are \$200 per person, tables of 10 are available. For reservations for the event or further information, about the Foundation phone Gus Mitsopoulos at 251-2193.

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	And
	"TRUE BELIEVER" R
James Woods	SAT. & SUN.: 3:40, 7:50 WEEKDAYS: 7:50
HELD OVER	"TWINS" PG
Arnold Schwarzenegger	SAT. & SUN.: 1:45, 3:50, 5:55, 8:00, 10:05 WEEKDAYS: 5:55, 8:00, 10:05

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Antique club discusses old picture frames



Richard A. Maryanski

Richard A. Maryanski, owner of the Antique Picture Frame Gallery, will present a program on antique frames at the next meeting of the Old Things Antique Club.

The meeting will be held at 7:30 p.m. Monday, March 20, at the lower social hall of the Messiah Lutheran Church, 1605 Vernon Ave., Park Ridge.

Maryanski, whose shop is located at 7316 N. Milwaukee Ave., Niles, will be assisted by his son, James. Club members may bring old picture frames for evaluation and study.

A graduate of Northwestern University, Maryanski is one of America's leading authorities on antique frames. He is the author of "The Antique Picture Frame Guide," the first book written on antique frames in America.

The Old Things Antique Club

"How to" gardening presentations

Bob Thomson, host of the Victory Garden TV series will give six formal presentations as well as speak informally with show visitors at the Spring Home and Energy Show, March 17-19 held at Harper College in suburban Palatine.

The Emmy-award-winning Victory Garden show is now in its 14th year. Popular host Bob Thomson returns to the series for his 10th year providing valuable "how to" gardening information and demonstrations. In addition

to hosting the Victory Garden, Thomson has been an on-air radio presence on gardening related subjects for more than 20 years in the greater Boston area. He has developed a number of "how to" brochures and has been involved in creating audiovisual gardening programs.

Thomson's presentations at the Spring Home and Energy Show are scheduled for Saturday at 1, 3 and 7 p.m. and Sunday at 12:30, and 4:30 p.m. The show is open to the public and runs Friday through Sunday, March 17-19. Show hours are Friday, 4-10 p.m., Saturday, 11 a.m. - 10 p.m. and Sunday, 11 a.m. to 6 p.m.

JCC sees "After The Fall"

Bernard Horwich/Mayer Kaplan Jewish Community Center (JCC) mature adults can see Arthur Miller's "After The Fall" at 7:30 p.m. March 22 at the National at Jewish Theater, 5050 W. Church Street, Skokie.

Transportation will be available at 6:45 p.m. from the Horwich site, 3003 W. Touhy Ave., Chicago, to the theater at the Kaplan site. Bus transportation is \$4.

John Mahoney stars in Miller's semi-autobiographical drama of personal crisis and social morality.

The March meeting will include magic and songs for children, demonstrated by "Woofy The Clown" Jeff Wolf, and other members and guests of Clowns Plus.

For additional information about Clowns Plus, call Jeff Wolf, 680-3226.

Clowns club meet

Clowns Plus, a club especially for clowns, magicians, and other entertainers, continues its monthly meetings Wednesday evening, March 22 at 7:30 p.m. at Denny's Restaurant, Rts. 21 and 60 in Vernon Hills, Illinois.

Club meetings are open to all performers who are interested in sharing information about their particular talents and skills with other entertainers.

The March meeting will include magic and songs for children, demonstrated by "Woofy The Clown" Jeff Wolf, and other members and guests of Clowns Plus.

For additional information about Clowns Plus, call Jeff Wolf, 680-3226.

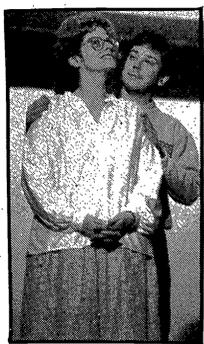
Orchestra performs at NTJC

Franz Benter and the Royal Strings will perform at the Niles Township Jewish Congregation, 4500 W. Dempster St., Skokie, at 8:30 p.m. Saturday, March 25. The orchestra plays a beautiful combination of pop and light classics, show tunes and traditional melodies. The violinists also stroll among the audience performing requests.

Tickets cost \$18 and can be ordered in advance by sending a check to the synagogue office by March 18. Skokians Adie Fuchs and Sheila Mozin are chairwomen of the concert. For further information, call Miriam at 675-4141.

Entertainment

Oakton presents Moliere's Tartuffe



Jeffri Wojcik

Oakton Community College students Jeffri Wojcik (left) of Skokie and Mike Lindberg of Des Plaines in "Tartuffe," Oakton's main stage production by Moliere. This classic comedy will be presented at 8 p.m. Thursday, Friday and Saturday, March 16, 17 and 18, and 3 p.m. Sunday, March 19 in the Performing Arts Center, 1600 E. Golf Road, Des Plaines. Tickets are \$5 general admission, \$4 seniors, students, staff and faculty. For reservations, call 635-1900.

Stevenson school holds family night

The Stevenson School will present "The Fun Factory Show" on Thursday, March 16 at 7:30 p.m. in the school's all-purpose room. This fast-paced, entertaining one-man show features songs, amazing magic illusions, comedy and audience participation.

Newspapers across the country have described "The Fun Factory Show" as "refreshingly wholesome," "hilariously entertaining" and "an experience no one should miss," while describing the performer as "a combination of many things: magician, slapstick comedian, singer and storyteller," "an instant best buddy" and "a general all-round friend of children, who gets his audience involved for the fun of it."

"The Fun Factory Show" is more than just entertainment - it has a message for students and families, revealed with wit and warmth. Dr. Stewart R. Liechi, Principal, said "We are really excited to offer this special program to our school family." Additionally, the principal noted, the students will see a totally different "Fun Factory Show" presentation at an assembly program on Tuesday, March 14. This show will feature entertaining messages for children about honesty, love and good citizenship.

Marillac benefit has New Orleans theme

Marillac High School's parent fundraiser, "All That Jazz" will be held at the school on March 18. The annual event will begin with a social hour at 6:30 p.m., followed by a gourmet buffet dinner. Silent and oral auctions, entertainment and a vacation drawing are among the highlights of this year's benefit.

Auction gifts are currently being collected and include such items as a full-length beaver coat, a raccoon stroller-length jacket, a weekend at Irish Lake, a three-piece luggage set, baskets of cheer, a health club membership, Waterford vase, a Belleek sugar and creamer, a silver tea set, a weekend villa in the mountains of Acapulco, Mexico, Blackhawk jersey and stick, and many more.

The benefit drawing offers three prize-winning vacation packages for two with a seven-day Caribbean cruise to St. Maarten, Mayreau, Martinique and St. Thomas; four days in Colonial Williamsburg; and five days in New Orleans.

Entertainment and decorations are in keeping with the New Orleans theme. The royal Bleu Tinker Toy Dixieland Band will provide music during the social hour and Marillac's Guys and Dolls student performers will entertain during the evening. The menu offers assorted and cold hors d'oeuvres. Cass Nettleton of Glenview is catering the buffet.

For further information about Marillac's "All That Jazz" Benefit, please call the school, 446-9106.

Murder and mystery at Pheasant Run

The scene of the crime is at Pheasant Run Resort, Rt. 64 (North Ave.) in St. Charles. Spring into a murder mystery adventure April 7, 8, and 9 with an opportunity to play detective or be a leading suspect. The plot unravels over the entire weekend through a series of clues and some unsuspecting turns along the way. For reservations of an all inclusive weekend package call Pheasant Run Resort at 584-5300.

Lincolnwood Library spring break movies

The Lincolnwood Library will feature free children's movies at 1 p.m. three days during Spring Break. The schedule begins Tuesday, March 21 with "The Hobbit" which is for school-aged youngsters. On Wednesday, March 22, three short films are slated to delight pre-schoolers and older: "Ira Sleeps Over," "Frog Goes to Dinner" and "Curious George." Set for Thursday, March 23, is "Flash the Teenage Otter" and "The Elephant that Couldn't Forget."

N.W.H.S. performs in Orlando

A music tour by the Niles West High School orchestra, chorus and band will take students to Orlando, Florida, to play in the All-American Music Festival and at Epco Center in Disneyworld.

Almost 200 students and nine chaperones are taking the tour. Visitors to Epco will get a taste of music and entertainment from Niles Township when the Niles West Band and Color Guard perform on Saturday, March 18.

"To be accepted is an honor because Disneyworld is one of the world's largest resorts and entertainment centers," said Band Director William Koch, who has prepared students for the trip. Koch will not join the students because his wife is expecting a child on March 17. In his place at Epco will be Gene Mitofsky, father of a band member and marching band director at Lane Tech High School.

Both the Orchestra and Chorus will perform in the All-American Music Festival, which will be held at a local high school on March 18. This is the last tour for Orchestra Director Ted Kaichuck, who will retire at the end of this school year.

Former Nilesite opens new Italian eatery

Dining at Florio's, the beautiful new Italian restaurant at 2006 N. Sheffield at Armitage, is a complete and involving family affair, in the tradition of many of Italy's best known trattorias. Owner Dominic Florio, a former Niles resident, is also a chef and his wife keeps a watchful eye on the tables up front. The pastry chef is Dominic's aunt, and the wait staff are his cousins. A second chef, Renato Marmolino, is not family, but he is Italian -- a native of Florence whose work in the kitchen balances Florio's Southern Italian background with a flavor of the north.

The result is a restaurant in which even the smallest details are lovingly attended to and coordinated into an experience that is both happy and delicious. The

menu focuses on veal, chicken and seafood in a variety of traditional and unusual dishes. Fresh pasta includes rotini, mostaccioli, linguine and fettucine, with several sauces to choose from. The efficient friendly wait staff will describe several chef's specials each day -- usually one veal, one chicken and one seafood.

Open just six months, Florio's is located in the midst of one of Chicago's busiest nightlife areas, at Sheffield and Armitage. It is open Monday through Thursday from 4:30 to 10:30 p.m. and Friday and Saturday from 4:30 to 11:30 p.m., and is closed on Sunday. Valet parking is available and all major credit cards are accepted. Reservations can be made by phoning 935-2211.

Chamber music at Music Center

On Sunday, March 19 at 7 p.m. there will be "An Evening of Chamber Music." A program by Gilda Barston, Emilio delRosario, Annabelle Leviton, Lawrence Leviton and others. The concert will take place at

The Music Center of the North Shore, 300 Greenbay Rd., Winnetka. Admission is \$5 adults; \$3 for senior citizens and \$2 for students. For more information or to reserve tickets call The Music Center at 446-3822.

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MONDAY
GRECIAN STYLE CHICKEN with Grecian Style Potato
VEAL PARMESAN with Spaghetti, No Potato

TUESDAY
ROAST TURKEY Dressing
PORK TENDERLOIN Brown Gravy

WEDNESDAY
SHRIMP IN A BASKET (21)
Cocktail Sauce
GYROS PLATTER

THURSDAY
SHISH-KA-BOB with Rice
Bordelaise Sauce, No Potato
VEAL CUTLET, Brown Gravy

FRIDAY
BROILED RAINBOW TROUT
Lemon Butter Sauce
CHICKEN BROCHETTE with Rice, Chicken Gravy, No Potato

SATURDAY
CHOPPED STEAK
Grilled Onions
BROILED PORK CHOP
Applesauce

SUNDAY
FRIED CHICKEN LIVER
with Onion or Bacon

Entertainment

N.D./Res. jazz band at Golf Mill



Members of the Meladons, Notre Dame/Resurrection High School Jazz Band perform at the Golf Mill Mall during its Community Fair Weekend. The Community Fair was a celebration of the 2nd Anniversary of its opening as an enclosed regional shopping mall. The Meladons were the only High School band to perform at the Community Fair.

Pheasant Run Dinner Theater

"Wait Until Dark" opens at Pheasant Run Dinner Theater March 31 and runs through May 6. Blood-curdling screams and a diabolical story are on the bill as Fredrick Knott's thriller of terror and suspense will quench your thirst for murder and intrigue. Author of "Dial M for Murder," Knott's macabre story of a young girl who's alone, set-up, and blind, promises an evening of situations not to be forgotten. Show times and prices are Friday at 7:30 p.m., Saturday at 5:30 and 9 p.m. and Sunday at 2 and 6 p.m. Group rates are available upon request. For further information and reservations call the Pheasant Run box office at 584-6300. Hotel Weekend packages including theater tickets are also available.

N. American Martyrs St. Patrick's dance

Chairman Andy Jr. and Andy Beierwaltes, Sr. announce that North American Martyrs Council #4338 Knights of Columbus are holding their annual St. Patrick and St. Joseph's dinner dance which will be held on April 1 in the gym of St. John Brebeuf School. Doors will open at 6:30 p.m. A delicious all-you-can-eat corned beef dinner, catered by Harrington Caterers, will be served. Afterwards there will be dancing to the popular Combo Combo Band and an Irish-Sing-Along. Ice-cold draught beer, wine, set-ups and ice are available all evening. Cost is \$18.50 per person. For more information and reservations call Andy Jr. at 966-6961 or Andy Sr. at 976-8976.

"Diary of Anne Frank" cast

The Des Plaines Theatre Guild has cast its spring production of "The Diary of Anne Frank" which will open March 31 and run four weekends.

The play is a dramatization of Anne Frank's actual diary. She was a 13-year-old Jewish girl who went into hiding for two years with her parents and others when the Nazis occupied Holland in 1942.

Holly Maples, Oak Park (Anne), and Don Collignon, Mt. Prospect (Otto Frank), play the hopeful Anne and her indomitable father. Jan Graves, Skokie, is Anne's mother and Rosa Blasi, Mt. Prospect, appears as her sister, Margot. Also hiding out with the Franks are the van Daans played by Kevin Nodurt and Pam Peca, both of Des Plaines. Their son Peter, with whom Anne falls in love, is played by Steve Calzaretta, Arlington Heights. Tony Muscarello, Chicago, has the role of the lonely dentist who joins the refugees. Marty Ber- man, Wheeling, and Marcia Hettinger, Glenview, will be seen as the courageous friends who shield and feed the families in hiding.

Directed by Frank Del Giudice, Rolling Meadows, "The Diary of Anne Frank" is produced by Marilyn Collignon, Mt. Prospect (who is also costume designer); assistant director is Chris Collignon, Mt. Prospect; scenic designer is Rick Arnold, Glenview; Sound designer is Bill Kullerman, Chicago; and Peggy Murphy, Des Plaines, is master carpenter.

For ticket information, call 296-1211. The Des Plaines Theatre is at 620 Lee St., Des Plaines.

Northwest choral society performs



Some Northwest Choral Society members rehearsing for concert: (l to r): Pam Pohlman, wheeling; Jennifer Bauer, Park Ridge; Roger Kizior, Des Plaines; Pat Cohen, Des Plaines.

The Northwest Choral Society announces their "Cathedral Colors" concert to be performed Saturday March 18 at 7:30 p.m. at the First United Methodist Church, 418 Touhy Ave., Park Ridge.

Chorus and orchestra will perform "B. Vaughan Williams' Festival Te Deum," Alice Parker's "Kentucky Psalms," John Rutter's "Requiem." Concertmaster will be Alan Heatherington and pianist will be Celeste Rue. Rutter's "Requiem" reflects the beauty of life hereafter rather than the sadness of death. It uses both

Latin and English, and the movement "The Lord Is My Shepherd" has become one of the top selling anthems.

The Northwest Choral Society is a non-profit community organization directed by John Melcher, performing concerts of both classical and popular music for the northwest suburbs.

Tickets for the concert are \$7 for adults and \$5 for students and senior citizens. Tickets may be obtained at Scharringhausen Pharmacy in Park Ridge, or at the concert. Call 823-7320 for further information.

Register for Spring Emeritus seminars

Neil Simon comedy at Orchard Theatre

"Barefoot in the Park," a Neil Simon comedy, now playing at the Orchard Theatre in Mount Prospect, is extending the run through Sunday, May 5. Scheduled performances cost \$10 and are Friday and Saturday, 8:30 p.m. and Sunday, 5 p.m. Dinner/Theatre Packages are available. Location is at the Old Orchard Country Club in Mount Prospect at the corner of Euclid Ave. and Rand Road. For information and reservations please call 259-4840.

Five Emeritus seminars will be featured at Oakton Community College East this spring beginning April 4. The seminars range from four to six weeks, and will be held in room 112, 7701 N. Lincoln Ave., Skokie.

Meet three artists who will demonstrate their art work and explain the inspiration behind their passion in "The Artist's Odyssey," a four-week seminar from 1:30 to 3:30 p.m. on Tuesdays from April 4 to 25. The cost is \$25.

Is Chicago a city of progress or a city of mismanagement? Former Alderman, Dick Simpson, answers in "Chicago In The 1990's" four-week seminar from 2 to 3:30 p.m. on Wednesdays from April 5 to May 3. The cost is \$25.

"If It's Modern, Is It Music? Music Of The 20th Century" will be discussed by Dr. Robert Komalko, executive director of the Skokie Valley Symphony Orchestra, from 9:30 to 11 a.m. on Wednesdays for six weeks from April 5 to May 17. The cost is \$35.

Joseph Killikevice, a Dominican Brother, explains the four paths to spirituality in "Paths To Spirituality," a four-day seminar from 1 to 3 p.m. Monday through Thursday, April 10 to 13.

Develop your family communication skills with Dorothy Doherty, an Oakton Psychology instructor, in "Family Relationships: The Ties That Bind," from 9 a.m. to noon on Mondays for six weeks from April 3 to May 8. The cost is \$40.



NORWOOD-ZUREK AMVETS POST #38
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Friday, March 17 5:00 PM - Midnight
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Business News

Kohl's opens 14 stores



The Mayor of Norridge, Joseph Sieb (l-r) and Elmer Newell, Village Trustee, welcome Store Manager Rick Schurmaker and Kohl's Department Stores to the Harlem-Irving Plaza at the Kohl's ribbon-cutting celebration on Sunday, March 5. Fourteen Kohl's stores simultaneously opened in the Chicago area. The community response and sales volume was almost double of what was anticipated.

Kohl's Department Stores officially entered the Chicago market on March 5, with the simultaneous reopening of 14 former Main Street stores.

"The customer response to our arrival in Chicago was greater than we could have ever imagined," said Kohl's Chairman and Chief Executive Officer William Kellogg during the grand opening festivities. "Today's level of sales volume was nearly double what we had anticipated." Kohl's carries first-run, brand-name clothing and accessories for women, men and children as well as housewares, bed and bath linens, electronics and toys.

The festivities on Sunday featured spectacular values on more than 600 items including entire stocks of Reebok, children's athletic shoes, Health-Tex, women's sweaters and handbags, Fisher-Price toys, draperies and much

more. A 56-page advertising insert in Chicago area newspapers helped draw record-breaking crowds to the new Kohl's stores. "The turnout of new Kohl's customers literally filled the mall's parking lots and the aisles of the stores," says Kohl's President Jay Baker.

In converting the former Main Street stores, Kohl's increased overall inventory levels, added several national brand names and expanded the stores' "home" sections to include more domestic items. Kohl's also strengthened the selection of toys and electronics in the stores.

With the MainStreet acquisition, Kohl's now has a total of 66 stores throughout the Midwest including 20 in Illinois. The company is spending between \$2 and \$3 million to advertise the grand openings and change in ownership.

Medhelp agency assists retirees

You don't have to be rich to be healthy and happy, but real financial worries can affect your physical and emotional health according to a Hamilton Clark, a Medhelp Agency executive. Our mission is to help protect our client's financial health from life's financial dangers such as medical bills, chronic long term care expenses and even death and taxes.

We are brokers, that means we represent our clients and not the insurance company. As brokers, we are able to shop around for the best deal. For example, we have a Medicare supplement that has an unlimited Part B benefit. The plan pays the difference between

Cole Taylor announces promotions

Eight promotions at Cole Taylor Bank's Skokie Office recently were announced by Group Executive Scott W. Taylor.

In the area of personal banking, Carole R. Botoske was promoted to assistant vice president, Gloria Bloom to personal banking office/Richer Life coordinator, Arlene Hybl to personal banking officer/IRA administrator and Patrick K McGowan to assistant manager/personal banking.

In other areas, Margaret McDonough was promoted to assistant vice president of teller operations, Karen Gronau to teller operations officer, Katherine M. Kachoyanos to ATM operation officer and Cindy Ruley to operations officer.

Botoske, 53, has worked in banking for most of her life. She is an original board member of the National Association of Banking Women SSG. She and her husband reside in Lincolnwood.

Bloom, 58, a native Chicagoan, is past women's president of B'nai Brith. She and her husband live in Skokie.

Hybl, 29, has been with Cole Taylor Bank/Skokie since 1981, most recently serving as a retirement accounts administrator.

McGowan, 26, attended Oakton Community College. A Chicago resident, he worked as a senior customer representative at Uptown Federal Savings before joining Cole Taylor in 1985.

McDonough, 51, came to Cole Taylor Bank/Skokie in 1977. Prior to that, she was on the staff of Aetna State Bank for 14 years. Before her latest promotion, she served as assistant cashier at Cole Taylor/Skokie. McDonough has attended the American Institute of Banking.

Gronau, 27, worked for seven years at the Bank of Lincolnwood, joining Cole Taylor in 1987. She resides in Lincolnwood.

Before joining Cole Taylor Bank/Skokie in 1983, Kachoyanos, 28, was on the staff of the National Bank of North Evanston. A Chicago resident, she currently is enrolled at DePaul University. Ruley, 33, joined Cole Taylor Bank/Skokie in 1981 and was operations manager before her promotion to officer.

Associate honored

Steven Kellar, a new associate of the Weintraub Associates, the Skokie Agency of The New England, an insurance and investment firm located at 5255 Golf Road, is becoming a real asset to the Agency. Steve cruised through training, started writing business quickly and has done an excellent job. Steve was selected, among many as Associate of the Year, at a banquet recently, at Algaers in Northbrook. Kellar, his wife and daughter reside in Chicago.

Glenview resident promoted

Gerald Lesser was recently promoted to president of Pick Fisheries, Inc., Chicago. Prior to this promotion, Lesser, 48, was executive vice president at Pick Fisheries for 15 years. He resides in Glenview with his wife and their six children.

Tax service process accelerated

Judy Rubin and the Lawrencewood Tax Service have been serving the Niles area for over 25 years. They have recently added an electronic filing service to speed up the processing of tax returns. Electronic filing enables the tax return to be sent directly to the Internal Revenue Service and the tax refund can be directly deposited in your bank. This service can take weeks off the time it would normally take for you to receive your refund.

Lawrencewood's professional staff includes attorney, Robin Reizer. Call 965-5520 to schedule an appointment.

Skokie new area code seminar

The Skokie Chamber of Commerce and Illinois Bell announce a slide-show presentation on Skokie's new area code (708) which will become effective in November.

All Skokie business professionals are invited to attend the seminar on March 22 at the Hxatt Lincolnwood Hotel, 4500 Touhy Ave., Lincolnwood. Registration begins at 7:45 a.m. The program will be presented by Mary Jo Carter, Illinois Bell Spokesperson, from 8 a.m. - 9:15 a.m. The cost is \$7 and coffee and rolls are included.

Reservations are required by March 20. Please call the Skokie Chamber of Commerce at 673-0240 to reserve your seat.

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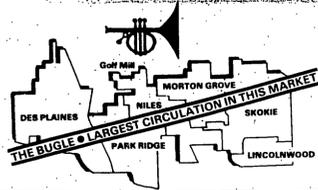
Tues., Mar. 28	7:30 PM*	Sat., Apr. 1	11:00 AM**
Wed., Mar. 29	10:30 AM**	Sat., Apr. 1	3:00 PM†
Wed., Mar. 29	7:30 PM**	Sat., Apr. 1	7:30 PM†
Thurs., Mar. 30	7:30 PM**	Sun., Apr. 2	1:00 PM†
Fri., Mar. 31	10:30 AM**	Sun., Apr. 2	5:00 PM†
Fri., Mar. 31	7:30 PM**		

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*Opening night all seats half price (except VIP seats)
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GENERAL OFFICE Immediate position available for individual who can do general office work. Duties include light typing, filing and answering phones. Paid vacation. Good benefits. GLOBE AUTO RECYCLING 280 Old Higgins Road Des Plaines, IL 60018 296-5568

TYPIST We have an opening for a typist who has word processing experience, is reliable and experienced in office functions. Heyman Corp. 6045 W. Howard Niles, IL 60648 583-5200

Human Resources Department BENEFIT TRUST LIFE INSURANCE COMPANIES 274-8100 1771 W. Howard Street Chicago, IL 60626 An Equal Opportunity Employer non-smoking company

SECRETARY / RECEPTIONIST Niles Park District Maintenance Department is accepting applications for a Secretary/Receptionist to work flexible hours. Starting rate \$5 an hour. Ability to type, file, answer telephones, work with people a must. Word processing desired. For further information contact TOM SLACK: 647-6777 NILES PARK DISTRICT 7877 Milwaukee, Niles

GENERAL OFFICE PART TIME Growing insurance agency in Wheeling area is looking for someone to work in our health department. Customer service, claims, lite typing. Hours 9 a.m.-3 p.m. Monday thru Friday, \$6 an hour. Great benefits including 401 K plan. CALL THERESA 541-0900

RECEPTIONIST / GENERAL OFFICE Entry level opening for a self motivated go-getter to join our newly relocated Northbrook office. Send resume to: J. Maxx Chemco Manufacturing 3175 MacArthur Blvd. Northbrook, IL 60062 Or Call: 480-7700

CUSTOMER SERVICE Sales organization representing many nationally known food processors is looking for a detail minded individual for our customer service department. Responsibilities include extensive customer phone contact, order processing, follow-up and price quotations. Must have pleasant phone voice and be willing to be part of the team. Complete benefit package included. For consideration, please phone Rhonda: 338-9100 between 9 am - 3 pm near Peterson & California

BOOKKEEPER/ACCOUNTANT Position open for a person with a minimum of 1 year experience in all aspects of general bookkeeping and accounting. Computer skills required. Apply in person at: THE BREAKERS at Golf Mill 8975 Golf Road Des Plaines, IL 60016

GENERAL OFFICE / RECEPTIONIST Growing business seeks a qualified candidate who possesses a professional appearance, good personality and excellent phone voice for an entry level general office position. CRT experience a plus, but not necessary. Position requires various responsibilities. Call for an appointment. Ask for Irene. 384-2211

WORD PROCESSORS • DATA ENTRY • SECRETARY/TYPIST • CLERK • RECEPTIONIST Work locally for downtown \$\$\$ Please Call For Appointment 692-4900 LOFTUS & O'MEARA TEMPORARY SERVICE, INC.

STAFF ASSISTANT This fast-paced opportunity will entail a variety of duties which requires at least 3 years office experience, excellent communication/organizational skills and accurate typing skills 45 wpm. Word processing and/or PC background is also required. Benefit Trust Life Insurance Company, an industry leader for over 75 years, is building a new Corporate Headquarters in Lake Forest. Join us NOW at our Rogers Park office and come with us when we move to our "state-of-the-art" facility in September. Our stable, growing company offers comprehensive benefits including investment/savings plan and a unique 4% day work week. Please call to arrange your personal interview or send us your resume/letter in confidence, to: Human Resources Department BENEFIT TRUST LIFE INSURANCE COMPANY 1771 W. Howard St., Chicago, IL 60626. 274-8100 Benefit Trust Life Insurance Company

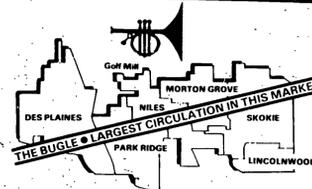
KEYLINE - PASTE-UP Part Time Work 3 to 5 days per week. • TYPING NECESSARY • BUGLE NEWSPAPERS CALL 966-3900

MAIL ROOM / PURCHASING Large Financial Institution in north-west suburbs seeks mature person to manage mail room operations and handle part time purchasing needs. Experience not necessary but must be organization-minded and detail conscious. Excellent benefits and working environment. Salary from \$11,500 depending on background. Apply in Person. Qualified candidates will be contacted for appointments. First Federal Savings of Des Plaines 749 Lee Street Des Plaines, Ill

HIGH SCHOOL STUDENT Part Time Typist Sophomore or Junior About 10-12 hours per week. Should be good student and be able to work after school 3 days a week. Call: 966-3900 The Bugle Newspapers 8746 Shermer Road, Niles

PART-TIME / DAILY Park Ridge Stationers seeks responsible, retired / mature male. No technical skills required. Call for job description and interview. 825-5541

USE THE BUGLE WANT ADS 966-3900



Your Ad Appears In The Following Editions

- NILES BUGLE
• MORTON GROVE BUGLE
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HELP WANTED



NOW HIRING All Positions Available Full and Part Time DUNKIN' DONUTS on Harlem & Milwaukee in Niles Come in for interview or call 647-7621

SALES Berry Bearing Company has openings in counter and phone sales. Also entry level positions available. Experience in bearing & power transmission preferred, but willing to train. 674-6600

SALES HELP Part Time 2 positions available. Work either 2 or 4 days per week, including Sundays. We are seeking bright, outgoing individuals who enjoy helping others. This is a permanent position with a 100-year-old small business. Salary + commission. MARYHILL MEMORIALS 8445 N. Milwaukee Niles Call Ann 544-0916

MANUFACTURERS REP Call on the auto and marine industry representing our nationally advertised product. Excel. ground floor oppy with extremely high earning potential. Our 4 yr. old co. has a proven formula for success to generate immediate sales. 1 (800) 221-9394

SALES Past out literature to area businesses, describe new services. No hard sell. Flexible Hours. Morton Grove and surrounding communities. 470-2444

RESTAURANT FULL TIME LETTUCE ENTERTAIN YOU Now hiring AM/PM food servers. Also hiring PM broiler cook. Call: 635-7707 Monday-Friday R.J. GRUNTES 1615 Milwaukee Glenview

TELEMARKETING We will train you to sell Radio commercials. A good phone, voice and enthusiasm are required. Full time earnings at part time hours. Call Stan Carson: 298-6400 on Dempster at Potter

SALES ASSOCIATE Positions available for outgoing, dependable people to join our fast growing national chain. Experience preferred. Hour + bonus plan. DAN HOWARD MATERNITY Niles Wilmette 298-2800 251-3303

WELCOME WAGON EXPANDING! Flexible hour career providing useful information and gifts from local businesses to new parents, new citizens, engaged women & new neighbors. Car necessary. 20-40 hour per week positions available. Contact Judy Offner 816-1717 CALL ONLY Thursday, March 23rd, 9 am - 5 pm Friday, March 24th, 9 am - 1 pm

GIRLS WANTED From the Chicago and Northern Suburban area Between the ages of 9 to 19 years to compete in this year's 2nd annual Junior Teen and Teen 1989 CHICAGO PAGEANTS Over \$15,000 in prizes and scholarships, including an all-expense paid trip to the Nationals in Orlando, Florida. For More Information Call: 1 (800) 345-2330

COUNTER CLERK Full Time Will Train Must be over 21 years old. Apply in Person to Bonnie after 5:00 p.m. CLASSIC BOWL 8530 Waukegan Rd. Morton Grove

WAITRESS / WAITERS Country Club. Days and evenings. Full and Part Time Call for interview: Tuesday thru Friday 10 a.m. til 2 p.m. 945-2680

SALES Part Time We are seeking aggressive, articulate individuals for our growing Sales Department. Hours are weekday evenings and Saturday days. Some previous sales or customer contact experience is desired. Join the Cablevision team and earn \$150 per week draw while you are learning the Cable Television sales business. We offer outstanding incentives and high commissions. If you have reliable transportation and want a Part Time job with good pay that's close to home, and you meet our requirements, we want to hear from you. CALL CARMEN VELEZ 383-0761 CABLEVISION OF CHICAGO

MODELS WANTED \$15 An Hour. Luncheon and or Cocktail Hours Will Train. Full or Part-time 698-1263

DOE WEED'S is expanding & looking for: • HOSTS + HOSTESSES • FOOD SERVERS • COCKTAIL WAITRESSES Full & Part Time Positions, experience preferred but will train the right people. APPLY IN PERSON AFTER 2 P.M. DOC WEED'S 8832 W. DEMPSTER (Across from Lutheran General Hospital)

HAIR DRESSER needed with clientele for busy Northbrook Salon. Calls confidential. 272-6600

DIETITIAN'S ASSISTANT Immediate position available at prestigious retirement center in N.W. Evanston for dietitian's assistant. Part time with possibility of advancement to full time, M-F and some weekends. Food service supervisory experience a must. Experience with special diets preferred. Call: 492-2910 M-F Between 10 a.m. to 2 p.m.

IMMEDIATE OPENINGS FULL TIME STOCKERS NIGHT CREW, SUN-THURS, 10 p.m.-6 a.m. PART TIME CASHIERS & COSMETICS EVENING & WEEKEND Become a part of our success story! F & M, a leading, rapidly expanding health and beauty aid deep discount chain, is enjoying tremendous growth patterns. This progress is beneficial for F & M, and for you. As a member of the F & M team, you can expect to receive an outstanding range of company benefits including: *PAID PROFIT SHARING *STARTING PAY BASED ON EXPERIENCE *PROMOTION FROM WITHIN *PAID VACATIONS/HOLIDAYS, BIRTHDAYS/SICK DAYS *REGULAR WAGE REVIEWS *PREMIUM PAY F&M 8251 GOLF RD. NILES, IL 60648 967-6700 Equal Opportunity Employer M/F

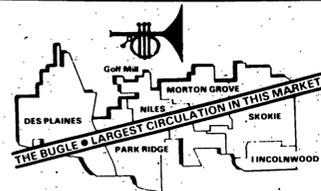
USE THE BUGLE CLASSIFIED ADS



TELEPHONE SALES • Work 20 to 30 hours per week. • Salary plus commission. • Excellent job for self-starters. • Pleasant office workplace. Call THE BUGLE NEWSPAPERS 966-3900

SALES FULL TIME Sell and Service Accounts For Niles Business. • Work Close To Home • Salary Plus Commission • Send Inquiries To: P.O. BOX 371 Morton Grove, Illinois 60053

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WANT ADS
966-3900**



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HELP WANTED



"LIVE AND WORK IN WARM AND SUNNY BATON ROUGE, LA."
REGISTERED NURSES AND LICENSED PRACTICAL NURSES
Earl K. Long Memorial Hospital, located in Baton Rouge, LA, has positions available in all clinical areas of nursing. Outstanding salaries and benefits offered to qualified applicants ONLY. Send resume or contact: Sheila Le Moine, A.D.O.N.,
EARL K. LONG MEMORIAL HOSPITAL
5825 Airline Highway, Baton Rouge, LA 70805
(504) 358-1066
Equal Opportunity Employer M/F/V

HORTICULTURIST
Niles Park District is accepting applications for a Horticulturist. Education and/or related experience required. Landscaping or grounds maintenance desired.
Salary range \$16,793 to \$18,136 plus benefits
For information contact
TOM SLACK
647-6777
NILES PARK DISTRICT
7877 Milwaukee, Niles

"LIVE AND WORK IN WARM AND SUNNY BATON ROUGE, LA."
RESPIRATORY CARE PRACTITIONERS
IMMEDIATE OPENINGS!!
Earl K. Long Memorial Hospital, a 168 acute care facility has Full & Part-Time Positions available for CRTT or RRT. Must be licensed or licensed eligible in the state of Louisiana. We also are affiliated with LSU Medical School. Assignments include shifts in Med/Surg., Pediatrics, Non-Natal Intensive Care, Level III. We offer excellent salaries and benefits to qualified applicants. Send resume or contact:
CLAY CLEMENTS
DIRECTOR OF RESPIRATORY SERVICES
EARL K. LONG MEMORIAL HOSPITAL
5825 Airline Highway, Baton Rouge, LA 70805
(504) 358-1200
Equal Opportunity Employer M/F/V

UNDER NEW OWNERSHIP
Join Our
New Team
Of
Innovative, Effective and
Experienced Professionals
At
**Glen Bridge Nursing and
Rehabilitation Centre, Ltd.**
8333 W. Golf Road
Niles, IL 60648
(Formerly Miranda Manor)

POSITIONS AVAILABLE
• Assistant Director of Nursing
• Rehabilitation Nurse
• Rehabilitation Aides
• R.N. /L.P.N. / C.N.A. (All Shifts)
• Social Service Director B.S.W. / S.W.
• Director of Admissions
• Receptionist
Excellent salary and benefit package. Accessible to public transportation. Contact:
Lorraine Compton, R.N.
B.S.N. Administrator at:
966-9190

DRIVER
Full or Part Time
Retired or Semi-Retired
to drive salesmen to appointments
Car furnished. Call:
823-4524

DRIVERS WANTED
Busy Messenger Service
needs vans, cars or wagons. Must
have liability insurance. Knowledge
of city and suburbs helpful.
Please Call:
728-2626

**PART TIME
DRIVER**
Early afternoon
and evenings.
Competitive Salary
Must Be 21
Please Call Roger At:
647-1455

DRIVERS WANTED
No Experience Necessary!
Part Time Bus Drivers
Our current openings are in the DES PLAINES, NILES, and
MORTON GROVE areas, driving late model, fully automatic 71
passenger buses.
Paid training. Experienced drivers can earn up to \$8 an hour.
MINI-BUS DRIVERS: For Special Education Program in Northwest
Suburban area. Transportation to and from home provided. Must be
21 years old.
SEPTRAN INC.
392-1668

OPTOMETRIST
Sterling Optical has an opening in our
LaCrosse, WI store. Enjoy the advan-
tages of a generous bonus plan, medical
& life ins. Paid vacations & holidays &
family discounts. For consideration call
Mark Yekelchik, 1-414-788-7120 or
1-414-473-9364. CALL COLLECT
EOE M/F

SOCIAL SERVICES
Oak Park Township Senior Ser-
vices is looking for a casemanager.
MSW or equivalent required.
Excellent salary and benefits.
Applications available at:
105 S. Oak Park Ave.
Oak Park
or send resume to:
Oak Park Township
Nancy Tolew
383-8060
EOE/M/F

EXPERIENCED TOW TRUCK DRIVERS
Good Driving Record.
Must know city and suburban streets.
Good Benefits. Paid Vacation.
GLOBE AUTO RECYCLING
280 Old Higgins Road
Des Plaines, IL 60018
296-5568

JANITORIAL
Part Time
3 - 4 Hours Nightly
5 Nights a Week
763-0497

SUMMER LABOR POSITIONS
Niles Park District Maintenance Department
We are accepting applications for summer labor posi-
tions in our Maintenance Department. Positions are
open for Park Maintenance and Golf Course
maintenance. For further information contact:
TOM SLACK
647-6777
NILES PARK DISTRICT
7877 N. Milwaukee, Niles

JANITOR
Full Time
Company Health Plan, holidays,
vacation time. Call:
298-2820
Ask For Susan

GOLF COURSE MAINTENANCE
NILES PARK DISTRICT
is accepting applications for Night Watering Person
for the Tam Golf Course
Experience preferred in Golf Course work. Start at \$8.75 per hour
plus possible overtime. For further information contact:
DAN VARGAS
965-3311
NILES PARK DISTRICT
7877 N. Milwaukee
Niles, Illinois

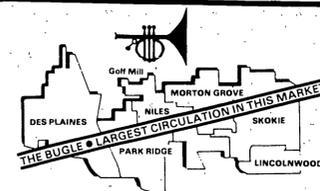
• **ANIMAL
CARETAKERS**
&
• **RETAIL HELP**
Full & Part Time
Experience helpful, but not
necessary. Will train.
THE PET CONNECTION
7437 Harlem, Niles
647-0002
Come in and fill out application.

PHOTOGRAPHERS
Work as a news photographer for
The Bugle Newspapers.
Should be familiar with
cameras and photography.
Call:
966-3900

**EXPERIENCED
DOG GROOMER**
needed for busy shop
Work on commission
Monday through Friday
CALL:
827-5200
for appointment



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



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

Classified - Always a Winner

**REAL
ESTATE**

APTS. FOR RENT
Niles - 7628 N. Milwaukee: 1 and 2
bedroom pkg. incl. - \$385/495 mo.
Cable ready. 764-0802 after 7 p.m.

**Des Plaines
Malibu Apartments**
One 2 bdr. & one 1 bdr. apart-
ment available. 3 minutes from
expressway. Brand new
carpeting throughout. Brand
new appliances. Many other
goodies! Private entrance. Liv-
ing room with view of ached
courtyard. Dimensions of 2
bdrs: 12'4" x 15'9" and 10' x 16'.
Nine foot closets in both apts.
Rent: \$600 - 2 bdr. \$440 - 1 bdr.
658-8463

CONDO FOR RENT
DES PLAINES / NILES - Golf Tower
1 Bdrm., oversized balc. Heat & util.
included. Pool, huge living room, hi-
rise elev. bldg. Beautiful Chicago
Skyline view. Available in May.
Ask for Wally - 296-1814

**HOUSE
FOR SALE**
GOVERNMENT HOMES!
\$1.00 (U Repair) Foreclosures, Tax
Delinquent Property. Now Selling.
This area! Call (Refundable) 1 (518)
459-3546 ext. H 3670 for listings.

**OFFICE SPACE
FOR RENT**
Niles - next to Administration Bldg.
850 Sq. Ft. Ht. Incl. \$350/mo.
Avail. Imm. 966-6688 or 674-6688

**TOWNHOUSE
FOR SALE**
BUFFALO GROVE
Ranch style townhouse. 2
bedrooms, 2 baths, attached
garage & more. \$89,500.
567-1345

**VACATION/
RESORT**
JAMAICA RUN,
INC.
Travel Specialists
Private Luxury Villas
All-Inclusive Resort
& Villa Packages
(214) 437-4700
1 (800) 635-0804

ANTIQUES
**OLD ORIENTAL
RUGS WANTED**
Any size or condition
Call toll-free
1 (800) 553-8021

**BUSINESS
OPPORTUNITIES**
1000 WOLFF SUNBEDS
TONING TABLES
Commercial-Home Tanning Beds.
Save to 50%-Prices from \$249. Body
Wraps-Lamps-Lotions. Call Today
FREE Color Catalog: 1 (800) 228-6292.

**CLEANING
SERVICES**
Housecleaning lady. Honest. Good
worker. Polish-English speaking.
Experienced. Dependable. Call
Elizabeth after 6 p.m.
685-0489

FLEA MARKET
FIRST ANNUAL "INDOOR"
FLEA MARKET
To be held in "Courtland Square"
Huge Recreation Center located at:
8909 David Place - Des Plaines
(North of Golf Rd. Between Omega
& Belden Restaurants)
SATURDAY - APRIL 15, 1989
9 AM - 6 PM
Mark your calendar!
Admission 25 cents
Refreshments will be available.
Drawings throughout the day!

FURNITURE
**84" ITALIAN
PROVINCIAL SOFA**
Very pale green striped
Excellent condition \$125
966-3559

LOST & FOUND
FOUND - Young Male Cat.
Black With White Chest
Vic. front of Grennan Hts. Building
on Sat. March 4 - 966-6280

**CALL NOW
966-3900**
**MISCELLANEOUS
FOR SALE**
Compta.-Comrex print.-paper
feeder, ltr. qty., pin. ppr. Keybrd.
stand, stat. pads, \$315. 803-3862.

**MISCELLANEOUS
FOR SALE**
HUMMELS - Large private collec-
tion. Crown to current trademarks.
List available. Reasonable. 296-2375
Entertainment Center. Solid oak,
81" high. Pull out swivel TV shelf.
Best offer. 297-4325.
Freezer - Upright with key
(Kelvinator - white) 12.8 cu. ft.
\$170 965-3602

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Pays 25% commission
Sell Memorial Day Wreaths from
your location. No monetary invest-
ment. Write:
P.O. Box 342
Sulphur Springs
Indiana 47388-0342

PERSONALS
To Carol...
*Happy Birthday
Mommy*
*Love
Michael*
March
17th

PERSONALS
March 17
**HAPPY BIRTHDAY
MEGAN**
Love, Aunt Bev,
Russell, Natasha
& Derek

**Happy Birthday
BRAD**
March 16th
15 YRS OLD

PERSONALS
Enjoy Your
Birthday
MARTI!
ALL
MARTI'S
CHILDREN

WANTED TO BUY
**WANTED
WURLITZERS
JUKE BOXES**
ALSO
SLOT MACHINES
Any Condition
985-2742

**SITUATION
WANTED**
BABY SITTER WANTED
To care for my 6 yr. old daughter, in
my Niles home. Should provide
before and after school care. Needs
to be reliable, trustworthy and
good with children.
Call Eva after 5 PM at:
470-0398

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INCREDIBLE INFORMATION
Jeeps * Cars * 4x4's seized in drug
raids for under \$100? Call for facts
today! (615) 297-0003 ext. 267.

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New concept in dieting
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Call:
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Enjoy Your
Birthday
MARTI!
ALL
MARTI'S
CHILDREN

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...Memories...

Dig out those wonderful OLD pictures of dad,
mom, sis or daughter...



**HAPPY BIRTHDAY
DAVID**
24 YEARS
Mom, Dad, & Amy

Wish them a happy birthday or anniversary in
a unique, personal way, in The Bugle.

**A PICTURE IS
WORTH 1,000 WORDS!**

Your personalized ad (your wording) with pic-
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966-3900

(Prepay with Visa or Mastercard)
Actual size of ad...2" x 3"

BUOLE BUOLE BUOLE BUOLE BUOLE

Easter's on its way!

Have you done your Jewel saving?



10-12 or 18-22 lbs. Grade A
Any Fresh or Frozen Turkeys
SAVE \$5
with coupon

PLU #2238 Meat

10-12 or 18-22 lbs. Grade A
Any Fresh or Frozen Whole Turkey
With this coupon
Good thru Wed. March 22, 1989
Limit one coupon per customer.

Save \$5

Jewel



Direct From Key West Florida
Fresh Gulf Shrimp
7.99
While Supplies Last
Sale from Fri. 3/17 thru Sat. 3/18.



Gov't. Insp. Cook's
Smoked Ham Shank Portion
48¢
Limit 1 lb.

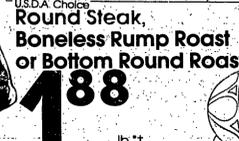
Butt portion 68¢ lb. Limit 1 with \$20 purchase



4 lb. Bag
California Navel Oranges
98¢
each



1 lb. pkg.
Jewel Solid Butter
1.39



U.S.D.A. Choice
Round Steak, Boneless Rump Roast or Bottom Round Roast
1.88
lb.*†



Passion Fruit
79¢
each



Golden Ripe Bananas
39¢
lb.



3.58 lb.
Mickelberry Baked Hickory Smoked Ham
1.79
Sliced or Shaved Fresh For You!
1/2 lb.



1 lb. pkg.
Corn King Sliced Bacon
99¢
2 lb. pkg. Thick Sliced Bacon 1.98



64 oz. carton Country Style, Calcium Plus or Regular
Minute Maid Orange Juice
1.79



16 oz. loaf Rye, Caraway and
Old World Fresh Baked Rye Bread
99¢



16 oz. bag Country Style, China Blend or Mixed Vegetables, Cut Corn, Western Blend or Green Peas
Jewel Frozen Vegetables
89¢



12 Pack / 12 oz. cans Assorted Varieties
Coke or 7-Up
2.99



Smolkowski Smoked Polish Sausage
1.79
lb.



18-18.25 oz. pkg.
Betty Crocker Cake Mix
2/\$1

PLU #2417 Groceries

18-18.25 oz. pkg.
Betty Crocker Cake Mix
2/\$1

With this coupon
Limit one coupon per customer
Expires 3/18/89 thru 3/22/89



Refrigerated
25% off Breakfast Sausage
Excluding Smoked Sausage

Shelf prices on sale items reflect 25% off.



With 1/2 lb. or more purchase of
Vienna Corned Beef or Pastrami
SAVE \$1

With Coupon

PLU #2924 Chef's Kitchen

With 1/2 lb. or more purchase of
Vienna Corned Beef or Pastrami
With this coupon
Available at Jewel Food Stores
With Chef's Kitchen
Good thru 3/22/89
Limit one coupon per customer.

Save \$1

Jewel

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†Plus 20¢ per lb. for thin slicing.

