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Dist. 63 staff petitions for teacher's reinstatement

by Eileen Hirschfeld

Teaching staff of two schools in East Maine Elementary School District 63 presented petitions to the board Tuesday requesting reinstatement of Kathleen Jarvis, music teacher at Mark Twain Ele-

mentary School. Jarvis, a two-year district teacher, recently was denied a contract for the following school year because of alleged anti-semitic remarks, as reported by

students to parents. Although present at the board meeting, Jarvis declined to comment.

Theresa Frayn, teacher and representative from Mark Twain, Continued on Page 38

Street gang activity angers Maine residents

by Nancy Keraminas

Angry residents of unincorporated Maine Township crowded the township's meeting hall Tuesday night, complaining that the Cook County Sheriff's Police Department (CCSPD) has not adequately dealt with the area's

crimes attributable to street gangs, possible illegal drug activity and other causes.

CCSPD patrols the unincorporated areas of Cook County as well as Prospect Heights, which Continued on Page 38

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Buyers of both commercial and residential property will be affected

Niles OKs real estate transfer tax

by Sheilya Hackett

Niles village trustees held the line on property taxes but moved to impose a real estate transfer tax on buyers, effective January 1, 1991.

Village Manager Abe Selman presented the tax proposal to the April 24 meeting of the trustees to offset some of the budget deficit for the coming year.

The tax will apply to both commercial and residential property transfers and Manager Selman anticipates earnings of from \$180-\$200,000 a year. The tax will be levied at the rate of \$3 per \$1,000, an amount similar to those levied in surrounding suburbs.

Trustees James Mahoney and Tom Bondi joined in approval of the tax but disagreed with it being levied on the buyer. Trustee Mahoney suggested the move ran counter to Niles' efforts to attract young buyers to the village.

In other financial matters, the board approved the 1990-91 appropriation ordinance for \$28,566,000. (An original budget notation of \$29,799,000 for appropriation was changed because of an intra-fund transfer of \$1,233,000).

Property tax levies remained the same. The board agreed to the figure of \$1,975,000 as the amount to be levied and Trustee Continued on Page 38

From the Left Hand

by Bud Besser

Mr. Anonymous came calling this past week. He wanted The Bugle to go after officials in a neighboring town who he said were intimidating residents, rather than representing them.

We've always shown a split personality when we receive such calls. On the one hand, anonymity is a shield which protects people who want to give information without being identified. And newspapers should welcome information which may lead to a significant story.

On the other hand, it's very easy to be irresponsible when you don't put yourself on the line. Hiding behind a cloak of non-description is a protection which can result in some hairy hyperbole coming from the caller. Putting it mildly, we are wary of the anonymous tipster.

In bygone years we've had our share of tips from the tipsters.

During election campaigns the pre-election passions seem to bring out an unending stream of anonymous tipsters. "They're tearing down political signs on Dempster Street", says the passionate campaigner. "Get your camera and take a picture of what they're doing to the Democrats (or Republican) signs."

Each local campaign is worth at least one call from a Continued on Page 38

Repair work on Niles streets set to begin

As a result of the Niles Board of Trustees earmarking \$250,000 in funds for street repair, the following streets will be part of the 1990 repaving program, with work to begin as soon as possible, according to Trustee James Mahoney. Other streets will be affected later in the year.

Asphalt repaving will be done on Stolling Rd., Park Lane and Sunset Rd. from Greenwood Ave. to Western Ave., and on Western Ave. from 100 feet north of Stolling Rd. to 100 feet south of Sunset Rd.

Work will be done on Kedzie

St. from Milwaukee Ave. to Oketo Ave.; on Oriole Ave. from Monroe St. to Main St.; on Oketo Ave. from Main St. to Dempster St.

Lill, Lee and Breen Streets will undergo repaving from Oketo Ave. to Harlem Ave. Octavia Ave. from Milwaukee Ave. to Oakton St. Howard St. from Neva Ave. to Nordica Ave.

Additional repair will take place on Nordica Ave., from Oakton St. to Jonquil Terrace and on Wright Terr. from Harlem Ave. to Shermer Rd.

Search narrows for Niles Library administrator

by Eileen Hirschfeld

A search for a new administrator of the Niles Public Library has been narrowed down to two applicants and a choice will be announced at next month's regular meeting on May 22, according to library trustees.

Former administrator Duncan J. McKenzie was dismissed last November following one year of a second three-year contract. He was hired in October, 1983.

Candidates are Dan Macken, present acting administrator as well as library chief of operations, and Katherine Martins of West Virginia.

Martins will be interviewed by Continued on Page 38

Health & Fitness Guide
Pages 19-26

Niles residents celebrate opening of recycling center



Jacqueline Tilles (right) directs members of the Culver School band during festivities held on Sunday, April 22 marking the grand opening of the Niles recycling dropoff center located at Civic Center Plaza, Oakton Street and Waukegan Road.

Photo by Vern Bunker

Community Focus

Northwest model engineers construct a 'moving' exhibition

by Sheilya Hackett

Sounds of bells, whistles, chugs and horns will issue from Niles Trident Center, 8060 Oakton Court, April 29 when the Northwest Model Engineers hold their first annual exhibit, starting at noon.

Civil War cannons, steam boats, locomotives and gas engines will be on display, the result of efforts by the 35-member modeling group.

Farmer's workshop holds his version of the Stirling Cycle engine, a machine designed in 1851 and considered safer than a steam engine at the time.

Niles modeler Dave Farmer describes the members who build from original drawings and blueprints as "A cosmopolitan bunch of cooks, bakers, vice presidents; engineers of all sorts, nonpareils who do some beautiful modeling work." Child's play? Never. He notes even the smallest accurate engine requires from 400 to 1,200 hours of effort.

Farmer's home holds premier examples of the work and his heritage may give a clue to his interest. His dad was a naval architect and the designer of many ships, including the P-T boats used in World War II. Also the founder of Modern Mechanics magazine,

his dad left behind a legacy of engineering achievements.

Farmer's living room displays two miniature models of "Diana" a Gay Nineties steam boat designed by his dad. Farmer's workshop holds another model of "Diane" which he himself built, on a scale of one-sixth of an inch to a foot of the 25-foot prototype. The ship holds a handcrafted boiler and steam engine and is

just as his dad designed it, even to the tiny kerosene lamp hanging from the cabin rear.

Farmer is the retired chief mechanical engineer for instrumentation at International Harvester; a pilot, amateur radio operator and inventor who admits he has accumulated a "bucketful of patents" as he has delved into electronics, appliances and engines. He is a contributing editor to Modeltec magazine and a photo of his rendition of "Diana" adorns the cover of a 1988 issue.

His basement workshop competes for space with his wife Marian's laundry room but Farmer is comfortable with the clutter and

explains modelers work where they can.

He tells of one modeler whose workplace is carpeted, while another builds in a converted bathroom. Farmer's holds a lathe, drill press, grinder, metal-cutting band saw and numerous caches of nuts and bolts, segregated into cabinets with small drawers. A nearby computer is used for calculations.

The workshop holds his version of the Stirling Cycle engine, a machine designed in 1851 and considered safer than a steam engine at the time.

His model is built entirely from recycled products, including paint can lids, coat hanger wire, a piece of water pipe and an upside down table leg. When the engine is in action, a piston made of a Coors beer can set into a Raid can pounds busily into a Beer Nuts can atop a coffee can.

The wall displays an example of another Farmer avocation. There hangs a radio and transmitter from a DC-3 built in 1936, the same as those first used in army aircraft.

Farmer researched and rebuilt the equipment and now, since the radio bands have been converted from military to amateur use, occasionally uses it to talk across town with fellow "ham" operator Bob Wordel, executive director of the Niles Chamber of Commerce.

Between 400 and 1,200 hours of effort go into even the smallest engine.

In the Thirties, about the same time the historic radio was constructed, the young Farmer and his dad erected a single engine airplane powered by a Model A Ford engine. That plane was built mostly of "spit and tissue paper," according to Farmer, but he continues his interest in experimental aircraft today.

Farmer seems an enthusiast by nature and his blue eyes are bright as he explains his projects. He and his wife had four children and the kids joined into his projects as they grew up. In 1972 when the United States sent up its first weather satellite, Farmer found

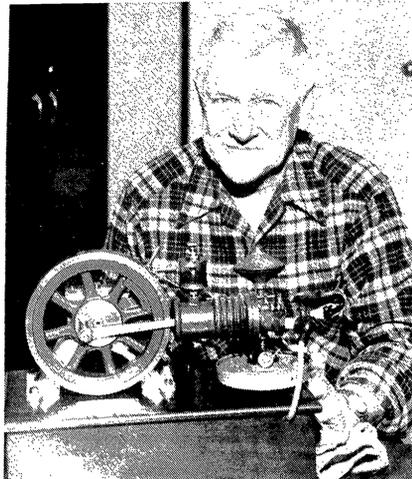


Photo by Vern Bunker

Niles resident Dave Farmer displays a functioning, crank-activated gas engine made in 1906 by noted Chicago modeler Elmer Wall. The engine, restored by Farmer, was built originally as a birthday present for Wall's son, Bob.



Photo by Vern Bunker

Preparing for Sunday's exhibit by the Northwest Model Engineers, Harold Scholin of Park Ridge checks over his 1929 standard gauge American Flyer locomotive and tender.

regular TV channels produced poor pictures from space, so he and his kids made their own receiving station and outdid the professionals with quality images.

Hidden in Farmer's garage is his full-size adaptation of a patent sought by Ransom E. Olds in 1900. It is a one horse trap, or carriage, which Farmer mechanized with a lawn mower engine. During the 1900s, the trap's fore and aft springs were a new concept.

The vehicle made several appearances in the Niles Fourth of July parade after Farmer contrived a contest to choose the best drivers among neighborhood kids. Two girls, aged nine and

ten, proved superior drivers one year and Farmer and his wife waved from the sidelines as the girls paraded past, clad in Gay Nineties dusters.

Perhaps Farmer's lifestyle is a profile of many of the modelers who'll be exhibiting at Trident April 29, but Farmer insists "It takes a peculiar breed to do technical modeling...I've been building things all my life; I've had fun with it, it has supported a family and put four kids through college."

Farmer's cheerful expression turns thoughtful as he wonders if "I (will) ever grow up and grow old." It's not likely.

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Linda Burns - Copy Editor

Mayor Blase officially opens recycling center



Photo by Vern Bunker

Woodsy Owl looks on as Mayor Nicholas Blase officiates during Sunday's ribbon cutting ceremony marking the opening of the Niles recycling dropoff center. The center provides bins for plastics, glass, cans, newspapers and magazines and some cardboard.

MG Park Board OKs \$3.9 million budget

by Linda A. Burns

The Morton Grove Park District board unanimously approved a \$3.9 million park budget for 1990-91 last week.

Under the \$3,883,942 budget, residents are expected to see a slight increase in their fall 1991 property tax bills.

The new budget represents a 31 percent increase over the current year's \$2,954,699 million budget. Much of the increase is caused by capital improvement expenditures which are nearly doubling from \$624,000 to

\$1,230,000.

Major expenditures include \$685,000 for the first phase of the Harter Park improvement plan, \$120,000 for sandblasting, painting and repair of Oriole Pool, \$93,000 in new playground equipment at Austin and Oketo Parks, \$38,000 to replace the district's activity bus and \$25,000 for new siding and painting of the Historical Museum.

General obligation bonds totaling \$910,000 will be sold in De-

Continued on Page 39

NW Municipal Conference swears in new president

Lincolnwood Village President Frank J. Chulay was sworn in as president of the Northwest Municipal Conference, Friday, April 20 at the Conference's 32nd Annual Spring Banquet, at Sage's Sages, Radisson Suite Hotel, 75 West Algonquin Rd., Arlington Heights.

President Sonya Crawshaw, Village of Hanover Park, and Craig Anderson, Manager of the Village of Wheeling, will be inducted as conference vice-president and secretary/treasurer, respectively.

President Chulay has been a leader on behalf of Lincolnwood and the Northwest Municipal Conference since his election as village president in 1985. Chulay

Village wants firemen to pay 10% of insurance

MG firefighters' contract negotiations at standstill

by Nancy Keraminas

Pullen to seek ballot recount at hearing

by Sheilya Hackett

Lawyers for State Representative Penny Pullen (R-55th) on April 19 asked the court to declare Pullen the winner of the March primary election on the basis of their findings in a discovery recount. The case was assigned to Circuit Court Judge Francis Barth and an initial hearing will be held Monday, April 30.

At a press conference April 13, Pullen claimed her discovery recount placed her ahead of challenger Rosemary Mulligan of Des Plaines by at least 17 votes.

In March, initial election returns awarded the win to Mulligan by 31 votes and led to the Pullen discovery action.

According to Pullen attorney Bob Mankivsky, Pullen forces maintain sufficient mistakes were uncovered during the discovery action.

Handcapped Parking Cards expire

The orange handicapped parking cards will expire on June 30, 1990. Those of you who received your orange cards from the Niles Township office may bring it in after May 15 for a replacement card.

Charles Levy, Clerk of Niles Township takes pride in the outstanding performance of his office, which handles hundreds of

Continued on Page 39

Members of the Morton Grove Firefighters Association have requested a mass meeting with all the trustees to discuss what Village Administrator Larry Arft terms the "most difficult obstacle" to a labor contract between the association and the village.

According to Tom Durment, president of the 36-member firefighter/paramedic association, a federal mediator would also be present while association members explain their resistance to the village's insistence that they pay ten percent of the costs of their health insurance coverage.

Allowing that the meeting might be stormy at times because members have strong feelings on the topic, Durment said the overall benefit would be to

improve communications between the two groups who have been at an impasse for about 16 months. The representative also said recent press coverage of fire department organizational matters has at times generated false rumors.

Durment stated firefighters, who are the only remaining village bargaining unit not paying a portion of the insurance premiums, object to the change based on one of two considerations. "Their immediate concern as individuals is that (employee-shared) payments were not part of their paid job fact sheet when they joined the department," Durment said.

In addition, the president said some of his members worry that

Continued on Page 39

Chairman of MG Fire and Police Commission resigns

by Nancy Keraminas

Accusing Mayor Richard Hols and the village board of attempting to politicize the Fire and Police Departments, Frank P. Hren resigned as chairman of the Fire and Police Commission April 20.

Trustee Robert Leavitt, the board's liaison to the Fire and Police Commission denied Hren's accusation while praising Hren's 30 years of service to the commission. "The entire board is saddened by his resignation," Leavitt said.

Hren charged in his letter, "They (the Mayor and board) have without consulting the Fire & Police Commission, unilaterally and needlessly deviated from

approved department structures, indiscriminately demoted personnel and threatened to replace the paramedic program, all for the sole purpose of instituting political control of these once civil service departments."

Leavitt attributed Hren's comments as "his own personal feelings", saying the letter contained "misstatements and distortions of fact." Hren went on to say, "not being content with having totally destroyed the morale of these departments, the mayor and the trustees have further decided to emasculate the Fire & Police Commission (by giving themselves the power to approve com-

Continued on Page 39

OLR students participate in Drug Prevention Program



At Our Lady of Ransom School, Niles, first graders recently participated in the Drug Prevention Program presented by the Niles Police

Department. Shown above with the first graders are their teachers, Linda Pollice and Mary Ann Gryder.

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health & fitness

Fit for Life Seminar



Randy Friese, RPT, (center) an associate of the SCH LifeCenter, demonstrates the mechanics of the spine during his lecture on "Healthy Back and Injury Prevention." Phyllis Vihon, (left) Rutledge school teacher, and Liz Welenc, teacher aide from Rutledge, seem most interested. Rutledge School is located in Lincolnwood.

New procedure helps women with incontinence

Drs. Israel Berger and Randall Randazzo, board certified urologists with North Suburban Clinic, are currently performing a simplified new procedure for the treatment of stress incontinence in women.

The loss of bladder control, or incontinence, is a sensitive subject for the general public. Because of this, there is very little information available to inform

an estimated 10-12 million Americans that they are not alone, and that their problem is treatable.

People who suffer from incontinence often live with constant fear and anxiety, and even change their lifestyles to avoid potentially embarrassing situations and keep their secret hidden. Contrary to the stereotype, it is not just a problem of the elderly. It affects adults of all ages, and it is especially common in women due to childbearing and the aging process.

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The new "No-Incision Bladder Suspension" procedure requires no incision (thus leaves no scar), involves little pain, and requires a minimal hospital stay. Previous procedures usually required extensive abdominal surgery and

Bladder Control Problems??

If you are one of the many women who suffer from loss of bladder control, you are not alone. But you may be living with the problem unnecessarily.

Now there is a new "no-incision procedure" which can correct the problem without major surgery. It allows you to return to an active, normal lifestyle quickly and with confidence.

Call today for an evaluation by one of our Board Certified Urologists.

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Hoffman Estates 708-885-7402

lengthy hospital stays and recovery times. The simplicity of this procedure makes the treatment of incontinence a much more viable option for the many women who are suffering silently.

Drs. Berger and Randazzo, two of only a few physicians in the Chicago area who are trained in this procedure, are performing the procedure at several area hospitals, including St. Francis in Evanston, Rush North Shore in Skokie, Highland Park Hospital, and Alexian Brothers in Elk Grove Village, and Humana in Hoffman Estates.

They have an excellent success rate, and best of all, the patients are thrilled to be able to rapidly return to their normal lifestyles.

Women interested in the procedure can schedule an evaluation with either physician by calling North Suburban Clinic in Skokie at 674-9830, Vernon Hills at 680-7000, or Hoffman Estates at 885-7402.



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Build physical activity into your lifestyle

May is National Physical Fitness and Sports Month. There couldn't be a better time to build physical activity into your lifestyle. It's earlier than you think!

You've heard it before -- you should become physically active because it's "good for you." But what does being physically active really mean and how does it relate to your overall health?

Consider these facts. Fact: Walking or jogging one mile expends the same number of calories.

Fact: 10 minutes of climbing stairs burns two to three times as many calories as 10 minutes of walking.

Fact: A 170-pound person earns 225 exercise calories for one hour of playing golf.

Fact: Dancing (fast, i.e. disco) for one hour earns a 130-pound person 300 exercise calories.

Fact: Walking one mile twice a day (approximately 40 minutes) and walking eight flights of stairs earns the 150 pound person almost 1,200 exercise calories per work week.

"There is no single health change you can make to have as dramatic an impact on your total health as developing a physically active lifestyle," says Lawrence T.P. Stifler, Ph.D., President of Health Management Resources, a Boston-based national health care company specializing in high risk obesity programs.

"You can add years to your current life expectancy and reduce or in some cases eliminate the risk of developing heart disease, diabetes, hypertension, obesity, osteoporosis and to some extent, even cancer."

Dieting may be dangerous to your health

An expert in the treatment of obesity recently called for stricter federal regulation of the diet industry to safeguard the health of people who are obese.

Lawrence Stifler, Ph.D., president of Health Management Resources, a national health care company, urged the government to require all diet programs to comply with the standard medical protocols for obesity treatment.

Stifler said, "The medical guidelines are very clear. Anyone with 40 or more pounds to lose should get medical screening prior to a diet and should receive medical monitoring during weight loss."

Stifler also called for nutrition labeling on the packaged foods sold as part of diet programs. He said nutrition labeling is needed so dieters know what's in the foods they're eating and can be certain their diet is nutritionally balanced. Stifler said the government should require all diet programs to publish their data on weight loss and weight maintenance and should publish their results in established medical journals.

Stifler warned that the intensifying competition among diet programs is dangerous to some people's health. "The race to grab market share is accelerating out of control at the expense of people who need serious medical treatment for obesity," said Stifler.

Stifler cited the growing trend among commercial weight loss programs to market their services

According to Stifler, "You don't have to become a jogger, join an aerobics class or sweat and strain to derive maximum health benefits from regular exercise. Many people find that the easiest way to increase physical activity is to incorporate it into their already busy schedules."

Fitting activity into your existing schedule is relatively simple when you know it doesn't have to be aerobic activity (running, fast walking or swimming). Studies estimate that approximately 50 percent more exercise calories of nonaerobic activity (slow walking, light stretching or gardening), will produce the same long term health benefits as aerobic activity. For example, three miles of walking is as good for your health as one and a half miles of running. The walking may even be better for you because it is less likely to result in injury and more likely to be lifelong activity.

Increased physical activity also means you can eat more and still maintain your ideal body weight. For example, if you increase your physical activity by an average of 300 exercise calories per day (for the 150 pound person that's three miles of walking), then you can enjoy an extra daily snack without gaining weight -- yet another reason for incorporating physical activity into your daily life.

In addition, family members may follow your example and in turn decrease their risk for developing any modern day diseases. Children who can adopt healthy lifestyle habits at a very young age will positively affect their future health.

to people who are seriously overweight.

The presence of multiple risk factors, the major cause of illness and death in the U.S., is far more common among the seriously overweight. Underlying medical problems progress undetected in obese people who sign up for storefront diets.

Stifler says a common misconception is that any diet which allows people to eat food is safe. "That's just not true when you're dealing with obese people," says Stifler. "Calorie-reduced diets, producing significant weight loss, not only require a high quality nutritional profile, but medical screening and monitoring to insure safe and healthy weight loss."

Hospital offers stress management workshop

A four-week Stress Management Workshop is being offered by St. Francis Hospital of Evanston.

Led by two psychiatrists and a behavior modification therapist, the program will emphasize the causes, symptoms and treatments for stress. It is designed to help build skills necessary for adaptation and changes of daily life.

The sessions run weekly, May 3 to 24, from 7 to 9 p.m. at the St. Francis Center for Women's Health, 1800 Sherman Ave., Evanston.

The fee is \$80. Space is limited and reservations are requested. To register or for more information, call (708) 492-7111.

health & fitness

Belle of the St. Francis Ball



Channel 7's Mary Ann Childers (center) will serve as honorary co-chairman of this year's St. Francis Hospital Ball. From left: Richard Webber, Mavis Springer (ball co-chairman and auxiliary president) and Debbie Miller Koziarz (entertainment chairman).

Channel 7 News anchor, Mary Ann Childers (center) is truly the fairest of them all. The glass slipper is a perfect fit for the April 28 St. Francis Hospital Ball, "Fairytales and Fantasies."

Mary Ann will be joined by Channel 7's Jay Levine as honorary co-chairman of this year's event.

Proceeds from "Fairytales and

Fantasies" will benefit the St. Francis Daycare Program. Joining the 600 guests will be Cinderella, Jack and his Beanstalk, the King and Queen of Hearts...just to name a few!

The 1990 St. Francis Ball will be held at the Chicago Hyatt Regency Hotel. Call (708) 492-2308 for information.

Old Orchard Hospital receives accreditation

Old Orchard Hospital school has received North Central Association accreditation for the 1989-90 school year.

Old Orchard Hospital is a private psychiatric hospital which treats children, adolescents and adults with chemical dependency and psychiatric problems. During their stay in the hospital, the children and adolescents attend the hospital school until they return to their home school.

"The suburban schools in Chicagoland are strong academically. We want to ensure that while the children are in the hos-

Lecture focuses on reversing heart disease

A Coronary Heart Disease Reversal program will begin in June at Swedish Covenant Hospital under the sponsorship of the SCH Cardiac Rehabilitation department, according to Dr. Noel D. Nequin, medical director of the department.

A free lecture by cardiologist Dr. Michael H. Davidson, assistant professor at Rush Presbyterian St. Luke's Medical Center and medical director of Chicago Center for Clinical Research, on Tuesday, May 1, at 7 p.m. in the Anderson Pavilion Auditorium, 2751 W. Winona, will introduce the new program.

pital, they keep up with their studies as much as possible," said Janet Pierce-Ritter, director of education at Old Orchard Hospital. "Having the accreditation keeps us stimulating continuous improvement in how we run our school," she said.

The North Central Association is the largest of the country's regional accrediting agencies. Approval by the Association means that Old Orchard Hospital school standards have been evaluated for effectiveness in scholastic and administrative excellence.

Comprehensive health exam at Weiss

Louis A. Weiss Memorial Hospital, an affiliate of the University of Chicago Hospitals, is offering a comprehensive health examination on May 1, 3 and 5 for the early detection of certain gastrointestinal diseases and other possible health problems.

The screening will include a complete physical examination, blood test to include cholesterol screening, electrocardiogram, urinalysis, hemocult test and a colon exam.

There will also be an optional mammogram, recommended for women over the age of 40. The cost of the complete screening is \$145. The optional mammogram is an additional \$45.

The various tests will detect a range of possible health prob-

lems. The blood test will determine levels of calcium, HDL, LDL, triglycerides and total cholesterol. The electrocardiogram records the electrical activity of the heart.

The urinalysis will show signs of bacteria or sugar in the urine. The hemocult test detects signs of blood in the stool, and the colon exam uses flexible sigmoidoscopy to recognize hemorrhoids, inflammation, polyps and cancer.

The optional mammogram is a simple breast x-ray that can detect breast cancer.

The health screening will be held on Tuesday, May 1 and Thursday, May 3, from 1 p.m. to 6 p.m., and from 8 a.m. to 1 p.m. on Saturday, May 5. To schedule an appointment, or for further in-

formation, call (312) 878-8700, ext. 1215, 10 a.m. to 3 p.m.

ANAD meeting

Anorexia Nervosa and Associated Disorders (ANAD) will hold a group meeting for anorexics, bulimics, parents and families at 8 p.m. Thursday, April 26 at Highland Park Hospital, 718 Glenview Ave., Highland Park. 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.

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- Complete physical exam
- Cholesterol test • Blood test
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- Colon exam using flexible sigmoidoscopy
- Mammography *

Total cost for the health screening is \$145. Peace of mind comes compliments of Weiss Hospital.

Health Screening Days:
Tuesday, May 1
1:00pm to 6:00pm
Thursday, May 3
1:00pm to 6:00pm
Saturday, May 5
8:00am to 1:00pm

For an appointment call (312) 878-8700 ext. 1215, 10 a.m. to 3 p.m. Insurance coverage may apply. Visa and MasterCard accepted.

* With optional mammogram cost is \$190.

LOUIS A. WEISS MEMORIAL HOSPITAL

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Chicago, Illinois 60640

health & fitness

Stress at home seminar

"Home, Stressed Home" will be the topic of a Lutheran General Hospital (L.G.H.) seminar scheduled from 7 to 9 p.m. Tuesday, May 1, in the hospital's Olson Auditorium, 1775 Dempster St., Park Ridge.

The speakers will be three clinical psychologists from the hospital's Outpatient Mental Health Services: Joseph Zander, Ph.D., Doris France, Ph.D., and Morris Shafra, Psy.D.

They will explore how families can handle stress more effectively, the role of stress in family discord and difficulties and what family members can do to control stress in everyday life.

This program is the last in the spring 1990 "Health and Happiness" education series. The cost for each program is free, but attendance is limited. To make reservations or for more information, call (708) 696-6005.

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Resurrection Auxiliary spring benefit



Peering into the future and planning for the 1990 Resurrection Auxiliary spring benefit on Friday, April 27 with this year's "A Step In Time" theme are (from the right): Mary Ann Glassner, chairwoman, Norridge; Sister Bonaventure, C.R., Resurrection Health Care Corporation president; and Karyl Dwyer, reservations chairwoman, Park Ridge.

Family Fun Night at Leaning Tower Y

A Family Diner is being held Friday, May 4 from 5:30 - 7:30 in the Top of Tower Room at the Leaning Tower YMCA, 6300 West Touhy, Niles.

Dinner will include chicken, salads, mostaccioli, dessert, juice or coffee. Cost will be \$4.75 adults (advance sales) or \$5 (at the door). Children 12 and under \$2.50.

A movie will be shown in the Skyline Room at 7 p.m. Demonstration by one of our class instructors will be held at 6:30 p.m.

Join us after dinner for Family Fun Night. No charge if attending chicken dinner.

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Choosing the right cough medicine

If you have a winter cold and cough, deciding which cough medicine to buy can be a tough choice with so many brands and combinations of ingredients available at your local drugstore.

The best advice is to find a cough medicine that treats the specific symptoms you have, and to look for ingredients known to be safe and effective, says Gary Milavetz, assistant professor of clinical/hospital pharmacy at the University of Iowa College of Pharmacy.

Each brand may have a family of different products to treat a variety of symptoms, such as one that contains an antihistamine for a runny nose. Another may contain a decongestant for a stuffy nose and a suppressant for a dry, hacking cough.

When choosing a cough medicine, it helps to understand the terms manufacturers use on labels. For a "productive" cough that brings up phlegm or mucus, choose a cough medicine that contains the expectorant guaifenesin, the only non-prescription expectorant approved by the U.S. Food and Drug Administration (FDA). Guaifenesin thins the mucus in the lungs, making it easier to cough up.

A bothersome, "nonproductive," dry cough - one that doesn't bring up phlegm or mucus - may disappear on its own. If a dry cough interferes with your sleep, however, then it's reasonable to suppress, he adds.

A suppressant, or antitussive, prevents coughing. Dextromethorphan, a non-narcotic cough suppressant, sometimes abbreviated as DM on the label, is FDA-approved. It acts on the brain's central cough control region and doesn't act directly on the airways.

If you have a cough and a stuffy nose, you might want a decongestant as well. Pseudoephedrine is the best ingredient, he says.

Avoid medications that contain unusual ingredients, Milavetz suggests. The FDA has not approved pine tar extract, turpentine, chloroform, camphor or chlorophenol for use in treating coughs.

Contact your physician or pharmacist if you're not sure that you need to be taking cough medicine. Once you select a remedy, use it for about seven to ten days or as directed on the label, he says. If your cough persists or recurs, consult your physician.

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Purchasing drugs at different pharmacies risky

Doctors don't make house calls anymore, and patients often see more than one physician at a time. And that extra trip to the pharmacy may save your life by helping you avoid mixing or double dosing prescriptions, says Dr. Lloyd Matheson, associate professor at the University of Iowa College of Pharmacy.

"Patient referrals to medical specialists by family physicians are becoming common in the medical profession. But the more doctors and medications you deal with, the more difficult it is to coordinate your health care needs and concerns.

Senior citizens especially have reason to be concerned because they tend to see more than one physician and are often on more than one medication," Matheson says.

To avoid getting lost in the medical shuffle, Matheson says the most important thing you can do is use only one pharmacy. Purchasing prescribed drugs at more than one place can be risky. He suggests you find your pharmacist you can be happy with.

"By allowing the pharmacy to act as a sort of clearinghouse, you can avoid the risk of double dosing or taking prescriptions that could have adverse effects when mixed. Pharmacists are trained specialists authorized to dispense medication. They also keep patient medication profiles, so it is routine for them to check for potential problems of drug interaction," he says.

If you are seeing a specialist Matheson suggests you take along a list of the prescriptions you are using, or even the bottles themselves. He also suggests that you make your family physician aware of the medications the specialist prescribes.

Deadline for Parkside day camps discount nears

The April 30 deadline is fast approaching for people who want to take advantage of the discount for the Parkside summer camp programs. Parkside Children's Services, Des Plaines, and Parkside Sport and Fitness Center, Park Ridge, have scheduled three types of camping experiences for children including a day camp, a sports camp and a performing arts camp.

Parkside Summer Day Camp and Parkside Performing Arts Camp are committed to the development of a well-rounded summer program for boys and girls, ages 6 through 12. The day camp offers swimming, arts and crafts, sports activities, weekly field trips and special event days. The performing arts camp is an innovative and stimulating program which acquaints children with the magical world of performing arts. Campers learn drama, vocal music, dance, creative movement, set and costume design. A play is performed at the end of each session.

Parkside Sport and Fitness Center is celebrating its eight year offering a summer sports camp for boys and girls ages 6 through 13.

For more information about the Maine East day camp and the performing arts camp, call (708) 998-7477. For more information about the sports camp, call (708) 696-8714.

health & fitness

A 'fit stop' on the road to good health

There is no question that the country is into fitness. Well aware that regular exercise makes one look better, feel better, and in all likelihood, live longer, everyone wants to find a way to fit fitness into his or her life.

Mike Uretz knows that home is where the heart is - and that's the most convenient place to work it out. For those who spend more time in the office than at home, working it out at work is the solution. As owner of Northbrook's newly opened Fit Stop, Uretz is selling state-of-the-art home/office exercise equipment, coupled with the consultation, training and support needed to achieve one's individual fitness goals.

As a certified aerobics and fitness instructor with years of personal training experience, Mike has chosen a staff reflecting his philosophy that knowledge and training go hand in hand with getting the most from a home or office workout. Consultant/salesperson Kippy Georgas has a degree in corporate fitness and is the personal trainer to an average of 25 clients per week. Manager, Bob Vani is a former competitive body builder with a degree in physical education and has owned his own personal training studio.

A successful, but out of shape, computer consultant in the early 1980s, Mike took an aerobics class that would change the course of his career. Still computing by day, after six months, he became a "close" aerobics instructor by night. When stressed out computer clients learned of his sideline, they were more interested in discussing their backs than their bytes.

Realizing that he was happier in the fitness world than in the business world, Mike made the switch to full time by teaching fitness at the East Bank Club, for private corporations and at local hospitals. Wanting to also learn the retail side of the business, he took a job in an exercise equipment store. He soon realized that the equipment business was staffed largely by untrained non-professionals and saw a void that

he could fill in the market. "I immediately became more of a consultant than a salesman. When it's someone's health you're dealing with, first you consider their problems and needs. Then you find the machine to fulfill those needs," he said.

To that end, Mike opened The Fit Shop, where he could supply the full service that customers deserve. Offering more than in-store service, Mike and his staff are available for in-home or in-office training as well.

According to Mike, the treadmill is the current favorite, because bad weather and darkness can't interfere with a running or walking program inside. What's more, there are no stoplights or rough terrain to interrupt the consistency of the workout.

But he predicts that his personal favorite, the recumbent stationary bicycle, will be the choice of the future. These low lying, bucket seated bike cradle the body, taking the weight off of the ankle and knee joints and provide maximum back protection.

Wanting to be a total fitness source, The Fit Shop offers more than equipment sales and training. Mike invites the public to his store for free monthly lectures by qualified speakers. The first was Dr. Howard Agins, an orthopedic surgeon specializing in sports medicine. The second featured an expert speaking on diet and nutrition. Mike is now also providing the latest and most fashionable in workout clothing.

The current trend in California is to have an entire fitness room in one's home. Experienced in designing home gyms, future plans include collaborating with contractors and decorators to offer customers a complete package.

No matter where you put the equipment, the point is to use it. With their sleek designs, rowing machines, stair climbers and the likes no longer need to be relegated to the basement. Mike advises, "Whether it's for your family room or your office, put it where you'll trip over it...in other words, where you can't avoid it."

Asthma program helps families cope

Asthma can be controlled through proper medication and education. To help children and their families learn more about how to cope with the disease, Chicago Lung Association, Lutheran General Hospital and the Park Ridge Recreation and Park District are sponsoring a free Family Asthma Program.

The program's goal is to reduce a child's level of disability due to asthma and to help the entire family learn more about the disease.

The Family Asthma Program is a three-part series. It meets from 7-9 p.m. at the Maine Park Leisure Center, 2701 Sibley St., Park Ridge. There is no charge for participation but registration is required.

Asthma is a disease that can dramatically curtail normal childhood activities. Often times children with asthma feel different or alone among other children with healthy lungs. The non-medical consequences of growing up with asthma may include a loss of self-esteem, a feeling of hopelessness.

Healthy Heart Day at Lutheran General



Deanna Rahl (far right), respiratory therapist, performs pulmonary function tests to measure lung capacity for participants during Healthy Heart Day at Lutheran General Hospital (L.G.H.), 1775 Dempster Street, Park Ridge. Healthy Heart Day, a special event designed to help community members and former cardiac patients care for their heart, provided an opportunity for participants to meet L.G.H. cardiologists, nurses, nutritionists, exercise physiologists and other health-care professionals.

Arthritis lecture focus of auxiliary's meeting

The Auxiliary of the Evanston and Glenbrook Hospitals will hold their Spring Meeting and Luncheon on Wednesday, May 9, at 9:45 a.m. at North Shore Country Club, Glenview.

"Arthritis: An Overview of the Causes and Treatments - There is Something That Can Be Done" will be presented by Dr. Joseph Golbus, head, division of rheumatology, Evanston Hospital Corporation and director of The

Evanston Hospital Arthritis Treatment Center.

Reservations are \$20 per person for the luncheon. To register, send checks payable to The Auxiliary of the Evanston and Glenbrook Hospitals, 1301 Central St., Evanston, Illinois 60201. Reservations deadline is Thursday, May 3. For more information, call the Hospitals' Auxiliary Office at (708) 570-5109.

Mended Hearts group meets May 3

The Lutheran General Hospital - Park Ridge Chapter of the Mended Hearts offers support and encouragement to people who have heart disease, had heart surgery or other heart problems.

The next meeting of Mended Hearts will be held on Thursday, May 3, at 7:30 p.m. in the Johnson Auditorium, Parkside Center.

Janice Klich, MD, will be the guest speaker. Her subject is: Repeat Bypass Surgery. For more information, call Cardio Rehab, Ltd., 825-7040.

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health & fitness

Changes in diet can improve overall health

People are often troubled by how they look when they're overweight, but they should be even more troubled by how those extra pounds can affect their health.

The U.S. Surgeon General's office confirms that nutrition and weight play a prominent role in 68 percent of American deaths.

"Diet influences your long-term health prospects more than any other action you take," according to former U.S. Surgeon General, Dr. C. Everett Kopp.

"Substantial scientific research over the past few decades indicates diet can play an important role in the prevention of such conditions as: heart disease, high blood pressure, stroke, cancer and diabetes," he said.

Americans' overall health could be improved by a few specific but fundamental dietary changes:

- Eat a variety of foods.
- Eat foods with adequate starch and fiber.

Expo acquaints deaf, hearing impaired with services

The Chicago area's community of deaf and severely hearing-impaired will have the opportunity to apply for, train on, and bring home—all at no charge—Telecommunications Devices for the Deaf (TDDs) during a free informational expo slated for April 28 at the State of Illinois Center in downtown Chicago.

TDDs are special purpose terminals which allow the deaf access to the telecommunications network. Under state law, each household in Illinois with a deaf or severely hearing-impaired member is entitled to one free TDD, providing it has telephone service.

The April 28 distribution of TDDs is one of the highlights of "Access Chicago" an informational expo of communications and other services available to the deaf and hearing impaired. It will be held from 9:30 a.m. to 4 p.m. in the lower level lobby (reached through the LaSalle St entrance) of the State of Illinois Center, 100 W. Randolph St. in downtown Chicago.

The free event is sponsored by Hearing Impaired Technologies (HITec Group International Inc.), a Darien-based business specializing in a comprehensive variety of assistive devices for the deaf and hearing impaired. The expo, featuring exhibits by a wide range of state and local government agencies, non-profit organizations and businesses with special services for the deaf, is one of a series called "Access Illinois" that HITec Group is holding this year throughout the state.

Individuals wishing to qualify must be deaf or severely hearing-impaired. They also must bring proof of Illinois residency, including a social security number; driver's license; RTA card; or state identification card; and proof of telephone service in the form of their latest telephone bill.

TDDs are devices with typewriter-style key boards for typing messages, which can be plugged directly into a telephone line or connected via modem to a telephone set. Conversation readouts are generated on a visual display

- Avoid too much sugar.
- If you drink alcoholic beverages, do so in moderation.
- Maintain a desirable weight. If you're 40 pounds or more overweight, you might want to consider a physician-supervised liquid diet, such as Medifast, developed by Jason Pharmaceuticals, which is monitored weekly. Your physician will decide if you should use the Medifast flavored powdered food supplement in water as a complete meal replacement plan or as a replacement for all but one meal a day. Partly covered by many insurance plans, the plan is highly affordable, as you don't have to buy any special foods. The Medifast powder is nutritionally complete, but must be used under a doctor's supervision at all times.
- Avoid too much fat, saturated fat and cholesterol.
- Avoid too much sodium. Take more things without salt.

People over 40 can gradually lose their sight without realizing it, but with care, such sight loss is preventable, says a University of Iowa ophthalmologist.

This type of blindness is caused by chronic glaucoma, a condition where there is abnormally high pressure in the eye, says Dr. Wallace Alward, assistant professor of ophthalmology of the UI College of Medicine and director of the Glaucoma Service at UI Hospitals and Clinics.

This pressure is caused by insufficient drainage of fluid in the eye.

With time, this pressure can damage the optic nerve so that visual messages are not sent to the brain, Alward says. This results in reduced sight, starting with loss of the ability to see objects to the side -- known as "tunnel vision" -- and then objects straight ahead. Vision is lost gradually, without pain, and is irreversible because the optic nerve can't heal itself. Therefore, treatments for glaucoma can only prevent further damage but can't restore sight already lost, he says.

Glaucoma tends to run in families, so if either of your parents or

paper printer.

For further information on this one-day event, call HITec Group at (708) 963-5588 (voice or TDD). For information on the free TDD program, call ITAC at (312) 419-4200 (voice) or (312) 419-4211 (TDD).

Eye checkups should include glaucoma test

Physicians will model clothing from Saks Fifth Avenue in Chicago at the Loyola University Medical Center Auxiliary's spring benefit luncheon and fashion show on May 5.

Alumni, faculty and friends of the Loyola University Chicago Stritch School of Medicine are invited to attend the program, which provides funds to medical students in the form of low-interest loans.

In past years, the luncheon has raised between \$15,000 and \$20,000, said Nancy Sorvillo, president of the auxiliary.

This year's event will be held at the newly refurbished Hotel Inter-Continental, 505 N. Michigan Ave., Chicago. Cost is \$35 per person of \$350 per table.

Reservations can be made or more information obtained by calling (708) 216-3209. Reservations are required by April 28.

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Keep Fit!

Nursing center hosts health fair

Forest Villa Nursing Center, 6840 W. Touhy Ave., Niles will present a health fair, Saturday, April 28, from 1-4 p.m. The fair will offer free cholesterol testing,

(immediate results), eye screening for glaucoma, cataracts, dental, podiatry, & hearing tests, chiropactic exams and physician consultation.

Plus buffet and gifts for the first 150 guests. For more information call (708) 647-8994.

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health & fitness

Chronic heartburn left untreated causes problems

Leaving chronic heartburn untreated can cause serious health problems, says Dr. Joel Weinstock, associate professor of internal medicine at the University of Iowa College of Medicine and director of the Division of Gastroenterology-Hepatology at UI Hospitals and Clinics.

Heartburn can be felt as a burning sensation behind the breastbone, or you may have a bitter taste in your mouth or salivate profusely.

"Heartburn results from stomach acid squirting up into the esophagus, the tube leading from the mouth to the stomach," Weinstock says.

"It's a common problem. About one out of every five people has had some problem with heartburn," Weinstock says.

Most people who get heartburn do not go to a doctor; they take antacids instead. "This is fine, if they work. Some people drink milk, but that doesn't do much good," he notes. People who experience chronic heartburn may have other problems that need medical attention.

Certain foods are notorious for making heartburn worse: coffee, alcohol, carbonated beverages and very spicy foods. Also, over-eating in general, bending over, straining, wearing tight clothing and lying perfectly flat at night can aggravate heartburn.

If you get heartburn, you should avoid the obvious foods that irritate your stomach. Eat smaller meals, avoid eating be-

fore bed and sleep with your head slightly elevated, he adds.

Complications can arise if reflux is left untreated, Weinstock says. The patient may develop esophageal strictures, or scarring and have trouble swallowing. Patients may also become more susceptible to cancer of the esophagus. Older patients may develop pneumonia if stomach acid finds its way into their lungs. "They also may develop asthma-like symptoms," Weinstock says.

Medications for heartburn either reduce stomach acid or improve the functioning of the sphincter. However, medications may not help some people with chronic reflux. Weinstock says that these people may need surgery on the esophageal sphincter to avoid serious complications and severe symptoms.

Don Zeigler, chairman of the Good Health Department of Rush North Shore Medical Center in Skokie, will speak on "Taking Control: 10 Steps to a Healthier Life and Reduce Cancer Risk."

The program, produced by the American Cancer Society as part of its national campaign on cancer prevention, will be held on Sunday, April 29, 10:30 a.m., at the Mayer Kaplan JCC New Fitness Center, 5050 W. Church St., Skokie. The program will provide an introduction to a healthier lifestyle that may prevent cancer, as well as an overview of five protective and preventable risk factors against cancer.

Mr. Zeigler is an instructor in the Department of Preventive Medicine at Rush Medical College and a board member of the American Cancer Society.

The program is free to the public. For more information, call Pam Furmanek, JCC, 675-2200, X115.

Getting rid of hiccups

You've tried everything from standing on your head while holding your breath to asking someone to scare you -- but you still can't get rid of your hiccups.

In desperation, you consider seeking professional help. "Yet, in most cases the old wives' tale remedies seem to work," says Dr. Leslie E. Weber, associate in family practice at the University of Iowa College of Medicine.

Hiccups are caused by a spasmodic contraction of the diaphragm and a reflex closing of the glottis, the "trap door" that covers the windpipe. This involuntary act produces the all too familiar sound we identify as the hiccup.

"Conditions that stimulate the diaphragm, such as an overly full stomach, the consumption of hot beverages or large amounts of alcohol, or the swallowing of harsh, rough foods can cause the hiccup," Weber explains.

Hiccups are usually short-lived and pose no serious health threat. But sometimes, they can last for extended periods, disrupting normal eating and sleeping patterns. "If you have a case of the hiccups, you may want to try one or more of several remedies. Drinking water quickly, putting slight pressure on your eyeballs or holding your breath may work. Just about anything that increases the amount of carbon dioxide in your body can work," Webber says.

In rare instances, persistent hiccups occur in people with serious diseases. Those with brain tumors and other conditions that increase pressure in the skull may also get them, and in some cases they may last a month or more. If this occurs, medication may be prescribed, or a tube may be placed in the stomach to prevent vomiting and gagging, he explains.

Hiccups are usually short-lived and pose no serious health threat. But sometimes, they can last for extended periods, disrupting normal eating and sleeping patterns. "If you have a case of the hiccups, you may want to try one or more of several remedies. Drinking water quickly, putting slight pressure on your eyeballs or holding your breath may work. Just about anything that increases the amount of carbon dioxide in your body can work," Webber says.

The Swedish Covenant Hospital Dental Service will conduct free dental examinations on Thursday, April 26, from 9 a.m. to noon in its offices in the hospital's Anderson Pavilion, 2751 W. Winona.

If x-rays are needed, a fee will be charged. The dental screening is open to all age groups. Appointments are necessary and may be made by calling the SCH Dental Service at 878-8200, X5500.

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Contact Roger Rose, RPh
Memorial Hospital
P.O. box 160
Carthage, IL 62321
217-357-3131

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Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 793-6490.

Living Well with Diabetes' focus of seminar

"Living Well with Diabetes," a free program for persons with diabetes and their families, will be given on Wednesday evenings, May 2 thru 23, from 6 to 8 p.m. at Swedish Covenant Hospital in the Anderson Pavilion, 2751 W. Winona.

The program will cover subjects of interest to persons with diabetes, such as what to do in an emergency, nutrition and meal planning, glucose monitoring and exercise and diabetes control.

Mary Ann Lopez, RN, nurse manager, is the program coordinator and Debbie Davis, RN, is the nurse educator. A therapeutic dietician and a pharmacist from the hospital staff also will participate. For more information or to register call Ms. Davis at 878-8200, X5256 or 989-3823.

The Swedish Covenant Hospital Dental Service will conduct free dental examinations on Thursday, April 26, from 9 a.m. to noon in its offices in the hospital's Anderson Pavilion, 2751 W. Winona.

If x-rays are needed, a fee will be charged. The dental screening is open to all age groups. Appointments are necessary and may be made by calling the SCH Dental Service at 878-8200, X5500.

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Recruitment Center Medical Career Opportunities

health & fitness

Forest Hospital begins 24 hour crisis line

An important new number to keep near the phone is 1 (800) 866-9600. That's the 24-hour crisis line service established by Forest Hospital of Des Plaines.

Offering round-the-clock, one-on-one counseling on a range of issues - including depression, rape, suicide, and drugs - the program also includes complete emergency response. For serious incidents requiring immediate (non-medical) professional assistance, trained counselors can be dispatched to a police station, hospital, home or other location.

"Forest Hospital is a leader in the psychiatric care field," noted Michael J. Baber, M.S., C.A.A.C., coordinator of the crisis program. "They've served the greater northwest Chicagoland area for over 30 years, so this new program is a natural progression."

Calls can be made to the 800 number from throughout the state.

Smoking restricted in half of state's firms

Over half (55.8%) of the Illinois firms with office staff responding restrict smoking at their facility, according to The Management Association of Illinois' Personnel Practices Survey. Of that 55.8%, 7.7% do not allow smoking anywhere, and 48.1% restrict smoking to certain areas for reasons other than safety.

One fourth (25.1%) of the firms apply the smoking policy to visitors, and 86.9% apply it to all employees. Only one-in-five (21.1%) firms have a written termination policy for non-compliance. Finally, if an employee wishes to quit, half (47.8%) will pay the full cost of a smoking cessation program.

The Personnel Practices Survey represents responses from nearly 400 Illinois firms. This survey indicates trends in personnel policies and benefits. Results are divided into six major categories: Pay Practices; Working Conditions; Health and Welfare Benefits; Recruitment, Training and Development; Employee

Passages lecture on health care bill

"The Catastrophic Health Care Bill" will be discussed in a Passages Through Life lecture from 1 to 2:30 p.m. Tuesday, May 1, in room 112 at Oakton Community College East, 7701 N. Lincoln Ave., Skokie.

Leonard Sable, specialist in senior citizen health care, will explain the latest changes in medical coverage and how to protect from financial disaster. Donation is \$1. For information, all 635-1414.

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Making our DUI Remedial Education Program the best we can is no different. It spends more time tackling the issues that cause excess drinking through individual and group discussions. And it makes coping with future stress a big part of correcting the past.

The only easy part is the convenience: one night per week with no delayed start, a facility that's very comfortable, and a program with a very reasonable cost. Call to register. DUI evaluations are also available.

Forest Hospital
COMMUNITY SERVICES
708/635-4100 Ext. 224

From Sweden to Swedish Covenant



The surgery department at Swedish Covenant Hospital, 5145 N. California, recently had visitors from abroad. Operating Nurse Bodil Rosberg from Hassleholm, Sweden, seen here being greeted by Dr. Harvey M. Henry, neurosurgeon on the hospital's medical staff, and Eleanor Ekberg, (second from left) also from Hassleholm. The two were here to observe various surgical procedures and see how they are performed in a U.S. hospital.

The visitors also were welcomed by (from left) Myra Schultz, clinical supervisor, operating room services; Kersten Barnes, RN, who served as translator; and Nellie Aujero, nurse manager, operating room services.

Loyola seeks volunteers for sinus infection study

Volunteers for a study on the treatment of a sinus infection, known as sinusitis, are now being sought by Loyola University medical center.

The study will compare the effectiveness of two antibiotics, said James M. Chow, M.D., associate professor of otolaryngology at Loyola in Maywood, Ill., who is conducting the study.

To be considered, patients must be experiencing headaches and nasal congestion or nasal drainage.

Eligible participants will receive all medication, x-rays, blood work and physical visits free of charge. In addition, they will receive financial compensation.

More information is available by calling (708) 216-9184 Monday through Friday, 8:30 a.m. - noon. Physician visits are held at the Loyola University Mulcahy Outpatient Center. All participants must be enrolled in the study by April 30.

High arches can be source of foot pain

High arches usually don't cause problems but they can sometimes be a source of pain. Various treatments can provide relief, says Dr. Frederick Dietz, assistant professor of orthopaedics at the University of Iowa College of Medicine and a staff physician at UI Hospitals and Clinics.

"When someone with high arches complains of foot pain, I look for a cause. Most of the time it is neurologic," Dietz says. "Highly arched feet that are painful and are not caused by a nervous system problem are rather uncommon and usually run in families."

If you inherited high arches, chances are that additional arch supports in your shoes are all you'll need to deal with any pain that might occur. Supports relieve excessive pressure and foot strain by distributing body weight across the feet and by cushioning the impact of walking, he says.

Another way to relieve mild pain is to modify your activity to reduce excessive stress on the feet. For example, if you enjoy long-distance running, you may want to reduce the distance that you run.

Wearing comfortable shoes is especially important for people who have high arches.

If you experience foot pain, see your doctor. The pain might be a symptom of another disease. If it is an inherited high arch, you can take simple steps to take care of it.

American Heart Association offers dining guide

Do you want to eat healthy when you dine out, but are confused about where to eat and what to order?

If so, the fourth edition of the American Heart Association of Metropolitan Chicago's "Eat Well Guide to Good Dining in Chicagoland" can help.

The guide lists more than 50 restaurants in Cook, DuPage and Lake Counties that offer low-fat, low-cholesterol items on their menus. Restaurant listings range from lunch stops to formal dining establishments and even include a pizzeria.

The guide includes restaurant addresses, phone numbers, average dinner entree prices and a survey of eight heart-healthy services, such as margarine available in place of butter or the removal of skin from chicken upon request.

The guide can be obtained by sending a check for \$1 with a self-addressed, business-size envelope (not stamped) to: Distribution/Eat Well, American Heart Association of Metropolitan Chicago, 20 N. Wacker Dr., Chicago, Ill. 60606-2969.

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Rush North Shore Medical Center

Judge speaks at Juvenile Restitution Program luncheon



Maine Township Supervisor Joan B. Hall (left) greets Associate Judge Charles I. Barish of the Cook County Circuit Court Juvenile Division at an appreciation luncheon for law enforcement and community agencies that participate in Maine Trac, Maine Township's Juvenile Restitution Program. With them are MainStay Director Jan Buscher (second from left) and youth worker Angela Palmer. As guest speaker at the luncheon, Judge Barish commended Maine Township for initiating the innovative program that provides an opportunity for juvenile offenders who are involved in nonviolent crimes to make restitution through community service.

IFWC Spring meeting

The Past Presidents' Club of the Tenth District, IFWC will have its spring luncheon meeting at Allgauer's in Northbrook, Ill., on Thursday, May 3 at 11:30 a.m. President Eunice Kozem of Skokie will hold a board meeting at 10:30 a.m.

There will be an election and installation of officers for President, Vice President and Recording Secretary. Installing officer will be Marie LaPlant, past president of the Woman's Club of Skokie.

The program will be presented by magician, Will Tremont from Wauconda.

For reservations contact Mary Goodman of Mundelein, 566-0279.

Playwright returns to Niles West

Playwright James Sherman, a Niles West graduate and author of "Beau Jest" and "The God of Isaac," recently returned to his alma mater to offer advice on the school's production of his first play, "Magic Time."

Sherman's popular comedy "Beau Jest" has extended its run indefinitely at Victory Gardens Theater.

"Magic Time," a play about a group of actors during their last production of "Hamlet," will be staged at 8 p.m. Friday and Saturday, May 4 and 5 in the Niles West auditorium, Oakton Street at the Edens Expressway, Skokie. Tickets are \$4 and can be reserved by calling 966-8280. A free performance for senior citizens will be held at 2 p.m. Thursday, May 3.

The cast is made up of Marc Jacobs, Jennifer Collins, Mathew James Brennan, Brian B. King, Daniel Hartman, Jacqueline Katzman, Karen Guthrie and Bill Holmblad. The student assistant director is Rachel M. Mathai, who is assisted by Marcia Tierksy.

N TLC to host candidate forum

The Niles Township Legislative Coalition will host a forum for candidates for state representative positions in Districts 1 and 56 on Saturday, April 28.

The program will be part of the regular N TLC meeting and will begin at 9 a.m. in the board room of the former Niles East High School, 7701 Lincoln Ave., Skokie. The public is encouraged to attend.

Invitations were extended to Democratic candidate Jeff Schoenberg and Republican candidate Eunice Conn from District 56, and Democratic candidate Louis Lang and Republican candidate Peggy Agnos from District 1. The candidates will be asked to give their views on public education and what they as legislators would do to strengthen and enhance education.

Centel crews restore phone service

Centel crews worked through the night on Easter Sunday to complete repairs on an underground cable at the corner of River and Camp McDonald Roads. Approximately 900 telephone lines had been damaged by water that leaked into the area early Sunday morning.

Peggy Sweborg, Centel's customer services assistant manager-repair, said that when Centel was notified of the mishap Sunday at 3:30 a.m., the company crew was immediately dispatched to the scene.

"Construction in the area caused the ground to shift which allowed water to penetrate the buried cable," said Sweborg. "By midnight Monday we restored service to all but 20 of the affected lines and by 10 a.m. this morning, all lines were back in service."

According to Sweborg, Centel provided the use of a cellular phone to area residents who needed to make any necessary calls. Customers affected were in an area bordered by Foundry Avenue on the south to Willow Road on the north, and from River Road on the east to Wolf Road on the west. "The outage did not affect police, fire or other emergency services or hospitals," she added.

Volunteers for Tag Days

Orchard Village, a residential community for developmentally disabled adults in Skokie, is holding its annual TAG DAYS. TAG DAYS (collecting donations) are an important fundraiser requiring the dedication of hundreds of volunteers. A few hours of "tagging" on Friday May 4 from 6 a.m. to 6 p.m. and Saturday May 5 from 9 a.m. to 6 p.m. will make a significant difference in the lives of the developmentally disabled. Volunteers are needed in Morton Grove, Skokie, Lincolnwood, Niles, Evanston and Wilmette.

For information about how to help call Orchard Village Public Relations (708) 967-1800.

Accessibility topic of disabled group

A slide show focusing on accessibility problems in the community will be presented at a meeting for disabled persons and their families and friends at 7:30 p.m. Thursday, May 3, in the Maine Township Town Hall, 1700 Ballard Rd., Park Ridge.

A slide show was produced by the Maine Township Disabled Advisory Committee and will be presented by Donna Anderson.

Guest speaker Steve Dahlin, director of the Lattof International YMCA in Des Plaines, will report on accessibility improvements planned for the 30-year-old building at 300 East Northwest Highway. He will also respond to questions on programs and services available at the YMCA.

The meeting is co-sponsored by A-SCIP, a support group for the disabled, and Special People Inc., a service organization.

For more information on this or other programs for the disabled, contact Maine Township or Disabled Services Coordinator Donna Anderson at 297-2510 or Special People Chairman Ron Brekke at 318-0597.

Notre Dame blood drive

On Wednesday, May 2, Notre Dame High School for Boys will host a community blood drive.

The drive will be held from 7:30 a.m. to 2:30 p.m. at the school, 7655 Dempster St., Niles. Blood drive coordinator Father Phillip McGlynn asks eligible donors to stop in and donate.

This blood drive is held in support of LifeSource. LifeSource was formed in January, 1987, when The Blood Center of Northern Illinois and the American Red Cross established a joint venture.

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LEGAL NOTICE

NOTICE OF PUBLIC HEARING

Notice is hereby given that on May 14, 1990 at 9:00 A.M. at the offices of the Illinois Department of Commerce and Community Affairs, 620 East Adams Street, Springfield, Illinois, a public hearing will be held before the Executive Director of the Illinois Development Finance Authority or his designee regarding a plan of financing to issue the not to exceed \$700,000 Lease/Purchase Agreement (the "Lease") of the Illinois Development Finance Authority (the "Issuer") with ChiCorp Financial Services, Inc., the proceeds of which will be loaned to the YMCA of Metropolitan Chicago, and Illinois not-for-profit corporation ("YMCA") pursuant to a Sublease/Purchase Agreement with the Issuer, to be used by the YMCA to acquire and install mechanical equipment, lighting and a computerized energy management system to be located at the Leaning Tower YMCA at 6300 West Touhy Avenue, Niles, Illinois (the "Project") and for costs of issuance of the Lease.

The Lease will be issued by the Issuer pursuant to its powers under Illinois Revised Statutes 1987, Chapter 48, Sections 850.01 to 850.20, inclusive, known as "The Illinois Development Finance Authority Act", as supplemented and amended, and a resolution to be adopted by the members of the Issuer. The Lease will not be a general obligation of the Issuer, the State of Illinois or any political subdivision hereof, but will be a special, limited obligation of the Issuer as the principal of, premium, if any and interest on the Lease will be payable solely from revenues and income derived from the repayment of the above referenced loan by the YMCA (except to the extent payable from Lease proceeds, the income from the temporary investment thereof or payments to be made pursuant to or moneys derived from the instruments delivered in connection with said loan).

The Lease will not constitute an indebtedness of the Issuer or an obligation or indebtedness of the State of Illinois or any political subdivision thereof within the purview of any constitutional limitation or provision. No holder of the Lease will have the right to compel any exercise of the taxing power of the State of Illinois or any political subdivision thereof to pay the principal of or premium, if any, or interest on, the Lease.

The above-noticed referenced public hearing is required by the Tax Equity and Fiscal Responsibility Act of 1982. At the time and place for such public hearing those persons attending will be given an opportunity to express their views concerning the above referenced financing. Written comments may also be submitted to the Executive Director of the Issuer at its office located at Room 980, Two North LaSalle Street, Chicago, Illinois 60602, until May 14, 1990. Subsequent to the above referenced public hearing, the members of the Issuer will meet to consider approval of the issuance of the Bonds.

Notice dated April 26, 1990.

/s/ Ronald Bean
Executive Director of the Illinois Development Finance Authority

PUBLIC NOTICE

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Sunday, April 29 9 a.m. - 5 p.m.

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Entertainment

Maine East presents 'Guys and Dolls'



The entertaining fable of love, marriage, and temperance on Damon Runyon's Broadway will be performed at Maine East on Friday and Saturday, April 27-28, and Friday and Saturday, May 4-5, at 8 p.m. in the Maine East auditorium. *'Guys and Dolls'* leads are (left to right) Alan Berks of Morton Grove as Nathan Detroit, Jeff Yang of Des Plaines as Sky Masterson, and Russell Lundberg of Glenview as Nicely-Nicely Johnson. Reserved seats are \$5 per person.

Niles Art Guild meets May 2

John Alden Burr will be the guest artist at the monthly meeting of the Niles Art Guild on Wednesday, May 2, 7:30 p.m., Niles Recreation Center, 7877 Milwaukee Ave., Niles.

Burr works with acrylics as the media which is applied to the back sheet of plexiglass, which is used for his surface or support. He also uses mixed media when it lends itself to it. The main difficulty is that painting on the back of the sheet means you have to think in reverse, going from foreground to background, especially when using transparent layering. His works have developed in all phases over a period of 19 years. He received his education in

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STARTS FRI. APRIL 27
Tom Cruise
"BORN ON THE FOURTH OF JULY"
Sat. & Sun.: 1:30, 4:15, 7:00, 9:45
Weekdays: 7:00, 9:45

STARTS FRI. APRIL 27
Rob Lowe
"BAD INFLUENCE"
Sat. & Sun.: 1:30, 3:30, 5:30, 7:30, 9:30
Weekdays: 5:30, 7:30, 9:30

HELD OVER "ENEMIES, A LOVE STORY"
Anjelica Huston
Sat. & Sun.: 1:00, 3:15, 5:30, 7:45, 10:00
Weekdays: 5:30, 7:45, 10:00

ALL SEATS \$1.50 FOR ALL SHOWS

Polonia spring dance

The Polonia Cares Foundation will present its spring dance, "Spring Swing" on Friday, April 27 at the House of the White Eagle in Niles. A buffet dinner and cash bar are included. Buffet dinner at 7:30 p.m. with dancing starting at 8:30. Tickets are \$12. For information call (312) 763-4861 or (312) 589-2132.

He has exhibited in numerous juried fine art shows in the Midwest and New England and won numerous awards. Guests are invited. Coffee and cake is served.

Dave Wopat in concert at Oakton

Musician, comedian and impersonator Dave Wopat will present a contemporary concert at Oakton Community College at 8 p.m. Friday, April 27, in Studio 1600, 1600 E. Golf Rd., Des Plaines.

Wopat is known for his high-tech pop style which energizes the audience, and for his funny musical impersonations and exceptional ability for blending guitar, vocal talent and modern computer music technology. Tickets are \$3 general admission, \$2 students, faculty, staff and seniors. For tickets, call 635-1900.

Six-Piano Ensemble presents two concerts at Oakton



Performers in Oakton's Six-Piano Ensemble are (from left to right) Yeann-Kyoung Chung of Glenview; Diane Gnatek of Des Plaines; Beatriz Levi of Skokie; Peggy Losee of Northbrook; Christy Stevens of Lake Forest; Director Glenna Sprague of Skokie; Doris Sherman of Glenview.

Due to popular demand, the Oakton Community College Six-Piano Ensemble will present two free concerts at 8 p.m. Saturday, April 28 and 3 p.m. Sunday, April 29, in the Performing Arts Center, 1600 E. Golf Rd., Des Plaines. A dinner/concert package is available on Saturday with dinner at 6 p.m. followed by the 8 p.m. concert. Directed and musically arranged by music professor Glenna Sprague, the ensemble will present classical, jazz, popular and ragtime music. Works by such composers as Bach, Gershwin, Mozart, Joplin, Brahms, Beethoven, Satie and Persichetti will be performed. The ensemble is

A tree grows in Brookfield

Don't feel helpless during these times of ecological crisis. Plant a tree!

The folks at Brookfield Zoo will show you how it is done this Arbor Day, Friday, April 27, during a 10:30 a.m. tree-planting ceremony.

Gather at the west end of the zoo near Wolf Woods viewing area to watch zoo staff plant a 15-foot swamp white oak and to learn about the history of Arbor Day. The first 1,000 visitors leaving the zoo will also receive a free black walnut seedling and tree-planting literature.

Before you leave, don't forget to stop by Small Mammal House

to visit Jeremy Tree Shrew, Brookfield Zoo's tree-dwelling Arbor Day adoption animal. Adopt Jeremy Tree Shrew and your \$15 contribution will help feed Jeremy for a full year. A portion of your contribution will also be used to fund the zoo's tree-planting program.

For adoption information, call Brookfield Zoo's Animal Adoption Department at (708) 485-0263, ext. 321.

Brookfield Zoo is located at First Avenue and 31st Street in Brookfield, Ill., and is accessible from the Stevenson (I-55) and Eisenhower (I-290) expressways and the Tri-State tollway (I-294).

Jazz Vespers set for LCR

The third in a series of Jazz Vesper Concerts will be held at Lutheran Church of the Resurrection, Niles, on Friday evening, April 27 at 8 p.m.

Featured artists will be: Tony Thomas, nationally famous jazz pianist, composer and synthesizer artist coming from Memphis, Tenn. for this concert; Nick Tountas, resident of Morton Grove and nationally well-known bassist and Rusty Jones of

Park Ridge on drums (formerly with the George Shearing Trio for several years). The money raised at these services goes to Augusta Center for Disabled Children.

The Lutheran Church of the Resurrection is located at 8450 N. Sherman Road, Niles, and is a member parish of the Metro Chicago Synod of the ELCA. Branch challenge funds up to \$1,000 will be matched by Lutheran Brother Branch, #8026.

Church presents 'The Witness' April 27-29

The Christian Life Church of Mount Prospect will present *The Witness*, a dramatic musical presentation about the life of Jesus Christ as witnessed by the Apostle Peter.

The musical will be performed April 27-28 at 8 p.m. and April 29 at 6 p.m. Free admission. The Christian Life Church is located at 400 E. Gregory St., Mt. Prospect. For information phone: 259-3090.

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<p>30" Gas Range</p> <p>Model JGBP26GEJ Lift-off black glass oven window door. Waist-high broiler. Porcelain enameled cooktop. Automatic pilotless ignition.</p> <p>Self-Cleaning Oven</p>	<p>Microwave Oven</p> <p>Model JE1465H 1.4 cu. ft. oven cavity. Electronic digital display with clock. Automatic cooking control with Auto Reheat. Shelf. Temp Cook/Hold.</p> <p>Electronic Controls</p>	<p>Refrigerator with Ice/Water Dispenser</p> <p>Model TFX27FL Built-in compartment door for easy access. Spacemaker™ door with extra deep porta-bins. 26.6 cu. ft. capacity; 9.88 cu. ft. freezer.</p> <p>SpaceCenter 27</p>	<p>Dishwasher</p> <p>Model GSD2800L 11 performance monitoring programs. 10-year full warranty on PermaTuf® tub and door liner (ask for details).</p> <p>POTSCRUBBER Cycle</p>

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St. Scholastica Spring production

In a departure from its usual Spring Fest format, St. Scholastica High School, 7416 N. Ridge Blvd., Chicago, will present a benefit performance of the City Lit Theater Company's production of Lynda Barry's musical comedy, *The Good Times Are Killing Me* on Saturday, April 28 at 8 in the school's auditorium.

Direct from its most recent successful fun at the Halsted Theatre Centre, Chicago, this lively and heartwarming portrait of adolescence in America has been acclaimed by Hedy Weiss of *The Chicago Sun-Times* as a "...charming, funny, dramatically powerful work for the stage."

Laced with rock 'n' roll, gospel

and pop, the show moves through a collection of hand-clapping, foot-stomping stage numbers which celebrate the power of music and portray a young girl's experience of life -- complete with new dance steps, best friends, reel-to-reel tape recorders, family squabbles and all the small triumphs and little humiliations of growing up.

After the show, a reception will feature delectable desserts and an opportunity to chat with the cast.

All seats for the evening's performance are reserved. For tickets and information, phone (312) 764-5715.

ND/Resurrection schedule Spring concert

The Notre Dame/Resurrection Symphonic Band and the Melodons Jazz Band, both under the direction of James Kosiek, along with the Notre Dame Community Concert and Cadet Bands under the direction of John Bading and Mr. Greg Stepanek, will be performing their annual Spring Concert on Sunday, April 29, at 3 p.m.

The concert will take place in Resurrection High School's Little Theater located at 7500 West Talcott in Chicago. Donation is \$2. Children under 6 will be admitted free.

Arlington Heights Jazz Concert

Live up your Sunday with an afternoon of jazz beginning at 3 p.m., April 29 in the Forest View Educational Center, 2121 S. Goebbert Rd., Arlington Heights.

Three Roosevelt University ensembles will perform works by jazz greats and local composing talents. Chip Gdalmann, a Chicago Musical College jazz instructor who performs regularly in the suburbs, directs the university's Big Jazz Band. Works will include Duke Ellington's "Cotton Tail" and "Chelsea Bridge" by Billy Strayhorn.

Chester Tocha leads the Jazz Quiter Ensemble and the Small Jazz Ensemble in Neal Hefti's "Lil' Darlin'" and Tommy Flanagan's "Freight Train."

Admission is free. For additional information, call Chicago Musical College at (312) 341-3780.

Thomas D. Grube
Navy Seaman Recruit Thomas D. Grube, son of Donald G. and Shirley A. Grube of 1917 Laura Lane, Des Plaines, has completed recruit training at Recruit Training Command, Great Lakes, Illinois.

He is a 1987 graduate of Maine Township High School West.

RESTAURANT GUIDE

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- ★ Gamberoni Faleite with Fettucini Primavera **\$16.95**
- ★ Filet Mignon Diana served with artichoke All entrees above are served with vegetable, fina potatoes, pasta a centro & dessert **\$17.95**

Choose from these specialties or our a La carte Menu. Classical Italian cuisine from centuries of culinary tradition. Enjoy an evening of fine dining amidst the Italian art & decor.

Join us in welcoming our new chef Tony Colombo. His traditional Italian creations include Baked Lasagna, Steak Vesuvio, Broiled Veal Chops, Vitello Francaise & many more. Create your own dining adventure. Compliment your meal with our selection of antipastos. Savory soups & special salads. Our variety of wines also guarantees the perfect meal!

Chef Colombo Recommended by the Chicago Tribune

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<p>CABINET REFINERS</p> <p>KITCHEN CABINET FRONTS</p> <p>Reface with new door and drawer fronts in formica or wood and save over 50% of new cabinet replacement. Additional cabinets and Counter Tops available at factory-to-you prices. Visit our showroom at: 654 N. MILWAUKEE PROSPECT HEIGHTS (Palwaukee Bank Plaza) or call for a free estimate in your own home anytime without obligation. City-wide/suburbs. Financing available to qualified buyers. No payment for 90 days.</p> <p>The Cabinet People (708) 520-4920</p>	<p>CARPENTRY</p> <p>All Kinds Of Carpentry Work • ROOFS • PORCHES • SIDING • DECKS • ADDITIONS We also build new homes. Free estimates. Insurance. Discount for senior citizens. CALL (312) 763-3651 or (708) 699-3027</p>	<p>CONTRACTORS Driveways • Patios Foundations • Steps Aggregate • Brick paving GUY 966-7980</p>	<p>ELIZABETH'S MAID SERVICE Residential and commercial cleaning. Licensed - Bonded - Insured Domestic Agency 708-531-0065</p>	<p>LANDSCAPING</p> <p>G & S LANDSCAPING Commercial & Residential Our specialty: Sod, Shrubs, Evergreens, Trees, Fertilization, Ground cover, Decorative stone & patio designs. Removal & trimming of trees, shrubs, evergreens. SPRING CLEANING Quality work guaranteed Free estimates 343-4686 834-4102 Paper 417-7235</p>
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<p>BUGLE CLASSIFIED ADS GET RESULTS! Place your ad now 966-3900</p> <p>Your credit is good with us. We accept Visa and Master Card! Call: 966-3900</p>	<p>ADVERTISE YOUR BUSINESS HERE Call 966-3900 For Special Business Service Directory Rates</p>	<p>ADVERTISE YOUR BUSINESS HERE Call 966-3900 For Special Business Service Directory Rates</p>	<p>THE BUGLE NEWSPAPERS "The Newspapers That Deliver" Serving The North and Northwest Suburbs</p>	<p>INFORMATION ON CLASSIFIED ADS You Can Place Your Classified Ads by Calling 966-3900 or Come To Our Office in Person At: 8746 N. Shermer Road, Niles, Illinois. Our Office Is Open - Monday thru Friday, 9 A.M. to 5 P.M.</p>

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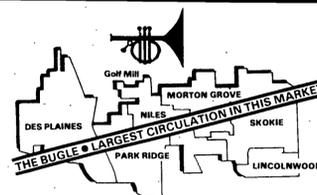
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Your credit is good with us we accept visa and master card! Call: 966-3900

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3 Br. Apt. For Rent. Adults only. Call after 6 pm. 775-6225

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DES PLAINES "La Casa Bianco" Nice 1st floor condo with 3 rooms, 1 bdr., C/A, patio, pool. \$440/mo. + util., 4 sec. dep. No pets. Vicinity Golf and Pottor. Call Alan at: B. FRIEND REALTY (312) 774-2500

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8243 N. Octavia - Niles Friday & Saturday, 4/27 & 4/28. 9:30 - 3:00 pm. Furniture, clothes and miscellaneous.

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Niles - 7254 Breen Friday 4/27, Saturday 4/28, 9am-2pm.

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PERSONALS

\$5,000 GOLD CARD No turndowns! No deposit needed. Cash advance! Also fast, easy VISA/MC, no deposit! Free info (800)877-2625 anytime

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Sacred Heart of Jesus pray for us. St. Jude worker of miracles, pray for us. St. Jude help of the hopeless, pray for us.

Say this prayer 9 times each day for 9 days, by the eighth day, your prayer will be answered.

Publication must be promised. C.F.

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'84 Chev. Caprice. 4 dr. ex. cond. Like new. Call AM or after 6pm (708) 967-7778

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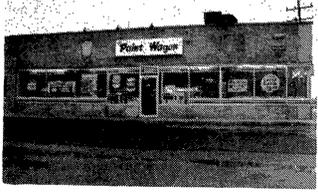
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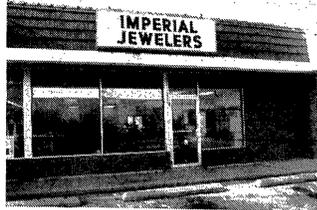
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PAINT WAGON 8014 N. WAUKEGAN RD. 966-5460



BEN FRIEND REALTORS 7234 TOUHY AVE. 774-2500



IMPERIAL JEWELERS 8744 SHERMER FORMERLY IN LAWRENCEWOOD 966-1035

THIS SPOT IS FOR YOUR BUSINESS

FOR DETAILS CALL 966-3900

From the Left Hand

Continued from Page 1

guy/gal who is sure the candidate has his finger in the till. "What happened to the \$1,000 or \$37,000 or \$400,000?" asks the tipster, and then passes on information where the dirty loot went...in the enemy politician's pocket.

Perhaps, the most sticky anonymous callers come from ex-wives who have vendettas against their former husbands. If the guy is in the public limelight she has a few bits of inside information which would look just dandy in the local newspaper.

Twice in past years we've had an ex-wife wanting to drop the boom on her former mate. The more cautious of the two invited us to her home where she could show us where some of the bodies were. She was deeply wounded by her ex-mate and she decided she was going to use the local newspaper to get her revenge.

That old split personality really got in our way. On the one hand there was little doubt she could provide "inside" information we couldn't get from any other source. The other side of the personality thought there was something crummy about her revealing information about her ex.

We know there is no fury like a woman scorned. And we're sure those grocery store tabloids live off this kind of "news". But we represent a community newspaper. We turned down both ladies' anonymous revelations.

Another time on another newspaper we wouldn't have hesitated in seeking the wives' information. But somehow, a local community newspaper going into the local community residents' homes, did not seem to be the proper media for this "inside" news.

We're not suggesting Mr. Anonymous shouldn't call. But we always feel more comfortable when Mr. Anon comes out of the closet. We contend if you've got a beef, stand up and be counted. If by doing so your job may be jeopardized you should go the anonymous route. And if revealing your name could be personally embarrassing, then you should retain your no-name status.

But, in most cases, standing up and being counted is much healthier, breeds more responsibility and creates an atmosphere of integrity which is sometimes missing when you hide your identity.

Library administrator... Cont'd from Niles/East Maine Page 1

a board subcommittee this Saturday, April 29. Library staff members also are asked to submit questions.

A Veterans Walkway, donated to the library by Chapter 311 of the Vietnam Veterans of America, is scheduled to be dedicated at 2 p.m. Memorial Day, May 28. The public is invited.

Six benches, each representing a major conflict in which the United States was involved, will be engraved with four names, battles or events of each war as well as the dates of the conflicts. Cost will be about \$3,000.

A spokesman for the veterans group said the benches were the organization's way of showing appreciation to Niles for allowing them to meet at Trident Center the third Wednesday of each month.

In other business, board members requested updates on Shell Oil's payment for the clean-up of two tanks left at a site the library is resurfacing as a second parking lot.

Macken said renovation should be completed in about four weeks and include a second asphalt topping of the lot, landscaping and placement of a Niles

Ignorance is bliss

Matthias H. was charged with tax fraud. At his trial, he requested that the judge instruct the jury that if the defendant believed he didn't have to file a tax return, they should acquit him. The judge refused Matthias' request and the jury convicted him. But the Court of Appeals overturned the decision. In the Court's opinion, since Matthias was accused of criminal nonfiling, the question of his intention was a key element. The judge should have instructed the jury as requested.

Charles L. Wichlac

Capt. Charles L. Wichlac has graduated from the Squadron Officer School at Maxwell Air Force Base, Ala. The captain is a 1979 graduate

of Maine Township East High School, Park Ridge, and a 1983 graduate of the University of Illinois, Champaign-Urbana.

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Street gang...

Continued from Page 1

is in the process of forming its own crime unit was turned down during the assembly the department lacks sufficient manpower to do the job.

Resident Arlene Lieb first addressed the audience of nearly 60 residents, township trustees and commissioners, explaining her frustration with the jurisdictional and semantic problems she experienced following a November incident near Mark Twain School in Niles after which she wanted extra patrols near the school and she alleged sheriff's police did not respond.

"Niles was there; you (CCSPD) weren't. I was told I was supposed to ask for a premise search. Unless I played a word game, I was not going to get it together," Lieb complained. She added she was told by someone from the sheriff's department there was a lack of cars available for patrols.

Sgt. Donald Shaw of CCSPD represented the agency at the meeting and responded to residents complaining about gang symbol graffiti on the school, in parks and on private driveways and residences. "We do have a gang problem developing...We need your help."

Shaw said his department has been tracking gang related incidents for the past year, adding "we've got it (a gang problem) in spades in Prospect Heights. You have them living right in the area." Shaw added that the de-

partment's request for a gang crime unit was turned down during the county's last budget hearings and suggested citizens form a neighborhood watch group and contact the multi-regional gang unit to pass on information.

The CCSPD is a member of Operation Knockout, the north-west suburban gang task force formed to deter street crime influx to the areas adjacent to Chicago. Other participating task force agencies include Des Plaines, Wheeling and Arlington Heights, Morton Grove and Park Ridge never joined Knockout.

Two Knockout dropouts, Niles and Glenview, have changed their gang plan to a local focus and no longer assign full-time officers to the task force. According to Niles Police Chief Raymond Giovannelli, "it was a waste of resources." Giovannelli was interviewed by phone prior to the township meeting.

Giovannelli added that as the task force evolved, it became more structured, requiring participating agencies to regularly police areas like Wheeling, Prospect Heights and Arlington Heights in addition to exchanging intelligence on gang activity. He re-emphasized gang activity in Niles was minimal.

A man at the gang meeting asked Sgt. Shaw "What cooperation are you seeking from the adjoining suburbs?" Another audience member said he was told by the state police that the Illinois law enforcers would offer their assistance if asked. Other attend-

ees suggested working more directly with the village of Niles.

"The mutual aid is still there," Giovannelli said, assuring his officers will readily assist neighboring agencies like CCSPD if asked. "We're still sensitive to the gang problems but we're here to protect the people of Niles, not to police someone else's area."

Jeffrey Schoenberg, the 56th District Democratic candidate for the general assembly, was a member of the audience and advised those assembled that the Illinois Safe Schools Act should be toughly enforced to thwart gang recruitment near school grounds, with law enforcement agencies working together.

"The sheriff's office is overwhelmed and they don't have the resources. There needs to be a coordinated effort between the sheriff, the Niles Police Department and the Illinois State Police but the county has to ask for assistance in order for these agencies to get involved," Schoenberg stated.

District 63...

Continued from Page 1

said the faculty's statement is "an expression of our sadness and outrage" regarding the incident and cited Jarvis as an "outstanding music teacher and a wonderful, caring human being."

According to her, Jarvis appreciated the ethnic diversity which Mark Twain took pride in. "A handful of parents have torn the fabric of pride away from us. We now have students challenging and threatening teachers with dismissal based on prejudice," said Frayn.

She requested a board response to the petition signed by Mark Twain teachers. Superintendent Dr. Eldon Gleichman told the Board that it has never been or will it ever be board practice to publicly respond to a personnel matter.

Teacher Harriet Wignerstrom, in presenting a petition signed by all full-time teachers at Gemini Junior High School, said, "We are requesting that you give the matter more consideration."

Also making a presentation on Jarvis' behalf was Gemini instructor Barbara Benson.

In a report to board members, Gemini Principal Donald Huebner noted six of the school's students placed in the National Spanish competitions, Chicago chapter.

They are: first place, Eunice Park; second place, Jeramie Dela Cruz and Joanna Vakro; third place, Vanessa Leong and honorable mention, Quang Doan and Marissa Osheff.

In other business, board members authorized purchase of maps and globes at a cost of \$16,074. At least two surveys had been made to determine which social studies hardware would be needed.

Also, board members approved three donations including a Word Perfect 5.0 word processing program to be used by staff and trustee personnel at Washington Elementary School.

A first reading of a revision to school policy retirement was made and it will be on display for two weeks before a second reading and tentative passage May 8.

Adam J. Slutsky

Marine Pfc. Adam J. Slutsky, son of Marshall Y. and Frances E. Slutsky of Morton Grove, IL, recently reported for duty with Marine Corps Security Force Company, Naval Air Station, Adak, Alaska.

A 1985 graduate of Maine East High School, Park Ridge, he joined the Marine Corps in May 1989.

MG Park budget...

Continued from Page 3

member to pay for these and other capitol projects, according to Ken Swan, superintendent of finance.

In other business, Administrative Manager Gary Balling announced the park district has received a \$19,179 grant from the Suburban Area Agency on Aging to conduct a feasibility architectural study of the American Legion Post #134 at 6140 Dempster St.

The district is negotiating with the Legion to acquire the building and 2.3 acres around it which adjoins Harter Park.

The study will involve an analysis of the building's physical condition, a property appraisal and a look at the funding and financing involved in the purchase.

Requests for proposals to do the feasibility study have already been sent out to some architects and they are expected back in May.

Board member Dan Staackmann said it was in the best interests of the public to investigate and negotiate to see what it will cost to acquire the property.

The park district is proposing the building be used to house all of the village's senior citizen programs.

Staackmann pointed out the Legion is a large enough facility on ground level for a senior center. Senior programs at Prairie View Community Center are now on the second floor.

Ed McMahon, past commander of the Post, said the Legion is in a good position financially but

decided to negotiate a sale with the park district because of the organization's aging membership.

Volunteer help is required for the Legion's fundraising events, McMahon said, and "volunteers of 10-15 years can't do it anymore."

"We're getting older," he said. "Seventy percent of the Post's members are World War II veterans, 20 percent from the Korean War and 10 percent are Vietnam vets. The Post, whose membership totals 671, was chartered in 1926."

The Legion membership wants to maintain a portion of the building to work out of and meet collectively.

"We want to continue on with the work we've been doing," McMahon said.

Both McMahon and park officials agree it is important the Legion remains a veterans memorial and landmark.

In other action, the board approved a \$23,699 payment to the Maine-Niles Association of Special Recreation. This payment represents one-half of the park district's contribution of \$47,398 to M-NASR this year.

The board also approved a partial payment of \$16,000 to Artel, Ltd. Construction for work done on the Prairie View Community Center. The board agreed to withhold \$4,301 in payment to the construction firm until the landscaping is leveled off and resurfaced.

MG firefighters...

Continued from Page 3

a future cost of living pay raise might be wiped out by a steep hike in insurance premiums and think the village should require a fixed dollar or capped amount rather than a percentage of premium costs.

Arft counters that other village employees have not been financially pressed as a result of making the "modest contribution" for the insurance. "Nobody's suffered or been thrown out on the street," Arft said.

Referring to the "inevitability of change" Arft said firefighter/paramedics need to be more flexible with regard to the issue, citing taxpayer pressure on municipalities to contain the spiraling costs of providing group insurance for employees.

Agreeing with Arft that it was a "tough subject", Durnest said no other members of RED Center, the mutual fire emergency group comprised of Morton Grove, Niles, North Maine, Glenview, Glenbrook, Prospect Hts. and Northbrook, pay part of

their premiums. In addition, the president said his personal opinion was that the village should offer a quid pro quo in exchange for a concession from the members.

"They should give us another benefit such as dental or optical or extra days off. If they insist on us paying, what economic payoff is there?", Durnest said.

The village board will meet in executive session May 7 to discuss personnel and labor relations and Arft indicated village trustees and Mayor Richard Hohns will decide at that time whether to schedule a group meeting with the entire membership.

Arft would not predict whether a speedy resolution of the impasse could occur but mentioned improvements occurring in the "last three weeks or so between the two groups." "The village appreciates the efforts made by the firefighters association in resolving this matter," Arft said.

Renewal stickers available at vehicle facilities Secretary of State Jim Edgar recently reminded passenger car owners who have license plates expiring in April to buy their renewal stickers at a Secretary of State vehicle facility in Chicago or at a financial institution that sells stickers. It is now too late to mail applications and guarantee delivery of stickers before the April 30 expiration date.

April 1990 stickers may be purchased at the Chicago North facility, 5401 N. Elston; the Chicago West facility, 5301 W. Lexington; the Charles Chew Jr. facility, 9901 S. King in Chicago; and the Chicago East facility at the State of Illinois Center, 100 W. Randolph.

MG firefighters... continued from Page 3

Pullen...

Continued from Page 3

covery period to warrant Pullen being declared the winner. He said nearly half the precincts have already been counted in the process; an amount, according to Logay, which doesn't begin to cover staff costs. When the discovery recount process was undertaken in the Cook County warehouse, 2323 S. Rockwell St., Chicago, Logay and the warehouse supervisor were present, in addition to ten staff workers distributed between five counting stations.

According to Mulligan attorney De Lort, it is also within the bounds of the law for Mulligan forces to request the protesting party be required to put up a bond to cover the activities of the Clerk's office. He said the need for a bond is variously administered by different counties, depending upon the individual county's work backlog.

The controversy between the 13-year legislative incumbent and the challenging Des Plaines paralegal has drawn national attention because the primary was seen as a conflict between an anti-abortion position as represented by Pullen and a pro-choice stance as exemplified by Mulligan.

Logay agreed it is the statutory function of the office to provide help in these situations, but it does take personnel away from their regular jobs. From an overall view, he said, if too many recounts are ordered, the administrative and maintenance flow can be interrupted, resulting in overtime work when the Clerk's office nears another election period.

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Logay agreed it is the statutory function of the office to provide help in these situations, but it does take personnel away from their regular jobs. From an overall view, he said, if too many recounts are ordered, the administrative and maintenance flow can be interrupted, resulting in overtime work when the Clerk's office nears another election period.

In the recently completed discovery period to warrant Pullen being declared the winner. He said nearly half the precincts have already been counted in the process; an amount, according to Logay, which doesn't begin to cover staff costs. When the discovery recount process was undertaken in the Cook County warehouse, 2323 S. Rockwell St., Chicago, Logay and the warehouse supervisor were present, in addition to ten staff workers distributed between five counting stations.

According to Mulligan attorney De Lort, it is also within the bounds of the law for Mulligan forces to request the protesting party be required to put up a bond to cover the activities of the Clerk's office. He said the need for a bond is variously administered by different counties, depending upon the individual county's work backlog.

Parking cards...

Parking cards...

Continued from Page 3

applications and permits under the handicapped parking identification card program. This program is offered as a cooperative effort of Niles Township and the State of Illinois, with its purpose to assure proper use of designated handicapped parking space.

A handicapped parking identification card is issued upon completion of an application accompanied by a separate doctor's statement verifying the applicant's need for a card. A card is either issued for a temporary or permanent disability.

When a temporary card is requested, the doctor's statement must also stipulate the length of time the card will be needed.

The card is displayed on the dashboard of parked vehicle or attached to a visor of that vehicle. The owner of the card is authorized to enjoy all privileges afforded an individual with a handicapped license plate.

For further information, please call Clerk Levy's office at 673-9300, Monday through Friday from 9 a.m. to 4:30 p.m., or Saturday from 9 a.m. to noon or stop by 5255 Main St. in Skokie.

Hren resigns...

Continued from Page 3

mand appointments.)

"The mayor is acting in the genuine best interests of Morton Grove," countered Leavitt. "The move is efficient, harmonious and cost effective."

Leavitt said "well-intentioned" command appointments made by the bi-partisan three-man police and fire commission, two of whom are members of the majority Active Party, were made without consideration of the officers' administrative ability. By law, Hren's replacement must be politically independent.

Hren's term was due to expire April 30 but Leavitt said the chairman would have been re-appointed based on "merit and contribution" and despite this difference of opinion. "We'd rather he worked with us rather than to leave," Leavitt said.

Leavitt and Village Administrator Larry Art also said the newly created position of fire captain is an interim "dead rank" post which will be eliminated as soon as its designee leaves the department. Howard Meyer, one of the district chief's involved in the administrative reshuffling, voluntarily demoted himself to that position effective April 24 at an approximate 4 percent reduction in salary, according to Art.

Rules of the Road Review Course Secretary of State Jim Edgar, in Cooperation with Smith Activities Center, is offering a Rules of the Road Review Course for all citizens in the Skokie area.

The purpose of the course is to help applicants pass the Illinois Drivers License renewal examination. It updates drivers on the current rules of the road, explains the vision and the driving ability examinations, and prepares applicants for the general written and road sign examination.

The Rules of the Road Review Course will be held at Smith Activities Center, Lincoln and Galitz on May 7, from 9:30 to 11:30 a.m.

The course is free to everyone, any age, who wishes to attend. For more information, please contact 673-0500 or 1 (800) 252-2904 toll-free.

available on the 17th floor of the IRS headquarters office, 230 S. Dearborn, weekdays from 8 a.m. to 4:15 p.m.

Telephone assistance will be available weekdays from 9 a.m. to 5 p.m. by calling 1-312-435-1040.

For taxpayers working in downtown Chicago, help will be

available on the 17th floor of the IRS headquarters office, 230 S. Dearborn, weekdays from 8 a.m. to 4:15 p.m.

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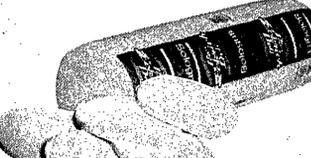


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