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Pullen gains ground in election contest

by Sheila Hackett

Legislator Penny Pullen (R-55th) gained ground in her drive to wrest the primary election from challenger Rosemary Mulligan Sept. 17 when a circuit court judge awarded her seven of 27 disputed ballots. He gave one bal-

lot to Mulligan, but negated that when he took away another that appeared to have been marked twice in an over-vote.

Circuit Court Judge Francis Barth acted after the Illinois Supreme Court ordered him to de-

termine voter intent on previously disallowed ballots. The ballots had failed to register because of a problem with either the paper or the voting stylus.

Pullen attorney Bob Mankiv-
 Continued on Page 39

Nortran mayors request RTA grant

by Nancy Keraminas

An ad hoc committee representing the mayors and presidents of the 26 communities served by Nortran will meet Sept. 26 with Regional Transportation Authority Chairman Gale Franzen relative to their

Sept. 5 request for an annual \$200,000 grant to fund mass transportation planning.

"We've suggested to the RTA that they fund a planning commission (under the direction of
 Continued on Page 39

Niles edition of The Bugle

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Population drop still anticipated for Niles and Morton Grove

Post-census tallies boost head count

by Nancy Keraminas

Data submitted to the United States Census Bureau will boost Niles' and Morton Grove's population count but neither village will post a gain over 1980's levels.

A recheck of initial census data submitted to Niles uncovered over 800 housing units not listed by the federal bureau, whereas Morton Grove's undercount is by approximately 150 dwellings.

"These were not zip code errors," explained Niles' John Co-

akley assistant to Niles Village Manager Abe Selman, who was in charge of cross-checking the Niles figures. That village was assisted by a special computer software package, storing and producing data in a format compatible with that of the census. The software will be used by the village's public service and code enforcement departments.

Describing the 800 untallied units as a "significant" change to the village's preliminary count, Coakley said most of that number represented condominiums on the northwest side of the village.

He also acknowledged there would probably be no more than two people per household, elevating Niles' 27,245 count by around 2-1/2 percent. Census estimates of Niles' population decrease were around ten percent from 1980's 30,363 final total.

"We're still below the 30,000 figure," Coakley said. "How much, depends on the (bureau's follow-up)." Niles' crosscount also uncovered 100 residents in group quarters, missed by census workers. The group quarter category is represented by nursing homes, rectories, convents and college dormitories.

"We're not happy with the count," conceded Morton Grove Director of Community Development Charles Scheck, saying
 Continued on Page 39

From the Left Hand

by Bud Besser

Cleanings from our Reading:

Riding The Iron Rooster, Paul Theroux:

"One of the pleasures of travel is being anonymous. I had not realized how everyone was conspicuous in a group, and the person who kept to himself was a threat."

Three quarters of all school parents work.

A River Runs Through It, Norman MacLean:

"When exhausted and feeling sorry for yourself, at least change your socks."

"There is no life that can be recaptured wholly as it was," observes Bernard Malamud's hero of 'Dublin's Lives'; which is to say that all biography is ultimately fiction.

One in ten thousand high school basketball players makes the N.B.A. (National Basketball League).

Nazi S.S. troopers had a tattoo under their arms which denoted blood type which gave the soldier preferential treatment.

"Aren't all practical jokes exercises in sadism?"

A Chinese Conundrum:

"If a place has a reputation for being beautiful, the Chi-
 Continued on Page 39

Republican candidates set to meet Sept. 25

Sheldon Marcus, Republican committeeman of Niles Township, announced recently that a Republican Candidates Township meeting, open to the public, will be held on Tuesday, Sept. 25, at 7:30 p.m., at the Oakton Park Community Center, 4701 Oakton St., in Skokie.

Scheduled to appear are Sheriff Jim O'Grady; State Senator Aldo DeAngelis, candidate for

President of the Cook County Board; former State Representative Sam Panayotovich, candidate for Clerk; Tom Eilers, candidate for Treasurer; Ron Bean, candidate for Assessor; Jack O'Malley, candidate for State Attorney; C.W. Wilson, candidate for Board of Tax Appeals; Teresa Valdes and Gil Vega, candidates for Water Reclamation
 Continued on Page 39

New voters sworn in



Maine Township Clerk Stephen J. Stolton swears in new voters, Lisa Teckiel and Matthew Warnick of Niles as they register to vote. Stolton is reminding students who will be 18 on or before the General Election Nov. 6 that they can register to vote through Tuesday, Oct. 9, at

his office in the Maine Township Town Hall, 1700 Ballard Road, Park Ridge. Office hours are 9 a.m. to 5 p.m. weekdays and 9 a.m. to noon Saturdays. To accommodate residents, the Clerk's Office will be open Columbus Day, Monday, Oct. 8, during regular office hours.

Rosh Hashanah Greetings

Pages 22-26

Community Focus

Niles couple make life easier with electronic wizardry

by Nancy Keraminas

There's an immaculately-kept home in Niles that gives new meaning to the phrase "light housekeeping".

The owners - call them Dave and Ruth - have systematically converted their traditional two-story residence into an automated wonder of concealed light fixtures and mechanical helpers that make ordinary chores more interesting and maximize the use of space. It will become apparent why the couple wants a de-

kitchen table sets timers for interior and exterior lighting and opens and closes drapes. Dave adapted the drape mechanism from a garage door opener he salvaged.

"Electricity is a marvelous servant but a horrible master," Dave comments, demonstrating a microwave oven on a platform which raises and lowers by means of a motor once used in a hospital bed. When it is needed for cooking, the microwave sits just above Ruth and Dave's washer and dryer. When Ruth does laundry, a flip of a switch easily moves the oven out of her way. The appliances can be concealed from the rest of the kitchen by closing the sliding doors.

'Electricity is a marvelous servant but a horrible master.'

gree of anonymity. At curbside, the home fits in well with its neighbors. However, glancing above the garage roof line where a fuzzy teddy bear revolves on his clock motor-powered platform inside a white louvered cupola, a visitor gets a hint that pleasant surprises are to be found on the premises.

The opening of every drawer, cabinet and closet door activates a light, which shuts off on closure. No fumbling for switches and less opportunity to leave the lights burning. A master remote control device tucked under the

"All the gizmos and gadgets were designed to make life easier," Dave notes, with an inventor's casualness towards his automated surroundings. "There's nothing genius about any of this." Though she has long since taken for granted the extraordinary modifications in their home, Ruth finds that for those who are less mechanically minded than her husband, there are occasional drawbacks.

"I can't even turn on the (modified remote-control) television set in the living room so I got



Photo by Nancy Keraminas
A self-confessed "tinkerer and gadgeteer", Dave poses in his garage workshop, which has a revolving bear on the rooftop, in honor of wife Ruth's collection.

myself a little one," Ruth admits, indicating a simple color set in the breakfast nook.

Questions, albeit intrusive ones, beg to be asked. The monthly household electric bill is not extraordinary (\$90). There's no madness in the methods, no time machine on the drawing boards and Dave's efforts are fueled by love for Ruth and a proclivity for novel contraptions.

"From the time I was a kid, I was a tinkerer and gadgeteer," Dave recalls. Years before he met his wife and prior to retiring from his job as a serviceman for a major retailer, Dave flirted with the world of patents. Without getting burned himself, he quickly realized how easily imitators and hucksters can exploit an inventor and decided his efforts should be for family and friends.

The couple, both trim and healthy-looking, met several years ago while indulging their mutual and continuing passion for roller skating, where they literally can trip the light fantastic as they waltz. When the rink is

dimmed to a romantic level, reflections from tiny spots of light - like so many fireflies - accompany the dancing pairs, illuminating the polished wood floors. Though electrified roller skates can be purchased, Dave himself added the Italian lights to his and Ruth's skates.

Dave may have his grown-up toys but he hasn't forgotten the neighborhood children especially beloved by Ruth, who easily captivates youngsters who stop by.

The tiny strings of bulbs also rim the glass-topped outdoor furniture on Ruth and Dave's patio. Cylindrical plastic medicine bottles have been reincarnated as amber light covers for ground-level fixtures. An electric blower in the barbecue assists with charcoal lighting.

During cold months, the couple love to indulge their hobbies upstairs, while big band music blares from a reel-to-reel tape deck. In mild weather, the work arena shifts to the garage, where one entire wall has floor-to-ceiling tiers of instant coffee jars containing neatly organized nuts, bolts, screws, nails and doodads.

Dave may have his grown-up

toys but he hasn't forgotten the neighborhood children especially beloved by Ruth, who easily captivates youngsters who stop by. Whimsy raises its playful head in the form of store-bought forest critters artfully tucked into a garden nook, wall-climbing molded kittens and the

seasonal exterior decorations. And of course, there is the vigilant teddy bear, designed to indulge Ruth's love for both the cuddly toys and cupolas.

Considering this dwelling overall, perhaps Dave is right that there is nothing genius about creating shortcuts with circuits. The marvel may rather be in the 90 percent perspiration that accompanies the moment of inspiration and in the assurance that ideas will always be taking form and residence in their home. "I don't know if we'll ever be really finished," Dave says. And the couple exchanges another telepathic glance that speaks of their own special electricity.

Entries sought for beautification contest

The Skokie Improvement and Beautification Commission is accepting entries for its 1990 Property Owner Appreciation Awards programs. The entries are due by Oct. 15, but now is the time to capture your front yard on film while the landscaping is in full bloom.

Each year the Improvement and Beautification Commission recognizes property owners within the village who have made an exemplary effort to enhance the appearance of their front yards.

Anyone wishing to be considered for this year's certificates of appreciation should submit color

photographs of their landscaped front yards. The landscaping should include flowers. Pictures of front yards of businesses and balconies of condominiums are also considered for the program.

Please include your name, address and telephone number on the back of each photograph. Send your entries to Property Owner Awards, care of Commission Chairman Sandra Keefe, Village of Skokie, P.O. Box 309, Skokie, IL 60076. All entries must be received by Oct. 15.

Beautification certificate winners will be honored at a special ceremony.



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Mark Krajecki - Production Manager
Linda Burns - Copy Editor

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Gas company checks for leaks



Photo by Linda Burns
Northern Illinois Gas company employees change the copper tubing in gas lines, change gas meters and check water mains after instances of possible gas leakages were reported last week in Niles.

Zoners deny resident's request for 2nd garage

by Nancy Keraminas

Morton Grove's zoning commission ruled against a variation requested by a Morton Grove property owner after the petitioner put aside commissioners' suggestions that he instead ask for a continuance on his request for a second garage at 8904 N. Harms Road.

Before voting, zoners also cautioned the owner that he would have to wait one year before re-petitioning the board, if his request was denied at the

Sept. 17 meeting. Two neighbors had earlier questioned the homeowner's plans to site a frame, one-car garage on an alley, leaving no side yard allowance. A resident whose garage faces the same alley worried that the construction would hamper visibility and would not blend with an existing brick garage on the property.

The mother of another neighbor presented his letter rebutting

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Hearing set on squad car addition

The Maine Township Board will hold a public hearing at 7 p.m. Tuesday, Sept. 25, to consider amending its budget to include \$14,000 to contract with the Cook County Sheriff's Police for an additional squad car to patrol the unincorporated area during peak crime hours.

The hearing will be in the Maine Township Town Hall, 1700 Ballard, Park Ridge, and will be followed by the regularly scheduled Town Board meeting.

The hire-back program was suggested by Trustee Mark

Thompson in an effort to help stem gang activity and other crime that has concerned residents of the unincorporated area. A similar hire-back program has operated successfully in unincorporated Northfield Township.

Thompson said the cost of the hire-back program would be \$20 per hour and suggested that the extra patrols be scheduled during three peak 8-hour shifts on weekends.

If the board proceeds with the program, \$14,000 would be transferred.

Continued on Page 38

Maine Township tax levies drop 4.4%

Tax levies adopted by the Maine Township Board Aug. 28 declined 4.4 percent from last year, according to Maine Township Supervisor Joan B. Hall.

The 1990-91 levies totaled \$3,093,020, a decrease of \$142,278 from the 1989-90 extended levies.

The levies include \$1,709,950 for the General Town Fund, \$268,220 for the General Assistance Fund, and \$1,114,850 for the Road and Bridge Fund.

The General Town Fund decreased 3.42 percent from \$1,766,901 last year, the General Assistance levy dropped 15.5 percent from \$317,527 last year, and the Road District levy declined 3.13 percent from \$1,150,870.

Hall said, "We carefully scrutinized every expense in drafting these levies. At a time when the cost of government is rising and taxes are increasing, we feel very proud that the township was able to keep its property tax request down to the bare bones."

Niles board agrees to this year's \$84,327 contribution

Beusse seeks ceiling on M-NASR contributions

by Sheila Hackett

Flood alarms on sale in Maine Twsp.

Maine Township residents and businesses can purchase battery-operated flood alarms from the township government for \$10.

The alarms are available at the office of Township Clerk Stephen J. Stolton, in the Maine Township Town Hall, 1700 Ballard Road, Park Ridge (between Potter and Greenwood).

The devices help safeguard property against flood damage

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SAT scores up in Dist. 207

SAT scores are up in Maine Township High School District 207 despite a decline in scores nationally.

The District 207 verbal score is up 11 points from 475 to 486; the math score is up 21 points from 549 to 570.

Based on a five-year average, students who took the SAT exam this year would be expected to score 476 in verbal and 546 in math, according to Joel W. Morris, assistant superintendent for instruction. National scores on the SAT this year were 424 in verbal and 476 in math. Illinois scores were 466 in verbal and 528 in

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to raise their present tax levy. Six area suburbs now contribute to M-NASR and board liaison Carol Panek noted former member Lincolnwood could be considering rejoining, a move that would lower the overall membership contributions. Except for Vice President Bud Skaja, Jr., the board voted to pay the requested M-NASR contribution. M-NASR provides recreational opportunities to the physically and mentally disabled.

Director Tom Lippert told the regular meeting of park board

Continued on Page 38

MG planners approve catalog outlet

by Nancy Keraminas

After commissioners were reassured as to the method of business of a proposed North Grove tenant, Morton Grove's Plan Commission gave the nod to a franchisee who intends to open a retail catalog showroom in industrial park property at 8145 River Drive.

The action, which must be approved by the village board, amends special use provisions for manufacturing districts to include retail trade - catalog sales.

A license of United Consumers Club (UCC), which sells individual private memberships to consumers, will lease the 5,300 square foot North Grove

space from SIDCO, a Morton Grove developer at 6244 W. Oakton St.

According to SIDCO representative Bonnie Fryer, UCC has been in existence approximately ten years, and operates in industrial areas to reinforce the idea that the club members realize deep discounts for big ticket items beyond those available through other retail catalog outlets. Memberships cost several hundred dollars.

UCC will operate from 1 to 8 p.m. Tuesday through Friday and from 10 a.m. to 3 p.m. Saturdays. It will operate a 1,400

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Park officials welcome Spilman



The Niles Park District board of commissioners and staff are pleased to announce the addition of their new recreation program supervisor, Shelley Spilman.

Spilman received her bachelor's degree in recreation administration from Eastern Illinois University.

Shelley previously held the position of program coordinator for the Winnetka Communi-

ty House in Winnetka. Shelley is originally from Libertyville and currently resides in Glenview.

Pictured from left to right are: Bud Skaja, vice president, Carol Panek, commissioner, Shelley Spilman, recreation program supervisor, Walt Beusse, president and Elaine Heinen, commissioner.

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Nilesite raises hibiscus plants



Ed Zalesny of Niles poses above with his blossoming hibiscus plants. Zalesny, who has been growing the plants for three years, says his five plants bloom from June until October and come in beautiful colors of crimson, white and pink. He says there are about 20 blossoms at all times during the height of the growing season, however, the blossoms only last one day. The size of the blossom varies from eight to 12 inches and resembles a small cake plate.

Bridge lessons with Ron

Lessons will be held on Sept. 27, at the Niles Trident Center, 8060 W. Oakton St.
Life Master, Ron Schulman uses the text "Five Weeks to Winning Bridge". We meet on the fourth Thursday of each month at 7 p.m. The cost is \$1.50/lesson. This month, Ron will discuss "Day 35" a Bridge quiz on your understanding of the game in the intermediate class. Tactics and strategy of bidding when either side has a part score will be taught in the beginner class at 8:15 p.m.

For more information, please call Barb at (708) 823-5631.

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Weiss receives grant for senior clinic

The Washington Square Health Foundation has awarded a grant to Louis A. Weiss Memorial Hospital in the amount of \$18,030. This grant will help fund the Well Elderly Care Center, a new program at Weiss Hospital offering comprehensive and coordinated health services for senior citizens.

The elderly represent a significant portion of patients treated at Weiss annually, and with the creation of the Well Elderly Care Center, the hospital's capacity to care for older adults has grown. The center will serve as an on-site facility offering an integrated program of health-related services to the elderly, providing an environment that is especially responsive to the specialized needs of the geriatric patient.

The Washington Square grant has underwritten the purchase of medical supplies and equipment to be used in community health screenings. The funds will also be used to purchase medical supplies for the Well Elderly Clinic. "Most exciting for Weiss Hospital and our elderly patients will be the use of biofeedback, a new and non-invasive form of therapy for treating incontinence," said Barbara Miller, R.N., Vice President for Nursing, under whose direction the grant will be administered.

"Increasing accessible health services for the senior population is an integral part of the Hospital's strategic plan," said Roy Powell, President of Weiss. "The Foundation's generosity will help us expand our geriatric services so that we may better address the special health needs of senior citizens in our community, through the Well Elderly Care Center program."

Glen Oaks hosts art exhibit

Artists in residence at the award-winning art program at Glen Oaks Nursing Center will exhibit their works Friday, Sept. 21 from 5 p.m. to 8 p.m. at 270 Skokie Boulevard, Northbrook. The public is invited to view the acrylics, pastels, montages, collages, ceramics, jewelry and mixed media efforts by a group of artists whose works were successfully featured last November at Evanston's Grove Street Gallery.

Passages lecture on investments

Learn how to monitor the growth of investments and earn top money by attending a Passages Through Life lecture on Tuesday, Sept. 25 at Oakton Community College East. The program, "Do Your Investments Need Changing?" will be held from 1 to 2:30 p.m. in room 112, 7701 N. Lincoln Ave., Skokie. For information, call 635-1415.

'Redefining Your Life After a Loss'

Joyce A. Butler, M.S.W. of the Center for Medical Psychology, will address the issue: "Who Am I Now That I'm Single? Redefining Your Life After a Loss" at Maine Township Hall, 1700 Ballard Road, Park Ridge, Thursday, Sept. 27 at 7:30 p.m. Butler holds a masters degree in social work from the University of Illinois at Chicago. She is a member of the National Association of Social Workers and the Employee Assistance Professional Association.

Although Butler specializes in treating substance abuse concerns, depressive and anxiety disorders as well as women's issues, her expertise include working in outpatient/inpatient settings with individuals and families addressing alcohol, substance abuse and dual diagnosis issues. She has consulted with business, school districts, police and fire departments as an employee assistance manager.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County. File No. K123637 on Sept. 5, 1990 under the Assumed Name of Spectra Professional Services, with the place of business located at 4053 Kirk, Skokie IL 60076. The true name(s) and residence address of owner(s) is: Shani Abraham, 4053 Kirk, Skokie IL 60076 and Awey Abraham, 4053 Kirk, Skokie IL 60076.

Niles Senior Citizens 967-6100 ext. 376

LITE LUNCH AND MOVIE

The senior center will host the September Lite Lunch and Movie on Wednesday, Sept. 26 at noon. Lunch includes Italian beef sandwich, chips and dessert. The featured movie will be "Oklahoma." Tickets are \$1.50 each and should be purchased by Friday, Sept. 21.

DURABLE POWER OF ATTORNEY LECTURE

A lecture on "Durable Power of Attorney" will be sponsored by the senior center on Thursday, Sept. 27 at 1:30 p.m. Attorney, Ken Cohen will present updated and important information on this subject. The lecture is free and reservations may be made by calling 967-6100, ext. 376.

MEN'S CLUB GOLF BANQUET

The Niles Men's Club golfers are hosting a Golf Banquet on Thursday, Oct. 18 at the Lone Tree Restaurant in Niles. The banquet will begin at noon. The cost of the banquet is \$10 per person and should be made at the time of registration. The menu includes family style dining along with a beverage. For additional information, call the senior center at 967-6100, ext. 376.

LINE DANCING CLASSES

Senior Line Dancing is set for Tuesdays at 2:30 p.m. Line Dancing is open to all members of the Niles Senior Center and is free. For information, call the senior center.

SENIOR SQUARE DANCING IN FALL

Senior Square Dancing has resumed on Tuesdays at 1:30 p.m. at the senior center. Classes are open to all members of the senior center and there is no charge to attend. For information, call the senior center at 967-6100, ext. 376.

FORUM COMMITTEE

The Senior Forum Committee will meet on Monday, Oct. 1 at 1 p.m. Forum will be firming up plans for the holidays along with discussing events for January and February 1991. Reservations are not necessary, all are invited to attend.

SENIOR TRAVEL COMMITTEE

The Senior Travel Committee will meet on Monday, Oct. 1 at 2 p.m. The group will discuss ideas for upcoming trips. Reservations are not necessary, all are invited to attend.

MEN'S CLUB 18-HOLE TOURNAMENT

The Senior Men's Club will host the last 1990 Season 18-hole golf tournament on Friday, Oct. 5 at Randall Oaks Golf Club in Dundee. The cost of the tournament is \$23 which includes green fees, a cart and prize money. Registration is being taken through Thursday, Sept. 27. Payment must be made at the time of registration. Call 967-6100 ext. 376 for additional information.

ARTS AND CRAFTS FAIR

It's not too early to begin your Christmas shopping! The Niles Senior Center offers you the opportunity to shop at the Fall Arts and Crafts Fair on Monday, Oct. 8 from 10 a.m. to 2 p.m. Shoppers may also purchase a hot dog lunch for \$1. Admission to the fair is free. Interested vendors are asked to register for a booth by Oct. 1. Booths are free and are open to Niles seniors age 62 and over and their younger spouses. All items must be handmade and food items are not allowed. For registration or additional information, call 967-6100 ext. 376.

TAM GOLF OUTING

The Senior Men's Club will host the last 1990 Season 18-hole golf outing on Wednesday, Oct. 10. The cost of the outing is \$6.50 which includes golf and prizes. Payment and registration must be made at the same time at the senior center. Registration will be taken through Thursday, Oct. 4. Call 967-6100, ext. 376.

Wills program to assist seniors

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

Appointments or further information may be obtained by calling The Center at (708) 823-0475.

Christmas Bazaar seeks exhibitors

St. Stephen's Rosary-Altar Society in Des Plaines is once again sponsoring a Christmas Bazaar to be held on Nov. 3 from 10 a.m. to 4 p.m. in Hanley Hall on Spruce Street between Prospect & Everett.

The crafts are all handmade and being presented by professional exhibitors. Interested exhibitors should call 299-7313.

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Rehearsals underway for 'Many Shades of Gray'



Variety performers in "Many Shades of Gray" rehearse their act. Cast members are (sitting) Patti Burton of Skokie and Bernie Nudelman of Deerfield. Standing from left are Dr. David Bus-

Variety will be the key to "Many Shades of Gray," a multi-talented show featuring gifted singers, dancers and comics, most of them over age 60. This original musical drama is presented by Oakton Community College's Acting Up! and the new ensemble, Sixtysomething. The program will preview at 1:30 p.m. Thursday, Sept. 27 in

the Performing Arts Center, 1600 E. Golf Road, Des Plaines. Tickets to the preview are \$6 general admission and \$4 students, faculty, staff and seniors. Performances will also be held at 1:30 and 8 p.m. Friday, Oct. 5; 8 p.m. Saturday, Oct. 6 and 3 p.m. Sunday, Oct. 7. Tickets are \$8 general admission and \$5 students, faculty, staff and seniors.

"Many Shades of Gray" is directed by Joyce Stern Greenberg with musical direction by Jack Balke. A luncheon/theater will be held on Friday, Oct. 5 at 11:30 a.m. The cost is \$15. A dinner/theater will be presented on Friday, Oct. 5 and Saturday, Oct. 6 at 6 p.m. The cost is \$20. For tickets, call 635-1900.

Knights of Columbus meet Sept. 25

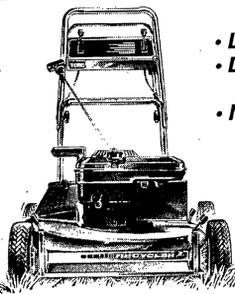
Joan E. Smuda of the Revenue Litigation Division in the office of the Illinois Attorney General, Neil F. Hartigan, will be the guest speaker at the next meeting of the Skokie Knights of Columbus on Tuesday, Sept. 25.

Program Coordinator and Grand Knight, Jerry Cascino, announced the meeting which will begin at 8 p.m. at VFW Skokie

Valley Post #3854, 7401 Lincoln Ave., Skokie. Smuda will speak on "Current Legislation Pertaining to Seniors." Smuda received her B.A. in political science from DePaul and her J.D. from DePaul University School of Law. Prior to her work with the Attorney General's office she engaged in the general practice of law as a sole practitioner for 7 years. Her emphasis

was on probate, bankruptcy and real estate. She was admitted to practice before the Supreme Court, State of Illinois in 1978, the U.S. District Court for the Northern District of IL and the U.S. Court of Appeals for the 7th Circuit. She is a past president of the Advocates Society, which is an association of Polish lawyers and is a regular columnist for Polonia Today.

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TUES. WED. FRI.	8:30-6:00
SATURDAY	8:30-6:00
SUNDAY	9:30-3:00

Morton Grove Senior Citizens 470-5223

CHOLESTEROL SCREENING

Cholesterol is essential to a healthy body. There are basically two different kinds, sometimes referred to as "good" and "bad". Many people are aware that too much "bad" cholesterol may be dangerous. What people may not know is that too little "good" cholesterol can also be dangerous. Fortunately, people can incorporate changes into their lifestyles that can help raise the "good" cholesterol and lower the "bad" cholesterol.

-Diet- Proper nutrition is essential. Eating foods containing monounsaturated fat (such as olive oil) and avoiding foods high in unhealthy saturated fat (such as palm or coconut oil) are two important changes.

-Weight loss- A healthy diet and good exercise program will not only help in weight loss, but may also raise the "good" cholesterol level and reduce the risk of heart attack. Talk to a doctor about weight loss goals.

-Exercise- Make exercise a regular habit. Activities such as brisk walking, running, swimming, and biking are all good choices. Remember, see a doctor before beginning any exercise program.

-Stop smoking- Cessation of smoking raises "good" cholesterol and is an important step in improving overall health.

Talk to a doctor and know your cholesterol level. Some patients may require medication in addition to diet, exercise, and weight loss. It's easy to make cholesterol control a habit and a doctor can help. A clinic for cholesterol screening will be held from 9 to 10 a.m. on Tuesday, Sept. 25 in the Flickinger Senior Center. All are invited.

"DO YOUR INVESTMENTS NEED CHANGING?"

Oakton Community College presents another program in their Passages lecture series entitled, "Do Your Investments Need Changing?" Lawrence Rose, of Prudential Bache, will teach techniques for monitoring investments to receive top income. The program begins at 1 p.m. on Tuesday, Sept. 25 at the Oakton East Campus, 7701 Lincoln Ave. in Skokie.

FLU & PNEUMONIA IMMUNIZATIONS

The winter months are close at hand and that means we all become more susceptible to the elements. Senior citizens need to be particularly cautious of contracting influenza and pneumonia, diseases that threaten both life and health. Morton Grove's annual immunization clinics for those age 60+ are coming up on: Tuesday, Oct. 2, 2 to 4 p.m.; Saturday, Oct. 6, 10 a.m. to noon; and Tuesday, Nov. 13, 2 to 4 p.m.

Immunizations are free of charge but for those who wish to make a donation to offset their cost, the suggested prices are \$2.50 for the influenza; immunization and \$7.50 for the pneumonia immunization. Reservations are required and can be made by calling the Senior Hot Line at 470-5223.

LIBRARY SERIES

The Morton Grove Public Library at 6140 Lincoln Ave. has scheduled a series of timely and informative programs for seniors. The Thursday lectures are at 7:30 p.m., and the titles will be "Living Trusts" on Oct. 4, "Chemical Dependency and Senior Citizens" on Oct. 11, and "Long Term Care" on Oct. 18.

SENIOR CENTER TASK FORCE

Morton Grove's Multi-Purpose Senior Center Task Force will visit the Park Place Senior Center and the newly remodeled Park Ridge Senior Center on Tuesday, Sept. 25. Both of these facilities are outstanding examples of modern, suburban senior centers. The Task Force will first travel to the Park Place Center in Arlington Heights for a visit and lunch at the nutrition center. They will then bus to Park Ridge and view their new addition. All interested seniors in Morton Grove are invited to the next open Task Force meeting at 1 p.m. on Tuesday, Oct. 9. The purpose of the meeting is to discuss impressions and opinions of the centers and determine goals and dreams for a unified senior center in the future.

'FIDDLER ON THE ROOF'

The Prairie View Senior Travel Club invites seniors to part on their Sunday finery and enjoy lunch and theater at the Candlelight Playhouse on Sunday, Oct. 28. Departure time is from Prairie View Community Center at 11:30 a.m. and travel is by deluxe motorcoach. The lunch selection is from seven entrees including chicken Mediterranean, roast loin of pork, filet of sole and several others. "Ringside" seat tickets are promised for the award winning "Fiddler on the Roof." Return time is approximately 5 p.m. at the end of a delightful day. Cost for this trip is \$45 for residents and \$49 for non-residents.

NATIONAL HEALTH

While the medical profession historically has been very wary of what they call "socialized medicine," the American College of Physicians (representing approximately 60,000 internists) recently made these surprising statements. "The times call for a national health policy... We believe that health insurance coverage for all persons is needed to minimize financial barriers and assure access to appropriate health care services. Assuring access also involves issues of cost and quality." An estimated 37 million American have no health insurance protection.

Golf Maine Parks plan garage sale

The Golf Maine Park District Des Plaines. To reserve a space to sell your merchandise call (708) 297-3300. Cost is \$10 per space.

Dominick's

24 pack/12 oz. cans
RC, Diet Rite or A&W Root Beer \$4.99
Limit 2 please
Additional purchases \$5.99 ea.

Green Thompson Seedless, Red Seedless or Black Seeded
Grapes 68¢ lb.

USDA Grade A Fresh
Whole Fryers 49¢ lb.
Limit 3 please (Some giblets may be missing)
Whole Cut-Up or Split Fryers \$9.99 lb.

Super Specials

All five coupons available with a \$20.00 or more purchase

CLIP AND SAVE

1777
3 lb. bag
Super Yellow Onions 19¢ ea.
Coupon
One Super Coupon per customer and one bag per coupon. Coupon good September 20 thru September 26, 1990. With separate \$5.00 purchase. Additional purchases 79¢ ea. Subject to 8¢ sales tax on reduced price.

1779
8 oz. pkg.
Super Swift Brown 'N Serve Sausage 39¢
Coupon
One Super Coupon per customer and one pkg. per coupon. Coupon good September 20 thru September 26, 1990. With separate \$5.00 purchase. Additional purchases \$9.99 ea. Subject to 8¢ sales tax on reduced price.

1400
Save \$1.00
Heritage House 2% Milk
With this coupon. Without coupon regular price \$1.99. Only one coupon per customer. Good September 20 thru September 26, 1990. Subject to 8¢ sales tax on reduced price.

1405
Save \$1.50
Fresh Pineapple
On the purchase of a 10 lb. pineapple. With this coupon. Without coupon regular price \$3.49. Only one coupon per customer. Good September 20 thru September 26, 1990. Subject to 8¢ sales tax on reduced price.

1434
Save \$1.00
Oscar Mayer Bologna (Regular or Light) or Cotto Salami
1 lb. pkg.
With this coupon. Without coupon regular price \$1.99. Only one coupon per customer. Good September 20 thru September 26, 1990. Subject to 8¢ sales tax on reduced price.

1781
5 lb. bag
Super C&H Sugar 99¢
Coupon
One Super Coupon per customer and one bag per coupon. Coupon good September 20 thru September 26, 1990. With separate \$5.00 purchase. Additional purchases \$1.89 ea. Subject to 8¢ sales tax on reduced price.

1414
7⁵³
Scott Bath Tissue
Single Roll All Colors
With this coupon. Without coupon regular price \$1.99. Only one coupon per customer. Good September 20 thru September 26, 1990. Subject to 8¢ sales tax on reduced price.

1415
Save \$1.00
Boston Creme Pie
Domino's or Heinenmann's Bakery
With this coupon. Without coupon regular price \$1.99. Only one coupon per customer. Good September 20 thru September 26, 1990. Subject to 8¢ sales tax on reduced price.

1445
Save 50¢
Jennie-O Turkey Breast
Oven Roasted or Hickory Smoked
With this coupon. Without coupon regular price \$1.99. Only one coupon per customer. Good September 20 thru September 26, 1990. Subject to 8¢ sales tax on reduced price.

1783
6.5 oz. can
Super Star Kist Chunk Light Tuna 29¢
Coupon
One Super Coupon per customer and one can per coupon. Coupon good September 20 thru September 26, 1990. With separate \$2.50 purchase. Additional purchases 79¢ ea. Subject to 8¢ sales tax on reduced price.

1409
99¢
64 oz. ct. - Chilled Tropicana Fruit Punch or Lemonade
With this coupon. Without coupon regular price \$1.99. Only one coupon per customer. Good September 20 thru September 26, 1990. Subject to 8¢ sales tax on reduced price.

1422
Save \$1.00
Eckrich Jumbo Franks
1 lb. pkg. - Regular, Beef or Cheese
With this coupon. Without coupon regular price \$1.99. Only one coupon per customer. Good September 20 thru September 26, 1990. Subject to 8¢ sales tax on reduced price.

1424
\$1.00
2 1/2 oz. Assorted Formulas
Faber-Castell Power Stick Deodorant
With this coupon. Without coupon regular price \$1.99. Only one coupon per customer. Good September 20 thru September 26, 1990. Subject to 8¢ sales tax on reduced price.

1783
6.5 oz. can
Super Star Kist Chunk Light Tuna 29¢
Coupon
One Super Coupon per customer and one can per coupon. Coupon good September 20 thru September 26, 1990. With separate \$2.50 purchase. Additional purchases 79¢ ea. Subject to 8¢ sales tax on reduced price.

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24 oz. loaf - White or Wheat
Heritage House Buttertop Bread 3 \$2.00 FOR
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250 ct. box - Assorted Colors
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Puffs Facial Tissues 99¢
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Regular or Homestyle
Tropicana Orange Juice \$1.99
With coupon in store

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4 lb. bag
Valencia Oranges Save \$1.00
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3 lb. bag
Jonathan Apples Save \$1.00
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DOMINICK'S OR HEINEMANN'S BAKERY

Fresh Baked
Almond/Poppyseed Pudding Cake Save 50¢
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Volume 3 \$2.99
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DELI

1 lb. or more purchase
Italian Style Roast Beef Save \$1.00

1 lb. or more purchase - Sliced or Shaved
Lorraine Cheese Save \$1.00
With coupon in store

MEAT

Corn King
Lean Boneless Half Ham (Ham & Water Product) Save 50¢
With coupon in store

10.5 oz. Breast or Cheddar Patties, 9 oz. Breast Patties
Tyson Chick'n Quick Save \$1.00
With coupon in store

GENERAL MERCHANDISE

7 oz. - Assorted Formulas
Rave Hair Spray 99¢
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24-27 ct. - Assorted Varieties
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The Consumer Connction

by Illinois Attorney General Neil F. Hartigan

Q. I heard that tanning beds will not damage your skin or cause skin cancer. I thought they were as dangerous as the sun. How can they say that?

A. Several months ago the Federal Trade Commission charged a major marketer of artificial tanning devices with falsely claiming that its products did not pose the risk of skin aging or skin damage, including the risk of skin cancer.

The marketer sold tanning beds, facial units, and overhead lamp systems. Their tanning devices used lamps which emitted ultraviolet radiation to cause tanning of the user's skin.

It is important to understand that sunlamps are designed to produce mostly either ultraviolet A (UVA) or ultraviolet B (UVB) radiation, with the proportion of each type emitted being different from the sun's rays. Almost all tanning devices produce both types of radiation and present risks such as premature aging, skin cancer, burns, and photosensitivity.

If you are considering tanning



Neil F. Hartigan

with one of these devices, you should seriously consider the consequences and perhaps discuss the use of such devices with your personal physician.

Have a consumer question? Write Neil F. Hartigan, Illinois Attorney General, Consumer Protection Division, 500 S. Second St., Springfield, IL 62706.

Tour wastewater treatment facility

The public will have a one-time-only opportunity to tour the world's largest wastewater treatment facility when the Metropolitan Water Reclamation District of Greater Chicago holds its Open House at the Stickney Plant, Sept. 22 and 23, from 9 a.m. until 4 p.m.

The Stickney plant has a capacity of 1.2 billion gallons per day and an average flow of 800 million gallons per day. Last year more than 5,000 people toured the plant during the weekend event.

Other highlights of the Open House include:

- A free seven-mile train ride on the MWRDGC shortline (the

"Sludge Express"), an industrial railroad used to transport wastewater solids to sludge drying areas;

- A tour of the 570-acre plant; An exhibit tent containing models of the Deep Tunnel project, demonstrations of water sampling, historic photographs of the reversal of the Chicago River and a movie about wastewater treatment;
- Guided tours of the laboratories.

Free parking is available at Morton College, at the northeast corner of 39th Street and Central Avenue. Call (312) 751-6110 for more information.



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Crisis line tallies over 1,000 monthly calls

Now in its fifth month, the 24-hour manned crisis line offered by Forest Hospital of Des Plaines is proving a great success.

The trained counseling professionals serving the line are responding to more than 1,300 calls a month.

The toll-free, confidential crisis line, 1 (800) 866-9600, can be dialed from anywhere in the United States and offers round-the-clock, one-on-one counseling.

Some callers just "need an ear," notes crisis line coordinator Lori Scacco. "Often a caller is helped just by talking with someone who isn't involved and can be nonjudgmental. It can be a big help in gaining a fresh perspective on a troubling problem. Our counselors provide positive feedback, which is important, and an objective approach, which is even more important."

In instances where additional help or support may be called for, crisis line counselors have access to a comprehensive data bank and can provide nationwide referral and resource information.

The volume of calls clearly demonstrates the need for such a service, says Scacco, adding, "Quite a few of the calls we receive are from people who may not be ready to make a commitment to a counseling program, because of financial or other considerations. The crisis line is invaluable for them."

The crisis line can address a range of issues. These include:

- advice to parents on dealing with runaway children;
- marital or relationship problems;
- sexual assault;
- family conflict or domestic violence;
- depression;
- alcohol or other substance abuse; and
- suicide.

Square dance club seeks participants

The Spares Sunday Evening Club will host a square dance and meeting Sunday, Sept. 23, at the American Legion Post, 6140 Dempster St., Morton Grove, at 7:30 p.m. Social hour 6:30 p.m. Free sandwiches served after meeting. Dancing to the music of Emil Bruni. For info, call (708) 695-5730.

SIZZLING SINGLES
Sizzling Singles welcomes you to a gala singles party (25+) every Sunday at Private Eyes, Deerfield Hyatt, Lake-Cook Road, Deerfield, 7 p.m., \$6 includes scrumptious buffet! Proper attire requested. Where north shore singles meet! Info - 945-3400.

First two lessons are free.

Government checks must be cashed in 1 year

If you still have an old refund check on hand, it's best to cash it quickly. After Sept. 30, you will no longer be able to cash a check that was issued over one year ago.

The Competitive Equity Banking Act of 1987 has sharply reduced the time for cashing checks, initiating claims and replacing government checks. Its provisions became effective on Oct. 1, 1989.

The Act now requires individuals who received refund checks after that date to cash them within 12 months after the date of issuance.

All checks issued before the effective date of the new law (Oct. 1, 1989) must be cashed by Sept. 30, 1990. This means that a check issued July 1, 1989 must be cashed before the end of this month.

The new rules affect all U.S. government checks, not just tax refunds.

Singles Scene

SEPTEMBER 21 & 22 ST. PETER'S SINGLES

St. Peter's Singles 32nd Anniversary Dance, Friday, Sept. 21, 9 p.m. Aqua Bella Banquet Hall, 3630 N. Harlem Ave., \$5. Two bands, two halls. (312) 334-2589, and Sat., Sept. 22, 9 p.m. at St. Emily Hall, 1400 E. Central Rd., Mt. Prospect. \$5. Includes drinks and late buffet.

COMBINED CLUB SINGLES DANCE

All singles are invited to the Combined Club Singles Dance with the live music of Music Makers at 8:30 p.m. on Saturday, Sept. 22, at the Oakbrook Terrace Holiday Inn, 17 W. 350 22nd St., Oakbrook Terrace. The Dance is co-sponsored by the Northwest Singles Association, Young Suburban Singles, and Singles & Company. Admission will be \$7. For more information call (312) 725-3300.

SEPTEMBER 23 MIDWEST SINGLES ASSOCIATION

The Midwest Singles Association invites all singles to an open dance party with DJ music at 7 p.m. on Sunday, Sept. 23, at the Stouffer Itasca Hotel, 400 Park Boulevard, Itasca. Admission is \$5. For more information, call (312) 282-0600.

SINGLE ADULT MINISTRY

Single Adult Ministry plans a road rally for 3 p.m., Sunday, Sept. 23. Meet in the east parking lot of St. Peter Lutheran Church, 111 W. Olive, Arlington Hts. You will leave in groups going along a predetermined route, finding clues and answers to questions. The route will end at a cook-out. Cost of food to be shared. For more information, call (708) 392-7680 or (708) 202-0813.

THE SPARES SUNDAY EVENING CLUB

The Spares Sunday Evening Club will host a square dance and meeting Sunday, Sept. 23, at the American Legion Post, 6140 Dempster St., Morton Grove, at 7:30 p.m. Social hour 6:30 p.m. Free sandwiches served after meeting. Dancing to the music of Emil Bruni. For info, call (708) 695-5730.

SEPTEMBER 28 AWARE SINGLES DANCE

The Aware Singles Group and the Chicagoland Singles Association invite all singles to a joint singles dance with the live music of Pursuit at 8:30 p.m. on Friday, Sept. 28, at the Stouffer Oak Brook Hotel, 2100 Spring Road, Oak Brook. Admission is \$7 for non-members. For more information, call Aware at (312) 777-1005.

CATHOLIC ALUMNI SINGLES

All single young adults, ages 21-38, are welcome at a dance sponsored by the Catholic Alumni Club at 9 p.m., Friday, Sept. 28, at the O'Hare Marriott Hotel, 8535 W. Higgins Rd. (by Cumberland Ave. and the Kennedy Expy.), in Chicago. Non-member admission is \$6. The band is "Dynasty." For more information, and a free C.A.C. newsletter, call (312) 726-0735.

SINGLE PROFESSIONAL SOCIETY

S.P.S. will hold an "Autumn Breezes" dance on Friday, Sept. 28, beginning at 8:30 p.m. at the Glen Ellyn Holiday Inn, Finley and Roosevelt Roads. DJ Golly will provide the music. Admission is \$7 for non-members. For more information about this and other S.P.S. events, call the HOT-LINE at (708) 260-1835.

SEPTEMBER 26 A.G. BETH ISRAEL SINGLES

A.G. Beth Israel Singles meeting Wednesday, Sept. 26, 8 p.m. at the synagogue, 3635 W. Devon Ave. Speaker David Gilbert from the independent accountants association of Illinois on the topic "latest changes in the tax laws". Donation \$3, including refreshments. A social hour will follow the program. For information call (312) 549-3910.

SINGLE PROFESSIONAL SOCIETY

S.P.S.s "Midweek Gang" will meet Wednesday, Sept. 26, at Braxton's Seafood in Oakbrook from 5:45 - 8 p.m. for eating and socializing. Dancing generally begins around 8 p.m., so consider staying awhile to dance. For more information about this event, call Trish (690-9034) or Jim (961-5750).

THE NEW EXECUTIVE EXCHANGE

ENS Productions - New Places, New Faces, Catch A Rising Star Comedy Club & Lounge - Downtown Hyatt Regency Hotel, beginning Wednesday, Sept. 26, 5 to 8 p.m. and every Wednesday thereafter. Meet newest and nicest business people & professionals - great music/munchies. Complimentary parking Hyatt Garage (\$8 value); stay on for 8:30 p.m. Comedy Show at no charge (\$8 value). For the over 30 crowd. All this for \$10. Call (312) 477-3100 or (312) 565-4242 for info.

NORTH SHORE JEWISH SINGLES

On Wednesday, Sept. 26 at 7:30 p.m. the N.S.J.S. will meet at Congregation Beth Hillel, 3220 Big Tree Lane in Wilmette. Refreshments and socializing will follow the program. The cost will be \$2 for members and \$3 for non-members. So bring your friends and attend this informative evening. For information call Dahlia (312) 764-3063.

SEPTEMBER 28 AWARE SINGLES DANCE

The Aware Singles Group and the Chicagoland Singles Association invite all singles to a joint singles dance with the live music of Pursuit at 8:30 p.m. on Friday, Sept. 28, at the Stouffer Oak Brook Hotel, 2100 Spring Road, Oak Brook. Admission is \$7 for non-members. For more information, call Aware at (312) 777-1005.

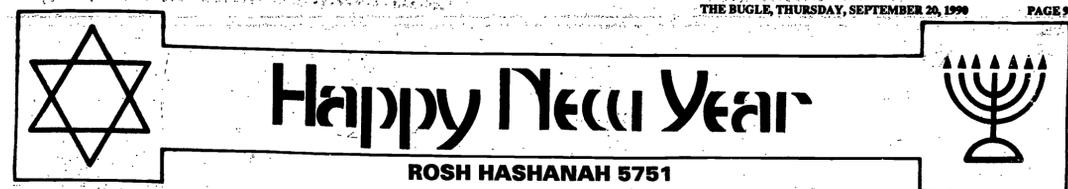
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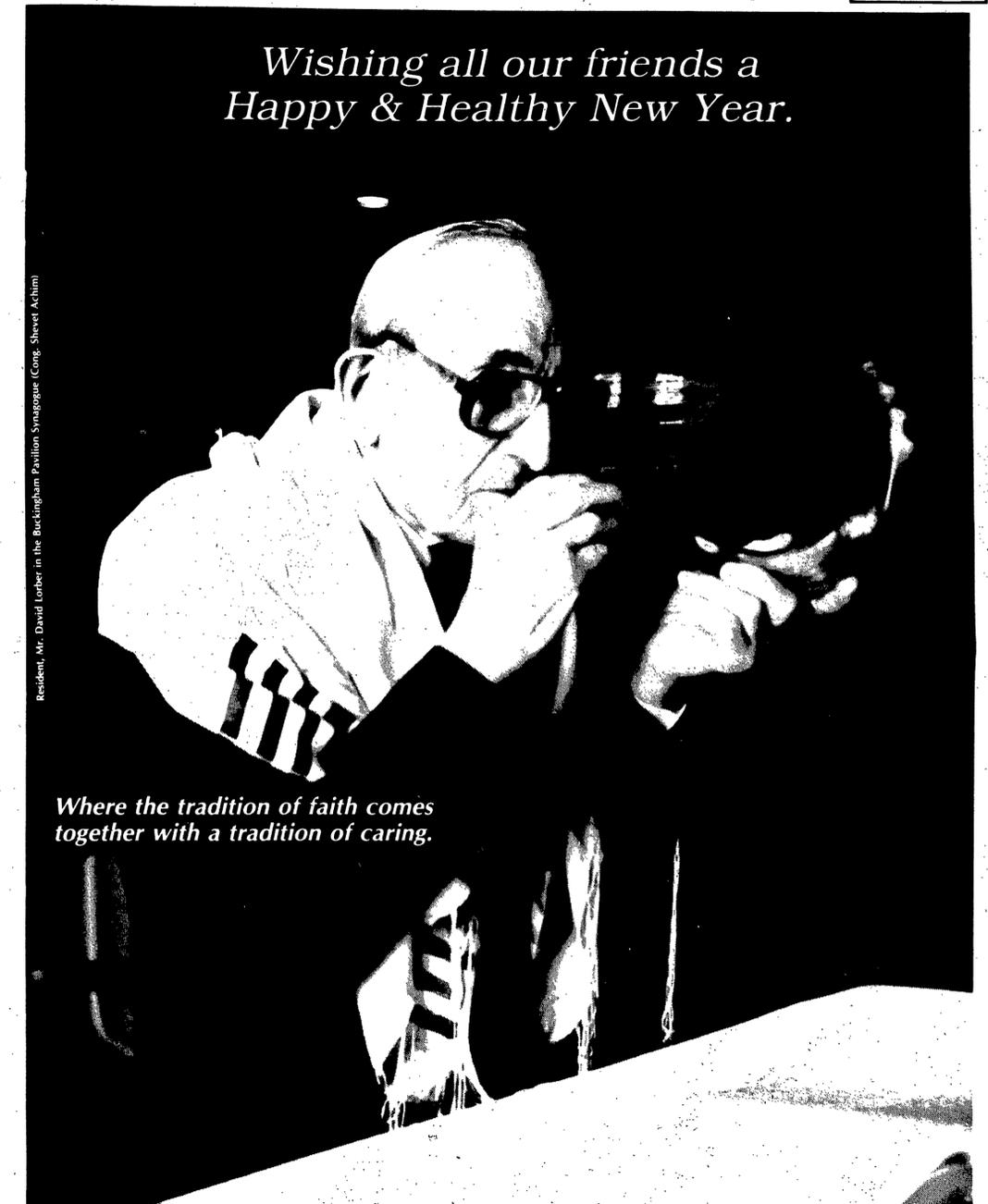
THE SINGLES SCENE



Happy New Year

ROSH HASHANAH 5751

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Resident, Mr. David Lorber in the Buckingham Pavilion Synagogue (Cong. Shirev Achim)

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