

REC'D OCT 20 1994

Parishes to form human food chain

By Tracey Berk

Three Niles parishes and local students will form a human food chain on Oct. 22 in an effort to lend some hands to treat those in need.

St. John Brebeuf, St. Isaac Jogues and Our Lady of Ransom parishes will be hosting a non-perishable food drive at each site from 9-10 a.m. Saturday.

The event will then move to

Our Lady of Ransom where junior and senior high school students and all other participants will form a human food chain along the block of Greenwood Avenue.

The food will be passed down one-by-one, hand-to-hand, to the Maine Township Emergency Food Pantry truck.

"We are taking an ordinary

event and putting some symbolism in it," said St. John Brebeuf Youth Minister Colleen Clement.

"This is more than just dropping stuff off. We want to make people know that they can lend a hand. That they can make a difference."

After the participants "treat" the needy, the group will find "tricks" at Great America during its annual Fright Night.

Study shows Town Hall space inadequate

By Tracey Berk

The Maine Township Town Board agreed to accept a study on Town Hall space needs and learned that it needs almost three times as much office space than currently available.

The Board agreed to the study on Oct. 11, as prepared by space planner Walter H. Sobel and As-

sociates, who was contracted after Park Ridge turned down a proposal in March for a \$1.2 million addition to Town Hall, 1700 Ballard Road.

Sobel assessed the space needs of the building based on evaluations of the current office layout, Continued on Page 35

Niles

edition of

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From the Left Hand

by Bud Besser

Buglebits.....

Last week we wrote "a 70-year-old lady with thin, red-tinted hair covering a balding scalp" was at the front of the line waiting to enter the new Nordstrom's store at Old Orchard Shopping Center. Thursday afternoon a Nilesite called us to object to the description of the woman.

We would like the anonymous caller to know that it was written by a man three months away from 70-years-old who has a balding scalp, thinly camouflaged by strands of brown and grey hair.

Several years ago the owners of Jerry's Fruit Market were making a presentation before a Niles public body. We described the store owners as a stylish couple, elegantly dressed by Lord and Taylor. We added the audience included neighbors of Jerry's whom we referred to as the "polyester crowd." Before the mailman got off their front porches, The Bugle phone lines were ringing from residents who objected to our put down of the "polyester group." We thought we were being funny. We realized we were being "bonehead funny."

Sunday morning we heard former Education Secretary William Bennett remark on television, "In Chicago, Catholic schools are going out of business." In Niles, that Continued on Page 35

District 63 Schools to get custom built doors

East Maine School District 63 is replacing the exterior doors on all of its schools and its board of education approved a progress payment to the contractor Oct. 11.

The payment, in the amount of \$91,516, was to R.F. Ridolfi and Company of Lake Villa for the project Director of Operations Jim Reynolds said would require more than 100 custom built doors.

Reynolds said that the doors have been installed at Washington, Melzer and Nelson Schools, and only the painting remains on those projects. Work on those schools began in September when the contractor received the

custom built doors, frames and other materials.

The door replacement schedule hits Mark Twain School next, followed by Apollo and Gemini Schools.

Completion of the work at each school, Reynolds is based on the contractor installing at least one set of doors and frames per day. Washington and Melzer Schools are the smallest projects with 12 doors each, and Gemini is the largest with between 34 and 36 doors.

If all of the schools are not completed prior to the Thanksgiving break, Reynolds work crews will continue through the Continued on Page 35

Broadcaster opens year with Woman's Club



Harry Volkman was the guest speaker as The Woman's Club of Niles (10th District, IFWC, GFWC) opened their club year on Sept. 28 at the Trident Center. More than 60 members and their guests were entertained as Volkman reminisced about his 40 plus years of broadcasting. Gerri Mugnola presented him with his customary boutonniere and he shared anecdotes about local celebrities, told some of his own mild adventures, generously answered questions from the audience and visited with members after his presentation.

Standing with Harry Volkman are (from left) immediate past President Marjorie Pierski, Program Chair Gerri Mugnola, and President Nancy Niemoth.

Estranged husband kills himself after shooting wife, boyfriend

Three dead in Skokie shooting

By Tracey Berk

The Village of Skokie experienced its first murder in two years when a 28-year-old Park City man killed his estranged wife and her companion, then turned the gun on himself outside a popular Skokie restaurant Oct. 16.

Police said Vincent Languido was distraught over the breakup of his marriage and planned an attack on his 21-year-old estranged wife, Serena. He went inside Great Godfrey Daniels restaurant, 10027 Skokie Blvd., around 4 p.m., where she was scheduled to begin her waitress shift, then went outside to find her pulling into the parking lot with her 25-year-old boyfriend, Christopher Latimer.

Armed with a .380-caliber semi-automatic, Languido first shot Latimer in the stomach, then

turned the gun on Serena and shot her two times.

He then pointed the gun to the right side of his head and shot himself.

Vincent Languido was pronounced dead at Rush North Shore Medical Center in Skokie at 4:33 p.m. by Dr. Charles Collins. The two victims were taken to Evanston Hospital.

Serena Languido died of head and stomach wounds soon after at Evanston Hospital. Latimer, who attended Evanston Township High School, was in critical condition and underwent surgery throughout the night. He died at 4:20 a.m. Monday morning.

According to Skokie police, Skokie Fire Ambulance personnel found four pieces of paper in Vincent Languido's right front pocket. One of the notes was addressed to "All people", one was directed to "Serena" and a two-page letter was written for "Dearest Mommy & Papa".

According to a Lake County Court spokesman, Serena Languido filed an emergency order of protection against her husband in July, claiming her husband choked and threatened her, but had the order annulled in August for unknown reasons.

Vincent still faced criminal charges of domestic battery and disorderly conduct from the incident, and was scheduled to appear in court Nov. 3.

According to Officer Jim Chwalisz of the Skokie Police Department, the last murder in Skokie occurred exactly two years ago this month, when a man was found shot twice in the head while sitting in a car on Gross Point Road. Chwalisz said that case was never solved.

"As far as we are concerned, (the Languido case) is a closed case," Chwalisz said. "We have two homicides and a suicide. And the one who committed suicide also committed the murders."

"This was an unfortunate case of a domestic dispute."

S.I.J. 55 Plus Club notes

The newly elected officers will be installed at the January, 1995 Business meeting.

It would be hard not to notice the change taking place, leaves turning beautiful colors, weather getting colder and getting darker much earlier, even our parking lot getting a new face. All these changes are necessary and we will soon get adjusted to them. So put on a happy face and smile, smile, smile.

Our Oct. 13 meeting was very well attended and many events were discussed. It was good to see some of our sick people back and off the sick list. Marie Montalbano, Adeline Daniels, and Josephine and Vincent Terranova.

Fran and Gil Kaitis recently came back from a European tour, they visited Germany, Switzerland, and Austria. Fran's memorable moment was dancing in Vienna on their 54th Anniversary. Gil was taking pictures in Heidelberg at the same spot he took pictures in 1946 when he was in the service. Gil and Fran

enjoyed celebrating October Fest in a Bavarian beer hall in Munich. Gil is also the photographer for the S.I.J. 55 Plus Club and has been taking pictures of the Club's events for 15 years. Thanks Gil.

On Oct. 27 we 'Wich' you to come to the Halloween Luncheon. Chief Witches Bernice Tegeler and her committee are planning a good time for all. We'll provide the treats and also the tricks to make a fun day for you. There will be prizes and some surprises in store for you.

Due to Thanksgiving, our meetings for November will be Nov. 3 for our business meeting and Nov. 17 for our Social meeting.

Happy Birthday and Anniversaries to all celebrating this month. May all our sick receive comfort and healing through our prayers and may all our deceased rest in peace.

The club members extend our sympathy to Marie Araszewski and family on the death of her son John.

Niles Grandmothers attend Hawaii convention

Niles Grandmothers attending The National Federation of Grandmothers Convention being held in Honolulu, HI, Oct. 7 are Geri Sypniewski, Geraldine Palacano, and Evelyn Wiegus.

They will return in time for their meeting Wednesday, Oct. 26 at the Niles Rec Center at 11 a.m. We will serve a lite lunch.

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Speaker will be:

Chester M. Przybylo
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6960 W. OAKTON, NILES
11:00 A.M. and 7:00 P.M.
Call (708) 967-8554 Reservations Only

Home hosts senior event

Seniors are invited to St. Andrew Home at 2 p.m. on Thursday, Oct. 20 for a delightful afternoon. Entertainment will be provided by Shirl Lorraine conducting a Sing-Along-Let Me Call You Sweetheart.

This is one of a series of events to be held at St. Andrew Home, 7000 N. Newark, Niles, as part of their Community Partners Program. To make a reservation, call Geri at (312) 631-4346. Admission is free.

Learn about heart failure

Heart failure is the nation's most common reason for hospitalization, with more than two million hospital admissions annually. Three to five million Americans are now living with heart failure and 700,000 new patients are diagnosed each year.

Holy Family Medical Center and Rush-Presbyterian-St. Luke's Medical Center will sponsor a free heart failure community lecture on Tuesday, Oct. 25 from 7:30 to 9 p.m. in Holy Family's Auditorium at 100 N. River Rd., Des Plaines.

Guest speakers for the lecture include: Maria Rosa Costanzo, MD, a renowned cardiologist and medical director of the Heart Failure and Cardiac Transplant Program at the Rush Heart Institute; Philip B. Krause, associate medical director of the Rush Heart Institute at Holy Family Medical Center; William Piccione, MD, surgical director of the Heart Failure and Cardiac Transplant Program at the Rush Heart Institute; Steven Hersh, MD, medical director of Cardiac Cath Lab at Holy Family Medical Center; Paul Berman, exercise physiologist at Holy Family Medical Center; and Andrea Domas, RD, registered dietitian at Rush-Presbyterian-St. Luke's Medical Center.

Heart failure occurs when the heart's ability to pump blood is reduced and adequate circulation cannot be maintained. The most common cause of heart failure is coronary artery disease in which the heart's blood vessels are blocked. Other causes include weakness of the heart muscle (cardiomyopathy), high blood pressure and a variety of other, less common, heart diseases.

To register, or for more information on the heart failure program, call MedConnection at (708) 297-1800, ext. 1110.

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DRIVERS... WATCH OUT FOR CHILDREN!

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Bob Besser
Editor and Publisher

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Niles Senior Citizens 967-6100 ext. 376

VOLUNTEER NURSES NEEDED AT SENIOR CENTER
The Niles Senior Center is looking for volunteer nurses to help at the monthly blood pressure screening program held at the center, 8050 Oakton, Niles. If you are interested in this type of community service, contact Terry Sprengel, RN, BSN at 967-6100, ext. 376.

CARBON MONOXIDE VOLUNTEERS NEEDED
The Senior Center is looking for volunteers to help with the carbon monoxide program. If you or someone you know are interested in helping with the scheduling of carbon monoxide inspections, please call the center. Your participation in this program would be most welcomed!

STAMP CLUB
The Stamp Club is currently looking for new members. See Mary Oleksy if interested.

YARN NEEDED
If you have any left-over yarn, please bring it to the senior center. Lap robes are made for veterans from your generous donations. Also, volunteers are needed to crochet and/or sew lap robes or slippers. If interested please call Mary V.

FLU SHOT INFORMATION
Appointments can now be made for the last flu shot date which is Wednesday, Nov. 2 between 9:30 a.m. and noon and 1:30 p.m. to 4:30 p.m. Shots are available by appointment only for Niles residents 65 and older or with chronic illnesses. Shots can also be given to homebound seniors by appointment. Contact Terry Sprengel RN BSN.

WILL APPOINTMENTS AVAILABLE
Will appointments are available on Friday, Oct. 14. Call for information and eligibility.

MEN'S CLUB GOLF BANQUET
Men's Club Golf Banquet is set for Thursday, Oct. 20 at 11 a.m. at Lone Tree Restaurant. The cost is \$10. The last day to register is Oct. 13.

WOMEN'S CLUB OKTOBERFEST
Women's Club Oktoberfest "Roll Out The Barrel" on Monday, Oct. 24 at noon. Luncheon menu - roast pork with gravy, bread dumplings, Bavarian green beans, sauerkraut, German chocolate cake, Freddie Fisher Orchestra will perform. The cost is \$5.75 per person.

WOMEN'S CLUB OCTOBER MEETING CANCELLED
There will be no Women's Club meeting in October due to the Oktoberfest party.

MEN'S CLUB HOLIDAY PARTY TICKETS ON SALE
Starting on Monday, Oct. 24 tickets will be available for the Men's Club Holiday Party to non-Men's Club members on Friday, Dec. 2 at the White Eagle. Prices are \$16.50 for chicken or \$17.50 for beef or fish, individually served, not "family" style. Reserved tables of 10 may now be made.

MEDICARE AND SUPPLEMENTAL INSURANCE APPOINTMENTS
Medicare and supplemental insurance appointments are on Wednesday, Oct. 26. Representatives from Banker's Life Insurance Co. are available on an individual basis by appointment.

NEWCOMER'S PRESENTATION
The Senior Center will be hosting a Newcomer's Presentation on Friday, Oct. 28 at 2 p.m. Information on senior services will be presented to all new registrants of the senior center. Sign up now and learn all about our services and programs.

PUMPKIN PAINTING CONTEST
A pumpkin painting contest will be held on Friday, Oct. 28 from 2 p.m. to 4 p.m. Cost (for supplies) is \$3. Registration limited. Prizes will be awarded. Judging will be held at the Halloween Party on Oct. 31.

HALLOWEEN PARTY
The Halloween Party is on Monday, Oct. 31 at 2 p.m. The party will feature a pumpkin painting contest, tricks and treats, costume contest and magic show. Costumes are not necessary. The cost is \$3.

ARTS & CRAFTS FAIR
The annual Arts & Crafts Fair will be held on Friday, Nov. 4 from 10 a.m. to 2 p.m. Purchase all of your "holiday" gift items at this time. No charge for attendance but a hot dog lunch will be available for \$1. Senior vendors are encouraged to participate. Contact Mary Oleksy if interested in being a vendor.

WOMEN'S EXERCISE PROGRAM
Women! Are you ready to get in shape and reap the benefits of good health? If interested see Mary Oleksy for information. We are looking to start a bi-weekly class.

MEALS ON WHEELS
The Niles Senior Center in conjunction with the Bethany Terrace Nursing Home offers Meals on Wheels daily to Niles Residents 62 and over and their younger spouses. The meals can be prepared for special diets and are delivered between 11:30 a.m. - 12:30 p.m. There is a charge and depending on whether or not we have a waiting list, there may be a limit as to how long we can provide the meals. Call Mary Oleksy if you are interested or have a family member needing meals.

VOLUNTEERS NEEDED
Volunteers are needed to assist at the monthly ticket sales and also to assist with the flu shot program. Please call the senior center if interested.

Edison students learn argiculture



Niles West science teacher Wayne Rogoski introduces students from a class at Edison Elementary School to the mysteries of the prairie during a recent tour of the Niles West Prairie Restoration Project. This small plot of land near the school's driving range is maintained by Rogoski and others to better understand the original ecology of the area to teach students of all ages what the Illinois landscape was like hundreds of years ago.

Car dealership cleans high school theater

On Sunday, Oct. 23, thanks in part to the helping hands of volunteers from the Walton Chrysler Plymouth dealership in Skokie, the Niles West theater department should have a new look when the Walton volunteers and the Niles West theater team roll up their sleeves and clean.

While this may not appear to be a massive undertaking, years of accumulated theater paraphernalia have created a situation whereby cleaning crew reinforcements needed to be enlisted.

The employees of Walton Chrysler Plymouth volunteered to assist the school under the corporation's "Involved to Solve" project. This program urges local Chrysler dealerships to become physically involved in solving community issues or problems rather than simply offering monetary or product donations.

"We wanted to do something to help a cross section of the community," said John Sagat, President of Walton Chrysler Plymouth. "We didn't want to just give money-that's impersonal. We felt if we could give our time we could make a real difference."

The dealership plans to have 10-15 volunteers assisting approximately 15 students, parents and teachers in the clean-up. The event is scheduled to begin at 10

Lincolnwood mall hosts safety program

Lincolnwood Town Center, one of 67 Simon Property Group malls participating in Crime Prevention Month, will hold a safety awareness program on Saturday, Oct. 29, from 10 a.m. to 6 p.m. and on Sunday, Oct. 30 from 11 a.m. to 6 p.m. A variety of events and activities will occur throughout the course of the weekend during mall hours, unless specified, including:

- The Electric Village - miniature house wired with electricity to teach home safety habits, sponsored by Commonwealth Edison. (Presentations at 1 and 2:30 p.m., Saturday and Sunday).
- Free identification kits for children - kits include a photo of child, height, weight, finger prints and other information, conducted by the Skokie Explorers group.
- Bicycle safety course - bicycle safety course and tips conducted by the Lincolnwood Police Department, sponsored by the Secretary of State's Office, in the Town Center parking lot. Bikes will be provided for the safety course by a local bike shop or kids may bring their own bikes for a safety inspection.
- 911 practice call board - fire fighters role play 911 calls with kids. Feedback and information regarding first aid and what to do while waiting for help, provided by Lincolnwood Fire Department.
- Imagination Theater presents

Maine Township to collect recyclables

Maine Township will collect recyclable items from 8 a.m. to noon Saturday, Oct. 22, in the parking lot at Maine Township Town Hall, 1700 Ballard Rd., Park Ridge.

Plastic soda, milk and water containers will be accepted. All caps and rings must be removed. Other items that may be recycled include newspapers; magazines and catalogs; corrugated cardboard; aluminum and metal cans; and green, brown and clear bottles and jars. All items should be sorted.

Glass and metal containers should be thoroughly rinsed, and lids, tops and rings should be removed. Labels also should be removed from cans. Newspapers, magazines, catalogs and cardboard must be bundled separately and tied with string.

Maine Township's recycling program is aimed at providing a convenient recycling site for residents who do not have curbside recycling, and for those who wish to recycle acceptable items that are not collected by their local waste haulers. Collection is held on the fourth Saturday of every month, except during holidays.

For more information on the township's recycling program, call 297-2510.

Nature Conservancy honors Sears for conservation efforts



Bruce Boyd (left), Director of the Illinois chapter of The Nature Conservancy, presents Daniel J. Garrison, Vice President of Sears, Roebuck and Co., with its first "Corporate Responsibility in Conservation" award at the Sept. 10 "Polo for the Prairie" benefit at the Oak Brook Polo Club. More than \$55,000 was raised for the Conservancy chapter. The non-profit organization has protected more than 8 million acres of ecologically significant land in the U.S. and in Canada.

Forest Preserves becomes Rainbow of Colors

In a matter of weeks, the lush green Cook County Forest Preserve District will be transformed into a rainbow of color as the more than 75 species of trees begin to turn from green to gold, and red to orange. Once the leaves start to change, people should waste no time in getting to their local Forest Preserve to observe the beauty of fall because it is short-lived.

"The best fall beauty is within the Cook County Forest Preserve," said Cook County President Richard Phelan. "The bicycle, hiking and horseback trails make it easy for people to experience this once-a-year event. The Forest Preserves are so accessible throughout the county that people can be submerged in a world of autumn leaves without having to travel far."

According to Richard Phelan and the Forest Preserves, the best way to chief forest, there is no way to exactly predict when the leaves will begin to change colors. The

peak time is generally the second or third week in October. Anything more specific than that is merely a guessing game," he said. "However, certain weather factors can slow or speed up color change."

"Nevertheless, fall leaves are usually quite a sight," said Newhard.

"There are so many wonderful areas in the Forest Preserve to see the fall leaves," Phelan said. "It is a wonderful way to spend an afternoon with friends or family. Everyone should take advantage of this wonderful season and visit the Forest Preserve and its six nature centers."

For more information on specific areas to view the leaves, contact the Forest Preserve District's Forestry Department at (708) 771-1180.

USE THE BUGLE

City offers free flu shots for seniors

In light of the approaching flu season, the Chicago Department on Aging in conjunction with the Department of Health will offer free flu shots for Chicago residents age 60 and older. Chicago Department on Aging Commissioner Donald R. Smith strongly urges senior citizens to get their flu shots immediately, in order to maximize their protection against influenza-related complications.

According to health statistics, flu viruses have claimed the lives of over a half million people in the United States during the past 20 years. The flu virus can result in pneumonia, which poses the largest threat to the elderly and persons with chronic lung and heart problems.

Senior Holiday Sale approaching

Are you looking for a unique gift lovingly designed with experience, talented hands? Shop at the Northbrook Park District Senior Center Holiday Sale on Friday, Nov. 18. Doors open from 9 a.m. to noon at 3323 Walters Ave.

A wonderful assortment of holiday gifts will be offered at this sale, created by the Senior Sewing and Crafts groups. Unusual quilts, jewelry, dolls, floral arrangements and hand painted clothing are some of the items on display. For those who wish to stay, the Senior Center will sponsor a Thanksgiving Banquet following the sale.

For more information, call the Senior Center office at 291-2988.

SJB Holiday Bazaar set

On Sunday, Oct. 23, St. John Brebeuf Catholic Women's Club will host its 25th annual Holiday Bazaar from 8 a.m. to 3 p.m. in the SJB gym and parish hall, 8301 North Harlem, Niles.

The Bazaar will feature a wide variety of seasonal and year-round handmade items created by individual crafters. The bake table will have available a tempting selection of cakes, cookies, jams and jellies. Shoppers can relax and enjoy a snack or lunch. Special raffish will be held throughout the day. There is a 50 cent adult admission.

Prime Timers to meet

The North Shore Prime Timers will hold their General Membership Meeting on Oct. 20, at 7 p.m. at the Morton Grove Public Library, 6140 Lincoln Avenue, Morton Grove.

Humorist/speaker Jim Berry will entertain with wit and humor. Jim's humor is distinctive. He delivers one-liners one after another and mixes in a lot of "down-home" humor.

Township seeks volunteers for Assistance Office

As the holidays approach, volunteers will be needed more than ever at Maine Township's General Assistance Department.

Every year, volunteers help pack hundreds of holiday food baskets for needy residents in the township. Volunteers also offer support in many other areas of the department.

For more information, or to volunteer, contact Marsha Warwick, Director of General Assistance, at 297-2510, ext. 236.



Morton Grove Senior Citizens 470-5223

MORTON GROVE HOMECARE SERVICE

The Morton Grove Homecare Service is a new program offered by the Village of Morton Grove to residents age 60 and older who may need assistance with: preparing meals, laundry, light housekeeping, loneliness, bathing, or personal care. The amazing thing about this program is that all services are provided at no charge through the Visiting Nurse Association. To qualify a person must be a Morton Grove resident; be age 60+; demonstrate a need for home care due to medical reasons; and meet income and asset eligibility criteria. For more information contact Morton Grove's Flickinger Senior Center at 470-5246 today.

ENERGY ASSISTANCE

October is "Priority Month" for persons with disabilities and persons who are elderly, with the Coalition of Citizens With Disabilities in Illinois' Low Income Home Energy Assistance Program (LIHEAP). LIHEAP makes a one-time payment to the homeowner's utility company toward a bill or directly to the consumer if heat is part of a rent payment. The amount paid depends on the number of people in the household, the household's total income (\$767 monthly income for one person, \$1,025 for two, \$1,283 for three) and the type of energy used to heat the home. For more information call the Coalition at 1-800-433-8848.

FREE FLU SHOTS

For the first time this year, the Village will provide influenza immunizations at no cost to Medicare Part B patients. Any resident who possesses a red, white and blue Part B "Medical Insurance" card is eligible for the free shot. "Medical Insurance" card is eligible for the free shot. Any other resident wishing to be immunized but who is not a Medicare Part B patient must be over age 60 and must pay \$2.50 for the shot. It is strongly recommended that people who are over age 65 consider being immunized for influenza. Pneumonia immunizations provide lifelong immunity to the most common forms of pneumonia and will cost \$8. People who have already received this immunization do not need another one. Morton Grove seniors (age 60+) interested in a flu shot must have a reservation. Call the Senior Hot Line at 470-5223, Monday through Friday between 9 a.m. and noon. It is important to make a reservation and it is also important to bring in your "Medical Insurance" card in order to receive the shot free. Immunization Clinic dates and times in the Flickinger Senior Center are as follows: • Saturday, Oct. 22 - 9 a.m. to noon. • Tuesday, Nov. 1 - 1 to 4 p.m.

DIABETES SCREENING

Non-insulin-dependent diabetes usually occurs in adults over age 40. It is usually gradual in onset. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin; slow healing of cuts and bruises; and drowsiness. Free diabetes screenings are available from 9 to 10 a.m. on Tuesday, Oct. 25 in the Flickinger Senior Center. People coming in for the screening should fast from the evening meal of the night before.

55 ALIVE/MATURE DRIVING

"55 Alive/Mature Driving" is a refresher course for older drivers to improve their driving skills and become eligible for a discount on their auto insurance. A course is offered from 9 a.m. to 1 p.m. on Monday, Oct. 24 and Tuesday, Oct. 25 in the Flickinger Senior Center in Morton Grove. Call the Senior Hot Line at 470-5223 for a reservation.

GOLF MILL

The Morton Grove Senior Center will be making a special trip to Golf Mill Mall on Wednesday, Oct. 26. The trip is free for all Morton Grove residents over age 55 and departure times are 9:30 and 10:30 a.m. For a reservation call the Morton Grove Senior Hot Line at 470-5223.

HOLIDAY DEPRESSION

Hear about developing coping strategies for the upcoming hectic holiday season. Diane Rodriguez, of Northwest Community Hospital has 12 years of experience in mental health nursing with five additional years in social work. Ms. Rodriguez will speak to seniors beginning at noon on Thursday, Nov. 10 in the board room at Prairie View Community Center, 6834 Dempster Street in Morton Grove. Bring your lunch; coffee and dessert will be provided. For details call Laurel Letwat, RN, BA at 470-5246.

A POTPOURRI OF MUSIC & FOOD

Classical or country music, bluegrass, Beatles, boogie or Beethoven - seniors can have it all by spending a day at the Rosewood West in Crestwood. A melodic combination of pop and light classical numbers, show tunes and honored favorites performed by Franz Benteler and the Royal Strings Plus Cal Starr & The Kentucky Troubadours. A highlight will be Mr. Benteler's fascinating demonstration of the Stradivarius violin. A festive holiday meal of roast turkey with dressing will round out this wonderfully unique day. Seniors will leave on this day trip at 10 a.m. on Wednesday, Nov. 16 from the Prairie View Community Center and return at approximately 5 p.m. The cost is \$40 for residents and \$44 for non-residents. Register at Prairie View by Nov. 1, or for more information call Catherine Dean at 965-7447.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at (708) 470-5223, or the Prairie View Community Center at (708) 965-7447. To receive the "Seniors in Morton Grove" newsletter, send \$2.50 to the Morton Grove Park District, 6834 Dempster Street, Morton Grove, IL 60053.

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Church & Temple News

Chancellor opens season of Chicago Study Group

Dr. Ismar Schorsch, Chancellor of The Jewish Theological Summary of America, will be the guest scholar for the opening session of The Chicago Study Group scheduled for Monday, Oct. 24. Dr. Schorsch will speak on "The Sacred Cluster: The Core Values of Conservative Judaism."

Now entering its seventh year, the sessions bring together selected communal leaders and distinguished faculty and alumni of the Seminary to explore important issues from a Jewish perspective.

The Chicago Study Group is chaired by Phyllis Neuman, active communal leader. The group is viewed as the premier study group in the country and serves as a role model for others to emulate. It has been greatly received and continues to attract lay leadership who are eager to learn more and become involved in the activities of the Seminary.

For further information, call (312) 606-9086.



Dr. Ismar Schorsch

Chinese auction scheduled at meeting

NA'AMAT USA-Toiadah club will be holding a general meeting Oct. 26 at 466 Central Ave. Northfield. Members come from North Chicago and the near north suburbs. The public is welcome.

If you have any questions or are interested in attending, call (708) 676-0876. A Chinese Auction will be held.

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OBITUARIES

Stefanie Matecki

Stefanie Matecki, 81, of Niles, died on Sept. 29. Mrs. Matecki was born Aug. 6, 1913 in Poland. She was the wife of the late Michala, mother of Andrew (Rita) Matecki and Elizabeth (Adam) Zabielka, grandmother of Christopher (Dawn) Zabielka. Funeral services were held Oct. 3 at St. Hyacinth Church, Chicago. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery.

Jacques P. Naye

Jacques P. Naye, 75, of Niles, died on Oct. 1 at Resurrection Pavilion. Mr. Naye was born April 19, 1919 in France. He was the husband of Dolores, father of Paul (Marie) Naye, grandfather of Jennifer. Funeral services were held Oct. 5 at Our Lady of Ransom Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery.

Luise Bungard

Luise Bungard, 88, of Niles, died on Oct. 2. Mrs. Bungard was born on April 24, 1906 in Germany. She was the mother of Betty Bauris of Germany and friend of Anita Bauris of Elk Grove Village. Funeral services were held Oct. 5 at Skaja Terrace Funeral Home. Interment was in Montrose Cemetery, Chicago.

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Ada E. Askew

Ada E. Askew (nee Smith), 93, of Glenview, died Oct. 5 at Glenbrook Hospital, Glenview. Mrs. Askew is survived by her daughter, Amelia "Vicki" Arnow of Skokie, a son, Ralph "Bud" Askew of Arizona; ten grandchildren - and sixteen great-grandchildren. Interment was held at the Woodbury Forest Cemetery, Madill, Oklahoma on Oct. 8. Arrangements were made through Haben Funeral Home, Skokie.

Steve J. Rusin

Steve J. Rusin, 80, of Skokie, died on Oct. 7 at Rush North Shore Medical Center, Skokie. He served during WW II in the US Marine Corps. He is survived by his wife Violet, (nee Albert); a daughter, Lois (Gene) Augustine; three grandchildren; and a sister, Florence Wesoloski. Funeral Mass was held Oct. 10 at St. Lambert Church, Skokie. Entombment was at St. Adalbert Cemetery. Arrangements were made through Haben Funeral Home, Skokie.

David D. Lurie

David D. Lurie, 49, of Skokie, died on Oct. 5 at Rush North Shore Medical Center, Skokie. Mr. Lurie is survived by two sons, Gordon (Maria) of Romoville and Kenneth (Tamara) of Mt. Prospect, two grandsons and a dear friend, Bobbie McDaniel. Service and cremation were private. Arrangements were made through Haben Funeral Home, Skokie.

Theresia Gfesser

Theresia Gfesser, 89, of Niles, died on Sept. 27. Mrs. Gfesser was born Oct. 5, 1904 in Yugoslavia. She was the wife of the late George, Sr., mother of Lorenz (Martha) and the late George, Jr., grandmother of James (Pam), Bernard, Gregory and Erik, great-grandmother of Kevin and Daniel. Funeral services were held Sept. 30 at St. John Brebeuf Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in St. Joseph Cemetery, River Grove.

Beatrice A. Gadau

Beatrice A. Gadau (nee Duncan), 90, 56 year resident of Skokie, died Oct. 4 at Evanston Hospital. She is survived by her husband of 66 years, Harry L. Gadau; son, Lloyd D. (Barbara) Gadau, of Evanston; four grandchildren; and a sister, Ruth Gabel of Beloit, WI. Funeral services were private. Entombment was held at Memorial Park Cemetery, Skokie. Arrangements were made through Haben Funeral Home, Skokie.

Lee E. Elstrom

Lee E. Elstrom, 70, of Morton Grove, died on Oct. 7 at St. Joseph Hospital, Marshfield, WI. Mr. Elstrom served in the US Army during WW II. He was a member of the Skokie Post No. 320, American Legion. He is survived by his wife, Lois (nee Dofina), a daughter Sharon (David) Weber, a brother, Arland Elstrom and a sister, Doris Seboe. Funeral service was held Oct. 12 at St. Paul Lutheran Church, Skokie. Interment with military honors was held at Memorial Park Cemetery, Skokie. Arrangements were made through Haben Funeral Home, Skokie.

Martha Margalski

Martha Margalski, 92, of Niles, died on Oct. 4 at Lutheran General Hospital. Mrs. Margalski was born April 24, 1902 in Nanticoke, Pennsylvania. She was the wife of the late Joseph C. Margalski, mother of Frank (Gloria) Margalski, Helen (Bob) Kostello, Celia (George) Antol, Gene (Mary Ann), Joe, Jr. (Mary), Tom, the late Tony (late Mary) Margalski, and the late Theresa Waldin, Krueger (late Paul Waldin, 1st husband) (late Rich Krueger, 2nd husband). Funeral services were held Oct. 6 at St. Juliana Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Queen Of Heaven Mausoleum, Hillside.

Giant Fall Resale slated

Congregation B'nai Jehoshua Beth Elohim's Sisterhood, 901 Milwaukee Ave., Glenview, will hold its annual Giant Fall Resale on Sunday, Oct. 23, 9 a.m. to 4 p.m. and Monday, Oct. 24, 9 a.m. to 1 p.m. and 5 to 9 p.m. at the Temple.

Clothing, including a boutique featuring new and like-new items of excellent condition, books, small appliances and household items will be sold.

Merchandise to be donated may be brought to the Temple on Saturday, Oct. 22, from 2 to 4 p.m. Clothing must be on hangers. Youth Group members will be available to assist with carrying merchandise into the building. For further information, call 729-7575 between 9 a.m. and 5 p.m.

Bar Mitzvah Barak Berman

Barak Berman, son of Yaffa and Zvi Berman, was called to the Torah in honor of his becoming a Bar Mitzvah, Saturday, Oct. 1 at Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove.

An Open Letter to the Community:
A FRIEND, someone who cares about you and shows that care in words and actions. Over the past ten years, I've lived in Morton Grove and made many wonderful friends. I'd like to invite you to our church, a place to greet old friends, meet new ones and learn about the greatest friend of all, Jesus. Please join us for a Festival of Friendship service on October 23, because we care about you.
Pastor Dennis Kleist
Jerusalem Evangelical Lutheran Church
6218 Capulina Morton Grove
965-7340
October 23, 10:30 a.m.

Church & Temple News

Celebrate the Reformation

Niles Community Church, 7401 W. Oakton Street, invites you to worship on Sunday, Oct. 30, at 10 a.m. to celebrate the Reformation.

The next three sermons will be installments in A Primer for a Pilgrim Peoples, and will look at women in the Bible. The first sermon, "N is for Nobody" will deal with the Book of Ruth.

Our worship will resound with psalms and hymns written by the Reformers or from the traditions associated with the Reformation. As a Presbyterian Church (U.S.A.), Niles Community Church traces its roots back to the three historic watchwords of the Reformation: "Grace Alone, Faith Alone, and Scripture Alone." Pastor Boswell will be sharing their experiences from their Israel trip this past summer.

Sunday breakfast program continues

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove continues its Sunday Morning Breakfast Program on selected Sundays.

The next one will be Oct. 30 following the 9 a.m. Minyon. The program will feature a group of lawyers called the "Circuit Court Players." They feature parodies on politics.

Calling all crafters

The Washington School PTA is seeking a variety of crafters to sell their wares at its fall bazaar scheduled for 9 a.m. to 4 p.m. Saturday, Nov. 19. Cost to vendors is \$25.

For more information contact PTA co-president at 729-3036.

Festival of Friendship church service

Friendship makes a big difference in life, so Jerusalem Evangelical Lutheran Church invites you to attend "Festival of Friendship" service on Sunday, Oct. 23, at 10:30 a.m. The church is located at the corner of Capulina and Fernald in Morton Grove, one block south of Dempster.

The community is invited to attend this easy to follow service, especially those who have not been in church before, who are looking for a church home or who are new to the community. A nursery will be available. Coffee and refreshments will be served afterwards.

Family Entertainment Night

Jerusalem Evangelical Lutheran School, located at 6218 Capulina, Morton Grove, will hold its annual Family Entertainment Night on Oct. 21 at 7:30 p.m. in the auditorium.

Along with entertaining their families, the students will also present their science projects. There is no admission charge. The public is invited to attend this evening of music, comedy and surprises.

For more information, call the school at 965-4750.

Series finale

Niles Community Church, 7401 W. Oakton St., invites all to worship on Sunday, Oct. 23, at 10 a.m. On this day, Pastor Boswell will conclude his four sermon series on the Book of Job.

The sermon topic for this day is "Is That How It Ends?", and the scripture text is Job 42. You may wish to read the chapter of the book of Job before each Sunday so that you may be prepared to hear the Word.

Following worship each Sunday of the series, the Reverend Boswell welcomes everyone who is interested to Continue the Conversation, a forum of discussion of the themes presented in the sermons.

Shabbat service schedules

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, continues its Friday evening Shabbat services.

On Friday, Oct. 21, the service will begin at 8:15 p.m. Lisa Alter Krule will be honored on her appointment as Director of Chusy Region USY. NSJC welcomes Mona Benovitz, USY Youth Director, and her 1994-95 staff of Sharon Schneider and Billy Padnos. Rachel Bernstein and Brooke Weinstein of USY will be sharing their experiences from their Israel trip this past summer.

Services on Friday, Oct. 28, will begin at 6:30 p.m. Everyone is welcome.

Halloween Party

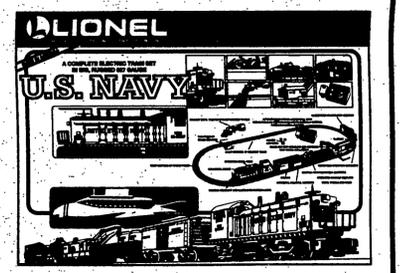
Niles Community Church, 7401 W. Oakton Street, invites you to attend this year's Halloween Party on Saturday, Oct. 29 from 11:30 a.m. to 2 p.m. in the Lee Ruhl Fellowship Hall. Parents as well as children are encouraged to come in costume.

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Health News

October(Health)Fest planned for D.P. workers

The Chicago Faucet Company has teamed with the Des Plaines Fire and Police departments, The American Red Cross and several health care providers to offer area workers the chance to get an easy health check-up. The event will take place Oct. 25 and 26 next to Chicago Faucets headquarters, 2100 Clearwater Drive (at Howard St.) in Des Plaines.

Healthcare professionals will be on hand to administer free and at-cost health exams to area workers. The schedule begins on Tuesday, Oct. 25 with a Police Safety Van from 7 a.m. to 3 p.m.; podiatrist foot exams from 9 to 11 a.m.; holiday fire safety from 9 a.m. to 3 p.m.; vision screening from 9 a.m. to 3:30 p.m.; body fat measuring and back screening from 10 a.m. to 3 p.m.; and TB testing from noon to 3 p.m.

On Wednesday, Oct. 26 there will be podiatrist foot exams, from 9 a.m. to noon; hearing tests, blood pressure screening, and cholesterol screening, from 9 a.m. to 3 p.m.; and diabetes testing from 10 a.m. to 2:30 p.m.

October(Health)Fest is open to all local area businesses and their employees. No appointments are necessary, simply bring proof of employment via a business card, stationary or company ID. The event area will be tented, therefore the event will proceed rain or shine. Coffee and doughnuts will be available in the morning and

Free adult health exams

The Cook County Department of Public Health's Mobile Adult Health Clinic, the Wellness on Wheels (WOW) van, is scheduled to visit the Arlington Heights CEDA Headstart, 1200 S. Dunton, on Tuesday, Oct. 25, from 8 a.m. to 11:30 a.m. Eligible suburban Cook County residents can receive employment physicals. Appointments can be made by calling the Cook County Department of Public Health at (708) 445-2530, 8:45 a.m. to 4:15 p.m., Monday through Friday.

"Furnished with state-of-the-art equipment, the Wellness on Wheels Van offers convenient access to health care services for suburban Cook County residents who might otherwise have difficulty obtaining them," according to Cook County Board President Richard J. Phelan.

Additional services offered through the WOW van include health counseling, tests for anemia and diabetes, blood pressure and cholesterol screening, tuberculosis (TB) testing, immunizations, urinalysis, self breast exam instruction, pelvic exams and pap smears for women, and prostate and testicular exams for men. If a health problem is found, the client is referred to available services for treatment. Some referral services are provided by the Cook County Department of Public Health and when necessary, clients are referred to other health care services in their area.

WOW services are available to suburban Cook County residents who qualify financially (i.e. school lunch, Women, Infants and Children(WIC)). Appointments are necessary and can be scheduled by calling (708) 445-2530, 8:45 a.m. to 4:15 p.m. Monday through Friday. At the time an appointment is scheduled, financial screening will be done. Persons needing accommodation for a disability should contact (708) 445-2530 or TDD for the hearing and speech impaired at (708) 445-2406.

Local merchants support Rainbow Hospice



A remote control T.V. is one of the donated raffle prizes from Malec & Sons Funeral Home at the Fifth Annual Rainbow Hospice Dinner Dinner Benefit on Oct. 21, at Allgauer's in Northbrook. Pictured are: (L to R), Tom Turkowski, Benefit Raffle Co-Chair of Malec & Sons Funeral Home; Carol Minarik, President/Executive Director, Rainbow Hospice, Inc.; and Wesley Stinich, Mgr., Malec & Sons Funeral Home.

The fifth annual Rainbow Hospice Dinner Dance Benefit will be Friday, Oct. 21, at Allgauer's on the Riverfront in Northbrook. The evening's festivities will include a silent auction, featuring both a baby grand and an upright piano from Blasco Musical Instrument Company as well as sports tickets and memorabilia, entertainment and dining certificates, collectibles, and other fabulous items.

Local merchants and friends of Rainbow Hospice have contributed to the raffle with a 14K gold double-link necklace from R.C. Wahl Jewelers in Des Plaines, a 19-inch remote control color television from Malec & Sons Funeral Home, and \$1,000 cash grand prize. The cocktail reception begins at 7; dinner at 8 and dancing at 9:30 p.m. Kent Wehman & Ensemble will provide the musical entertainment for the evening. The awarding of door prizes will

be the grand finale of the evening. If you would like an invitation, call Rainbow Hospice. The cost is \$50. Proceeds from this year's event will benefit Rainbow Hospice's Bereavement Center, which is a center established to assist individuals in dealing with issues of loss and life transition following a death. Many of the Center's services are available to the community at large, as well as families of Rainbow Hospice patients. The Benefit Committee is still accepting items for the silent auction - autographed celebrity items, professional services, special interest events, as well as all kinds of merchant products, antiques and collectibles. Anyone wishing to donate items for the event can drop them off at the Rainbow Hospice office at 1550 N. Northwest Highway in Park Ridge or contact Margaret Murtha at (708) 699-2000.

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Living with our losses

VITAS Innovative Hospice is facilitating a six-week grief support program entitled: "Living With Our Losses". This progressive series is based upon the videotape series produced by Dr. Howard Clinchell, Ph.D. Each of the six sessions will be held at the VITAS Hospice office located at 5215 Old Orchard Rd., Skokie, Suite 800. The sessions will be held on consecutive Thursday evenings beginning Oct. 27 and continuing through Thursday, Dec. 8. The sessions begin at 7

p.m. and conclude at 8:30 p.m. There is no charge to attend this program, however, participants are expected to attend all six sessions. The meetings will be facilitated by Rabbi David Weiss, hospice Chaplain and Barbara Dickhaus, hospice Social Worker. For more information or to register for this program, contact Jack Dohr, M.A., Manager of Bereavement Services at (708) 470-9193.

Three-part workshop series offered

The North Lakeside Cultural Center, 6219 N. Sheridan Rd. presents a series of Workshops on Healing, Trance States and Intuition. Part I - "Intuition" will take place Friday, Oct. 21, 7:30 - 9:30 p.m. and Saturday, Oct. 22, 11 a.m. to 4 p.m. Part II - "Trance States" will take place Friday, Nov. 11, 7:30 to 9:30 p.m. and Saturday, Nov. 12 from 11 a.m. to 4 p.m. Part III - "Healing" will take place Friday, Dec. 9 at 7:30 to 9:30 p.m. and Saturday, Dec. 10, 11 a.m. to 4 p.m.

Asthma sufferers sought for study

Individuals with asthma are being sought to participate in a research study being conducted at Rush-Presbyterian-St. Luke's Medical Center. If you qualify for the asthma study you may receive a free history and physical; free laboratory tests; free parking and public transportation; financial compensation up to \$250; and free study related care for up to one year. For more information please call (312) 942-3394.

UOA Chapter to see 'mini-exhibit hall'

The annual "mini-exhibit hall" of the United Ostomy Association's North Suburban Chicago Chapter will be held at 8 p.m. Wednesday, Oct. 26, in the East Dining Room (10th floor) of Lutheran General Hospital, 1775 Dempster Street, Park Ridge.

A wide range of ostomy supplies, appliances and accessories from ostomy equipment makers and local suppliers will be on display, giving attendees an opportunity to see the latest advances in ostomy care.

Improvements in ostomy supplies and appliances over the years have helped enable people with ostomies to continue leading

Free flu shots at WCEV

Seniors and others at high risk for getting influenza can receive shots to prevent the virus thanks to radio station WCEV-AM 1450. The vaccinations will be given free of charge on Thursday, Oct. 20, from 10 a.m. to 4 p.m. at the station's studio and office building, 5356 West Belmont, at Long Avenue, on Chicago's northwest side.

"Last year when we offered free flu shots here more than 500 listeners were inoculated," said WCEV station manager, George Migala. "The count would have been higher, but we ran out of vaccine and had to wait while an additional supply was brought in."

"This year we will have a lot more vaccine on hand right from the start. And that is important since we receive quite a number of inquiries asking if we were planning to repeat the free flu shot program this year. We expect a very large turn-out. My advice is to plan to come early in the day to avoid disappointment. This time when the vaccine is gone, it's gone."

Public health experts believe this year's flu strain will be as nasty as last year's. The stress that flu inoculations are very important,

Flu information hotline available

Influenza in the United States has caused at least 10,000 excess deaths in each of seven different epidemics from 1977 to 1988. More than 40,000 excess deaths occurred in each of two of these influenza epidemics. In high risk individuals, influenza can lead to pneumonia, which combined with influenza is the fifth leading killer of adults 65 years and older.

To help individuals, especially those at risk, find the location nearest them for a free or reduced fee flu shot, the American Lung Association of Metropolitan Chicago, thanks to generous support from Ameritech, has established a Flu Information Hotline, 1-312-850-4FLU. Volunteers are donating their time to answer phones from 9 a.m. to 2 p.m., Monday through Friday.

The City of Chicago Department of Health and the Cook County Department of Public Health are providing free flu shots to high risk individuals at more than 50 sites throughout the city and suburbs. High risk individuals are adults 65 and older, and adults and children with chronic disorders of the lungs, heart or circulation such as asthma and diabetes. The Visiting Nurse Association of Chi-

A.I.M. support group

An anxiety and panic support group called A.I.M. (Agoraphobia in Motion) will meet every Wednesday at 7 p.m. at Holy Communion Church, 3010 N. LaVergne.

For more information, please call the hotline (708) 499-6623.

EXERCISE

Be happier with your contact lenses

Optometrist Michael Wodis will detail techniques towards healthy, comfortable contact lens use in the free seminar, 47 Ways to be Happier with Your Contact Lenses, held at the Morton Grove Public Library on Thursday, Oct. 27 at 7 p.m.

Dr. Wodis will highlight new contact lenses and solutions, discuss extended wear and disposable and profile various eye surgeries available for vision problems.

The Morton Grove Public Library is located at 6140 Lincoln Ave. For more information, or for mobility and communication access assistance, please call (708) 965-4220. For TDD call 965-4236.

ANAD meeting set

Anorexia Nervosa and Associated Disorders-ANAD will hold a group meeting for anorexics, bulimics, parents, and families at 8 p.m., Thursday, Oct. 27, at Highland Park Hospital, 718 Glenview Avenue, 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 (708) 831-3438.

The Stretching Connection

Northwestern Memorial Hospital is offering the class, "The Stretching Connection: Regain Resiliency after Breast Cancer Surgery," on Monday, Oct. 24 from 10 to 11:30 a.m.

Occupational or physical therapists will demonstrate exercises to improve shoulder movement and flexibility. Arm swelling prevention and treatment will also be discussed.

The cost of the class is \$5. Pre-registration and a surgeon's consent are required. For more information, call Northwestern Memorial Hospital at (312) 908-8400.

VNA North offers volunteer training course

Visiting Nurse Association North is seeking volunteers for its Hospice Program. Persons interested in working with hospice patients and their families may enroll in the Fall Volunteer Training Course that will run from Oct. 22 through Nov. 17. Sessions will take place twice weekly at the office of VNA North in Skokie on Wednesday evenings and Saturday mornings.

Being a hospice volunteer is a challenging and rewarding opportunity to provide companionship, assistance and support to patients and families through a period of terminal illness. Volunteers are warm, empathic individuals who are able to listen and give of themselves a few hours each week to patients living on the North side of Chicago and in the North and Northwest suburbs.

VNA North Hospice won the 1992 and 1994 United Way "Heart of Gold" Award for an outstanding volunteer program. To find out more about joining our team and enrolling in the Fall Training Course, contact: Nadine Francione, Volunteer Coordinator of VNA North Hospice at (708) 581-1717.

Health News

Sunscreen forever

by Edward Hsi, M.D.

Summer is over. So you think you can throw away sunscreen bottles that are still half full? Don't even think it for a moment! While being less warm outside, the intensity of sunlight reaching the surface of the earth remains high during even many days of winter. Leafless trees offer little shade, and wintertime sunlight reflected off snow is extremely damaging as any skier will tell you. Even shovelling snow, after a snowstorm in December can cause sunburn if it is sunny outside.

Over the last few years, scientists have discovered a gaping hole in the ozone layer of the earth over Antarctica. This non-visible gas serves to screen out the ultraviolet wavelengths of light from the sun before it reaches sea level. All of the UVC radiation, as well as most UVB radiation is blocked by ozone. The thickness of this part of the atmosphere is reduced from use of fluorocarbon sprays (in aerosol spray cans, and refrigerants). A 1 percent decrease of ozone can increase UVR radiation levels by 2 percent. Unfortunately, UVB light is what causes premature wrinkling and increases skin cancers (nearly 2 percent for each 1 percent increase in UVB radiation). Big deal, you might say, since the only things at the South Pole are penguins and researchers. Ongoing scientific debate as to whether or not ozone depletion is world-wide may have an unpleasant answer for us all very soon.

What causes the risk of skin cancer to increase? People who tan poorly, have fair complexions, spend more than three hours a day in the sun, and spent years worshipping the sun all are at higher risk. The risk increases with age due to cumulative effects of sun exposure. Most commonly, the head, neck, sun exposed part of extremities and trunk is sites of skin cancer.

When possible, avoid direct sunlight during the hours of 10 a.m. and 2 p.m. Sunscreens with SPF factor 15 or over have been shown to decrease skin cancer. Studies have shown a 78 percent decrease in some forms of skin cancer, if used for the 18 years of life. Also, sunscreen applied 30 minutes before exposure outside penetrates skin better and offers more protection. Obviously, swimmers and those who sweat profusely ought to reapply often. Clothing offers an additional 8 SPF, and wide brimmed hats that shade the face, ears, and neck help sensitive areas as well.

When looking at skin rashes, always call a doctor if you notice one of the following changes: If a mole or spot grows rapidly, has an indistinct border, ulcerates and bleeds, is multicolored, is raised with a scaly patch, or has a thick pearly like border.

Finally, many of us mobile Americans don't spend all of winter up north in the cold. Modern day travel, with both mountain skiing and tropical paradise vacations have kept us in our tans and sunburned well into the deep parts of winter. By being smart and keeping that sun protection a bit more, we may all enjoy better health. Dr. Hsi's office is located at 8780 Golf Rd., Suite 102, Des Plaines. Phone (708) 296-3577.

Physical Therapist Assistant Program holds info session

Oakton Community College's Physical Therapist Assistant Program will hold a free information session on Wednesday, Oct. 26 from 2 to 4 p.m. in Room 1540 at the Des Plaines campus, 1600 E. Golf Road.

PTA faculty, admissions and counseling personnel will be available to answer questions pertaining to the physical assist-

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Women's News

Workshop for small business owners

The Women's Business Development Center (WBDC) is sponsoring a workshop called "Expanding Your Market to Government and Corporate Buyers." For established small business owners, the workshop outlines the advantages of becoming certified as a minority or women's business enterprise.

The workshop will be held on Tuesday, Oct. 25 from 1 to 3 p.m. at the Women's Business Development Center, 8 S. Michigan, Suite 400, Chicago.

Elizabeth Scully, Coordinator of the Women's Business Enterprise Initiative will present the

workshop and help participants develop new marketing strategies.

This workshop is designed for established small business owners who want to sell their products or services to corporations or governmental entities, and it covers the intricacies of becoming certified with both governmental bodies and the private sector through the Women's Business Enterprise Initiative and other certifying agencies.

Registration fee is \$30 and includes all materials. For further information or to register, call (312) 853-3477.

Local residents honored in business community



Patricia Ewert

The Chicago Area Chapter National Association of Women Business Owners (NAWBO) will hold a dinner meeting to honor Niles resident Patricia Ewert, president of Joseph Electronics, Park Ridge resident Janet Taylor, president of Taylor Management Systems in Des Plaines, Phyllis Malitz, president of Phyllis Malitz & Associates, Ltd., in Northbrook and three other NAWBO members for their achievements in the business community on Wednesday, Oct. 26, at the 410 Club, 410 N. Michigan.

Ewert was named NAWBO's 1994 Woman Business Owner of the Year.

Taylor was named 1994 Ernst & Young Woman Entrepreneur of the Year.

Malitz was named 1994 SBA Accountant Advocate of the Year.

Take your life into your own hands

Some women ignore breast cancer because they are afraid of the unknown. In reality, if you find a lump or any abnormality, there is an 85 percent survival rate compared to 56 percent for those who discover the disease after it has spread.

Since early detection dramatically increases chances of survival, women should follow important guidelines to reduce the risk of breast cancer. One method of early diagnosis is a breast self-examination (BSE). If done correctly, the self exam should take about 10 minutes.

"Many women are afraid of what they may find or they are unsure of what to feel for," said Paul Goldman, MD, chairman of the obstetrics/gynecology department at Holy Family Medical Center. "When performing a BSE, you are not looking for cancer, you are looking for changes in the way your breast looks and feels."

The best time to check your breasts is two to three days after your period. If your periods are irregular or have stopped, pick a

day in the month that will be easy to remember.

There are three parts to a BSE: visual, standing and lying down. This simple, effective self-test is a way for you to know what is normal so if there is a difference, you can contact your doctor.

Regular physical examinations and mammography screenings are also key components in early detection. Holy Family Medical Center offers mammography suite at the medical center and the Holy Family Diagnostic Center, located at 1430 North Arlington Heights Road in Arlington Heights, that are accredited by the American College of Radiology (ACR).

If you would like more information about women's services available at Holy Family, call (708) 297-1800, ext. 2727. If you need an obstetrician/gynecologist, call MedConnection, Holy Family Medical Center's free physician referral and appointment services at (708) 297-1800, ext. 1110.

M.G. Woman's Club plan luncheon



Morton Grove Woman's Club President Barbara Duffy (far right) meets with the Philanthropy committee for a meeting for the planning of A Toast to the 20th Annual Luncheon at Chateau Flan in Des Plaines, Oct. 27. Pictured from left to right are Marge Ruschli, Chairman Delores Karp, and Co-chairman Grace Swanson.

Oakton's presents its annual Women's Day

Oakton Community College will hold its annual Women's Day, designed to bring women from all walks of life together to address the issues they face in today's society, on Sunday, Nov. 6 from 8 a.m. to 4 p.m. at the Des Plaines campus, 1600 E. Golf Road.

Workshops, a marketplace and a special luncheon performance are highlights of this annual event. Workshop topics include: Manage Stress, Relax and Feel Good; Women in Film: The Evolving Roles; Secrets of Dealing With Difficult People and more.

Also, in celebration of Oakton's 25th anniversary, cast members of Acting Up Too! will perform. The troupe, based at

Oakton, uses humor, music and drama to deliver the message that growing older can be a time of self-discovery and creativity.

Cost for the day is \$22 and includes a served, sit-down luncheon at reserved tables. The deadline to pre-register is October 28. Registration at the door is \$22 but may not include lunch (availability dependent on supplies). Tickets for lunch only are \$15. Complimentary child care for children ages three to seven is provided. If you want child care, pre-registration is required. Parents are asked to bring a sack lunch for each child.

For a brochure regarding Women's Day or to register, call (708) 635-1672.

LGHS named one of the best for working mothers

For the second consecutive year, Lutheran General Health System (LGHS) has been named one of the 100 Best Companies for Working Mothers in 1994 by Working Mother Magazine. Chosen from among 1,000 applications, LGHS joins 14 other Chicago area employers on the list.

The Working Mother 100 are the country's most innovative and advanced firms in support of working families. Published in the October issue of Working Mother, the companies are selected and ranked in categories using the following criteria: pay (compared with competition), opportunities for women to advance, support for child care and family-friendly benefits.

"Caring for families and their needs is a long-term profit center in our corporation," said Kevin S. Wardell, executive vice president and chief operating officer, Lutheran General Health System. "The payoff is a talented and dedicated work force."

LGHS operates four day care centers and employees who use those centers receive a 15 to 30 percent discount. In addition, LGHS sponsors before- and after-school programs, holiday and summer programs, and programs for children with special needs. Pre-tax salary set asides are available for child and elder care.

LGHS offers other family-friendly benefits including a 403(b) retirement savings plan (matching 50 percent of pay saved up to 6 percent); com-

pressed work weeks; flexible scheduling; Employee Assistance Program; and an on-site fitness center, to name a few.

Certified school volunteers

As part of a new initiative, school volunteer training sessions were held on Sept. 24 and 28 at South School. Those who attended the hour-long session, are or will be volunteering in District 71's schools on a regular basis. During the training session, volunteers were given important information about district policies and procedures related to student discipline, accidents, medication, and more.

Our newly certified school volunteers are Joan O'Heath, Jeong Hee Kim, Barbara Drachenberg, Gayle McAuliffe, Angela Lombardi, Nancy Kerns, Louise Granlund, Cynthia R. Norberg, Joanne Springer, Hillarie Siena, Jan Gustison, Kathy Toy, Jeannie Scheler, Kathie McMahon, Darlene Barsz, Marge Sikorski, Vicki Haas, Marlene Baczek, Kay Birkowski, Nadia Krynski, and K. Iren Dessent.

We are still looking for school volunteers in a number of areas. If you have some time on your hands and would like to volunteer to work with children, to help in a specific program, or to assist with

various responsibilities, please call Marguerite Adelman at 647-7752. We've got a place for you.

Women's News

Better breast health

Join a Northwestern Memorial Hospital expert on breast health for a discussion on the importance of monthly self-examinations and regular mammograms.

On Wednesday, Oct. 26, from 6 to 7 p.m., Cathy Hassett, nurse clinician for the Lynn Sage Breast Cancer Program will de-

scribe risk factors for breast cancer, current treatments and ways to improve your breast health care.

There is no charge for this seminar, however, pre-registration is required. For more information, call Northwestern Memorial Hospital at (312) 908-8400.

All women invited to join Niles club

Women from all walks of life, divorced, single, married, professionals, and stay-at-home moms are invited to join members of The Woman's Club of Niles (WCON-10th District, IFWC, GFWC) for the Oct. 26 general meeting at the Trident Center at 7:30 p.m.

Robert Levine, recipient of the 1994 scholarship from the WCON, will be on hand to relate his experiences at a Media Workshop held at the University of California at Los Angeles. This workshop enables students to get an up-close look at various T.V. and movie companies such as Paramount, Universal and CBS. Accomplished singer, Kathi Kurzenberger, will provide entertainment for the evening. Kurzenberger is also well-known for her singing and yodeling. Area women are invited to join WCON. If interested, call Mary Ann Valenta at 698-2978.

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North Glen BPW to sponsor forum

Four candidates running for seats in the Illinois General Assembly will participate in a forum Oct. 25 sponsored by the North Glen Business and Professional Women's Organization in cooperation with the Glenview League of Women Voters. The forum will feature State Senator Grace Mary Stern (D-29th) and her opponent, Kathy Parker (R), and candidates for State Representative in the 57th District, Philip Andrew (D) and Kevin Hanrahan (R).

The event will be held at Allgaue/Hilton, 2855 N. Milwaukee Ave., Northbrook. The evening will begin with networking at 6 p.m., and optional dinner at 6:30 p.m. The forum will be held following North Glen BPW's dinner meeting and will begin at 7:30 p.m.

The forum is casual and open to the public at no charge. Reservations are not necessary. All questions will be in writing from the floor.

Stern was elected to the State Senate in 1992 after defeating 14-year incumbent Roger Keats. Her political career began in 1970 when she was elected County Clerk, the fourth woman to hold the position and only the second Democrat in the country's history to be elected to county-wide office. In 1984 she was elected State Representative from the 58th District. She was re-elected three times.

Parker, Republican candidate for the 29th Senate District is a former member of the West Northfield School District 31 Board of Education and a member of the Women's Transportation Study, the Metropolitan Planning Council and the Women's Leadership Network. She is also a former Northfield Township Assessor.

Hanrahan was appointed in April to the Illinois House of Representatives from the 57th District, replacing Margy Parcels. He has served as a trustee of Northfield Township, Township Collector, and a member of the Township Social Services Commission. He has served as a trustee of Northfield Township

Township Collector, and a member of the Township Social Services Commission. He has participated in the election campaigns of Parcels, Governor Jim Edgar and gubernatorial candidate Jack Kemp. He is a partner of Russell Reynolds Associates, an international executive recruiting firm.

Andrew, a law student at De Paul University, is the executive director of Illinois Citizens for Handgun Control. He became one of the state's leading advocates of gun control after being shot by Laurie Dann in 1988. Andrew was deputy campaign manager of the recent Illinois State Senate Campaign for Stern and served on the issues staff of Al Holifield's primary race for the United States Senate in 1992.

Women's health issues topic of SCH lecture

A wide spectrum of women's health issues will be addressed at Swedish Covenant Hospital's next Free Fall Lecture, "Taking Control of PMS and Menopause," scheduled for 7 p.m., Thursday, Oct. 27, in the Anderson Pavilion, 2751 W. Winona.

Dr. Sabrina Orenstein of the hospital's medical staff will discuss how to manage the psychological and physical symptoms of PMS and how to have an easier transition through menopause. She also will explain the benefits of proper nutrition, exercise and hormone replacement.

Free parking will be available in the hospital garage, and registration is not necessary. All are invited to this community education program. For more information, call (312) 878-8200, X5107.

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Police News

Shots fired into children's store

Unknown offenders fired approximately 10 B.B. pellets through the front window of a hair salon geared toward children last week.

The incident occurred in the 8500 block of Golf Rd. between 8 p.m. Oct. 12 and 10 a.m. Oct. 13. The pellets caused about \$300 in damage to the window. An extra watch of the area was requested.

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. D023886 on Oct. 5, 1994 under the Assumed Name of Quantum Delivery with the place of business located at 4660 Dobson, Apt. 1B, Skokie, IL 60076. The true name(s) is: Steve Karakis, 4660 Dobson, Apt. 1B Skokie, IL 60076

Forged check returns felony charges

A 42-year-old Chicago woman was arrested Oct. 13 after she presented a stolen check on a closed account in the amount of \$182.09 at Venture, 8500 Golf Road.

Belita Reedus, of Chicago, used the check to cover \$156.84 in merchandise, \$25 for a cash advance and 25 cents for a purchase fee. The cashier verified the check through Venture's check cashing system and found that it had been reported stolen and the account closed. The transaction was videotaped.

Reedus took back the check and, while leaving the store, destroyed it by eating it. The woman was stopped by security and the police were called.

An assistant state's attorney appeared on Oct. 13 and Reedus was charged with two counts of felony forgery and one count of attempted theft. Bond was set at \$5,000 and a preliminary hearing was scheduled for Oct. 19. Reedus is next scheduled to appear in court on Nov. 14.

Shoplifter buys additional charges

A 30-year-old Chicago man was charged with theft and retail theft after attempting to steal a leather jacket Oct. 14.

Leslie Keaton concealed the jacket, valued at \$225, in a foil-lined bag. He removed the price tags and theft protection device and left the Golf Mill store without paying.

After his arrest, Keaton, who police say is a drug user, was charged with retail theft and theft for knowingly using a theft detection shield when shoplifting the jacket. He is to appear in court on Oct. 19.

Gun stolen in break-in

A 44-year-old Niles man reported that someone gained entry into his home and removed a weapon Oct. 13.

The offender entered the home in the 7000 block of W. Fargo through an unlocked rear bedroom window off an enclosed porch. Once inside, the subject dead bolted the front door from inside.

The victim, who is a photographer, said that missing from his home were numerous pieces of camera equipment, as well as a Smith & Wesson 357-Magnum handgun with a 3-inch barrel, 30 rounds of 12-gauge shot gun shells and 100 rounds of 357-shells.

Trailer burglar strikes again

Unknown offenders used a hard object to break the lock on a trailer parked in the Venture parking lot, 8500 Golf Rd.

The incident occurred between 10 p.m. Oct. 15 and 7 a.m. Oct. 16. The offenders removed a quantity of lamps and cases of disposers, all valued at \$1,500.

This is the second incident of this nature in two weeks. A special watch was requested.

Drunk driver steals own car

An officer observed a 34-year-old Chicago man cross the double yellow lines three times over four blocks on Milwaukee Ave. at 2:11 a.m. Oct. 15.

The officer also paced the drive traveling 52 m.p.h. in a 35 m.p.h. zone. A traffic stop was performed.

The offender smelled of alcohol and failed field sobriety tests and was subsequently placed under arrest for drunk driving. Open alcohol found in the '85 Chevy S-10 Blazer was inventoried.

James Messon was charged with a DUI. Blood alcohol content over .10 (.26), suspended driver's license and improper lane

usage, speeding. His car was towed by Skokie Automotive.

Messon was bonded out of the Niles Police Department and then walked over to Skokie Automotive to allegedly remove personal items from his car.

While in the pound, the offender removed part of the orange tow sticker placed on his vehicle, opened the gate to the yard and fled in the car while an employee yelled at him to stop.

The \$50 fine for the car has not been paid and Messon's phone number has been disconnected. Skokie Automotive wishes to prosecute.

Refrigerator stolen

Someone entered a townhome under construction in the 8900 block of Heathwood Circle and removed a refrigerator.

The incident happened between 2 p.m. Oct. 7 and 9 a.m. Oct. 10. The offender entered the unlocked front door and took the white, side-by-side refrigerator/freezer. The unit was valued at \$900.

American Lung Association wants you for your car

If you are driving a used or worn-out automobile the American Lung Association of Metropolitan Chicago (ALAMC) wants you. To help support its lung disease research and education programs, the ALAMC is accepting donations of automobiles in any condition. The ALAMC Vehicle Donation Program provides free towing or pick-up service of your car. Any vehicle donation to the lung association can be deducted from your federal and state income tax at fair market value. ALAMC will provide you with the required documentation for your donation.

By donating your vehicle to the lung association, you are helping to support research in new treatments for chronic lung diseases, a camp for severely asthmatic children, programs to prevent children from becoming addicted to nicotine and advocacy programs to reduce air pollution.

For more information or to donate your car, call the American Lung Association at 1-800-583-4425.

Tips on auto shopping

by Attorney General Roland W. Burris

Q. I am interested in obtaining a new car this fall, but the ads are focusing about whether it's better to buy or lease. What advice do you offer consumers about automobile shopping?

A. You are right about some of the advertising being misleading, and that's why the Attorney General's Office filed suit against the most flagrant violators. The ads must comply with certain rules and regulations.

Consumer Reports and auto magazines publish list prices of various models, and your bank or credit union may also have useful information. Be careful with the add-ons to the price. For example, because cars are now rust-proofed by the manufacturer, you may not want to pay for additional rustproofing.

Used car buyers should know that all used cars must have a buyer's guide sticker attached to the window which tells whether the vehicle comes with a warranty or is sold "As Is." Have the vehicle thoroughly checked by a reputable mechanic, especially if the vehicle does not carry a warranty.

Whether buying a new or used car, negotiate the total price before discussing financing. Shop for the best financing in much the same way you shop for the best vehicle price. Although the dealer may offer you financing, you may want to check with your bank or credit union because a lower interest rate - even a fraction of a point - can save hundreds of dollars over the life of the loan.

Although the decision to buy or lease is an individual decision, if you are in doubt about what's best for you, study the pricing structures of both.

If you lease, understand that leases are negotiable, just like purchases. When you negotiate, don't negotiate monthly payments. Instead, negotiate the capitalized cost. The monthly payment is divided into two parts: monthly depreciation and monthly lease charge. The amount you pay in monthly depreciation will reduce the capitalized cost. The difference in the two parts can result in a substantially different price if you want to buy the car at the conclusion of the lease period.

Local residents due tax refund checks

The Internal Revenue Service is trying to locate some northern Illinois residents who are due a refund from their federal tax returns.

According to the IRS, 4,100 checks worth \$2,692,732.38 were returned by the Postal Service as undeliverable in this area. The refund checks are for 1993 and earlier returns. Over 800 taxpayers have refund checks in excess of \$1,000 waiting to be claimed, including 29 who have checks over \$5,000. The largest two checks are for \$71,743 and \$18,412. The checks are for individuals only.

These checks were returned to the IRS by the Postal Service. Some taxpayers move and do not give IRS their new address, while others married and changed their last name without notifying Social Security.

Taxpayers can avoid these problems by providing accurate information and using the pre-addressed label in their tax package. Those who move should send IRS a change of address on Form 8822. Also, taxpayers who file their returns electronically can have their refund deposited directly into their bank account. Direct deposit eliminates the possibility of lost, stolen or undeliverable refund checks.

In order to ensure accuracy of return information and timely refunds this coming filing season, taxpayers should make sure they enter the correct social security numbers for themselves and their dependents. Failure to provide the correct numbers may delay a refund check.

Chicago area taxpayers who think they are due a tax refund for 1993 or an earlier year

should contact the IRS at (312) 435-1040.

Taxpayers in the area include: Hector & Elena Agunay, Gilibaldo Alvarado, Leticia M. Aquino, Shahrzad Basiri, Dawn M. Bednarz, Daniel A. Brooks, Maureen Brownlee-Wilson, Peter Christomalis, Donald P. & Vivial L. Drexler, Mashkoor Fatima, Arnold S. & Maria O. Ferrer, Anthony Franklin, Rosa M. Gusman, Alexander Harasiewicz, Marilyn J. Hooker, Mi S. Ch. Jin, Jong Bae & Ok Kyung Kim, John C. & Lisa D. Klus, Daniel S. Lutfallah, Joe Martinez, Donacion & Juana Mejia, Armando Morales, Colin P. Mulcahy, Miguel Murillo, Shailesh D. & Ami S. Naik, Cecilia Ochoa, Sonya Pappas, Dal Ho & Jin Hoe Park, Alejandro Pavon, Magriosis & Eleni Petkoglou, Andres Rodriguez, Efrain Santiago, Prabodh & Vasant Sheth, Pearl Surtiz, Arthur Richard Tarasiewicz, Rufino & Senorita Villegas, Robert E. & Sara S. Alexander, Johnny Alvarado, Jose A. Ayala, Ann Brogan, Ann M. Brogan, Jose Luis Castro, Daniel Chavez, Phillip C. Delamer, Adrian & Rosa G. Hernandez, Karla Herrera, Stanley & Helen Leszkowicz, Francisco C. Ochoa, Ashok B. Patel, Daniel Patino, Clementina Puentes, and Silvano Trejo, of Des Plaines; Gwargis Haji and Pilar Canedo of Niles; Dani Landau of Morton Grove; Don & Bonnie Sahagian, Wacław & Emilia Kapuscinska, Arthur Deed Schaefer, and Richard W. Tesch, of Park Ridge; and Tracy J. Allen, Dumitru & Lydia Dulceanu, Donald Kahn, Brian Kossoff, Jason P. Mueller, Sarah E. Scott, Claudia A. & James C. Cox, Eugene Kunzeitic, and Jenny Yen-Yee, of Skokie.

Learn your rights during National Consumers Week

October 23 to 29 is National Consumers Week, and the Internal Revenue Service wants its consumers, America's taxpayers, to know their rights under the law.

Publication 1 is a free four-page booklet which outlines in plain language the rights and responsibilities all taxpayers have when dealing with the IRS. Entitled, "Your Rights as a Taxpayer," the booklet explains the rights you have when your return is questioned and when you owe money and can't pay. It also describes free IRS tax assistance, as well as special help for resolving tax problems.

The IRS is enclosing a booklet with all first notices to taxpayers involving a tax matter. But you don't need to wait for an IRS notice to get a copy. Call the tax agency toll-free at (800) TAX-FORM (829-3676) and ask for Publication 1.

Also available from the same

Res seeks crafters for

Be a part of a great fair that keeps getting better! Crafter applications are now available for the Resurrection High School Arts & Crafts Fair to be held on Saturday, November 12.

For more information and/or applications, call Jan Flynn in the Resurrection High School development office at (312) 775-6616, ext. 27, between 8:30 a.m. and 1:30 p.m.

How to get road condition information

Traveling by automobile during weather can be hazardous. Accurate road condition information can help you decide which routes to take when you travel, whether your destination is just around the corner or in another state, according to the AAA-Chicago Motor Club.

Before your departure, pay close attention to local television and radio weather reports. During severe weather conditions, many news outlets will feature reports from motorists on road conditions over a fairly wide area.

Road condition information is usually just a telephone call away. The Illinois Department of Transportation maintains a system of recorded road reports for across the state, which is updated frequently. You can access this information by calling (800) 452-4368. For Chicago and road conditions, call (312) STREETS (312-787-3387).

Before venturing out in severe weather, be sure that your automobile is in proper condition. Equip your car with a spare tire and tire changing equipment; jumper cables; windshield washer solvent; a small shovel; traction mats or rock salt; and road maps of the area where you will be traveling.

The AAA-Chicago Motor Club provides automobile, travel, insurance and financial services to more than 620,000 members in its Illinois and Northern Indiana territory.

Police News

SJB students learn about banking

St. John Brebeuf Fifth Graders will be participating in a banking class. The state funded program will be presented by Ken Sullivan of Avondale Federal Bank. The program, which will take place once a month from October through May, will help the students learn about the history of

money and banking, and an overview of banking and its operation.

At the end of the program, an open house at the bank for students and their parents will be offered. Teachers initiating this program are Pat Peterson and Sister Kathleen Waters.

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Saturday: 7:30 a.m. - 4:30 p.m.

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Entertainment

Russian company brings show to Skokie

The 120-member Red Star Army Chorus and Dance Ensemble from Moscow will perform Friday, Oct. 21 at 8 p.m. at Centre East in Skokie. The Ensemble includes a full orchestra, chorus, and dance troupe that recreates the colorful songs and folk dances of fabled "Mother Russia," whirling and jumping in vibrant costumes that recall the glamorous days of the Cossacks, the music of Tchaikovsky, and the stories of Tolstoy.

Established 15 years ago, the Red Star Red Army Chorus and Dance Ensemble was originally intended to entertain the Soviet Union's Strategic Missile Force. A highly successful North American tour in 1992 led to popular demand for a return visit, resulting in the Centre East appearance October 21. The awesome talent of the Ensemble is the "pride of Russia," a fact that became known to the world with the fall of Communism. The hallmark of the chorus is its magnificent voice control, capable of Sotto Voce to Storzando that will overwhelm the audience. The Ensemble Orchestra includes such native Russian instruments as the Bayan (a button accordion) and, of course, the Balalaika. The Dance Ensemble creates show-stopping choreography designed by Anatoly Timofeyev or the renowned Moiseyev Dance Company. The dancers perform graceful hopakas and trepkas with poise and athleticism.

The chorus and orchestra will be in full Red Army uniform, and are under the direction of the Ensemble founder, Col. Anatoly Bazhakin. Also touring with the Ensemble will be famed Russian cosmonaut Gen. Gorygy Shonin, who was one of the original group of six cosmonauts selected for the first Russian space flight. Gen. Shonin will open the show with brief introductory remarks.

Daily Dinner Specials

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- 7. PANCAKES with FRUIT \$2.75
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Starts Friday, October 21st	
"IT COULD HAPPEN TO YOU" SAT. & SUN.: 1:25, 3:25, 5:25, 7:25, 9:25 WEEKDAYS: 5:25, 7:25, 9:25	PG
Held Over Arnold Swarzenegger "TRUE LIES" SAT. & SUN.: 1:30, 4:20, 7:10, 9:50 WEEKDAYS: 7:10, 9:50	R
Held Over Tommy Lee Jones "THE CLIENT" SAT. & SUN.: 1:25, 3:25, 5:15, 7:25, 9:55 WEEKDAYS: 5:15, 7:25, 9:55	PG-13
DOUBLE FEATURE	
Held Over "LITTLE RASCALS" SAT. & SUN.: 3:30, 7:50 WEEKDAYS: 7:50	PG
Held Over Danny DeVito "RENAISSANCE MAN" SAT. & SUN.: 1:00, 5:20, 8:40 WEEKDAYS: 5:20, 8:40	PG-13

Drawing and painting autumn trees

The Skokie Park District's Emily Oaks Nature Center is the ideal place for practicing nature drawing and painting. This full day workshop, on Oct. 22, is geared towards beginners who want to improve upon their current skills. Instruction will be provided by Nancy Holliday, Art Naturalist, with the Cook County Forest Preserve District.

The workshop includes introductory group sessions, independent art exercises and individual feedback as you sketch and paint. The fee for this all day workshop is only \$21 for residents, and \$26.25 for non-residents. For further information on how to register for this workshop, call the Emily Oaks Center at (708) 677-7001.

College concert series features violinist

Tecia Annes, violinist, will be featured as guest artist in the first program of the 1994-95 Montoye Concert Series. She will present a program which includes works by Vivaldi and Beethoven.

The recital will be held on Sunday, Oct. 23 at 3 p.m. in the auditorium of Montoye College, 3750 W. Peterson Ave., Chicago. Free parking is available on campus.

Annes is a composer and performer and is currently a student at Northwestern University. She has performed with various local orchestras and has given recitals state wide.

For ticket information regarding this recital or Montoye Fine Arts and its community programs for children and adults contact Sr. Alphonsa Harneman at (312) 539-1919.

Rush offers tickets to Broadway hit

Rush North Shore Medical Center is very excited to offer tickets to the five-time Tony Award-winning Broadway sensation *The Who's TOMMY*. This electrifying rock opera has broken box office records, and been called a "masterwork" by critics.

Rush North Shore Medical Center is offering tickets to the October 24, 7:30 p.m. performance. Each ticket holder will receive a complimentary TOMMY pin. All proceeds will benefit Rush North Shore Medical Center.

For ticket information, contact Phyllis Cowen at (708) 933-6441.

Auxiliary plans holiday bazaar

Holy Family Medical Center's Auxiliary is accepting applications for this year's Holiday Bazaar scheduled for Friday, Nov. 11, from 7 a.m. to 5 p.m. at the hospital, 100 North River Road, Des Plaines.

Participation is open to crafters exhibiting original work. No commercial or mass produced items will be accepted. A fee and a craft donation are requested from exhibitors for each 8-foot display table.

To reserve a table, contact Irene Dowd at (708) 297-1800, extension 105 or (708) 577-9796.

Park Ridge Players present 'The Curious Savage'



Cast members of "The Curious Savage." (back) Karen Gatherer of Skokie, Greg Harville of Rogers Park, Chicago; (middle) Paul Katsion of Niles, Pat Gilenna of Park Ridge, Calleen Lynch of Oak Park; and (front) Erin Noel Grennan, also of Oak Park pose for the final tabouret. This holiday tale opens on Oct. 21 for three weekends at St. Mary's Episcopal Church.

The Park Ridge Players present a gentle comedy "The Curious Savage," on Fridays and Saturdays, Oct. 21, 22, 28 and 29 and Nov. 4 and 5 at 8 p.m. at St. Mary's Episcopal Church, 303 N. Prospect at Crescent, Park Ridge. Tickets are now \$7 regular, \$6 seniors and students, with opening night and group discounts available. Reservations are strongly recommended and can be made by calling 699-3081.

October competition at D.P. Camera Club

The next meeting of the Des Plaines Camera Club will be held on Monday, Oct. 24, at 7:30 p.m. The Club meets in the meeting room downstairs at the Des Plaines Public Library, 841 Graceland, Des Plaines.

After a brief business meeting, the monthly Inter-Club Slide and Print Competition will take place. Members may submit four colored slides. There are several categories for color and Black & White photograph competitions. The submissions will be judged and critiqued by a panel of three judges from local area camera clubs. Awards and honorable mentions will be given to those scoring the highest points in each category.

Historical Society presents storyteller

The Des Plaines Historical Society is pleased to present the renowned storyteller, Jim May. May grew up in the farming community of Spring Grove, Illinois and his stories tell of that life in a hilarious and touching style.

May will be appearing at Prairie Lakes Park on Saturday, Oct. 22. There will be two performances, one at 4 p.m. for children and families and one at 7 p.m. for adults. May's tapes and books will be available for purchase after each performance, and he will be happy to autograph them for you. For reservations, call (708) 391-5399.

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Suburban Home

Time to winterize your home

Before the first icy blasts slash against your house, take time out to protect it, yourself, and your pocketbook through some simple home maintenance procedures.

First of all, you want to take a look at the energy saving things you can do easily and inexpensively. Home Owners Warranty Corporation (HOW), has developed a special list of things that homeowners should attend to before winter begins.

Start with your furnace. Summer invites dust and summer's open doors and windows plus the in-and-out traffic can hasten the accumulation of dust and dirt in your appliances. Check the operation manual for guidance, then clean or replace air filters. See if your heat exchange needs cleaning. Are there any leaks? Do all the valves operate correctly? Just as in air-conditioning units, the more efficiently your furnace works the less fuel it will need to run.

Is your home warmed by radiators? If so, then bleed them. You'll find that many will have collected air. If you've lost your key you can buy one at the local hardware store. Be sure you put a bowl under the valve to collect the water. Then turn the valve until a few drops of water come out. Close quickly. Do this carefully.

Check your thermostat. Is it really reflecting actual temperature? Everyone is talking about insulation, and there are many special deals available. Check carefully before selecting your insulator. If you decide that you want to add to your current insulation or replace it. Check to see that ducts are insulated, particularly if they run through the attic or garage where they are exposed to cold air.

If you have an electrical outlet on the exterior, put a cover on it to keep the cold air from seeping inside. Then check your weatherstripping. If it is cracked or coming loose, replace it or repair it. Caulk around windows and doors. Also caulk around outdoor faucets.

While working on the faucets, before winter sets in, drain them and shut off the valve. Frozen pipes are very expensive to repair. Take in your hoses, cold weather will cause them to become brittle and possibly crack. Store them inside and they will last longer.

HOW has found that a great many problems stem from improper maintenance of the landscaping. Your builder will have graded the land away from your house. It should always be kept with a slope to carry water off. Since new houses sit on newly churned soil, the earth will sometimes settle more than expected, leaving little depressions that water can accumulate in or that drain toward the foundation. Fill these, immediately, as they are one of the biggest causes of leaky basements.

If you are doing fall planting around the foundation, be sure you keep it two to three feet away from the house. This prevents root damage to your home as well as water when you hose the shrubbery.

Check on your gutters and downspouts. Are they clear of debris? HOW has discovered that a lot of people don't understand why there are splash blocks under downspouts. They carry water away from the foundation so be sure they are in position slanting away from your house.

If you have a fireplace, you have potential heat loss. Keep the damper closed when not in use. Meanwhile, before you build the first fire of the season, check the damper and draw. If the chimney is sooty, the ash deposits can cause fires, be sure to have the fireplace professionally cleaned annually.

Established in 1974, Home Warranty Corporation's (HWC's) HOW Program backs participating home builders' performance of expressed warranty obligations and provides specialized builder liability insurance. The insurance covers costs to repair specified structural component failures for ten years after the home is first sold.

To further assist homeowners in preparing their homes for winter and with general maintenance throughout the year, Home Warranty Corporation (HWC) offers a 10-page brochure entitled, "Protect Your Investment: Home Maintenance Tips."

For more information on winterizing your home and to receive a free copy of "Protect Your Investment: Home Maintenance Tips," write to: HOW of Greater Chicago, 635 Buntfield Rd., Suite 100, Oakbrook Terrace, IL 60181 or call (708) 627-6892.

Pre-licensing class to be held

The Real Estate Institute will offer "Real Estate Transactions #101," the course needed before being able to take the Illinois Real Estate Salesperson Licensing examination.

Classes will be held on Tuesdays from 7 to 10 p.m. beginning Nov. 8, at the Bank of Lincolnwood Building, 4433 W. Touhy Ave., Suite 514, Lincolnwood. The course runs 10 weeks.

Enrollment is limited. The course is also offered in a self-study format which includes audio cassettes. For more information or to register, call (708) 329-1700.

Summit Square hosts Open House for sales associates

The Summit Square Retirement Hotel of Park Ridge will host an Open House for real estate sales associates on Wednesday, Oct. 26 from 12-2 p.m.

With the senior population in surrounding communities growing, this is an opportunity to share information about alternative housing for seniors. In addition to providing a tour of Summit Square, a buffet lunch will be served.

Call 825-1161 for information.

New leaders to be installed at Northwest Realtor's banquet

The Officers and Directors of the new Northwest Association of Realtors® are scheduled to be installed at the NWAR's historic, first-ever "Installation Extravaganza", set for 6 p.m. on Friday, Oct. 21, at the Wyndham Hamilton Hotel, Route 53 & Thorndale Ave., in Itasca.

This gala banquet represents the first combined event of the recently merged Northwest Real Estate Board and Northwest Suburban Association of Realtors® into the new "Northwest Association of Realtors®" and will feature an early reception and cocktail hour, a delicious dinner, a floor show, live entertainment, and live music and dancing. Tickets and information can be obtained by calling NWAR HQ's in Chicago at (312) 637-8200, or in Arlington Heights, at (708) 956-8440.

Landscape contractor receives National Safety Awards

Cantebury Landscape Design, Ltd is proud to announce it has been awarded two awards in the Associated Landscape Contractor of America's (ALCA) Annual Employee Fleet Safety Contests. The contests cover a period of Sept. 93-Aug. 1994.

The Employee Safety Awards are divided into categories according to the total number of man-hours worked over the 12 months of the contest. Participating landscape contractors report on the number of accidents and labor time lost during the contest year. The Fleet and Safety Contest recognizes the landscape contracting firms with good safety records, as well as proper equipment safety practices. Awards are then given in categories according to the total number of vehicles in a firm's fleet.

Cantebury Landscape Design, Ltd. Received the following awards for their safety record: No lost labor time due to injury and no losses for vehicle accidents.

Moving?

If you're getting monthly checks from Social Security, be sure to report your new address. Even if your check goes directly to the bank, Social Security needs to know your current address so other important correspondence can reach you on time. If Social Security doesn't have your current address, your benefits may be stopped. To report an address change, call Social Security's toll-free number, 1-800-772-1213.

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RETIREMENT HOME AND NURSING HOME GUIDE

An Informational Guide

on Retirement Living, Facilities and Extended Care

RETIREMENT/NURSING HOME

Page 2 Thursday, October 20, 1994

Organ bank to speak on the gift of life

More than 200,000 Americans are waiting for an organ or tissue transplant, and every 20 minutes, someone is added to the national waiting list. In Illinois during August 1994, there were 1,300 people on the waiting list for a kidney, 104 for a heart, 323 for a liver, and 350 people waiting for corneas.

Lorraine Willmot, representa-

tive of The Regional Organ Bank of Illinois (ROBI), will address the current state of various donor programs during a "Gift of Life" presentation to be held as the November Open Forum at The North Shore Retirement Hotel, 1611 Chicago Avenue in downtown Evanston, on Friday, Nov. 18 at 2:30 p.m. The event is free and open to all seniors.

During her presentation, Willmot will provide information about the needs of the agency, and give an accurate portrayal of what donorship entails.

Reservations are required for the November Open Forum and can be made by calling Kim Hansen at The North Shore Hotel at (708) 864-6400.

Niles couple celebrates 57 years



Mary and Andy Anderson, residents of Niles for 20 years, are celebrating 57 years of marriage. Both have volunteered coaching youngsters ages 5 to 19 at Brunswick Niles Bowl over the last 19 years. The youngsters, they say, "do us a favor by keeping us young at heart." Andy also runs the senior men's league on Wednesdays that started with 16 seniors from Trident Senior Center and now is over 100 senior men.

For seniors only

The Oakton and Laramie Senior Adult Clubs are open to all Park District residents 55 years of age or older. Each club's activities will include a weekly business meeting, card playing, bingo, luncheons and socializing. New members are welcome. The Senior Adult Clubs meet every Wednesday and Thursday at Oakton Center, 4701 Oakton St., from 9 a.m. to 2 p.m. year round; the fee is \$5 per year, per club. If you have any questions, call 674-1511.

The Skokie Park District offers a variety of ongoing programs for Senior Adults including a Walking Club, Drop-In Ballroom Dance, Senior Adult Clubs and Exercise programs. For detailed information on these programs contact Judy Schunick at 674-1511.

The Skokie Park District's Senior Adult Exercise class is a great place to increase your mobility, muscle tone and flexibility. This class is led by a qualified senior adult volunteer. This class is held every Monday and Friday from 10 to 11 at Oakton Center year round. The fee is \$10 per year.

Senior to celebrate Thanksgiving at Senior Center

Share a special 'thanks' this year with your friends at the Northbrook Park District Senior Center Thanksgiving Banquet.

A fantastic holiday feast will be served on Friday, Nov. 18, including appetizers, all the traditional turkey fixings and scrumptious desserts. Entertainment will be provided to heighten your holiday spirit.

For further registration information, consult your October/November Senior Scene newsletter or call (708) 291-2988.

Call 674-1500 for further information. Couples and singles are invited to join the Skokie Park District for ballroom dancing at Oakton Center, the 2nd and 4th Wednesday of the month, year round, 2:15 to 4:30 p.m. Fee is \$1.50 for members. Call 674-1511 for further information.

SINS coordinator to speak

The Polish National Alliance Southwest Side Seniors will meet Thursday, Oct. 25 at 10 a.m. at the Mayfield Banquet Hall, 6072 S. Archer Ave., Chicago.

Guest speaker for this meeting is Mary Roney, SINS coordinator for Blue Cross/Blue Shield in Chicago.

One of the most incomprehensible areas for a large number of seniors is Medicare and the interpretation of their Medicare claims, billing and related paperwork. As they select or use their supplemental coverage, they also need to understand the basic policies and procedures of Medicare Parts A and B.

As the Medicare Part B carrier in Illinois, Blue Cross/Blue Shield has established SINS, or Service in the Neighborhood for Seniors program which provides a specialist to counsel seniors on Medicare issues and problems.

Roney will explain how the SINS program works and how providers and seniors may request her services. SINS gives free presentations to neighborhood and community groups and assists with individual counseling on claims and procedures for reviews and hearings.

All seniors 55 and over, PNA members or not, are invited.

Refreshments will be served. For additional information, call (312) 386-0500, ext. 309, or 316-0008-EEC (807) 16.

RETIREMENT/NURSING HOME

The Bugle

Thursday, October 20, 1994 Page 3

Rehab services expand at Glenview Terrace

Glenview Terrace Nursing Center is expanding its rehabilitation department to better integrate its physical, occupational and speech-language therapy services. The result of these efforts will be to restore individuals to their maximum level of function in the shortest amount of time and assist patients in maintaining optimum independence.

The team behind this comprehensive rehabilitation department, Achievement Rehab, combines strong clinical experience in geriatrics with an integrated approach that better serves the patient.

Susan Bagnieski, Rehabilitation Services Director at Glenview Terrace, will supervise the day-to-day operation of the department including all clinical work done by the therapists. One of her first duties will be to assist in planning the move of the department to a larger space-adjacent to the first floor dining room. This move will more than double the current space used for therapy. This larger "Therapy Gym" will allow patients to be

treated with greater privacy and more services.

"I'm excited about the opportunity we have at Glenview Terrace to serve both the short term rehabilitation patient and the long term resident," Bagnieski said. "Both have unique, highly individualized rehabilitation needs that we will be able to help."

Physical therapy helps individuals increase strength and physical mobility; it also improves balance and coordination. Physical therapy can be very effective in speeding recovery from some types of injuries. Occupational therapy increases the ability of individuals to carry out the activities of daily living, such as eating and dressing. Speech therapy focuses on enhancing communication and swallowing skills in order to maintain nutrition and hydration.

Glenview Terrace Nursing Center, 1511 N. Greenwood Road in Glenview, is a 293-bed skilled nursing facility. For more information regarding the Rehabilitation Department, call Susan Bagnieski, at (708) 729-9090.

Free Senior Citizen Game Party

Chairman Nicholas Costantino announces that a free Senior Citizen Game Party is planned for Wednesday, Oct. 26 to be held at the House of White Eagle, 6845 Milwaukee Ave., Niles.

Maine Township Regular Democratic Organization and Committeeman Andrew Przybylo, in conjunction with Mayor Nicholas B. Blase, are sponsoring and supporting this popular event that is offered free to all senior citizens of Maine Township and the Village of Niles. Doors will open at 1 p.m.

Free refreshments, prizes and a King and Queen will be drawn to reign for the day and each will be given a cash prize.

Guest speakers will be candidate for Governor, Dawn Clark, State Representative Ralph Capparelli, and County Commissioner, Marco Damico.

Tickets can be obtained at a local senior citizen club and at 8074 N. Milwaukee Ave., Niles. Call (708) 692-3388 for more information.

Bus schedule pick-up as follows: Huntington Senior Citizen

Crime prevention and safety for seniors

"Avoiding Cons, Scams and Frauds: Learning to Say 'No,'" the first of a 3-part lecture series on Crime Prevention and Safety for the Older Adult, will be held at Rush North Shore Medical Center in Skokie, on Wednesday, Nov. 2, at 1 p.m. in the medical center's Sharfstein Academic Center.

The program is sponsored by the Council for Jewish Elderly and the Senior Health Program of Rush North Shore Medical Center. Subjects to be discussed will include exploring reasons why senior citizens are targeted by con artists and how to learn to recognize and avoid being taken in by them.

There is no charge to attend. For further information or to register, call the Rush North Shore Referral Line at (708) 933-6000.

New TDD number for Senior Agency

The Suburban Area Agency on Aging, Oak Park, has recently installed a separate telephone line for its TDD (telephone device for the deaf). A TDD is a small typewriter-style machine which allows a hearing or voice impaired person to make a telephone call

directly to a person with a compatible unit. A TDD either displays conversation on a visual screen or prints words on paper.

The Area Agency's new TDD number is (708) 524-1653. (Previously the Area Agency TDD was on the same line as the gener-

al telephone number (708) 383-0258). The Area Agency hopes the new line will make it easier for hearing impaired individuals to contact us and learn about the many benefits and services available to senior citizens in suburban Cook County.

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RETIREMENT/NURSING HOME

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Insuring executive retirement benefits

Fast-approaching retirement and new tax restrictions on 401(k)s and other qualified retirement plans have spurred the interest of many highly paid executives in learning about "nonqualified" deferred-compensation retirement plans. Essentially, these plans are a promise by the employer to pay income to select executives at a later date, usually at retirement. But to avoid current taxation, it can only be a promise. If the company doesn't have the funds at the time of retirement, or it goes belly up, is restructured, or merged, the executive could lose the entire promised nest egg. Company creditors must also have claim to the money.

Various strategies, such as rabbi trusts, are used to try to protect the promised assets, but none of them are foolproof. Now a new technique is available: executive compensation insurance. The technique works this way:

The executive takes out an indemnity insurance policy - sort of a cross between life and property/casualty coverage. If the executive's employer fails to pay the promised deferred benefits, say due to a merger or bankruptcy, the insurance company steps in to cover the bill. There may be exceptions written into the policy, such as the violation of a "bad boy" clause in the deferred-compensation agreement, or the insurer may refuse to renew the policy if the company's financial health weakens. Still, pension-benefit experts say executive compensation insurance may be the most exciting new addition in this area in a long time.

The idea has been floating for several years, but hasn't been much in use because of concerns that the Internal Revenue Service (IRS) would view such a policy as providing an immediate economic benefit to the employee and would thus tax the promised

benefits. However, last year the IRS issued a private letter ruling (an official IRS opinion about a taxpayer's request to pursue a specific tax strategy) allowing the use of indemnity insurance policies to underwrite promised non-qualified benefits. The IRS said the use of such insurance could avoid a current tax obligation as long as the employee negotiates and signs the policy, and pays the premiums, with no employer involvement.

The employer may provide a bonus or salary increase to the executive to indirectly help pay for the premiums, so long as the employer's funding isn't contractually tied into the indemnity policy. How far the IRS is willing to go with this should be clarified with additional letter rulings (letter rulings apply only to the requesting party, but they often indicate general IRS thinking on the issue).

Beyond the tax issues, the key to this innovative approach is persuading an insurance company to issue the policy. The carrier will want certain financial information about the company in order to gauge the risk, just as it would any other risk. Risk factors include the likelihood of company insolvency, bankruptcy, merger, or takeover, as well as the economic condition of the industry, the design of the deferred-comp agreement, and the length of the policy term (typically five to ten years). This assessment is easily done with publicly held companies. In fact, premiums may be scaled according to the company's Moody's or Standard & Poor's credit ratings. But it gets tougher with privately held companies who are often reluctant to provide financial information, and who are more difficult to underwrite.

Moreover, the executives who may be most in need of protection because of the financial instability of their company may be the least likely to be insured, or will have to pay costly premiums. Nonetheless, executive compensation insurance is a promising new tool in the deferred-comp arena.

Pasta, prizes beckon A-SCIP members in November



Barb Winecki of Maine Township's Disabled Services Department tests one of the two lift buses being provided by the Maine-Niles Association of Special Recreation (M-NASR) for A-SCIP's November outing to Bertucci's Restaurant in Glenview. A-SCIP is Maine Township's support group for the disabled. Also pictured are (right) Barbara Schwartz, outreach coordinator for M-NASR, and Jill Fyan, M-NASR's recreation specialist. M-NASR has a total of three lift buses, all donated this year by the Lpion Foundation.

Italian food, musical entertainment and prizes will highlight a November outing by A-SCIP, Maine Township's support group for the disabled, to Bertucci's Restaurant in Glenview.

Two lift buses provided by the Maine-Niles Association of Special Recreation will leave at 1 p.m. Sunday, Nov. 6, from the Maine Township Town Hall parking lot at 1700 Ballard Rd., Park Ridge. Transportation will be limited to six passengers in wheelchairs and 11 ambulatory passengers, and reservations are being taken on a first come, first served basis. The buses will return to the township at 4:30 p.m.

Participants also may travel to the restaurant on their own to meet up with the group at 1:30 p.m. Bertucci's is located at 1655 Milwaukee Ave.

Advance registration is required for both bus passengers and those who provide their own transportation. The cost for dinner and transportation is \$21 per person, while dinner alone is \$14. Checks must be received by Oct. 24. Dinner will include an insalata

salad with house dressing, pizza, rolls and a non-alcoholic beverage. There will be two choices for the main course: rigatoni with broccoli and chicken in a cream sauce, or stuffed ricotta shells in a tomato sauce with mozzarella cheese.

Entertainment will be provided by Rose Boghosian, who will play guitar and lead the group in a sing-along. Participants also will have a chance to win one of several donated door prizes during the afternoon.

A-SCIP is open to all disabled individuals and their friends and families. The group, which meets on the first Tuesday of every month at the Town Hall, offers participants an opportunity to discuss and share methods of coping with the various problems related to their disabilities such as employment, housing, health-related issues, relationships, and other topics.

For more information, call Donna Anderson, the township's Director of Disabled Services, or Barb Winecki, at 297-2510, ext. 229, or at TDD number 297-1336.

Center offers Medicare Counseling

The Center of Concern, 1580 N. Northwest Hwy, Park Ridge, is offering Medicare Counseling to persons who would like to help with handling Medicare and insurance forms. The volume of forms involved with insurance claims can be overwhelming. If you need assistance in completing the necessary paper work to file your claims, why not seek the help of an expert?

The Center's new Medicare/insurance counselor, Leonard Schneller, is available on Tuesdays to assist you. To make an appointment with Schneller, please call 823-0453.

Seniors create Investment Clubs

The Northbrook Park District Senior Center, 3323 Walters Ave., is host each month to three unique Investment Clubs. Each shares investment advice and information to benefit members. The Men's Investment Club meets on the first Wednesday of the month, the Women's Investment Club meets the third Thursday of the month and the Investment Speculators Club meets on the second Friday of the month.

Each of these groups has become quite popular with local seniors. If you are interested in receiving information about club membership call the Senior Center at 291-2988.

Seniors attend Northbrook production

Seniors are invited to enjoy Northbrook's own luncheon/theater combo at the Senior Center/Theater at 3323 Walters Ave. on Oct. 23. Following a delicious lunch, in the Crestwood Room, seniors will enjoy a wonderful musical presentation of "Applause," right down the hall from the Senior Center.

Reservations for this delightful afternoon can be booked at the Senior Center by calling 291-2988.

RETIREMENT/NURSING HOME

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Senior Service Agency receives Advocacy Grant

The Suburban Area Agency on Aging, Oak Park, was recently awarded a challenge grant of \$100,000 by The Chicago Community Trust to implement a Senior Advocate program on behalf of suburban Cook County's older population. To help the Area Agency meet the challenge, the Retirement Research Foundation has generously supported the Advocate Program with an additional \$50,000 grant, and the Illinois Department on Aging has approved the use of \$25,968 in Older Americans Act Title VII Outreach funds for the program.

The Senior Advocate Program was built on the Area Agency's successful, 1991-93 Outreach Campaign, also funded by The Trust, which provided senior citizens in suburban Cook County with information on available benefits and services. During its Outreach Campaign, the Area Agency, through a partnership with 19 local senior service agencies, used various marketing techniques to reach older persons who might not know about benefit programs such as the Illinois Department of Revenue's Circuit Breaker Program or Qualified Medicare Beneficiary (QMB) which pays for Medicare premiums, deductibles and coinsurance for qualified low-income individuals. The Outreach workers also informed older persons about services such as chore housekeeping or home delivered meals which are available through Older Americans Act programs.

The Outreach Campaign reached nearly 60,000 senior citizens and resulted in 6,000 individual investigations of different benefits and services. However, in conducting follow-up the Area Agency found that due to a number of reasons, many older persons never actually enrolled in programs. Through a unique partnership with the American Association of Retired Persons (AARP), the Senior Advocate Program will recruit Volunteer Independent Senior Advocates (VISAs) to provide peer assistance, encouragement and advocacy to seniors eligible for available programs and benefits. Twenty senior service agencies (first, broken down by region, is attached) throughout suburban Cook County will collaborate with the Area Agency and AARP in implementing the program.

For more information on the Advocate Program, contact Monica Lockie at the Area Agency, (708) 383-0258.

Choosing a successor in the family

The founders of private enterprises need to be self-motivated in order to properly prepare for their succession.

A recent survey by MassMutual, a leading authority on family businesses which has commissioned one of the largest research studies on family businesses ever conducted, indicates that a full 65 percent of family members intend to pass their business on to family members. Only 25 percent of that number have written plans and 34 percent have unwritten plans.

Unwritten usually means that the plan lacks details and has not been communicated to family members," said Terri Friedman Zeiger, president of the Family Business Association of Illinois (FBAI).

To get the succession process underway, Zeiger suggests that the parent/founder must first determine their retirement date and stick to it. "Plan when it won't threaten the lifestyle and routine of the person setting the date. In other words, don't procrastinate, but decide early on," she said.

Once the date is set, comes the difficult task of choosing an appropriate successor. "When multiple family members are involved in a competition to become successors, the founder should make it clear that the successor will not be chosen based on age, experience or gender, but on which member is the best choice to lead the company," Zeiger said.

Zeiger offers the following advice when making the difficult choice of determining a successor.

Leadership development for the successor is essential. Zeiger suggests to hold frequent policy meetings that test the persuasiveness and reasonableness of each of the individuals under consideration. If the business allows it, responsibilities should be divided and alternated. Individuals should be given assignments in marketing, administration, distribution, manufacturing, etc.

Choosing a single successor must be accomplished at some point. Keeping everybody working together during the time you are deciding which prospect is most qualified to succeed you will be a real test of your leadership. A key challenge for the successor will be his or her ability to obtain the support of those not selected. And, the founder can help tremendously by making every effort to convince those not chosen that they are not inferior or second-rate but still an important part of the team.

Know when to look outside the family for a successor. Zeiger also points out that the founder or chief executive must also know when to look outside the family for an appropriate successor. "The best choice may not always be in the family, but a non-family employee who has been committed to the growth and success of the business over the years," she added.

For more information on succession planning or other family business issues, contact the FBAI at (312) 836-1245.

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RETIREMENT/NURSING HOME

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Cohen and Klabunde win Niles Bowl No-Tap



Heinz Klabunde (left) and Sid Cohen captured the September No-Tap Senior Doubles Tournament title and the \$70 first place prize.

The September No-Tap Senior Doubles Tournament was won by Sid Cohen and Heinz Klabunde with 1,591. They dominated the tournament cashing in all three optional doubles pots and capturing the \$70 first place prize. They had 453-559-579.

Second place went to Mike and Meta Rotak with 1,438. Ann

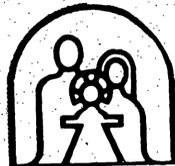
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Among the activities offered are exercise programs, worship services, sing-a-longs, craft projects and area outings. Families are encouraged to remain involved. Family and friends, including children, may visit every day from 10 a.m. to 8 p.m.

In selection of a skilled care facility for your family member, you are looking for one that offers loving care, a professional attitude and a warm, homelike environment. Lake Cook Terrace fills those needs.

For further information call Mary Hirsch. Admissions at (708) 564-0505. Lake Cook Terrace is located at 222 Dennis, Dr., Northbrook.

New family members night

Forest Villa Nursing Center, at 6840 W. Touhy Ave., Niles, has recently started holding meetings for family members that have placed a family member into the nursing center. These meetings usually last an hour and are directed towards orientating the resident and family to the residents new home.

The families are introduced to all of the different departments, such as social work, dietary, housekeeping, nursing, activities, rehabilitation, and are explained their functions. This is a time for the families and residents to ask about any concerns they may have. It is comforting to the families to have the opportunity to see the other new families and discuss related issues with them.

We feel this is the best way to show our compassion to those involved in the placement at Forest Villa Nursing Center because we do realize that this is a difficult time for everyone. We try to provide as much information or direction for the families so they do realize they are not alone.

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Keep Fit!

Shop for the holidays at the St. Matthew Festival



The St. Matthew Home Service League is hosting another Fall Festival fund raiser for St. Matthew Lutheran Home. Plan to come to St. Matthew on Friday, Oct. 21 from 10 a.m. until 4 p.m. The Home is located in Park Ridge just southwest of Dempster and Greenwood at 1601 N. Western Avenue.

Browse the Bake Sale, Granny's Attic, Farmer's Market, and Christmas Shop. You'll find home-baked goodies, home-canned fruits and vegetables, holiday wrap, cards and calendars, and many handmade crafts. Shop for Halloween and Christmas

decorations and gifts, and enjoy a \$5 luncheon from 11 a.m. until 2 p.m. Coffee, cider and snacks will be served throughout the day.

St. Matthew Home provides a full range of skilled and intermediate nursing care for elderly persons. As a program of Lutheran Social Services of Illinois, St. Matthew is a non-profit organization of the Lutheran Church in America.

If you have any questions or would like to donate handmade or baked items, contact Norma Rendina at (708) 825-5531.

Prostate Cancer: A Sign of Age?

by Karen Collins, MS, R.D.
American Institute for Cancer Research

Prostate cancer, once a "private" disease that nobody mentioned, is now frequently under discussion since it caused the deaths of several celebrities in the past year and has become the most common cancer, after skin cancer, in American men.

Localized, slow-growing prostate cancer now occurs in about 30 percent of men over age 50. Debates are raging over how rigorously we should seek to diagnose and treat such findings in older men if some forms of prostate cancer may be a harmless consequence of getting older. Is it worth trying to prevent it?

Although older men all over the world are frequently found to have slow-growing prostate cancer, the advanced forms of the disease are dramatically less common in Africa, Japan, and China, even compared to Americans whose families are from those countries.

Research studies have found that populations around the world that eat little or no meat do have less advanced clinical prostate cancer. The increase in prostate cancer in the U.S. could be due in part to the excess fat meat adds to our diet, its protein, or even because of the carcinogens that form as meat cooks.

Don't wait until we understand prostate cancer completely; begin protecting yourself today.

For a free brochure on the facts about prostate cancer, send a stamped, self-addressed envelope to AICR, Dept. BHP, Washington, DC 20069.

RETIREMENT/NURSING HOME

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Program to bring together seniors, schoolkids



Representatives of Elementary School District 64 recently paid a visit to the Maine Township Seniors during the Senior's September luncheon to launch "The Intergenerational Connection," a new program aimed at bringing together seniors and elementary school students. Pictured are (top row, left to right) District 64 Superintendent Arlene Fieger; Sue Neuschel, Director of Maine Township Adult & Senior Services; and Bob Carruthers, communications coordinator for District 64. In the bottom row (left to right) are Wendell and Florence Stukel, both of Des Plaines, and Mary Lindberg of Niles.

More than 3,800 residents are part of the Maine Township Seniors, which offers monthly luncheons, bingo, trips and other programs. Most activities are limited to members, but there's no cost to join and new members always are welcome. Residents who wish to enroll must be at least 65 years old and live in Maine Township. For a membership application or for more information

SeniorNet receives grant to open learning center in Skokie

Older adults in the Chicago area will soon gain more onramps to the Information Superhighway, thanks to a grant Ameritech is making to SeniorNet. SeniorNet, an international non-profit organization dedicated to bringing access to information age technologies to older adults, has received a \$20,000 grant from the Ameritech Foundation to develop and implement five Learning Centers for the Chicago area. The five centers will be located in Chicago, Cicero, Skokie, Northfield, and Palatine.

There are currently more than 60 SeniorNet Learning Centers nationwide. Like their counterparts across the U.S., the five Chicagoland centers will offer older adults the opportunity to learn computer skills and access a national telecommunications network, SeniorNet Online, a part of the America Online network.

"We sometimes have a tendency to think of the Information Superhighway as being strictly for young students or computer experts," said Douglas L. Whitey, president of Ameritech Illinois. "In fact, it's for everyone, and what better proof than the electronic communications network and training projects that SeniorNet provides for older persons. Ameritech's support demonstrates our commitment to help meet the diverse communications needs and interests of all our customers."

The SeniorNet Learning Centers will offer courses in computer applications such as word processing, database management, spreadsheets, and telecommunications.

"Our intent in bringing the SeniorNet program to Chicagoland is to establish a new community of older adults where they not only learn new skills, but have the opportunity to share their knowledge with the rest of us," said Mary Furlong, SeniorNet president and founder. "SeniorNet members across the country view the friendships they've made at the Learning Centers and online as part of an extended family."

Free senior seminar offered on reverse mortgages

Homeowning senior citizens can learn about "turning your home into pension income with a reverse mortgage" at a free educational seminar being co-sponsored by Columbia National Bank and the Harlem-Foster Seniors Club.

A reverse mortgage is a new financial instrument that enables seniors 62 and older to remain in their own homes for life with full title, while converting some of their built-up home equity into tax-free, government-guaranteed monthly retirement income or cash reserves. No repayment is made until the last co-owning senior dies, sells, or moves from the home, which then normally would be sold to cover repayment. Any remaining equity and home appreciation go to the homeowner's heirs. Federally-insured reverse mortgages became available following the passage of legislation promoted by the American Association of Retired Persons (AARP).

The federal insurance program

protects homeowners and their heirs from owing anything exceeding the final home value, and guarantees that the homeowners will receive all monthly checks or cash reserves to which they are entitled. That money can be a significant boost to a senior's budget. For example; a 75-year-old couple with a \$100,000 home in a metropolitan area could receive a monthly check of about \$350 for as long as either lives in the home, or \$530 a month for 10 years, or about \$42,300 in a lump sum. However, the money is received, no repayment is made until the owners die, sell, or move away.

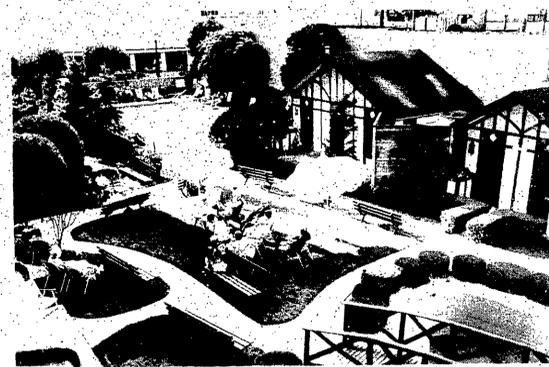
The seminar is set for 10 a.m. on Wednesday, Nov. 2 during the Harlem-Foster Seniors meeting at Columbia National Bank's Community Room, 5250 N. Harlem Ave., Chicago. A professional retirement advisor from Senior Income Reverse Mortgage Company will lead the seminar and discuss examples of how older homeowners have solved

various problems with reverse mortgage income, such as paying off old mortgages and credit card debts to end monthly payments, or paying for such other necessities as health care, prescriptions, property taxes, and home repairs. The speaker will also explain how many seniors are using reverse mortgages to enhance their retirements with the means to travel, replace old autos, redecorate, give gifts to loved ones, and create "cash cushions" for extra financial security.

The Harlem-Foster Seniors Club holds their monthly meetings in the Community Room of Columbia National Bank. This organization is scheduled to meet the first Wednesday of every month at 10 a.m. The senior group was organized by radio personality Chet Gulinski, of WNDZ 750 AM. His radio show broadcasts on Sunday, 8:30 and 11 a.m. The show reaches a radius of 150 miles.

To reserve a free seat, call (800) 774-6266.

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RETIREMENT/NURSING HOME

Golden Age Bake Sale

St. John Brebeuf Golden Age Club is holding its annual "Bake Sale" on Saturday, Nov. 19 after the 5 p.m. mass and the 6:30 p.m.

Polish mass, and also on Sunday, Nov. 20 after every mass at the North entrance of the school. Chairladies Lil Miller and Joan Provenzano ask parishioners and members who are donating baked goods to deliver them on Saturday after 1 p.m. and Sunday after 6:30 a.m. at the North entrance of the school.

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A-SCIP plans afternoon of fun

A-SCIP, Maine Township's support group for the disabled, plans an afternoon of entertainment and Italian food on Sunday, Nov. 6, when it ventures to Bernucci's Restaurant in Glenview.

The cost for dinner and transportation is \$21 per person, while dinner alone is \$14. Musical entertainment and prizes also will be featured. Registration is required and checks must be received by Oct. 24.

Transportation will be provided by two lift buses on loan from the Maine-Niles Association of Special Recreation (M-NASR). Buses will depart at 1 p.m. from the Maine Township Town Hall at 1700 Ballard Road in Park Ridge and will return at 4:30 p.m.

For more information on the trip or other programs, call Donna Anderson, the township's Director of Disabled Services, or Barbara Winiacki at 297-2510, ext. 229, or at TDD number 297-1336.

Those Golden Years

FOREST VILLA NURSING CENTER

recently held their "Fall into Good Health" health fair



Forest Villa is always concerned with the needs and interests that the elderly may have. We believe that the seniors in the community should be educated to the opportunities that are offered to them. That is why we continue to host our annual health fairs. The different organizations that participate in Forest Villa's health fairs are Lutheran General Health Systems—Older Adult Services, Niles Senior Center, Arthritis Foundation, the Leaning Tower YMCA, American Heart Association and many more. Also offered are cholesterol screenings, give-aways, food buffet and door prizes. This event is only one of the many events held by Forest Villa Nursing Center which welcomes the community to attend. Recently, there were over 100 seniors that attended "Fall into Good Health" fair. While there were many activities taking place, Frank & Ann Knapp were able to take a memento and pose for the camera.

Forest Villa would like to give a special *Thank You* to all the seniors who attended & look forward to seeing everyone at our next annual health fair



FOREST VILLA NURSING CENTER
6840 W. Touhy Avenue, Niles
(708) 647-8994

Family karaoke



Look out Broadway! Mary and Tom Schillaci took center stage with their son to "record a hit" with the karaoke machine during a Grandparents' Day Celebration at Oakton Arms Retirement Community in Des Plaines.

LGH offers free immunization

For the second year in a row, Lutheran General Health System (LGHS) will offer free flu shots to the senior citizens of Park Ridge. The shots are provided by the Cook County Department of Public Health and the Park Ridge Healthy Community Partnership, a cooperation between Lutheran General Health System and the community of Park Ridge.

Immunizations will be offered on Oct. 28, from 9 a.m. until noon at the Park Ridge Senior Center, 100 S. Western Avenue. Those 65 or older and other "at risk" individuals are encouraged to receive the shots. Those who received flu shots last year are encouraged to re-immunize, as flu shots need to be administered every year.

Free hearing screening at Rush

A free hearing screening, sponsored by Rush North Shore Medical Center, will be held on Wednesday, Nov. 9 from 9 a.m. to 3 p.m. in the offices of Charles A. Lowe and Associates, Rush North Shore Professional Center, 9669 N. Kenton, Suite 605, Skokie.

A screening will be given by appointment only. For more information or to make an appointment, call Rush North Shore's Referral Line at (708) 933-6000.

Crime prevention and safety for seniors

"Street and Parking Lot Safety: How to be alert, the Buddy System," the second of a three-part lecture series on Crime Prevention and Safety for the Older Adult, will be held at Rush North Shore Medical Center in Skokie, on Wednesday, Nov. 16, at 1 p.m. in the medical center's Sharfstein Academic Center.

Seniors offered low-cost will services

Eligible senior citizens are offered low-cost will preparation services through the Senior Citizens Will Program, Wednesday, Nov. 2, at the Center of Concern in Park Ridge, and Wednesday, Nov. 9 at the Skokie Office of Human Services. Advance appointments are required and will be scheduled beginning at 9 a.m. that day.

An attorney from The Chicago Bar Association will provide free consultations about wills to seniors who register for the service. At a client's request, the attorney will also prepare a simple will for a reduced fee. The cost for drawing up a will is not more than \$50 for an individual (\$75 for a couple).

Durable Power of Attorney and Living Will forms are available free of charge. A Durable Power of Attorney allows a senior to designate another person to make property or health care decisions in the event the senior becomes physically or mentally unable to do so. A Living Will allows an individual with a terminal health condition to express his or her desire to have death-delaying procedures withheld or withdrawn.

Seniors may complete the Durable Power of Attorney and Living Will forms themselves, or they may hire the attorney to help fill them out and to explain the various options available on the forms. The fee for the attorney to provide legal advice about a Durable Power of Attorney is \$75 maximum for an individual (\$125 for a couple). The charge for a Living Will is no more than \$50 for an individual (\$75 for a couple).

To be eligible for the Senior Citizens Will Program, a client must be age 60 or over. Annual income must not exceed \$15,000 (\$20,000 for a couple); and assets, excluding a home and personal car, should be worth no more than \$30,000.

The Senior Citizens Will Program is sponsored by The Chicago Bar Association, the Suburban Area Agency on Aging, the Chicago Department on Aging, and the Cook County Legal Assistance Foundation.

Appointments for the Senior Citizens Will Program must be scheduled in advance. To register, call the Center of Concern at (708) 823-0453 or the Skokie office of Human Services at (708) 933-8208.

Stay Healthy!

RETIREMENT/NURSING HOME

Trip offers option singles can't refuse



Mary Anton (left) and Barbara Arentz, both of Niles, ham it up with "Da Mayor," also known as Joe Garbe, during One + Options' recent visit to Gangstartown, a speakeasy-theme dinner theater in Schiller Park. One + Options, Maine Township's group for widowed and single adults 45 through 65, offers regular trips, dining adventures at area restaurants, a Sunday Strollers program and seminars. For more information, call Barb Koss at 297-2510, ext. 240 or 241.

Barber Shop Quartet to perform

The Northwest Chicago Metro Chapter of the Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America (SPEBSQSA) will be presenting its 12th annual show, "Home Alone Again," on Saturday Oct. 22 at 8 p.m. The show will be held in the auditorium of the "old" Wright Junior College at 3500 N. Austin Avenue in Chicago. On the program will be two guests quartets, Lake Shore Harmony Four and Harmony Express. There are senior citizens, student as well as group ticket rates. For ticket information and orders call Walter Bohdan at (708) 675-3259.

Celebration of Spirituality

Holy Family Health Center, sponsored by The Sisters of the Holy Family of Nazareth, located at 2380 E. Dempster, Des Plaines, will be among many nursing homes, hospitals and other health care facilities celebrating National Pastoral Care Week from Oct. 24-30. The theme of this year's observance was borne out of what Chaplains and Pastoral Counselors seek to help individuals come to recognize that there is a true spiritual dimension to each of us. Every day while dealing with the difficulty of accidental injury, old age, illness and surgery, patients and their families find a deeper purpose for life. As current issues of National Health Care are discussed, the role that spiritual awareness and pastoral care play in wellness and healing are becoming topics of conversation and study.

MaryJoanne J. Molina

Marine Pvt. MaryJoanne J. Molina, a 1992 graduate of Niles West High School of Skokie, recently reported for duty with 3rd Supply Battalion, 3rd Force Service Support Group, Okinawa, Japan. She joined the Marine Corps in January, 1994.

Intergenerational activity

"Play Bingo With Seniors" has begun its fourth year as an intergenerational activity among youth and older adults. Students in 3rd through 12th grades are invited to participate in this fun and sharing activity at seniors' clubs throughout Evanston during the 1994-95 school year.

The program is sponsored by PEER Services Prevention Office, Evanston Recreation Department Seniors Program and Students Together Organizing Prevention (S.T.O.P.) and Districts 65/202. Youth will play bingo during the first hour and participate in a workshop during the second hour. Snacks and beverages will be served during the workshop. These activities are scheduled on week days on which there is no school.

USE THE BUGLE

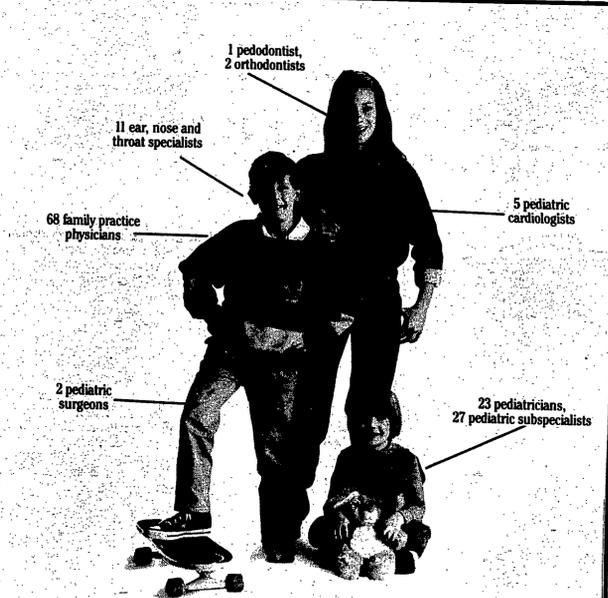
Oakton's Six Piano Ensemble performs at Chicago Music Mart

The Oakton Six Piano Ensemble under the direction of Glenna Sprague, Professor of Music at Oakton Community College, will present a concert featuring six dueling grand pianos at the Chicago Music Mart at the DePaul Center (corner of Jackson and State Streets) in Chicago on Friday, Oct. 21 at 7 p.m. The public is invited and admission is free.

The group will perform original arrangements from the classical, jazz, ragtime, and popular periods that are transcribed for the six pianos by Conductor Sprague. Works by Bach, Mozart, Schubert, Bizet, Johnny Mercer and Sousa will be performed.

The Oakton Six Piano Ensemble, formed in 1980, is the only group of its kind in the Midwest. Similar to an orchestra, the group consists of pianists playing at six grands with each member playing a different part. The Six Piano Ensemble has toured throughout the United States and has performed at the Music Teachers National Association Convention in Spokane, Washington, the Chicago Civic Opera House, and at Northwestern University during the Illinois State Music Teachers Association Convention in November.

RELAX!



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Retirement: The 42 percent solution

by
Thomas A. Curin
Social Security Manager
Des Plaines, IL

How much money is needed to assure a comfortable retirement? Many financial analysts recommend that middle-income Americans need a replacement rate of about 80 percent of pre-retirement earnings.

Too often, people never think about where that money will come from until it's too late to do much about it.

Social Security retirement benefits replace about 42 percent of an average earner's pre-retirement earnings. Social Security is a financial base on which most retirees can build.

Some critics of the program say they could do a lot better than Social Security in providing for their retirement. I would encourage them to make the effort, because a partnership with each worker is what was originally intended.

When the original Social Security Act was passed almost 60 years ago, Social Security retirement benefits were thought of as part of a "three-legged stool." The other two financial "legs" were (1) personal savings and investments and (2) employer pensions.

What if an individual is either wise enough or lucky enough, through investments and pensions, to duplicate Social Security's replacement rate of 42 percent of earnings for an average individual? He or she would then reach an 84 percent figure and assure themselves a comfortable retirement.

If you do a little less well, the effort is still all to the good because you will have more than just Social Security to rely on.

A good starting point for any analysis of what you will want or need for your retirement years is a Personal Earnings and Benefit Estimate Statement that is available free from Social Security. Just call 1-800-772-1213 and one of our representatives will be happy to help you.

Seniors need to be aware of driving limitations

By George H. Ryan

Senior citizens age 65 and older comprise more than 13 percent of all Illinois drivers. While few requirements exist for seniors to maintain driving privileges, they need to pay special attention to natural physical changes, such as changing vision and slower reflexes, that limit driving ability.

Q. At what age should older citizens stop driving?

A. There is no set age as long as they are physically and mentally capable of driving safely. Most elderly people stop driving and even voluntarily surrender their licenses when they feel they should not be driving.

Q. What are the guidelines for driver's license renewal?

A. Seniors ages 69-80 must renew their licenses every four years for a \$5 fee. Persons 81-86 must renew every two years for a \$2 fee, and those 87 and older must renew annually at no fee.

Q. What tests are required?

A. Everyone must pass the vision test, and all persons age 75 and older must pass the driving test. In addition, everyone must take a written test every eight years except those having no traffic convictions.

All senior citizens are encouraged to participate in a driver safety program called "Seniors on the Go." The program provides hands-on driving practice for seniors in a comfortable, risk-free environment.

For more information, call 1-800-252-2904.

Dine & Dance

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All press releases must be in our office by Friday for publication in the following week's edition.
Send to:
NEWS EDITOR
The Bugle Newspaper
8746 N. Shermer Road
Niles, Illinois 60714

What's a Healthy Food?

by Karen Collins, M.S., R.D.
American Institute for Cancer Research

With all the sweeping health claims made on food packages, it's nice to know that a food labeled "healthy" will have to meet new standards recently set by the Food and Drug Administration (FDA). This ruling will not go into effect until January 1996, but meanwhile we can use its guidelines when planning meals and shopping for groceries.

The new criteria require a "healthy" food to be classified as low in both total fat and saturated fat. In addition, sodium and cholesterol content will have to be limited.

And that's not all. The newly announced standards for "healthy" foods also require a serving to supply at least 10 percent of the Daily Value for vitamin A or C, protein, calcium, iron or dietary fiber. Daily Value represents the amount of a nutrient that a typical adult might eat in a healthy diet each day. Main dishes will have to provide at least 10 percent of Daily Value for two of these nutrients; meal products (like a frozen dinner) will have to provide at least 10 percent for three.

These rules will not only improve the standards for food products, they may also help improve our understanding of good nutrition. It has become too easy to think of a 350 calorie fat-free frozen dessert as nutritionally equal to a 350 calorie carrot. Although their calorie and fat contents are equal, the dessert is only a nice way to please our sweet tooth without fat, while the carrot provides important nutrients that we really need.

Organizations such as the American Institute for Cancer Research have long emphasized that, while it is important to limit fat for lower risk of cancer and heart disease, it is just as important to get enough nutrients and fiber from plenty of whole grains, vegetables, and fruits.

A "healthy" diet has some room for foods that are good sources of one nutrient, but perhaps somewhat high in sodium or fat, for example, a bran muffin may be high in fiber but also contain more fat than another type of grain product; or vegetable juice may supply vitamins but have a high sodium content. But beginning in 1996, you'll know that a food labeled "healthy" will make a contribution to good eating in several ways. When it comes to your overall eating habits, keeping fat and sodium low is a good start, but be alert to including plenty of nutrient-rich foods as well.

For a free brochure of tips for healthy eating, send a stamped, self-addressed envelope to AICR, Dept. TT, Washington, DC 20069.

Res residents provide care to local community



Mary DeSalvo, Resurrection Parish Nurse at St. Monica's Catholic Church (left), and Marie Gempis, D.O., a family practice resident (right), visit with Edward Kugler, a home health patient (center), as part of the Resurrection Family Practice Community Medicine Rotation.

The Family Practice residents at Resurrection Medical Center are getting a chance to practice medicine both in and out of the hospital, thanks to a special community medicine rotation. Several residents have ventured back into the community to provide medical care. Local church parsonages, Rainbow Hospice patients, international visitors and others have benefited from the personal contact of the physicians—physicians who believe that community medicine is just what the doctor ordered.

Since the program debuted last year, 12 family practice residents have been exposed to a diversity of community settings which require a variety of health care services. According to Edward Foley, M.D., an Associate Director of the Family Practice Residency Program at Resurrection, the residents have learned how health care affects both the family and the community.

For one month, the residents experience several community settings—local churches and schools, Resurrection counseling programs, O'Hare International Airport and Rainbow Hospice.

The Resurrection Parish Nurse Program has involved the physicians through local church support group meetings, health lectures and home visits with the parish nurses.

Another setting is the Resurrection Counseling Center, where physicians work with the counseling staff to learn about child, adolescent, adult and geriatric psychology. In addition, they observe therapy sessions and recognize the resources available to help children, families and adults.

Addiction Treatment Services at Resurrection Medical Center allows another opportunity for residents to gain insight into a patient's psychological needs or problems. The residents work with staff members who treat individuals with addiction and codependency problems. The goal is to teach the residents how to recognize addiction and codependency problems within the family.

Providing another unique community setting is the O'Hare International Airport, where the family practice physicians learn about the potential health care problems and communicable diseases associated with international travel.

At O'Hare, the residents work directly with the U.S. Department of Agriculture and the U.S. Public Health Quarantine Station

and participate in the U.S. Fish, Game and Wildlife cargo inspections.

Residents make visits with nurses and social workers and participate in the assessment of a patient's condition. Hospice support group attendance allows the residents to fully understand the support given to family members.

Dr. Foley noted that the community medicine rotation has set out to accomplish the goals of the Resurrection Family Practice Residency Program by allowing physicians to understand the role of private and public community resources and utilize them for patients.

The community medicine rotation is just one component of the three-year family practice residency program, where residents receive additional medical training after medical school. Some of the other rotations include internal medicine, pediatrics, surgery, obstetrics and gynecology, rehabilitation medicine, neurology, cardiology, pulmonary medicine, orthopedics and neonatology. The Resurrection Family Practice Residency Program has a total of 18 residents each year who staff the Family Practice Center. There are six residents in each year of the three-year program.

Robert Buckley, M.D., is the Director of the Family Practice Center and the residency program with the assistance of three Associate Directors, Patricia Bloom, M.D., Timothy McCurry, M.D., and Edward Foley, M.D.

The Resurrection Family Practice Center is open Monday and Friday, from 9 a.m. to 4 p.m.; Tuesday, from 9 a.m. to 8 p.m.; Wednesday, from 9 a.m. to 11 a.m.; Thursday, from 9 a.m. to 8 p.m. For more information, call (312) 792-5155.

Eric J. Leone

Marine Lance Cpl. Eric J. Leone, son of John and Sue Leone of Des Plaines, recently completed a six-month deployment to the Western Pacific and Indian Oceans with 2nd Battalion, 5th Marines, Leone was one of 2,200 Marines and 2,000 Sailors in the four-ship USS Peleliu Amphibious Ready Group. During the deployment, Leone served three months off the coast of Somalia and helped in the evacuation of U.S. citizens from Rwanda and Burundi. The 1992 graduate of Maine West High School joined the Marine Corps in August 1992.

Prizes beckon A-SCIP members

Italian food, musical entertainment and prizes will highlight a November outing by A-SCIP, Maine Township's support group for the disabled, to Bertucci's Restaurant in Glenview.

Two lift buses provided by the Maine-Niles Association of Special Recreation will leave at 1 p.m. Sunday, Nov. 6, from the Maine Township Town Hall parking lot at 1700 Ballard Road, Park Ridge. Transportation will be limited to six passengers in wheelchairs and 11 ambulatory passengers, and reservations are being taken on a first come, first served basis. The buses will return to the township at 4:30 p.m.

Participants may also travel to the restaurant on their own to meet up with the group at 1:30 p.m. Bertucci's is located at 1655 Milwaukee Ave.

Advance registration is required for both bus passengers

Forest introduces Continuous Care Program

An open house to introduce Forest Health System's new Continuous Care Program will be held Friday, Oct. 21, from 2:30 to 4:30 p.m. at Forest Hospital, 555 Wilson Ln., Des Plaines.

Professionals in health care and related fields are invited to attend the open house, which will be preceded by a lecture by continuous care program director Bill Moor Psy.D., Ph.D., scheduled from 1 to 2:30 p.m., Dr. Moor's program, "The A, B, C's of Diagnosing," will provide an approach to understanding the major syndrome and their symptoms as presented in the DSM-IV.

The continuous care program will provide a single setting for diagnosis, medical management and re-stabilization for adults suffering from serious, chronic mental illnesses.

Both the lecture and open house are free, but registration is requested. To register, call (708) 635-4100, ext. 363.

For more information, call Donna Anderson, the township's Director of Disabled Services, or Barb Winecki, at 297-2510, ext. 299, or at TDD number 297-1336.

SJB Holiday Bazaar set



St. John Brebeuf Catholic Women's Club prepares for its 25th annual Holiday Bazaar, scheduled for Oct. 23 from 8 a.m. to 3 p.m. in the SJB gym and parish hall.

On Sunday, Oct. 23, St. John Brebeuf Catholic Women's Club will host its 25th annual Holiday Bazaar from 8 a.m. to 3 p.m. in the SJB gym and parish hall, 8301 North Harlem, Niles.

The Bazaar will feature a wide variety of seasonal and year-round handmade items created by individual crafters. The bake table will have available a tempting selection of cakes, cookies, jams and jellies. Shoppers can relax and enjoy a snack or lunch. Special raffles will be held throughout the day. There is a 50 cent adult admission.

Alzheimer's Center sponsors free seminar

Meeting the challenges of Alzheimer's disease will be the focus of a free seminar sponsored by the Rush Alzheimer's Disease Center, the Chicago Area Chapter of the Alzheimer's Association and Chicago State University.

Health care experts will discuss medical aspects of Alzheimer's disease, community resources available to patients and their families, and their impact of the disease on patients and their families.

The seminar will be held Saturday, Oct. 29, from 2 to 4:30 p.m.

at Chicago State University, Business and Health Services Building, 9500 S. King Dr., Room 102, Chicago State University is a half mile east of 194 (Dan Ryan Expressway at 95th St.).

Please call (708) 933-1000 or fax (708) 933-2417 to register.

Become an organ donor

More than 200,000 people in the United States currently await donor organs or tissue for transplant. Every 20 minutes, a new name is added to the waiting list.

On Wednesday, Nov. 9, from 6 to 7 p.m., Northwestern Memorial Hospital clinical nurse specialist Holly Clayton and coordinator of the Division of Organ Transplant Eileen Demayo will discuss which organs can be donated and what criteria must be met.

The cost of this class is \$10. Pre-registration is required. For more information, call Northwestern Memorial Hospital at (312) 908-8400.

Arthritis patients needed

Individuals who have rheumatoid arthritis are being sought for research treatment programs at the Center for Clinical Studies, Rush-Presbyterian-St. Luke's Medical Center. Physicians are studying new medications to treat this condition.

Qualified volunteers receive all study-related care at no charge, including doctor visits with arthritis specialists, laboratory and x-ray services, and study medication.

Rheumatoid arthritis is a chronic illness that affects two to three times more women than men. Although the disease often begins in the late-20s to mid-30s, it can start at any age.

For more information about these programs, call (312) 942-2167.

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RETIREMENT/NURSING HOME

Page 12 Thursday, October 20, 1994

Free flu shots for Cook County residents

The Cook County Department of Public Health is offering influenza vaccines to suburban Cook County residents 65 years of age or older, the chronically ill 3-8-year-olds who have had a flu shot in the past, and all chronically ill residents 9-years and older. There is no charge for the vaccine, however, because influenza vaccines will now be covered through Medicare-Part B, all Medicare recipients should bring their Medicare card.

"We are encouraging Medicare recipients to use their private providers instead of waiting in long lines at public clinics. Medicare coverage provides more convenience for many seniors and allows the health department to focus on reaching those populations that do not have easy access to private physicians," said Karen L. Scott, MD, MPH, CCDFH director. These populations include Hispanics, African-Americans and young people with chronic illnesses.

Cook County Board President Richard J. Phelan urges seniors and the chronically ill to get a flu shot this year. "Flu shots provide protection to people who are most vulnerable to influenza. Those who received flu shots last year need to be immunized again in order to be protected." Yearly immunization is necessary because the vaccine changes each year and protection only lasts a few months.

Influenza, commonly known as the flu, is a viral infection of the nose, throat, bronchial tubes and lungs and can make a person ill. The flu can be particularly dangerous for the elderly and the chronically ill because of the potential for serious medical complications such as pneumonia.

Fifteen suburban flu clinics are being sponsored by the health department during October and November. Residents should contact their individual municipality and township to see whether they are offering influenza vaccines. Persons who are allergic to eggs or have a high fever on the day of the clinic will not be immunized.

For more information, residents of suburban Cook County should call the health department's flu hotline at (708) 445-2339. Persons needing accommodations for a disability should contact voice: (708) 445-2460, or TDD (for the hearing and speech impaired): (708) 445-2406.

Flu shots will be administered in Park Ridge on Friday, Oct. 28 from 9 a.m. to noon at the Park Ridge Senior Center, 100 S. Western and in Des Plaines on Friday, Nov. 18 from 9 a.m. to noon at the Des Plaines Senior Center, 515 E. Thacker.

Board votes to continue PRC services

The Maine Township Town Board this week voted 3-0, with two abstentions, to work to keep PRC services close to existing levels on a temporary basis while the township creates its own transportation program for the elderly and disabled.

PRC Paratransit Services Inc. is a consortium of six area townships - including Maine - that provides taxi transportation at nominal rates to people who have difficulty using public transportation. The program allows seniors and the disabled to travel to their employment, doctor's appointments, medical treatment and other professional services, as well as on personal visits for shopping or recreation.

For most of its members, PRC provides inter-township transportation only; travel within township boundaries is handled by individual township dial-a-ride programs. Maine Township, though, does not have its own dial-a-ride program and has relied on PRC for both in township and inter-township travel.

That is expected to change because of a vote earlier this month by the PRC board to provide only rides crossing township borders. The new policy, aimed at reducing PRC's operating deficit, is expected to eliminate about 85 percent of the rides currently provided by PRC to Maine Township residents.

At the Oct. 11 Maine Township Board meeting, Trustee Jim Reilly proposed that Maine Township offer PRC an additional \$4,000 a month through December to temporarily continue current services. Meanwhile, the township will work to develop its own dial-a-ride program to eventually replace PRC for travel within Maine's borders.

To continue operating at the extended funding level, PRC is pulling back its services temporarily, Maine Township residents

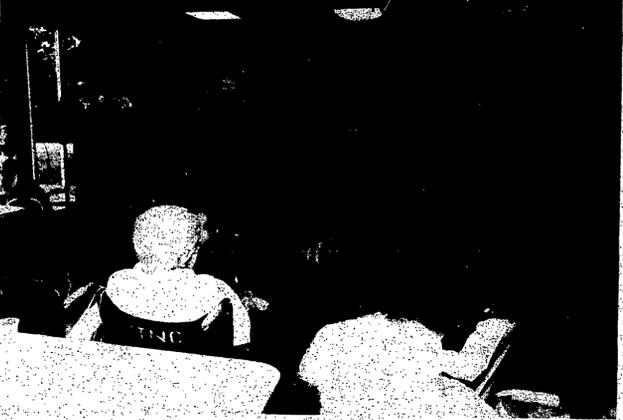
Nursing Center gives from the heart

Forest Villa Nursing Center's residents, staff, family and friends took it upon themselves recently to take up donations for the children of Rwanda.

Gertrude Harmatys, a resident of the home, along with the help of A.D.O.N. Christine Lopez, set up a table for one week with pictures and an explanation of the cause. Many visitors gave donations from the heart and expressed their feelings by stating how good an idea it was for the family of Forest Villa to reach out and help others in need.

James D. DeSalvo, Marine Pfc. James D. DeSalvo, son of Gayle Lenzo of Des Plaines, recently completed the Enlisted Supply Intermediate Course with Reserve Support Unit, Marine Corps Air Station, Cherry Point, N.C. The 1993 graduate of Loyola Academy of Wilmette, joined the Marine Corps in December 1993.

Residents celebrate October birthdays



Volunteer dancers from the Park Ridge Senior Center, led by instructor Bernie Small, demonstrate line-dancing to Glenview Terrace residents as part of a western theme day held at the nursing center to celebrate all the October birthdays.

Alzheimer's patients needed for drug studies

The Northwestern University Medical School department of psychiatry and behavioral sciences is seeking patients for studies of two drugs for the treatment of symptoms of Alzheimer's disease.

The first study will evaluate an experimental drug to treat the psychotic and behavioral disturbances in patients with Alzheimer's disease. The study begins with 10 weekly clinic appointments followed by an optional 14-week extension period.

Patients must be older than 65, in good general health but with moderate to severe Alzheimer's disease, with psychotic symptoms and/or behavioral disturbances of sufficient severity to warrant treatment. Nursing home residents and outpatients are eligible for this study, but outpatients must have a caregiver willing to attend visits at Northwestern Memorial Hospital and supervise the patient taking the medication.

The second study involves an experimental drug for treating memory loss due to Alzheimer's disease.

To qualify for this study, patients must have a history of at least one year of gradual, progressive memory loss and impaired thinking that is severe enough to interfere with social or occupational functioning. Patients must be able to swallow medium-sized tablets and be in reasonably good physical health. They also must have a caregiver willing to attend each clinic visit at Northwestern Memorial Hospital and supervise patients taking the medication.

The study will last 26 weeks with 11 clinic visits, followed by an optional extension of treatment.

For more information on these studies, contact Carolyn Cooler, R.N., at (312) 908-8813.

Did You Know?

In 1962, 69 percent of persons over age 65 were receiving Social Security benefits and 36 percent were still working. By 1992, 92 percent of those over age 65 were receiving Social Security benefits, but only 22 percent were still working.

Of all new Social Security claims approved in 1992, 58 percent were for nonretirees. They included 16 percent for disabled workers and 42 percent for the spouses and children of retired, disabled, or deceased workers.

Close to 600,000 adults receiving a "child's" benefit from Social Security because they have had a disabling condition since childhood.

Christopher Brennan

Christopher P. Brennan has been commissioned as a second lieutenant in the United States Air Force. Brennan is the son of Thomas J. and Rebecca S. Brennan of Glenview.

He is a 1987 graduate of Loyola Academy, Wilmette, and a 1992 graduate of Bradley University, Peoria.



Social Security and Medicare Trust Funds

The 1994 Annual Report of the Social Security Board of Trustees states that if the Old-Age and Survivors Insurance (OASI) Trust Fund from which retirement and survivors benefits are paid and the Disability Insurance (DI) Trust Fund from which disabled workers and their dependents are paid were combined, benefits could be paid for the next 35 years. However, the report also states the DI fund is expected to be exhausted in 1995 if no corrective legislative action is taken by Congress to address the immediate short-fall of the fund.

Currently, the DI fund faces both a long-term deficit and critical short-term deficit. The trustees are recommending a reallocation of 0.34 percent of the tax rate for employees and employers, each, from the OASI to the DI fund for 1994 through 1999. The rate allocated to the DI fund in these years thus would increase from 0.60 percent to 0.94 each for employees and employers. For the years 2000 and later, the rate allocated to DI would be reduced to 0.90 percent-0.19 more than the 0.71 percent rate scheduled for 2000 and later under present law.

Effect of Reallocations

Such actions have been taken in the past to address shortfalls without requiring an increase in the overall tax rate. The proposed tax rate allocations would make it possible to pay DI benefits for about the next 25 years and would not jeopardize the short-range status of the OASI Trust Fund. However, the reallocation would, to some extent, adversely affect the long-range financial status of the OASI fund.

For the combined OASI and DI funds, the long-term deficit is projected to be higher than had been estimated last year. The trustees believe there is ample time to address this deficit. They recommend that the quadrennial Advisory Council on Social Security-whose members are to be named later this year-review ways to improve the long-term financial status of these two Social Security funds and develop recommendations for improving the long-range status of the combined program.

Medicare Hospital Insurance

The Medicare Hospital Insurance (HI) Trust Fund is "severely out of actuarial balance over the next 75 years" and likely to be exhausted in 2001 unless changes are made, according to the trustees report. The Medicare Supplementary Medical Insurance (SMI) Trust Fund is adequately sound. The SMI fund pays doctor bills and other outpatient expenses and is financed on a year-by-year basis-participants pay a monthly premium and the government pays the remainder of the costs from general revenues.

The trustees note that SMI program outlays increased 59 percent in the last five years and grew 23 percent faster than the economy as a whole. Because the trustees believe this pattern of growth shows little sign of abating, they urged Congress to take additional action to control SMI costs through specific program legislation and as part of enacting comprehensive health care reform.

Nominate a Great American Main Street

Has your community's downtown been revitalized? It is once again alive, full of character and a gathering place? If so, it may be eligible to win a Great American Main Street Award.

Sponsored by the National Trust for Historic Preservation's National Main Street Center and St. Louis-based stock brokerage firm, Edward D. Jones & Co., the new awards program will recognize five outstanding Main Streets each year. To be eligible, winning communities should be able to demonstrate active public and private participation in revitalization efforts, broad-based local support, success in boosting their downtown economy and adaptive use and preservation of key historic downtown buildings.

The competition is open to towns and cities of all sizes. The awards will be announced May 15, 1995 at the National Town Meeting on Main Street to be held in Little Rock, Ark. Each of the five winning communities will receive a \$5,000 award to be used to further its revitalization efforts.

Applications must be submitted by Nov. 15, 1994. You may pick up an application at any of one of more than 3,000 Edward D. Jones & Co. offices throughout the United States, or write the National Main Street Center, National Trust for Historic Preservation, 1785 Massachusetts Ave., NW, Washington, DC 20036, or call (800) 441-2018.

Cut energy loss: check for leaks

Most homeowners know that air infiltration through windows and doors is one of a home's leading causes of energy loss.

However, many of those same homeowners probably don't know how to determine if their windows and doors are leaking or not.

To help them save energy, Mackinburg-Duncan, one of the country's largest manufacturers of do-it-yourself weatherproofing products, offers three easy tests to check the tightness of windows and doors:

Test #1: Place a dollar bill between the door and door frame or between the window sash and sill. With the door or window closed, attempt to remove the dollar bill. If it slides out easily, you are losing energy.

Test #2: Shine a flashlight around the edges of your door at night. If you can see light from the other side, you are losing energy.

Test #3: Pass a moist hand around the edge of your doors and windows. If you feel a draft, you are losing energy. This test works best on cold windy days.

If any of your doors fail these tests, the experts at M-D suggest that you install a new threshold, door sweep or new door jamb weatherstripping depending on where the air is infiltrating your home.

Thresholds are installed on the floor across the bottom of the door frame. Door sweeps are installed on the bottom inside the door to provide a tight seal between the door and the threshold.

Take a tour of North Shore modernism

Among all the stately Tudors and Georgians of the North Shore lies a remarkable array of architecture of a very different sort-non-traditional architecture from the 20th century. Now the public can learn more about these distinctive commercial and residential Modernist structures when Bill Hinchliff, a noted tour guide and architectural enthusiast, hosts a tour, "Landmarks of 20th Century Architecture: North Shore-style," on Thursday, Oct. 27, from 9 a.m. to 4 p.m.

Participants will be taken on a tour of six North Shore buildings, each illustrating a different mode of Modernism. Even meal time will include a taste of 20th Century style lunch at the day also includes lunch at Ed. Debovic's in Deerfield-a restaurant that represents the latest hot area of design, "The Fifties." The bus will depart from the A.C. Nielsen Tennis Center in Winnetka, and tickets are \$50 for the tour and lunch.

The day will begin in Lake Forest at an 1897 home built in the style called Arts & Crafts. Then, in Wilmette, participants will be treated to a viewing of a Frank Lloyd Wright house that is a landmark in Prairie-style design.

Other features of the day will include a visit to a 1981 contemporary design by Chicago architect David Hovey. And to prove there is more to suburbia than the detached house, the tour will also feature visits to the Lake Forest Post Office, Crow Island School in Winnetka and Glencoe's stunning North Shore Congregation Israel, each demonstrating still another variation of the Modernist theme.

In addition to viewing these six buildings, the tour bus will drive by significant buildings by important 20th Century architects including John Van Bergen, Henry Dubin, David Haid, I.W. Coburn and more.

"Landmarks of 20th Century Architecture: North Shore-style" is a pre-Show event for the Fifth Annual Modernist Show, scheduled for Friday, Saturday and Sunday, Nov. 4 through Nov. 6. The Modernist Show will take place at the Winnetka Community House, a non-profit institution serving the entire North Shore, located at 620 Lincoln Avenue in Winnetka. More than 50

Suburban Home

mark in Prairie-style design.

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Plant sale

African Violet Society of Northern Illinois will hold a plant sale and display from 11 a.m. to 3 p.m., Nov. 5 and 6 at the Friendship Park Conservatory, 395 Algonquin Rd., Des Plaines.

Standard, miniature and trailing violets will be sold. Admission is free. Phone (708) 457-0661 or (708) 966-7232 for more information.

The Society meets at 11 a.m. on the first Monday of each month at the Township Town Hall, 1700 Ballard Rd., Park Ridge. Anyone interested in learning more about the hobby of growing African violets is invited to our meetings.

MORTGAGE RATE DIRECTORY

The rates and terms listed above are subject to change without notice. Rates are updated each Thursday by 3 p.m. For the following weeks editions. These institutions are Illinois Residential Mortgage Licensees

INSTITUTION	LOAN TYPE	DOWN PAYMENT	TERM	RATE	POINTS	APR
AAA HOME FINANCE 3619 W. Devon Ave Chicago, IL 60659 (312) 856-1AAA (Broker)	Fixed	5%	30	9.000	1.00%	
	Fixed	5%	15	8.500	1.00%	
	Fixed	5%	20	8.875	1.00%	
	Adjustable	10%	1	6.000	0.00%	
FIRSTAR HOME MORTGAGE CORP. 1110 W. Lake Cook Rd., #130 Buffalo Grove, IL 60089 (708) 541-5444 (Lender)	Fixed	5%	30	9.250	0.00%	9.272
	Fixed	5%	15	8.625	0.00%	8.658
	Arm	10%	1 Year	5.875	0.25%	8.519
	Arm	10%	3/1 Year	7.250	0.75%	8.518
FIRST STATE BANK and TRUST 607 W. Devon Park Ridge, IL 60068 (708) 384-1056 (Lender)	Fixed	10%	15	8.625	0.00%	8.673
	Fixed	10%	30	9.125	0.00%	9.157
	Adjustable 1/1	10%	30	6.150	1.00%	8.719
	Adjustable 5/1	10%	30	7.800	1.00%	8.538
GLENVIEW STATE BANK 800 Waukegan Road Glenview, IL 60025 (708) 729-1900 (Lender)	Fixed	10%	30	9.375	*0.00%	
	Fixed	10%	20	9.250	*0.00%	
	Fixed	10%	10	8.750	*0.00%	
	Fixed	10%	15	8.750	*0.00%	
JAIN MORTGAGE CORP. 135 N. Addison, Suite 229 Evanston, IL 60128 (708) 279-4555 (Broker)	Fixed	10%	15	8.500	0.00%	
	Fixed	10%	20	9.000	0.00%	
	Fixed	10%	30	9.000	0.00%	
	Fixed	10%	1	5.875	0.00%	
LONG GROVE MORTGAGE BANCORP Long Grove Executive House Long Grove, IL 60047 (708) 634-2252 (Lender/Broker)	Adjustable 3/1 J or C	10%	3/1	7.125	3.00%	
	Balloon J or B	10%	30	7.875	0.00%	
	Adjustable 7/1	10%	30	8.375	0.00%	
	Fixed J or C	10/5%	30	9.125	0.00%	
MAINE MORTGAGE CO. 430 Touhy Ave. Park Ridge, IL 60068 (708) 292-6500 (Broker)	Fixed	5%	30	9.000	0.00%	
	Fixed	5%	15	8.500	0.00%	
	Adjustable	10%	5/5 Year	8.500	0.00%	
	Adjustable	10%	3/3 Year	8.000	0.00%	
NBD BANK One S. Northwest Hwy. Park Ridge, IL 60068 (708) 518-7100 (Lender)	Fixed	5%	10	8.750	0.00%	8.750
	Fixed	5%	15	8.750	0.00%	8.750
	Fixed	5%	30	9.000	0.00%	9.000
	Adjustable 7/1	5%	30	8.625	0.00%	8.844
AAA HOME FINANCE 3619 W. Devon Ave Chicago, IL 60659 (312) 856-1AAA (Broker)	Fixed	5%	30	8.875	0.00%	8.875
	Fixed	5%	15	8.500	0.00%	8.500
	Fixed	5%	20	8.875	0.00%	8.875
	Adjustable	10%	1	6.000	0.00%	6.000

School News

Independent Schools Fair

North Side and north suburban schools will be well represented at the Independent Schools Fair, an event to introduce families to independent schools in the Chicago area, to be held from 11 a.m. to 3 p.m. Sunday, Oct. 23, at the Chicago Historical Society, Clark Street and North Avenue, Chicago.

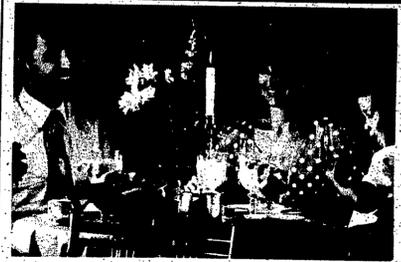
The fair is free and open to the public. Families visiting the fair will also be able to visit the Chicago Historical Society Museum free.

Among the schools represented at the fair are Baker Demonstration School, Chiaravalle Montessori School and Royce-Montessori School, all in Evanston; The North Shore Country Day School, Winnetka; and The Wilcox Academy, Niles.

In addition to talking with admissions directors of the school, people may listen to musical presentations from students. A supervised craft area will also be available for children to try their hands at making hats and other playful items.

For more information, call (312) 573-4630.

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Theatre 219 presents check to Season of Concern



In a recent ceremony, Director of Theatre 219 Robert Johnson presented a check for \$1,600 to Catherine Davis, Suburban Coordinator for Season of Concern, an organization which provides direct care for individuals with AIDS in the Chicago area. The money was raised through donations from the audience, cast and crew of Theatre 219's summer production of 'West Side Story'.

Help your child with homework

On Tuesday, Oct. 25 at 7 p.m. at South School 6935 W. Touhy there will be workshop for parents on "Helping Your Child (ren) with Homework."

Marguerite Adelman, District 71's Family and Community Involvement Coordinator, will be the workshop and facilitator and will demonstrate a six-step method for improving homework habits that was created by nationally recognized education and parenting expert, Lee Canter. A short explanatory video will be followed by discussion and distribution of take-home materials.

The program is appropriate for parents of children in grades 1 to 12. For more information, call Ms. Adelman at 647-9752.

Rosary hosts info session for adult students

Rosary College, 7900 W. Division St., River Forest, is hosting an information session for adult students on Monday, Oct. 24 at 7:30 p.m. in Lewis Hall Lounge. Representatives from the undergraduate program will describe graduate program will describe academic and support services available in the Adult Scholars Academic Program (ASAP).

Prospective adult students will also hear a presentation on financial aid opportunities and take a tour of Rosary's campus. Rosary offers two ASAP seminars during the academic year created specifically for adult students. Each semester-long seminar carries six credits, rather than the usual three, affording students double the earned credits in the same amount of time. No prerequisite courses are required to register for the seminars.

Adult students are able to earn a degree in accounting, American studies, business administration, communication arts and sciences, corporate communication, political science and psychology by attending only evening classes. Additional majors are available to day students. For more information about the ASAP information session or the accelerated adult student seminars, call the Rosary College Admissions Office at (708) 524-6800.

Red ribbons help local students join national campaign

Local youngsters will be seeing, and wearing, red during the week of Oct. 22. Elementary grade students of Des Plaines School District 62 will be sporting red ribbons proclaiming, "The choice for me - Drug Free," thanks to Forest Health Systems, which is donating the ribbons as part of the national 1994 Red Ribbon Week Campaign.

The goal of the campaign, sponsored locally by the Illinois Drug Education Alliance (IDEA), is to promote a drug-free America through community awareness, education, and involvement.

Maine students honored for achievement

Each month, the Maine Township High School District 207 Board of Education commends Maine students for distinguished achievement which reflects honor not only upon the individual students, but also upon their schools and District 207 as well. Those commended at the October board meeting include: Riva Khoshaba, Richard Grabowski, Beatrice Pryzbys and Anne Butera of Niles; Robert Abrahamian, Alice Lee and Margaret Simon of Morton Grove; Joon Huh Gayness, Neeta Ghoshal, Sung Chul Hong and Raj Ghoshal of Des Plaines; Phillip Yee, Jennifer Carrion, Mary Loise, Jennifer Leicht, Ann Kaminski, Michael Staniec, Sandra Peterson, Margaret Doneho, Jerry Miceli, Joseph Pindeliski, Joseph Kazmier-ski, William Grzesinski, Alison Adlar, Tina DeGrazia, Margo McNeill, Tamara Beck, Elizabeth Gallinger, Diana Phillips, Susan Neuman and Danielle DeJulio of Park Ridge.



Local YMCAs and schools launch water-safety crusade

The YMCA of Metropolitan Chicago is launching an aggressive crusade this fall to water-proof children and save young lives. In partnership with area schools, community YMCAs are introducing 'Everybody in the Pool,' a free swim and water-safety program for second-grade students.

To date, 38 schools have committed to the program, ensuring that 1,500 youngsters will benefit from quality swim instruction. More than 1,000 of these children will participate during the regular school day, the remaining 500 will enroll in special after-school sessions at the Y. Additional schools are expected to sign-on as the school year progresses. Everybody in the Pool is designed to provide healthy, exercise, vital safety lessons and build the self-esteem of young children.

'Everybody in the Pool' makes swim and water-safety education available to all children, not just those whose families can afford lessons," said Tino Mantella, President of the YMCA of Metropolitan Chicago. "Every year there are tragic cases of children

who drown or suffer serious injury from water-related accidents. Many of these cases could be prevented by teaching young people basic water-safety principles."

With expertise in aquatics and child development, the YMCA is ideally qualified to launch a major water-safety initiative. Participating schools can select from a number of Everybody in the Pool program models. The program is free, taught by certified YMCA professionals and helps fulfill a school's physical education requirements.

"We work with the schools, tailoring the program to meet their specific needs," said John Usmial, Metro Program Director for the YMCA. "Ideally, children leave the classroom for one hour of in-pool instruction at the Y, once a week for seven consecutive weeks. By working Everybody in the Pool into the school's greatest work week for a school we offer a voucher to their second grade students. The kids can redeem the voucher at the Y for special Everybody in the Pool sessions held outside of school hours."

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Park district plans activities

The Golf Maine Park District is now accepting applications for its upcoming winter youth and adult recreation leagues. Participants may register at 9229 Emerson, Des Plaines. For further information, call John Sobraske at 297-3000.

The Golf Maine Park District Youth Basketball League for 4th through 6th grades will begin Jan. 13, 1995. Clinics are scheduled for Dec. 2 and 9 from 5:30 to 6:30 p.m. at the Feldman Recreation Center, 8800 Kathy Lane, Niles. Games will be played on Friday evenings and Sunday afternoons.

The Golf Maine Park District is now accepting applications for the 1995 Winter Men's and Women's Basketball Leagues. Registration deadline is Jan. 4. League play begins Jan. 15. Games will be played on Sunday evenings.

The Golf Maine Park District is now accepting applications for the Fall/Winter Coed Volleyball B & C Leagues. Registration deadline is Nov. 10 and ends Mar. 2. Games will be played on Tuesday evenings.

Winter leagues are just around the corner for our Youth Basketball Program and we are looking for coaches and referees. Without your help these programs may not exist. For additional information on how you can become involved in your community, contact John Sobraske, 297-3000.

Synchronized swim show

Swing and sway your way to the Leaning Tower YMCA. Our Aquatic Chorus Line will perform its 3rd Annual Water Show. The show will be held at 6300 W. Touhy Avenue on Saturday, Oct. 22 at 7 p.m. and on Sunday, Oct. 23 at 1 p.m. Tickets may be purchased in advance or at the door.

These award winning performances are coached by Cathy Goodwin. She received three third prize medals at the International Aquatic Art Festival in Santa Fe, New Mexico in May. For more information call Anita Perotti, Aquatic Director at (708) 647-2222.

New Recreation Supervisor named

Aaron Quisenberry has joined the Northbrook Park District as Recreation Supervisor. He will coordinate the Youth Flag Football and Basketball programs, the Men's Basketball Leagues and the Summer Day Camps.

Quisenberry hails from southern Kansas where he graduated from Kansas University in 1992 with a bachelor of science degree in biology and chemistry. He trained with several youth sports programs in Kansas and most recently worked as a Counselor/Assistant Director/Coordinator for Lake of the Woods/Greenwoods Camps headquartered in Northfield and located in Decatur, Michigan.

"My work philosophy is to assure that children registered in our park district programs are consistently having lots of fun," Quisenberry said. "When youngsters have a great time, all aspects of the program, are successful."

Rent a Chalet

The Chalet at the Northbrook Park District's Meadowhill Park/Velodrome is available for rental for private parties or meetings. This quaint, rustic building is equipped with a concessions area and vending machines.

Located at Waukegan and Maple Rds., the Chalet is right in the heart of Northbrook and can hold up to 80 guests. The Velodrome Bike Track at Meadowhill Park also can be rented for special events.

For information and availability for both the Chalet and the Velodrome, call 291-2980.

City of Hope seeks vendors

City of Hope, A New Generation of Hope, chapter is seeking vendors for their 6th annual Holiday Boutique & Craft Fair. The event will be held on Sunday, Nov. 20 at Buffalo Grove High School from 10 a.m. until 4 p.m. For further information, contact Candy at 913-0210 or Gail at 630-222-2222.

Library/Parks and Sports News

'Hearty Pastas' course offered in Northbrook

The "Hearty Pastas" course in the Northbrook Park District Gourmet Cooking Series will give you confidence when creating unusual and delicious pasta dishes. We'll teach you to make fresh pasta at home and to serve your pasta with fresh, creative new sauces. Recipes include Lasagna filled with Salom Mousse, Bay Scallops with Basil Cream Sauce and Pumpkin Fettuccine with Grilled Turkey.

This Oct. 26 lessons is the third in our seven-course popular cooking series, located in the Leisure Center kitchens, 3323 Walter Ave., from 7 to 10 p.m. Tips on cookware, appliances and utensils also will be given by the staff of Prairie kitchens. All classes take place on Wednesday evenings this fall and winter. Space is still available for Thanksgiving, Hanukkah and Christmas lessons. Plan to sign up for any or all of them. For more information, consult your 1994 Fall Recreation Guide or call 291-2980.

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Business News

Sheehan endorsed



Pictured left to right: Edward F. McElroy of Chicago radio and T.V.; Commissioner Nancy Drew Sheehan of the Metropolitan Water Reclamation District; William Nolan, President of the Fraternal Order of Police.

At a recent luncheon, William Nolan, President of the Fraternal Order of Police Chicago Lodge #7, announced the endorsement of Commissioner Nancy Drew Sheehan, of the Metropolitan Water Reclamation District of Greater Chicago, for Treasurer of the State of Illinois in the upcoming November election.

Chairman of the Finance Committee for the District, won the highest amount of votes cast in the recent primary of 1994. Edward F. McElroy, of radio and T.V., for many years in the Chicago area, has been active with many of the Chicago Police Organizations.

C.J. Schultz named partner at law firm

Charles J. Schultz has been named a partner in the Kamensky & Rubenstein law firm (Lincolnwood and Chicago). Since joining the health care law firm in 1989, Schultz has specialized in mergers, acquisitions and sales of businesses; forming and structuring corporations, partnerships and limited liability companies; development of high tech medical ventures, and the formation of integrated provider networks.

Schultz, age 35, of Deerfield, received his law and advanced tax law degrees from IIT-Chicago Kent College of Law in 1985 and 1987, respectively, and his B.A. degree from Northwestern University in 1981. He has been admitted to practice before the U.S. District Court for the Northern District of Ill. and the U.S. Tax Court.

Family Business Center of Loyola hosts Open House

Loyola University Chicago's Family Business Center will celebrate its new office and library facilities at 25 E. Pearson with an Open House event on Friday, Oct. 28 from 3 to 6:15 p.m.

The Open House will begin with tours of the 15th floor office and library space. At 4:30, Loyola will present special guest speakers Dr. and Mrs. Leon Danco. The presentation will be held in the Arthur Rubloff Auditorium, lobby level. Attendance is free but reservations are required, as seating is limited.

Motivational seminar scheduled

Join Pat Kansoor at the Niles Public Library District, for the "Success Seminar." Kansoor, who serves as area five Lt. Governor of Toastmasters International and consultant for such companies as Metromedia, L.B.N., and Blue Ridge Farms, understands the challenges faced by today's business person.

Kansoor has had considerable experience helping others break loser habits; create successful networks, modify self images; and work to achieve personal goals. His guideline philosophy is: "Success is process... Failure is an event."

Nov. 14 at 7 p.m. is the date and time. The Niles Public Library District, located at 6960 Oakton, is the place. This program is free and open to all. Registration is required. For mobility or communication access assistance please call 967-8554 voice and TTY. Parking spaces at the library are limited, so plan to arrive early.

Test your investing acumen

by Jeff Cardella
Jeffrey L. Cardella
Edward D. Jones & Co.
8143 N. Milwaukee Avenue
Niles, IL 60714
(708) 470-8953



Investing in today's financial market can be a complex undertaking. Those who take the time to understand investment ideas and obtain answers to their questions are more likely to succeed.

MFS Investor Services, a major money manager, recently published a list of questions anyone should be able to answer before making an investment. A few are worth sharing:

1. What is the difference between a global and an international mutual fund?
A. A global fund invests only overseas.
B. A global fund invests overseas and in the United States.
C. There is no difference.
2. What is total return?
A. An investment's value after 10 years.
B. An investment's after-tax income.
C. An investment's price change plus dividend or interest income.
3. What comprises the Dow Jones Industrial Average?
A. All companies listed on the New York Stock Exchange.
B. Thirty selected major corporations listed on the New York Stock Exchange.
C. Only industrial stocks listed on the New York Stock Exchange.
4. What is a basis point?
A. .01 percent
B. 10 percent
C. 1 percent
5. What is dollar-cost averaging?
A. A systematic method of investing.
B. A technique of global currency management.
C. An investment approach based on stock market averages.
6. What percentage of U.S. Households own mutual funds?
A. 8 percent
B. 17 percent
C. 28 percent
7. In what securities does a balanced mutual fund invest?
A. A mix of stocks, bonds and money-market securities.
B. A mix of foreign and U.S. securities.
C. A mix of large- and small-capitalization stocks.
8. How many mutual funds are available today?
A. 1,000 to 2,000
B. 2,002 to 4,000
C. More than 4,000

Answers: 1.A; 2.C; 3.B; 4.A; 5.A; 6.C; 7.A; 8.C

If you are unable to answer some of these basic investing questions, you might consider working with a professional. Successful investing is a long term undertaking that requires planning and execution. A financial professional who can educate you and become familiar with you and your goals can be invaluable in helping you understand investments and plan for your future.

Two staff members join MaineStay

A new family therapist and a program coordinator are joining MaineStay, the youth services department of Maine Township government.

Both were hired recently by the Maine Township Town Board to fill vacancies left by departing employees.

Kristen Lee, who started working for MaineStay on Sept. 29, will be a family therapist and community education coordinator. She graduated from Wheaton College in May with a master's degree in clinical psychology.

During her studies, which focused on marriage and family therapy, Lee was a teaching assistant and an intern with the Village of Schaumburg's counseling center. She also holds a bachelor's degree in psychology and graduated cum laude from Miami University in Ohio.

Michele Tucknott is scheduled to join MaineStay on Oct. 17 as the program coordinator for Maine TRAC (Maine Township Restitution for Adolescent Change), a restitution program for youth offenders ages 12 to 17. Tucknott graduated earlier this year from Illinois State University with a bachelor's degree in psychology.

While at school, Tucknott started a volunteer program, assisted disabled people and was active in homeless awareness efforts. She also developed a curriculum and taught English as a Second Language for the Hispanic program Nuevos Horizontes (New Horizons).

One-day Masonry Seminar

Masonry industry leaders will participate in a technical seminar sponsored by Construction Technology Laboratories, Inc. (CTI) and The Masonry Advisory Council. The all-day seminar is planned for 7:30 a.m. to 5:30 p.m. on Tuesday, Nov. 15, at the Westin Hotel in Chicago.

Tabletop displays will be presented by industry firms. A continental breakfast, lunch, and brief cocktail hour are included in the registration fee of \$85—due in advance (\$25 at the door).

Call 965-7500, Ext. 414 to request registration materials.

How to give yourself a financial checkup

Corinne Krebs, a certified financial planner and registered investment advisor, presents "How to Give Yourself a Financial Checkup" as part of the Passages Lecture Series on Tuesday, Oct. 25 from 1 - 2:30 p.m. in Room 112 at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

In this lecture, Krebs teaches participants how to identify any weaknesses that may exist in their financial armor and how to correct them.

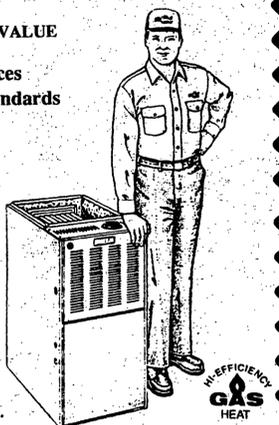
For more information on the lecture, call (708) 635-1414.

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Political & Business News

The art of self-promotion

The Home Executives National Networking Association will host a breakfast meeting on Tuesday, Oct. 25 from 7:30 to 9 a.m. The topic for round table discussion will be how to develop a marketing program that promotes a small business and it's owner. Members and guests will be encouraged to share self-promotion challenges and ideas.

HENNA breakfast meetings take place on the last Tuesday of every month at the Depot Restaurant, 1557 Ellinwood, Des Plaines. Meeting fees are \$5 for members and \$10 for non-members. A continental breakfast is included.



Congressman Sidney S. Yates

Congressman Sidney S. Yates, member of Congress from the 9th Congressional District of Illinois, will be the honored guest speaker at Congregation Kol Emeth's Men's Club Kick-Off Dinner to be held on Tuesday, Oct. 25.

Congressman Yates, a member of the House Appropriations Committee, is Chairman of the Subcommittee for the Department of the Interior and Related Agencies, which provides regular annual appropriations for the Department of the Interior, the U.S. Forest Service, the Department of Energy, the Smithsonian Institution, and the National Endowments for the Arts and the Humanities. He is also on the Foreign Operations Subcommittee.

He is one of 10 congressional representatives on the United States Holocaust Memorial Council.

Yates was first elected to the House of Representatives in 1948 and served successive terms through the 87th Congress. In 1963, Congressman Yates was appointed by the late President John F. Kennedy, as Ambassador to the United Nations on the Trusteeship Council, where he remained until September 1964, when he resigned, again to become the Democratic candidate for the Congress for the Ninth District.

He was reelected Congressman in November of 1964, and has been reelected every two years since that time.

For those who wish to attend the Kick-Off Dinner, which will start at 6:30 p.m., there is a \$12.50 donation. Everyone, however, is invited to attend and hear the Congressman's remarks.

We expect a large turnout for this event and request all who wish to attend the dinner, or the Congressman's presentation, advise the synagogue office as soon as possible, telephone (708) 673-3370.

For those who will not attend the dinner but wish to meet with and hear Congressman Yates, his remarks will begin at 7:30 p.m. following dinner (6:30 p.m.).

Political experts speak on contemporary affairs

Conference of Jewish Women's Organizations of Metropolitan Chicago is holding its Contemporary Affairs Dairy Breakfast meeting on Thursday, Oct. 27, at 9:30 a.m. at the Radisson Hotel, 3400 W. Touhy Avenue, Lincolnwood.

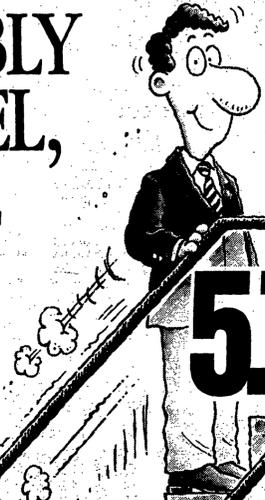
Special guest will be Dr. Paul Green who is the author of five books on Chicago Politics, a columnist for Crain's Chicago Business, a political analyst for WGN Radio, a professor at Governor's State University and a frequent guest on "Chicago Tonight" TV Show. His topic will be "How Right is the Political Right?"

As an extra attraction, there will be a special guest, Dr. Stanley Henig, who is the Mayor of Lancaster, England, Head of the Department of European Studies at University of Central Lancashire, a former member of the British Parliament and an expert on the city of Manchester's Jewish Community.

Convenient for the Dairy Breakfast is \$9.50 and the public is invited. Reservations are being taken by Sally Cole at (312) 338-4151.

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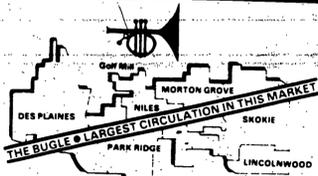
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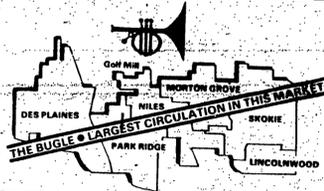
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School News

Maine East National Merit semi-finalists



Principal Carol Grenier (far right) congratulates Maine East's National Merit Semi-finalists. (Front, l to r) Neela Ghoshal of Des Plaines, Margaret Simon of Morton Grove, Alice Lee of Morton Grove, and Philip Yee of Park Ridge. (Back, l to r) John Hong of Des Plaines, Pete Gaynes of Des Plaines, and Robert Abrahamian of Morton Grove. (Not pictured: Riva Khoshaba of Niles).

Yearbook computer workshop

Senior Jennifer Lee, a four-year member of the yearbook staff at Maine East, attended a two-day yearbook computer workshop this summer. Thirty high school students from seven Chicago and suburban high schools attended the two-day yearbook workshop at Willowbrook High School in Villa Park. Maine East sophomores Nancy Hong of Niles, Terese Rely of Des Plaines, and Maureen George of Des Plaines also participated with Jennifer Lee, who resides in Morton Grove.

The first day students were placed into two groups, beginner and intermediate. Jennifer was in the intermediate. The two groups were given brief computer instructions and then handed a packet with directions for creating a two-page spread to test their abilities. The students had the rest of the afternoon and another day to finish the assignment.

Jennifer devotes a great deal of time to Maine East's yearbook, the Lens, as co-editor-in-chief with senior Megan McCoy of Niles. However, she also finds time to serve as captain of the girl's varsity volleyball team, president of Korean Club, a Special Education Senior leader, and Maine Mentor to incoming freshmen. Jennifer also works at The Gap in Golf Mill. Although she keeps a busy schedule with all these activities, she still maintains her grades and has been named to the academic Honor Roll.

As graduation approaches, Jennifer is naturally thinking about the future. She's narrowed her choices to the University of Illinois/Champaign, DePaul, or Purdue to major in communications.

This year's Student Council officers are: President, Keenan Mankung; Vice-President, Derek Reich; Secretary, Nahren Youkhana; and Treasurer, Ken Krueger. On Friday, Sept. 23 at 8:45 a.m. Culver Middle School's new Student Council officers and representatives were installed in a special ceremony.

This year's Student Council officers are: President, Keenan Mankung; Vice-President, Derek Reich; Secretary, Nahren Youkhana; and Treasurer, Ken Krueger.

This year's Student Council alternates are Thomase Key, Caterina Tragas, Stephanie Permatz, Christine Draehenburg, Andrea Zeman, Jackie Gragnani, Joe Varisco, Marcella Marcus, Andrew Hong, Ed Poczniowski, Jason Duda, and David Brodsky. Student Council is an opportunity for middle school students to learn how democracy works while they complete projects that make a difference in the school as well as in the community. The goals of student council are to practice leadership and citizenship skills, get involved, grow, provide service and have fun.

Family gatherings this weekend

Don't forget two fun, exciting family gatherings this weekend sponsored by District 34 PTAs.

The Annual Lyon/Pleasant Ridge Pumpkinfest will be held at Pleasant Ridge School, 1730 Sunset Ridge Road on Saturday, Oct. 22. All kinds of games, treats and surprises will delight guests. Purchase your Halloween pumpkin and/or a wonderful variety of home baked goodies. Lunch will be served.

The Henking/Hoffman PTA proudly presents their Annual Carnival on Friday evening, Oct. 21 in the Hoffman School gymnasium, 2000 Harrison St. This festive evening will offer exciting carnival games, cake walk, a raffle for prizes, pumpkins, food treats, clowns and surprises. Plan to stop by beginning at 6:30 p.m.

Sorority pledging

Jennifer Venetucci has pledged Zeta Tau Alpha international fraternity for women at the University of Iowa in Iowa City, Iowa.

Zeta Tau Alpha is a women's social fraternity with 220 collegiate chapters and 245 alumnae chapters in the United States and Canada.

Culver Student Council installations

On Friday, Sept. 23 at 8:45 a.m. Culver Middle School's new Student Council officers and representatives were installed in a special ceremony.

This year's Student Council officers are: President, Keenan Mankung; Vice-President, Derek Reich; Secretary, Nahren Youkhana; and Treasurer, Ken Krueger.

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The goals of student council are to practice leadership and citizenship skills, get involved, grow, provide service and have fun.

Detective to lecture students

All parents, alumnae, family and friends of Regina Dominican High School are welcome to join the students as we learn how to develop a plan to avoid becoming a victim. A lecture by Detective J.J. Bittenbinder, "Street Smarts: How Not to be a Victim," will be presented at 9:30 a.m., Oct. 21 at Regina Dominican.

Detective Bittenbinder has been a member of the police force since 1971 having spent the past 17 years in the homicide and violent crimes division. During his career, he has interviewed over 1,000 individuals-victims, witnesses and offenders-involved in street crimes. From his experience, he has developed strategies and "street smart" skills which he shares with audiences nationwide.

Bittenbinder's seminar empowers people to make the tough but essential choices in dealing with the dangers of drugs, gangs and personal safety on the streets. Some of his "target tips" will include: safety in public places, car safety and car-jacking, where to carry valuables, and what to do if approached by a stranger.

Important notice on phone rate changes

Dear Sprint/Centel-Illinois Customer:

As you probably know, Sprint/Centel-Illinois initiated revised rates on October 3 as a positive response to customer concerns. These rates are already in effect. However, depending on when you receive your October bill, it may reflect only a few days of the new, modified rates.

Many customers will not see the full effect of the rate changes until they receive their bills in November.

The October 3 modifications triple the size of the local untimed calling area and begin the 25% off-peak discount an hour earlier.

With the extended local calling area, residential customers can now call more locations within their community of interest for the flat rate of a nickel a call or less.

With the expansion of the off-peak discount period, residential and business customers can now benefit from the 25% discount from 8:00 p.m. to 9:00 a.m., and on weekends, from 8:00 p.m. Friday until 9:00 a.m. Monday.

Remember, look to your November bill, not your October bill, for the full effect of the modified rates.



Library/Parks
and Sports News

**Brunswick to sponsor
Collegiate bowling tournament**

Brunswick Recreation Centers has announced its plans to sponsor five Collegiate tournaments in which it will be award more than \$23,000 in college scholarships to the highest ranking men's and women's bowling teams.

The Collegiate tournament schedule will begin with the Brunswick Collegiate Match Play Open at Brunswick Rocky Mountain Lanes, Westminster, Colorado and Brunswick Sierra Vista Lanes, Wheat Ridge, CO on Oct. 21-22. Brunswick Cedar Creek Lakes Collegiate Team

Classic will be conducted at Brunswick Northwest Bowl, Palatine, on Nov. 5-6. Brunswick Cross Keys Lanes, Turnersville, New Jersey will host the Brunswick Northeast Showdown on Dec. 29-30 at the Brunswick Collegiate Desert Open is scheduled for Feb. 3-4, 1995 at Brunswick Mesa Lanes, Mesa, Arizona.

Entry information can be obtained by contacting Melissa Horton at (708) 317-7394.

**Grade school
basketball
coach clinic**

On Wednesday, Oct. 26, Loyola will host its annual Grade School Basketball Coaches Clinic from 6:30 to 9 p.m. All junior high, elementary, and park district coaches for both girls and boys are welcome to attend.

The program includes presentations by LA varsity basketball coaches Carl Costello and Tanya Johnson as well as tours of the Academy's new athletic facilities. Admission is free. Call Carl Costello, for further information at (708) 256-1100.

**Evening
campfire at
Emily Oaks**

Spend a crisp, autumn evening on Friday, Oct. 21 seated around a flickering fire listening to folk stories or participating in other fun campfire activities, including songs and snacks. This evening's campfire program will teach about the exciting lives of hawks and owls—passengers on the spaceship earth—and meet our birds of honor at this celebration.

The campfire program will begin at 7:30 p.m. at the Skokie Park District's Emily Oaks Nature Center, located at Brummel and Kenton in Skokie. The admission for this event is \$2.50 per person, \$8 per family. Call 677-7001 for further details.

**Golf Classic raises thousands for
Orchard Village**



The Orchard Village Golf Classic, which was held Monday, Sept. 12 at Mission Hills Country Club and raised a net of \$14,000, was founded this year by committee members, (from left to right) are Harvey Kaluzna, Honorary Co-chair Jim Morrissey of the 1985 Championship Chicago Bears team, Chairman Terry Jenkins and Lloyd Kuehn of the Glenview Men's Golf Club.

Orchard Village held its First Annual Golf Classic on Monday, Sept. 12 at Mission Hills Country Club in Northbrook.

After registration, golfers were treated to a golf clinic by Pro Sy Wolf and a barbecue lunch. The golfers hit the course for a 1 p.m. Shotgun start. A 5:30 cocktail hour followed by dinner and awards completed the day.

Ron Rivera and Jim Morrissey of the 1985 Championship Bears team co-chaired the event.

Hole sponsors included Jennings Chevrolet of Glenview, Searle, The NutraSweet Company and many others.

More than \$14,000 (net) was raised to support the men and women of Orchard Village, a residential and vocational training community for developmentally disabled adults located in Skokie.

**YMCA to host
Image Class**

Join Bonnie Newman at the Leaning Tower YMCA on Wednesday, Oct. 26 from 6 to 9 p.m. to learn which colors and styles make you look your best before you buy.

You'll see hands on color draping to reveal your best wardrobe and cosmetic colors. You'll also explore the four different body types and discover which style of clothes flatters yours most. Through visual presentations you'll see before and after makeover. You'll receive hands on experience in the newest cosmetic application techniques. Individualized Personal Image Profile Books will be available for an extra fee.

The workshop fee is \$15 for YMCA members and \$22 for non-members. Come and learn how to save time and money as well as feel better about yourself. For more information contact Stacey Nowak at (708) 647-8222 or stop by the Leaning Tower YMCA at 6300 W. Touhy Ave. in Niles.

**Sign up for
golf 1995
season lottery**

Northbrook residents who wish to sign up for permanent tee time to play golf at Sportsman's Country Club next season must apply by Sunday, Nov. 6. Each member of the team foursome must purchase a season golf pass before a lottery application can be submitted.

To apply for the lottery, you must register in person at Sportsman's, 5535 Dundee Rd. No application will be accepted by mail or by fax.

The actual drawing will take place at Sportsman's on Wednesday, Nov. 16. At least one member of each foursome must be present at the drawing.

Permanent tee time is available for the 1995 season (April 22-Sept. 3, 1995) for play on Saturdays and Sundays. If you would like additional information about the golf lottery, call 291-2351.

**Opera lectures
on 'Barber of
Seville'**

The Lincolnwood Public Library presents a Lyric Opera Lecture Corps program by Mary Griffen on "The Barber of Seville" by Rossini Thursday, Oct. 20 at 7:30 p.m. On Sunday afternoon, Oct. 23, at 2 p.m., a member of the Skokie Valley Lyric Opera Lecture Corps will lead the discussion on the same work, a masterpiece that sparkles with hair-raising schemes as the resourceful Figaro helps two young people in love.

The library has videos or CD's of the operas and the audio cassette series of distinguished lectures by Alfred Glasser, the Lyric's director of education. Pick up a bibliography to find out what is available.

The Lincolnwood Public Library is located at 4000 W. Pratt Ave. Call (708) 675-5276 for more information and TDD.

**SOS announces
fifth season**

Symphony of the Shores (SOS) has finalized their 5th season that will commence this October. The three season programs will take place Sundays at 7 p.m. at Pick-Staiger Concert Hall located on the campus of Northwestern University in Evanston. Music Director Steven Martyn Zike brought yet another feather to the already nationally recognized cap of SOS by earning one of three prizes in the prestigious 1994 Leopold Stokowski International Conducting Competition held in New York this past July.

The Fifth Season will take you "From Shore to Shore" starting on Oct. 23 with "Music of the Americas." Soprano Winifred Faix Brown and baritone Stephen Morscheck will start off on the home shore with Aaron Copland's Old American Songs, followed by the Chicago premiere of Michael Torke's Ash. SOS will celebrate the addition of Chicago composer Doug Lofstrom as a composer-in-residence with the performance of his Music for Strings. Lofstrom received critical acclaim for his prize-winning composition Concerto for Strings last season. Also returning to SOS programs after winning over audiences and critics with his Double Concerto for Flute and Harp last season is Canadian composer Glen Buttr who will represent Canada with his work Akasha. The orchestra's south-of-the-border virtuosity will be highlighted with Alberto Ginastera's Variaciones Concertantes.

Call SOS for a season brochure at (708) 869-3133.

**Concert choir, orchestra
to perform Mozart**

St. Thecla Parish, 6725 W. Devon, Chicago, will host the Niles Concert Choir and the Niles Symphony Orchestra under the direction of Rev. Stanley Rudicki in a concert of sacred choral music on Sunday, Oct. 23. The concert is scheduled for 4 p.m.

The program includes Mozart's Vesperae Solennes de Confessore and Handel's Coronation Anthems.

The Niles Concert Choir has been delighting Chicago audiences for thirty years, performing at Orchestra Hall, Medinah Temple, Holy Name Cathedral, and many local churches. The Niles Symphony draws its members from premiere orchestras including the Chicago Symphony, the Lyric Opera, and the Grant Park Symphony.

Composer and conductor Fr. Stanley Rudicki will guide his musical forces in another memorable concert which is free to the public. For more information on the performance and future concerts, call Donna at (708) 392-4995.

**Quilter to
address guild**

Ann Fahl, a recognized artist, quilter, lecturer, and teacher, will address members and guests of IQI (Illinois Quilters, Inc.) at their November meeting. Fahl's lecture with slide show - "Ann's Traveling Wild Quilt and Flower Show" will include a dialogue about her work as an artist and her sources of inspiration and include a display of quilts.

The meeting is Thursday, Nov. 3, at 7:30 p.m., Beth Hill Congregation, Frontage and Glenview Roads, Glenview.

In addition, Fahl will teach one all day workshop and one half day workshop. All day Friday: "Designing With Triangles: rediscover one of the basic shapes in quilting, the half square." For a half day on Saturday: "Make Your Quilts Sparkle: learn the basics of beading and embellishment in your projects. Registration is required. For registration information and charges, call (312) 248-1551.

ditional music and dance won't want to miss the Feb. 19 program "A Wee Bit O' Ireland" that will feature acclaimed Traditional Irish musician John Williams along with famed fiddler Liz Carroll and Amy Shoemaker, guitar and vocals. Williams has traveled extensively to Ireland to learn the traditional instruments and music. The Sheila Tully Irish Step Dancers will delight the audience with the Irish Gig and Reel. Also on the program is Irish composer Charlie Lennon's Overture & Hy Brasail (Chicago Premiere), Felix Mendelssohn's Symphony No. 5, and, of course, the Irish Tune from County Furry (Danny Boy) set by Percy Grainger.

Perhaps the most unique program ever presented by SOS will take place on June 4. "Music Down Under" will highlight some of Australia's finest composers Adam Plack to present the world premiere of his Natural Symphony "From Dawn to Dusk" where he will incorporate his playing of the aboriginal didgeridoo into the orchestral palette. And for yet another world premiere, Vincent Plush has prepared a suite from his ballet in progress "Louisa" just for SOS. Two more Australian composers to be included are Percy Grainger, who is well known in our hemisphere, and Peggy Glanville-Hicks, who is Australia's best known and loved composer. The season will return home to America with William Schuman's New England Triptych.

Call SOS for a season brochure at (708) 869-3133.

**Free performances
of Women Beware
Women**

The Theatre School, DePaul University, presents free performances of Women Beware Women, Oct. 21, 22 and 23 at the Merle Reskin Theatre, 60 E. Balbo Drive, Chicago. Women Beware Women was written by Jacobean playwright Thomas Middleton in the 17th century. Contemporary British writer Howard Barker has taken Middleton's characters into his own linguistic landscape, intermingling desire and politics and illuminating human—especially female—motivation and passion.

Performances of Women Beware Women are Friday and Saturday, Oct. 21 and 22 at 7:30 p.m. and Sunday, Oct. 23 at 2 p.m. Tickets for Women Beware Women are free. Performances are held at the DePaul University Merle Reskin Theatre, 60 E. Balbo Drive, Chicago. For reservations, call the box office at (312) 362-8455. Discount parking is available with reservations from the Box Office.

**Halloween
Parties**

All youngsters ages 4 to 10 years-old are invited to sign-up for fun Halloween Parties. A variety of Halloween related activities including pumpkin carving, pizza and pop dinner, games and more. A small pumpkin will be provided. Participants may also bring a larger pumpkin from home to carve as well.

On Tuesday, Oct. 25, the Halloween Party will be exclusively for 4 to 6 year-olds from 6 to 7:30 p.m. at Arndt Park. On Thursday, Oct. 27, the Halloween Party will be especially for 7 to 10 year-olds from 6 to 7:30 p.m. at West Park.

The resident fee is \$8 per child and the non-resident fee is \$12.50 per child. Registration is now in progress. For more information, call (708) 391-5700.

**Haunted woods
come alive**

Cook County Board President Richard Phelan and the Forest Preserve District of Cook County present the second annual Halloween Haunted Forest Oct. 20, 21, 22, and 23 and Oct. 27, 28, 29, and 30 at the District's Caldwell Woods, 6200 W. Devon Ave. (just east of Nagle/Milwaukee) Chicago, from 6:30 to 9 p.m.

The Forest Preserve Trails in Caldwell Woods will be transformed into 17 scenes inhabited by mysterious creatures and sounds. Following the eerie walk, appropriate for children and adults, visitors can relax and enjoy refreshments and entertainment in the witches tent.

Admission is \$4. Rain or shine. For additional information, contact the District's Office of Special Events at (708) 771-1014 or (708) 771-1062.

**Volunteers sought
for Halloween
events**

The Skokie Park District will be holding two very special Halloween events this year, and we need your help. Halloween Happenings, a safe and fun alternative to trick or treating, will be held on Saturday, Oct. 29 from 1 to 4 p.m.

New this year, will be a Haunted House for pre-teens and teens. This event will be held Friday, Oct. 28, Saturday, Oct. 29 and Monday, Oct. 31.

If you are interested in volunteering your time, contact the district at 674-1500, ext. 103.

Entertainment

**'Bonanza' revisited at
Casino Night**



The long-running NBC-TV series, "Bonanza," will be recalled Oct. 21 at Casino Night Bonanza, a fund raiser for the American Brain Tumor Assn., at Multiplex, 491 Lake Cook Plaza, Deerfield. A "Bonanza" actor look-a-like contest is featured. Dress as your favorite actor. Call (708) 827-9910.

The former television series, "Bonanza," will be in the spotlight again Oct. 21 at Casino Night Bonanza, a benefit for the Mickey Glitz Memorial Fund of the American Brain Tumor Assn., at the Multiplex, 491 Lake Cook Rd., Deerfield.

Guests are invited to participate in a look-a-like contest to resemble an actor who appeared in the award-winning NBC-TV series, which ran for 14 seasons, from Sept. 12, 1959 to Jan. 16, 1973.

The Casino Bonanza audience will judge the look-a-like contest.

Las Vegas-style gaming tables, a \$10,000 cash raffle, silent and live auctions, psychic readings, music by the Elite Force, and a variety of food including homemade desserts are other attractions.

The evening marks the fifth BTA fund raiser held in conjunction with the Multiplex, headed by Hazel Glitz. The four previous events, a dance marathon and three casinos, raised \$160,000 for the association, according to Executive Director Naomi Berkowitz.

A goal of \$40,000 to reach the magic \$200,000 mark has been set, Berkowitz said.

"Bonanza" was built around the lives of Ben Cartwright, played by actor Lorne Greene, and his three sons who developed the Ponderosa, a ranch covering 1,000 square miles and extended from the shores of Lake Tahoe down the snow-capped slopes of the Sierras and east to the desert-like Virginia City.

Ber's sons included "Hoss" (Dan Blocker), "Little Joe" (Michael Landon) and "Adam" (Pernell Roberts). All except Roberts are deceased.

Doors for Casino Bonanza open at 7 p.m.; festivities run until midnight. Admission is \$10 in advance, \$15 at the door. For information, call (708) 827-9910 or (708) 498-4030.

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OCTOBER 20 SIZZLING SINGLES
Sizzling Singles (ages 30+), the biggest and best singles party in Chicago, welcomes you each Sunday at 7 p.m. for an evening of good music, fun and delicious food, at Hyatt Deerfield, Lake Cook & 294, Deerfield, IL. \$8 admission. For information call (708) 945-3400.

SELECTIVE SINGLES SOCIAL CLUB
Selective Singles Social Club, a private, exclusive club for active, single professionals between the ages of 25 and 57, will host a Soiree - hors d'oeuvres and cocktails - Thursday, Oct. 20, 7-10 p.m. at Travia Restaurant, 2263 N. Lincoln Ave., Chicago. The cost is \$5 per person, cash bar. Please R.S.V.P. (312) 631-4262.

OCTOBER 21 AWARE SINGLES AND CHICAGOLAND SINGLES
The Chicagoland Singles Association and the Aware Singles Group will sponsor a combined "Super Dance" at 8 p.m. on Friday, Oct. 21, at the Marriott Oak Brook Hotel, 1401 W. 22nd St., Oak Brook. Music will be provided by Dynasty. All singles are invited. Admission is \$7. For more information, call Aware at (708) 632-9600 or Chicagoland Singles at (312) 545-1515.

OCTOBER 21/22/23 ST. PETER'S SINGLES
All singles over 45 invited to these dances. St. Peter's Singles Dance, Friday, Oct. 21, 9 p.m., Casa Royale, 763 Lee St., Des Plaines. Saturday, Oct. 22, 9 p.m., Crystal Palace, 5600 W. Fullerton. Sunday, Oct. 23, River Grove Moose, 8600 W. Fullerton, River Grove. Each dance \$5. Hotline (312) 334-2589.

OCTOBER 22 MOGEN DAVID SOCIAL CLUB
Mogen David Socials - the Jewish Connection - TWENTY-something Social Club Costume Bowl, Ages 21-29 (men to 34), Saturday, Oct. 22, 9 p.m. to 12 a.m. For membership call (708) 317-1171.

OCTOBER 22 NORTHWEST SINGLES ASSOCIATION
All singles are invited to The Combined Club Singles dance at 8 p.m. on Saturday, Oct. 22, at the Holiday Inn Rolling Meadows Ballroom, 305 Algonquin Rd., Rolling Meadows. Music will be provided by Music in Motion. The event is co-sponsored by the Northwest Singles Association, Young Suburban Singes and Singles & Company. Admission will be \$5. For more information call (708) 209-2066.

OCTOBER 23 MOGEN DAVID SOCIAL CLUB
Mogen David Socials - the Jewish Connection Bowling League - at Deerbrook, Skokie and Schaumburg, Ages 21-49, Sunday, Oct. 23. Sign up for all leagues. Deerbrook Lanes, Deerfield, 1:30 p.m. Oakton Fair Lanes, Schaumburg.

OCTOBER 23 MOGEN DAVID SOCIALS - THE JEWISH CONNECTION - SINGLE PARENTS GROUP
Apple-Pumpkin Picking, 1-3 p.m. Sunday, Oct. 23. New north suburban group forming.

ORIGINAL SUNDAY SINGLES
The Original Sunday Singles dance and party, for all singles from age 25+, will be held on Sunday night, Oct. 23, from 7:30 p.m. - midnight. The evening features DJ music, dancing, door prizes and munchies. Admission is \$3. At Maxies Lounge, Clinton Hotel, 6810 N. Mannheim Rd., Rosemont. For further information, call (708) 453-7017.

OCTOBER 23 SPARES SUNDAY EVENING CLUB

The Spares Sunday Evening Club, for widowed, divorced, and single adults will hold their regular meeting followed by a talent show on Sunday, Oct. 23 at Morton Grove American Legion Hall, 6140 Dempster, Morton Grove.
The social hour will be from 6 to 7 p.m. The short meeting and talent show will take place from 7 to 8 p.m., and there will be ballroom dancing from 8 to 11 p.m. The cost is \$5 for members and \$6 for guests, refreshments are included. For more information, call (708) 965-5730.

NORTH SHORE JEWISH SINGLES
Sunday, Oct. 23, dance with the North Shore Jewish Singles 39+, 7:30 p.m. Congregation Beth Hillel, 3220 Big Tree Lane, Wilmette.
Refreshments. Member \$5 - non-members \$7. Door prizes. Call Elaine (708) 966-6196.

OCTOBER 27 SIZZLING SINGLES
Sizzling Singles (ages 30+), the biggest and best singles party in Chicago, welcomes you each Sunday at 7 p.m. for an evening of good music, fun and delicious food, at Hyatt Deerfield, Lake Cook & 294, Deerfield, IL. \$8 admission. For information call (708) 945-3400.

TUESDAYS SIZZLING SINGLES COFFEEHOUSE
Sizzling Singles Coffeehouse "A New Concept For Singles" at Starbucks (Sanders & Dundee) Northbrook. Join us For a comfortable setting to meet and greet new friends. Tuesdays, 7:30-10 p.m., \$5, complimentary coffee & pastry.

Parents Without Partners expands to Niles

Parents Without Partners, a support group for single parents and their children, is holding an organizational meeting for all interested single parents on Sunday, Oct. 23, at 6 p.m.
This open meeting will be held at the Niles Discovery Zone located at 8261 Golf Road in Niles. Children are encouraged to attend. Discovery Zone is offering a special rate that evening of \$4 per child for children whose parent's are attending the meeting.
For additional information on this chapter call (708) 371-3610.

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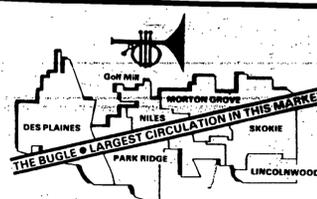
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You Can Place Your Classified Ads by Calling 966-3900 or Come To Our Office in Person At: 8746 N. Shermer Road, Niles, Illinois. Our Office Is Open - Monday thru Friday, 9 A.M. to 5 P.M.

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The race is on for teacher grants

Ameritech, this week, mailed applications for a new \$150,000 grant competition to the state's 5,000 elementary and secondary schools. To help Illinois classroom teachers lead their students into the Information Age.

The "Teacher's Edge" competition will award grants ranging from \$1,000 to \$5,000 to classroom teachers based on their plans to use communications technology to enhance learning and promote student motivation.

Ameritech and the Golden Apple Foundation created the competition to reward teachers who use telecommunications technology in innovative ways.

"Programs like this underscore Ameritech's commitment to help educators experiment with different ways of using advanced communications to bring more excitement and innovation to the learning environment," said Douglas L. Whitley, president of Ameritech Illinois.

The Illinois Education Associ-

ation is encouraging its members throughout the state to participate in the program.

"The Teacher's Edge competition will empower many talented teachers who have the vision for using technology but may lack the resources for doing so," said Robert Haisman, president of the IEA.

Classroom teachers in any accredited public, private or parochial elementary or secondary school in Illinois may apply for a grant. Teachers may apply for grants as individuals or in teams.

Applications, which were mailed to school principals, are due by Nov. 30. Winners will be announced by Feb. 1, 1995.

Braille seminar set

The Guild for the Blind, in association with the Chicago Light House for People Who Are Blind or Visually Impaired and Illinois Parents for the Visually Impaired, will host a Braille Seminar for parents and teachers of children who are blind or visually impaired. This seminar is part of the Guild's Children's Forum Seminar Series. There is no fee and lunch will be provided.

This will be an introductory class for parents and teachers who are new to Braille and would like to learn some basic skills. Participants will learn how to read and write the Braille alphabet and numbers and will also be given practice time on a Braille writer.

For more information, or to make a reservation, please contact Denise Butera, Director of Services at the Guild at (312) 236-8569 by October 28.

Local student enrolls at Northwestern

Srujesh K. Shah, son of Kirti C. and Kunjan K. Shah of Niles, has enrolled as a freshman in the Robert R. McCormick School of Engineering and Applied Sciences at Northwestern University for the 1994-95 academic year.

Shah graduated from Maine Township High School East where he was on the honor roll and received math and science departmental honors. He was president of the computer club and a member of the math team and the sci-fi club. Shah plans to major in chemical engineering.

LEGAL NOTICE

Sealed bids will be received up to 11:00 a.m. on November 8, 1994 at Niles Elementary Schools District Number 71, 6935 W. Touhy Avenue, Niles, IL 60714 which bids will be opened at 11:00 a.m. on November 8, 1994 at Niles Elementary Schools District 71, 6935 W. Touhy Avenue, Niles, IL 60714 for the Purchase of Food and Cafeteria supplies for the months of December, 1994 and January and February, 1995.

Bid specifications may be picked up at Niles Elementary Schools District 71, 6935 W. Touhy Avenue, Niles, IL 60714 between the hours of 8:30 a.m. and 3:30 p.m.

The board reserves the right to reject any and all bids.

By order of the Board of Commissioners, NILES PARK DISTRICT.

By: Timothy D. Royster

Becoming a U.S. citizen

Polish Welfare Association is sponsoring a special presentation for those individuals who are interested in learning more about becoming a U.S. citizen.

The presentation will be held on Oct. 22 at 3 p.m. at the Morton Grove Library, 6140 Lincoln.

The panel discussion, titled "The WHO, the WHEN and the HOW of U.S. Citizenship," will be chaired by Ewa Izzyk-Lohn, citizenship coordinator for FWA.

The meeting is designed to provide specific information that can be used immediately by immigrants who are in the process of seeking naturalization.

Reservations are not necessary. If further information is desired, call (312) 282-8206, ext. 341 or 347.

Niles North plans music concert

Musicians from Niles North High School will perform in a free fall music concert at 7:30 p.m. on Wednesday, Oct. 26 in the auditorium of Niles North High School, 9800 Lawler Ave., Skokie. Members of the symphonic wind ensemble, string orchestra and choir will perform.

The orchestra will commemorate the recent fiftieth anniversary of Rodgers and Hammerstein's musical "Oklahoma," by performing three selections from the work: "Oh, What A Beautiful Mornin'," "Surrey With The Fringe On Top" and "Oklahoma."

The orchestra will also play Mozart's "Serenade, K.239," featuring solo performances by Alan Molina of Skokie on violin, Shieh-Jian Tsai of Skokie on viola and Ari Joffe of Skokie on double bass.

The ecological restoration and management plan is part of a landmark agreement between the FPD, The Nature Conservancy, USDA Forest Service, USDA Soil Conservation Service with Illinois Department of Conservation. The agreement also commits the partners to conducting pilot restoration projects, the first of which is underway at Swallow Cliff Woods in the Palos Forest Preserves.

Sawill also noted that the historic effort "...based on the existing legacy of partnership between our two organizations. The District already provides substantial training and support to the Volunteer Stewardship Network and is a partner in the Mighty Acorns youth stewardship project."

Absentee voting began

In-office absentee balloting for the Nov. 8 election was scheduled to begin on Monday, Oct. 17, pending the delivery of the supplies from the County Clerk's Office. Any registered Skokie voter who will be out of town on Nov. 8 can cast their vote in Village Clerk Marlene Williams' office until Nov. 7. Voting hours are Monday to Friday, 8:30 a.m. to 5 p.m. and Saturdays, 8:30 a.m. until noon.

The Village Clerk's Office is at 5127 Oakton St. For more information call Clerk Williams at 673-0500.

By Eileen Varisco, Secretary, Board of Education

By Eugene H. Zalowski

Lecture on Vietnam's Cultural Heritage offered

Ha Nguyen, executive director of the Vietnamese Association of Illinois, shares his expertise on North and South Vietnam's Historical Background on Thursday, Oct. 27 from 1 to 2:30 p.m. in Room 112 at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

This presentation is offered through Oakton's Culture's Connections to Foreign Relations, a continuing series which analyzes countries that present complicated challenges to the United States in terms of trade and international relations.

Nguyen explores the contemporary history of the Vietnamese people including the effect the

Forest Preserve District receives National Conservation award

The Nature Conservancy, an international conservation organization with 780,000 members nationwide, has presented a 1994 President's Conservation Achievement Award to the Forest Preserve District of Cook County.

The President's Conservation Achievement Award recognizes exceptional support by individuals or organizations that have worked in partnership to advance biodiversity protection. A science-based organization, the Conservancy seeks to preserve rare plants, animals and natural communities by protecting the lands and waters they need to survive.

In presenting the award, Conservancy President John Sawhill praised the District's ambitious effort in developing its first comprehensive restoration and management plan for 54,000 acres of forest preserves in Cook County.

"This belongs not just to the Forest Preserve District," Nevius said upon receiving the award. "Most importantly the award belongs to the future generations who will be able to live in a world rich in biodiversity. Our restoration efforts will have positive, long-term implications for the region's ecosystem."

The Forest Preserve District's ultimate goal is to restore and return to a natural, presentable state 80 percent of its land. The District currently manages more than 67,000 acres of land throughout Cook County, making it one of the largest urban open space providers in the nation.

Thorek to boost fight against the flu

Yearly vaccinations are an important ally in the battle against influenza during the long Chicago winter, and Thorek Hospital and Medical Center, 850 W. Irving Park Rd., will be providing a convenient, reasonably priced opportunity for immunization through October.

Vaccinations for \$10 through the month of October. However, Medicare covers the vaccinations entirely with no cost to Medicare recipients. Walk-ins are welcome and appointments are not necessary.

Since the flu exists in many strains that change from year to year, it is important that vaccines are updated annually in order to develop an effective bodily defense to fight the modified virus. Common symptoms usually are temporary and non-life threatening, although those over 65 as well as those with chronic conditions like asthma, heart disease or diabetes are more susceptible to more serious bouts with the flu.

In fact, an average flu season claims about 20,000 U.S. lives. Health experts recommend vaccination in October to help the

For additional information, contact the Parks Department, 1605 Illinois Road, 291-7989.

From the Left Hand

Continued from Page 1

best seem to be true. A No. 1 parent told us Monday night she heard at a school meeting the incoming freshman class is up to 250 students and total school enrollment is 700, a figure administrators have aimed for. She said next year's freshman enrollment should also be near that 250 figure.

The privatization of education in America has become more prevalent than we realized. All eight of my grandchildren are now attending private schools. Four of them are in kindergarten and higher grades and four are in preschool. Their eight parents are all products of the public schools. And yet, these parents are willing to make sacrifices and lessen their expendable income by sending their kids to private schools.

What's going on in education today? Are the public schools responding to this competition from the private sector? Like other government agencies, we don't think the Conservancy seeks to preserve rare plants, animals and natural communities by protecting the lands and waters they need to survive.

Six Presidents' Awards were presented this year to recipients from as far away as British Columbia and Brazil. This is the first time a President's Award recognizes an Illinois entity.

"In our school district the school people pulled an end-around play avoiding going to their constituents for more money. They okayed \$5 million in bonds knowing they would not get approval if they

went to the people they represent. It left the impression the administrators and teachers were in control of the district and were making sure they protected their interests.

While we're not in favor of lessening the influence of public education we do think the private schools' fiscal policies are less wasteful than the public sectors. Perhaps borrowing from the private schools' financial management policies would improve public school management. But that can't happen so long as the administrators and teachers protect their own interests and continue running the schools.

American automobile dealers are having a prospering unlike any they've had in the last ten years. It seems obvious Americans have been driving their cars for more years and more miles.

If my driving habits are similar to others it is understandable why the auto boom is taking place.

Normally, I would buy a new car every three years. But six years ago I bought a used car with 7,000 miles on its odometer. Two years ago I repeated another purchase with a used 8,000 mile car. My present car is 105,000 miles and 10 years old. If other drivers have similar habits there is an obvious backlog of demand for upgraded cars.

Parking ...

Continued from Page 1

what's going on," Galuski said. "I have asked numerous police officers why he can't be ticketed."

He said that the only ordinance against commercial trucks is that they can not park on the street from midnight to 6 a.m.

Bill Zimmer, Deputy Building Commissioner, said that the ordinance has specifications in place for the size and placement of commercial and recreational vehicles.

According to Zimmer, commercial vehicles with an F plate size must park in a garage and such vehicles with an H plate are prohibited. Recreational vehicles that are more than 30 feet in length and/or 10 feet in height are not allowed in the front yard of a residence. At the rear or side of a home, such vehicles must be hidden by a six-foot high fence or an opaque screen.

No more than one such recreational vehicle is allowed on a zoning lot, Zimmer said, but such vehicles are given five days of leeway for loading. Commercial vehicles are not given that loading time.

Violation of the ordinance, Zimmer said, may result in a fine up to \$500.

"I would like to know how we're going to correct those other two problems that we asked you about last March," Galuski said of the truck parking problem.

The board of trustees voted to direct the traffic and safety commission to look at truck parking on streets and in alleys.

Trustee Renee Brenner cautioned that the parking problem is not only happening in the one area of Morton Grove that Galuski reported at the meeting.

"I think it important for the public to know that we're not responding to this singular instance," she said. "This typifies the problem in many other places in the community."

Study ...

Continued from Page 1

interviews with staff, and questionnaires filled out by township employees.

His conclusions were that township offices, which currently measure a little under 3,000-square-foot, will require close to 8,000-square-feet in the future.

Trustee Jim Reilly emphasized that any final version of the space plan would have to take into account the township's need for an emergency operating center. Currently, the township's Emergency Management Agency has no dedicated space at Town Hall from which it can coordinate responses in a disaster.

The space use study considered the addition of the Emergency Management Agency, which Sobel said would then bring the necessary measurements to more than 10,000-square-foot.

Sobel offered some alternatives to adding space to the Town Hall, including renovating the basement for office space or adding a building.

He also recommended the board again request a much needed addition from the City of Park Ridge.

Project Play

The Skokie Park District has set up a special program in which staff visit various park sites in the Tuesday and Thursday evenings from 4 to 7 p.m. and Saturday from 1 to 5 p.m. with the intent of organizing play for the children.

Project Play will be held in Lee Wright Park, Playtime Park, Gross Point Park, Winnebago Park and Gleiss Park, weather permitting. Call 674-1500, for details.

READ THE BUGLE ADS FOR YOUR SHOPPING NEEDS

Dist. 63 ...

Continued from Page 1

school holiday. The process of paying for the work is based on the district receiving a pay request to reimburse the contractor for materials and labor used thus far. The board of education awarded the contract, for a total amount \$297,700, at its June 14 meeting.

According to Reynolds R.F. Ridolfi and Company will submit two or three more pay requests, but the district will retain 10 percent of the total contract value until it can check that everything is complete and to specification.

The board of education also approved the repayment of principal and interest due on two sets of bonds totaling approximately \$1.5 million at its Oct. 11 meeting. Funds were transferred from monies on hand in the Education Fund to the American National Bank to make the payments.

Approximately \$275,000 is due on Series 1993 Bonds and approximately \$1.26 million is due on Series 1993 Bonds. Money from the Education Fund that was deposited in the bank on or before Sept. 6 to pay the principal and interest will be repaid by the Bond and Interest Fund on receipt of 1993 taxes levied for that purpose.

Included in the repayment resolution was the note that the transfer of money to the Bond and Interest Fund was to be completed on or before Oct. 12.

Legion seeking parade participants

Morton Grove American Legion Post #134 commander Tony Carson has appointed past commander Mel Baity to the important position of Parade Chairman for this year.

Baity has immediately begun plans for this year's celebration of Veteran's Day.

The services will be held at the Morton Grove Public Library at the mid-point of the parade, which will step off from the Legion grounds, 6140 Dempster, at 1 p.m. on Sunday, Nov. 13.

Past commander Baity is asking those who would desire to take part in this annual commemoration to phone him to indicate their intention to participate.

Life may be reached at (708) 673-5143.

Those interested in joining the local Legion in this customary yearly salute are asked to join public officials, organizations and clubs who have already pledged their intent to join Post #134.

Des Plaines law firm welcomes new member

The law firm of Richard M. Colombik & Associates, P.C., a firm concentrating in Internal Revenue, Service Tax, Defense, Estate Tax, Asset Protection and Corporation Business planning, headquartered in Des Plaines with branch offices throughout the Northwest Suburbs is pleased to announce that Arlington Heights resident, Cary R. Rosenthal, JD, BA, has recently joined the firm.

Rosenthal will emphasize his practice primarily in the area of IRS Tax Defense and Tax Litigation Issues. Rosenthal brings nine years of legal experience to the firm and is pleased to be part of the Colombik team.

Colombik can be reached at (708) 397-2000.

Nominees sought for physician of the year

Patients of Illinois family physicians are invited to nominate their doctor for the Illinois Academy of Family Physicians (IAFP) 1995 "Family Physician of the Year" contest during Family Health Month in October.

Each year, the Illinois Academy of Family Physicians selects one family doctor to be Illinois' Family Physician of the Year. Selection is based primarily on the individual's outstanding service to patients and to the community, and his/her dedication to the specialty of family practice.

Nominees must spend 50 percent or more of their time in direct patient care. They must be members in good standing of the Illinois Academy of Family Physicians, which requires its members to be specialists trained in family practice and to keep up-to-date on current medical advances by fulfilling strict continuing education requirements.

In their letters, patients should describe their family physician's qualifications and reasons why they believe their family physician should become the Illinois Family Physician of the Year.

The Academy must receive nomination letters by Dec. 15. Send nominations to the Family Physician of the Year Award, c/o Illinois Academy of Family Physicians, 1101 Perimeter Drive, Suite 730, Schaumburg, IL 60173.

The 1995 Family Physician of the Year Award winner will be announced during the July 20-24 IAFP Annual Meeting at Indian Lakes Resort in Bloomington. The Illinois winner will become the IAFP's nominee for the national Family Doctor of the Year Award, sponsored by the American Academy of Family Physicians.

Teacher Education information session scheduled

Roosevelt University's College of Education will sponsor a Program Information Session on Tuesday, Oct. 25 from 6 to 7 p.m. at the Albert A. Robin Campus, 2121 South Goebbert Road, Rosemont Heights. The program director and faculty members from the College of Education will be available to describe the structure and content of the course work in the various Teacher Education programs, including elementary education, secondary education, teacher leadership and reading.

Those interested in pursuing an undergraduate or graduate degree in education are welcome to attend the session for program information and admission and financial aid assistance. Also, get details on how to take advantage of Roosevelt's "ROOSTER" Program, a deferred tuition reimbursement plan. Roosevelt University will waive its \$25 application fee for anyone submitting an enrollment application during this Oct. 25 Information Session.

The teacher education programs at Roosevelt University offer excellent professional preparation and are accredited with both the Illinois State Board of Education and the National Council of Teacher Education. For more information on the programs within the College of Education or on the Information Session scheduled on Oct. 25 at the Robin Campus in Arlington Heights, call Dr. Margaret Policastro, Program Director at (708) 437-9200, ext. 443.

Mark G. Hohimer

Marine Lance Cpl. Mark G. Hohimer, of Park Ridge, recently received a Letter of Superior Achievement.

Hohimer was cited for superior performance of duty while assigned with Marine Aerial Rescue Transport Training Squadron 253, 2nd Marine Aircraft Wing, Marine Corps Air Station, Cherry Point, N.C.

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Yield (APY)*
5 Year CD

This certificate ALSO gives you the option of increasing your interest rate without penalty. If rates increase, you can reinvest into a new 5 year fixed rate certificate once during the original 5 year term.

Don't wait until this great rate becomes extinct...Stop in today!

*To be eligible for this special offer you must have or open a First National Bank of Niles checking account. Fees or maintenance charges on checking account may reduce earnings. The minimum balance to open and maintain the APY is \$5,000. Simple interest certificate. Interest compounded annually. A penalty may be imposed for early withdrawal. APY accurate as of 10/17/94. Original certificate must be presented at the bank to take advantage of the one time rate change. Interest rate increase options expire on the maturity date of the original certificate. This offer may be withdrawn at anytime. Rate apply to deposits of \$5,000-\$99,999.

1N First National Bank of Niles
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MEMBER FDIC