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edition of

The Bugle

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- Church Services** Pages 10 - 12
Holiday Greetings Pages 18 - 20
Letters to Santa Pages 28 & 29

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Arlene Zoellick

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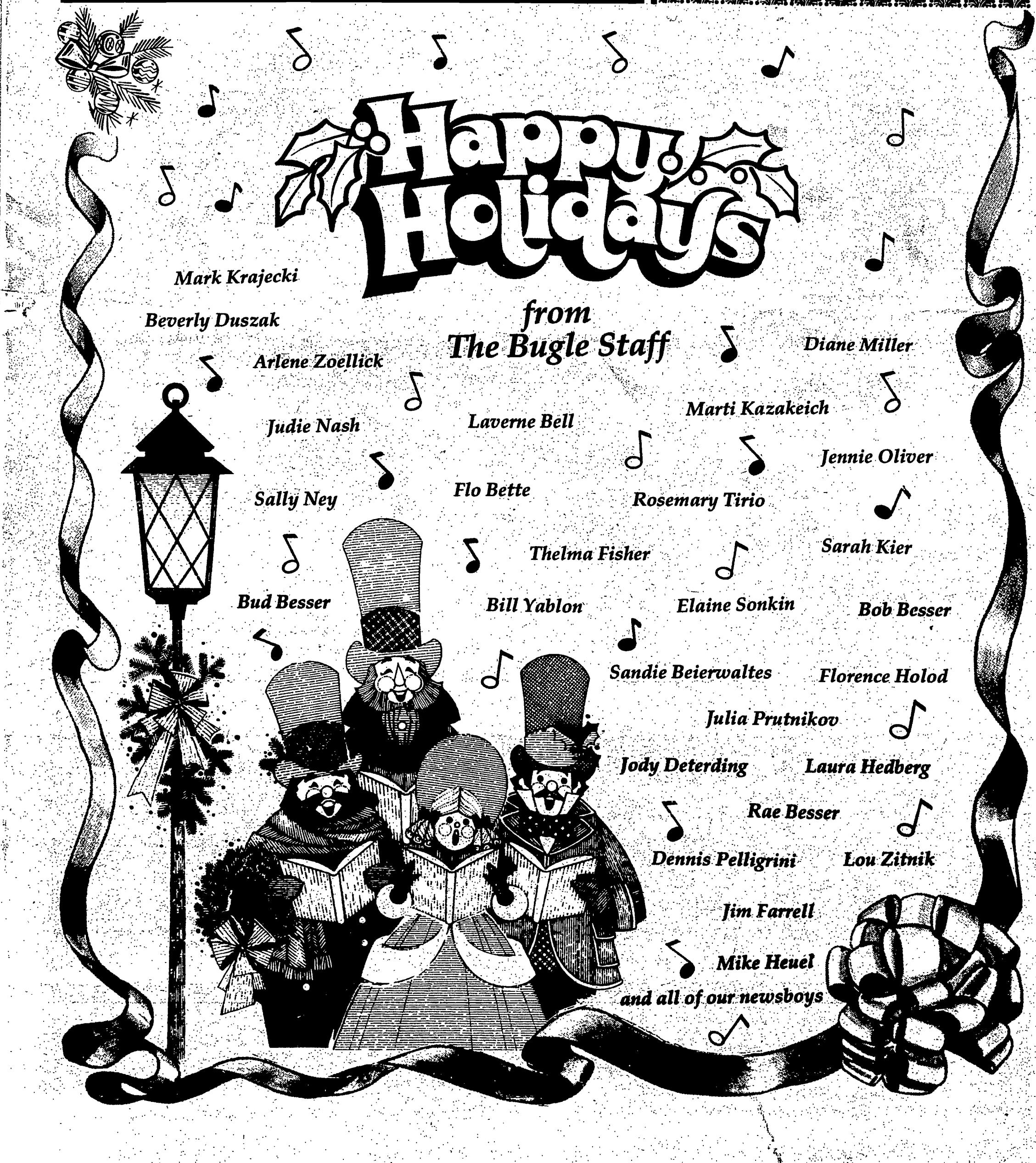
Dennis Pelligrini

Lou Zitnik

Jim Farrell

Mike Heuel

and all of our newsboys



S.I.J. 55 Plus Club



S.I.J. 55 Plus Club members are shown at their X-mas Party (from l to r): Rudy Seifert, Vice President; Elaine Heinen, President Park District; and Bernice Tegeler, President.

Our main social event of the year was held on Dec. 4 at the Chateau Ritz. The food was excellent as was the live music of Mario's Society Orchestra. Mario Arquila, Louie Bassi, John Blasucci. We are lucky as all these men are members of S.I.J. 55 Plus Club. They keep our feet dancing and keep us all entertained.

We had our annual Grand March led by Irene Scifert, Pres-

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(U.S.P.S. 069-760)
Bob Besser
Editor and Publisher
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TAI CHI CHUAN CLASS STARTING
Tai Chi Chuan is considered a healing exercise because of its reputation for alleviating many ailments, such as hypertension, gastric problems, arthritis, heart disease and anemia. It improves circulation, balance, and helps relax and strengthen the nervous system. The stretching movements make the body limber, tone up muscles and help release tension. The class will be on Friday mornings from 9:40 to 11, Jan. 27 through April 7. Registration is required and the cost is \$5.

Niles Senior Citizens 967-6100 ext. 376

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center is open to residents of the Village of Niles, age 62 and over and their younger spouses. Seniors interested in obtaining additional senior center information should call or visit the center and be placed on the mailing list. The center is located at 8060 Oakton Street.

TICKET SALES

Ticket sales will be on Wednesday, Jan. 4 at 9:30 a.m. Tickets will be on sale for the Walt Disney on Ice "Snow White and the Seven Dwarfs" at the New United Center on Wednesday, Feb. 1 from 10 a.m. to 3:30 p.m. Included in the price of \$30.50 is a breast of chicken luncheon at Chicago's premier European Restaurant, Maravas! Also on sale will be "Showtime" which features the movie "The Fugitive" on Friday, Feb. 3 at 1 p.m. Refreshments will be served. Cost is \$5.00. The February event will be "An Afternoon of Romance" to be held on Friday, Feb. 24 from 2 to 4 p.m. Featured at this event will be the Ballroom City Dancers as they take you on a journey of ballroom dance and the romance it brings. Appetizers and dessert will be included in the \$3.50 price.

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 the center.

SENIOR CENTER CLOSED FOR HOLIDAYS

The Senior Center will be closed on Monday, Dec. 26 for the Christmas Holiday and on Monday, Jan 2 for the New Year's Holiday.

MEDICARE/SUPPLEMENTAL INSURANCE INFORMATION APPOINTMENTS

Medicare and supplemental insurance information appointments are free to seniors. Representatives from Banker's Life Insurance Company are available on an individual basis on Wednesday, Dec. 28 by appointment.

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.

CRAFT AND HOBBY INSTRUCTORS NEEDED

If you have a talent for crafts or hobby expertise and would like to teach others how to do those crafts or hobbies, then please call Mary Oleksy at the Senior Center. We are currently looking for part-time instructors with some creative ideas for new classes.

HOLIDAY ITEMS AVAILABLE

The Niles Senior Center offers handmade and holiday items on display in the Center's showcases. These items can be purchased anytime between 9:30 a.m. at 4 p.m. Monday through Friday.

RULES OF THE ROAD

Rules of the Road will be offered to interested seniors on Monday, Jan. 9 at 10 a.m. at Ballard Leisure Center. There is no fee to attend but registration is required.

MEN'S CLUB PLANNING MEETING

The Men's Club Planning Meeting will be held on Monday, Jan. 9 at 10:30 a.m. All members are invited to come and share their ideas.

MEN'S SPRING EXERCISE PROGRAM

The Men's Spring Exercise Program will be held from Jan. 10 through May 25 at Grennan Heights on Tuesdays and Thursdays from 8:30 until 11 a.m.

LEGAL AID APPOINTMENTS

Legal Aid Appointments are scheduled for Wednesday, Jan 11 between 9 a.m. and noon. Call for more information.

BLOOD PRESSURE SCREENING

Blood Pressure screening is on Wednesday, Jan. 11 from 1 p.m. - 4 p.m. Free to Niles residents 60 and older. No appointments needed.

CREAMIC CLASS REGISTRATION

Creamic Class registration will be held on Thursday, Jan. 12 at 9:30 a.m. on a walk-in basis. This semester there will be two levels of instruction. The beginners class will be held at 9:30 a.m. - 11:30 a.m. and the intermediate/advanced class will be held at 1:30 p.m. - 3:30 p.m. The ten week class will begin on Thursday, Feb. 23 - May 4 (no class on April 13). Tuition is \$25 for returning students and \$30 for new students. Tuition covers all supplies, instructor fees and firing. Items survey available, contact Mary Oleksy.

TAI CHI CHUAN CLASS STARTING

Tai Chi Chuan is considered a healing exercise because of its reputation for alleviating many ailments, such as hypertension, gastric problems, arthritis, heart disease and anemia. It improves circulation, balance, and helps relax and strengthen the nervous system. The stretching movements make the body limber, tone up muscles and help release tension. The class will be on Friday mornings from 9:40 to 11, Jan. 27 through April 7. Registration is required and the cost is \$5.

Disabled support group enjoys Taste of Italy



Disability support group enjoys Taste of Italy

A resolution setting forth the 1994 tax levy was adopted by the Oakton Community College (OCC) Board of Trustees, during their meeting, Dec. 13.

According to David Hilquist, Vice-President for Business and Finance, the sum of \$17.2 million being levied represents a 1.6 percent increase, which is considered very small.

He stated that the homeowner's burden may actually decrease slightly, as they expect the increase will primarily be paid by an increased assessed valuation on real property. This is the smallest increase in three years.

As costs increase, and no additional revenue is expected from the State, the Board also voted to raise tuition by \$1 per credit hour, effective with the summer of 1995. This will bring the tuition rate to \$33 per credit hour.

There was a long discussion about whether computer hardware for the new computer centers should be purchased.

The next meeting will be Tues-

arat systems for administrative and classroom use, and whether some recent news about a faulty chip in some computers will affect Oakton's equipment.

The administration strongly argued that delaying this purchase would have a severe adverse effect on students, and force cancellation of many classes due to begin in January. The Board approved the purchase with a dissenting vote from Trustee Ellen Schrot, Evanston, who felt the item should have been tabled.

There was also a discussion about the purchase of School Board Liability insurance.

The Board approved purchase with the condition that Hilquist will investigate further, to determine if the current coverage is sufficient.

The next meeting will be Tues-

day, Jan. 17 at 7:30 p.m. at the Des Plaines Campus.

Park District tax increase just a 'cup of coffee'

By Lisa Hemminger

Niles Park Board Commissioners formally adopted a 4.99 percent tax levy increase Tuesday night, an amount finance director Ron Mrowiec likened to the cost of a familiar commodity.

Mrowiec said the increase translates into 35 cents a month for the average taxpayer, or "less than a cup of coffee." The board will formally adopt the 1995 operating budget for the district in January. The proposed 95 budget shows a 15.8 percent increase in salaries and a 17.4 percent increase in expenses over last year's budget amounts.

District residents may be able to purchase memorial paver bricks for placement at one of the park sites in the future. Commissioners discussed the possibility of implementing some type of memorial program at their financial committee meeting Tuesday. Parks director Tim Royster said similar programs are in place.

The Niles Park bus will make its last trip for the district in late December. The bus, an older model that needed much repair over the last year, will be replaced by a leased bus the district will contract out for Ladies' Choice and other travel trip programs. Parks superintendent Mike Rea said the bus may worth \$20,000.

Maine Township offices will be open on Dec. 23 from 9 a.m. to 12 p.m. We will be closed on Saturday, Dec. 24, Sunday, Dec. 25, and Monday, Dec. 26 in observance of the Christmas holiday.

Normal business hours will resume on Tuesday, Dec. 27.

Maine Township office holiday hours

Maine Township offices will be open on Dec. 23 from 9 a.m. to 12 p.m. We will be closed on Saturday, Dec. 24, Sunday, Dec. 25, and Monday, Dec. 26 in observance of the Christmas holiday.

Normal business hours will resume on Tuesday, Dec. 27.

Morton Grove teen electrocuted

By Rosemary Tirro

Michael John Guttell, a 15-year-old sophomore at Notre Dame High School for Boys in Niles, was electrocuted Dec. 17 after he apparently climbed a utility pole in the back yard of his Morton Grove home and touched a live wire.

Michael was the only child of Richard and Zita Guttell, 7931 Davis St., in the suburbs. The Guttells had gone out for dinner Saturday evening and returned shortly after 10 p.m. when they found their son, according to Morton Grove police Lt. Tom Schultz.

Funeral services were held Wednesday, Dec. 21, at St. Isaac Jogues Church, Niles. Interment was at St. Lucas Cemetery.

Legion aids those in need

charge to the local Legion.

P.C. McBaity has been handling the coordination of this event; and monetary contributions were made by Post Commander Tony Carson, P.C. Art Schrader of the Corporation and the Post Rifle Squad.

Already 20 cases of food have been collected, and this is being sent to those in need without any

charge to the local Legion.

The Morton Grove American Legion Post #134 has been collecting food staples for the fellow Legion flood victims still suffering their loss of jobs and homes.

Already 20 cases of food have been collected, and this is being sent to those in need without any charge to the local Legion.

Funeral services held for Jeanette Burns

dition, the Board of Education designated the third Tuesday of every month for Regular Board of Education Meeting to be held in the Board Room of Culver Middle School beginning at 7 p.m.

Each of them

was elected to the same position that they previously held. In ad-

The Niles Park District celebrated their 40th Anniversary the weekend of November 19-20 culminating the festivities with an open house at Grennan Heights. Pictured here are Niles residents (left to right) Ed Arison, Park Board President Elaine Heinen, and Frank DiMaria. Arison and DiMaria were part of a group of volunteers who constructed the original Grennan Heights Field House in 1953. The volunteers who also included Clarence Berg, Robert Bosel, Hank Kramer, Lou Schriener, Tom Mahoney, Joe Mohrleiser, Ted Olsen and Don Diamond, donated their time to dig and pour the foundation, place brick and perform carpentry and finish work. Mr. DiMaria states that most of the materials were donated, as well.

Holiday Food Buys!

SALE ENDS WED. DEC. 28

CLOSED
CHRISTMAS
DAY

U.S.D.A. PRIME & CHOICE BEEF
 BONELESS RIB EYE
 OVEN READY STANDING RIB ROAST
 WHOLE BEEF TENDERLOIN
 PORK CROWN ROAST ORDER TODAY
 FRESH HO-KA TURKEYS
 CAPONS - DUCKS - GEESE

U.S.D.A. CHOICE EYE OF ROUND
 \$3.98 LB.

DELI
 CHELLINO RICOTTA BY THE CONTAINER \$1.39 LB.
 LB. PRICE \$1.59
 FRESH MOZZARELLA IN WATER
 TUMA CHEESE
 AVRICCHIO SHARP AGED PROVOLONE \$4.98 LB.
 IMPORTED BLUE CHEESE
 GORGONZOLA
 REGGIANO ROCCO
 CHOICE BACALA CLEAN SQUID
 SHRIMP
 LOBSTER TAILS
 SMELTS \$5.98 LB.
 MAMA MINELLI'S ITALIAN ROAST BEEF FREE GRAVY \$5.99 LB.
 SICILIAN BRAND SALAMI \$2.98 LB.
 VOLPI GENOA or TOSCANO SALAMI
 PROSCIUTTO DI-PARMA
 PEPPERONI STICKS \$3.98 LB.
 FILIPPO BERIO OLIVE OIL \$12.99 GAL.

GROCERY
 HOMEMADE RAVIOLIS CAVATELLI
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 MANICOTTI SHELLS
 RODOLO PASTA ROLL
 SPAGHETTI SAUCE PLAIN or MEAT BALLS
 LIGURIA PASTA 2 1 LB. PKGS. FOR \$1
 CRUSHED OR PUREE 28 OZ. CAN 69¢
 LIGURIA TOMATOES 99¢ LB.
 CENTRELLA BUTTER
 HOMEMADE FAMILY SIZE LASAGNE HEAT & EAT \$12.99 5 LBS.
 DUTCH FARMS MOZZARELLA CHEESE \$2.49 LB.
 GRADE A JUMBO EGGS 99¢ DOZ.
 CERESOTA FLOUR 99¢ 5 LBS.
 TIRAMISU IMPORTED ITALIAN LIQUEUR \$15.99 750 ML.
 DUTCH FARMS 100% PURE ORANGE JUICE 99¢ 64 OZ.
 BERNINGER WHITE ZINFANDEL \$4.99 750 ML.
 CHRISTIAN BROS. or E&J BRANDY \$6.99 750 ML.

SALE ENDS WED. DEC. 28

**CLOSED
CHRISTMAS
DAY**

BANJO BONELESS HAM
 WHOLE or HALF BROWN SUGAR or HONEY
 HILLSHIRE FARM SKINLESS SHANKLESS HAM
 ORDER EARLY SPIRAL CUT
 MINELLI'S HOMEMADE ITALIAN SAUSAGE \$1.89 LB.
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 99¢ 187 ML.

GANCIA ASTI SPUMANTE
 \$6.99 750 ML.
 PER BOTTLE
 BUY 2 BOTTLES
 AND GET 3rd
 BOTTLE FOR ONLY
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 \$12.99 750 ML.

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ALMADEN WINE
 5.0 LITER BOX WINE
 \$7.99
 LESS \$2.00
 MAIL-IN
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 FINAL COST

KAHLUKA COFFEE LIQUEUR
 \$11.99 750 ML.

SMIRNOFF VODKA
 \$6.99 750 ML.
**MILLER or
 BUDWEISER BEER**
 \$10.99 24
 12 OZ. CANS

SEAGRAM'S 7 CROWN
 \$11.99 1.75 LITER
Fruit Baskets
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 Pasta Bowls

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**BECK'S or
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STROH'S BEER
 \$4.99 15 PKG. - 12 OZ.
 CANS

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 \$2.99 750 ML.
ABSOLUT VODKA
 \$13.99 750 ML.

Lady Finger Cookies
Mascarpone Cheese
Baci Candy
Panettone
Torrone Candy
Fresh Cannolis

Seniors offered low-cost wills in Park Ridge

Eligible senior citizens are offered low-cost will preparation services through the Senior Citizens Will Program Wednesday, Jan. 4, at the Center of Concern in Park Ridge. Advance appointments are required and will be scheduled at 9 a.m. that day.

LEGAL NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, January 9, 1995, at 7:30 P.M. in the Municipal Council Chambers, 7200 Milwaukee Avenue, Niles, Illinois, to hear the following matter(s):

95-ZP-1

Steffan Dragan, 9807 Grace, Niles, Illinois, Petitioner, Requesting a rear yard variation from 40 feet to 37.5 feet to enclose a porch at 9807 Grace.

The Village of Niles intends to comply with the Americans With Disabilities Act by making reasonable accommodations for people with disabilities. If you or someone you know with a disability require accommodation for a Village service or have any questions about the Village's compliance, please contact Abe Selman, Village Manager, 7601 Milwaukee Avenue, Niles, Illinois (708) 967-6100.

To be eligible for the Senior

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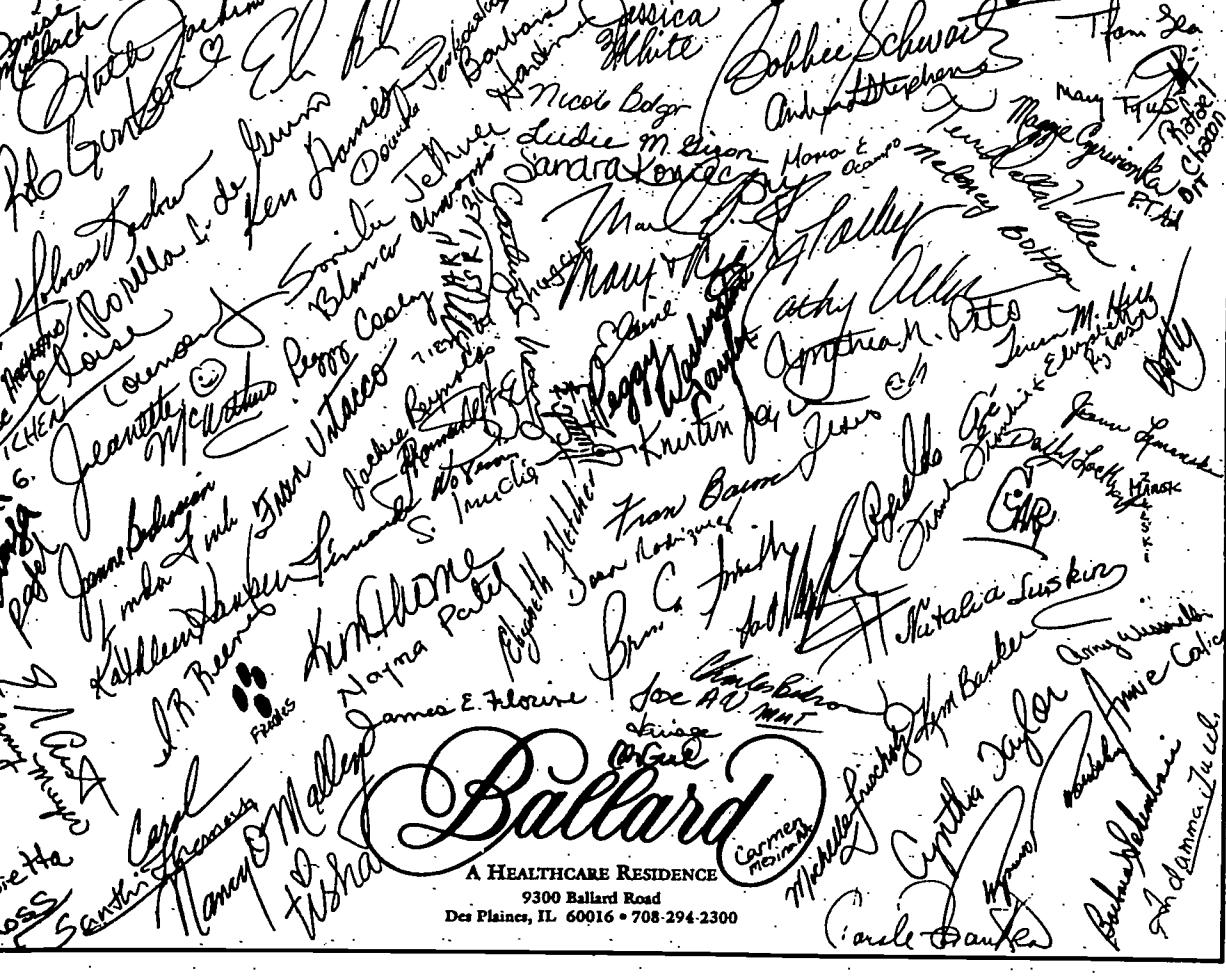
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Morton Grove Senior Citizens 470-5223

AARP OFFERS TIPS FOR WINTER DRIVING

55 Alive/Mature Driving, an AARP classroom refresher course, offers the following suggestions for winter-time driving:

- If driving in snow or ice conditions, reduce speed and increase distance between cars.
- Keep all windows and lights free of ice and snow.
- Bridges and overpasses freeze first, and retain ice longer.
- Icy or snowy roads are more slippery at 32 degrees than when colder.
- In fog, turn on low beams for greater visibility.
- Chain reactions are common in fog. Pull off in a safe area and wait for conditions to improve. Do not creep along at five or ten miles per hour.
- Make sure wiper blades are in good shape. It's not a bad habit to replace them once a year.

According to Gus Habighurst, Morton Grove's 55 ALIVE instructor, the best advice for motorists is to avoid driving in adverse weather. 55 ALIVE is an eight-hour course offered in two half-day sessions. Illinois law requires all auto insurance carriers to offer a discount on premiums to qualified graduates aged 55 and older, of approved courses such as 55 ALIVE. Policyholders should contact their insurance carriers for more information about such discounts. The next 55 ALIVE class is being held from 9 a.m. to 1 p.m. on Dec. 27 and 28 in the Flickinger Senior Center. The course fee is \$8. To enroll please call the Senior Hot Line at 470-5223.

DIABETES SCREENING

Non-dinsulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. 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, Dec. 27 in the Flickinger Senior Center. People coming in for the screening should fast from the evening meal of the night before.

EXPLORING YOUR CREATIVITY

Melt away those wintertime blahs, with a four-week class at the Prairie View Community Center offering a chance to explore the artist within. Choose from charcoal, pen or ink sketching, scratch board, pastels, acrylics and water colors. Instructor Karen Porzak will conduct a preview presentation at 11 a.m. on Monday, Jan. 9 demonstrating each media and provide a list of supplies needed. Classes begin at 11 a.m. on Tuesdays from Jan. 24 to Feb. 14. The cost is \$10 for residents and \$12 for non-residents. For information call Catherine Dean at 965-7447.

"MUSIC MAN"

Come spend an enjoyable afternoon with Professor Harold Hill and the innocent Iowa town that he turned upside down. Hear such musical favorites as "Trouble," "Goodnight My Someone" and "76 Trombones." This Meredith Wilson classic is warm, funny and as American as apple pie. Turkey, orange, roughly or tortellini carbonara will be the choices of centre for lunch at the Marriott's Lincolnshire. Mark Jan. 11, 1995 on the calendar for this event. The bus will leave the Prairie View Community Center at 11 a.m. and return at approximately 5 p.m. The cost is \$36 for residents and \$39.50 for non-residents. Please register by Dec. 23. For further information call Catherine Dean at 965-7447.

ACCIDENTAL HYPOTHERMIA

Accidental hypothermia can produce behavior such as confusion, disorientation, clumsiness, drowsiness or slurred speech. Accidental hypothermia is a below normal body temperature (typically 95 F or less) that is often life-threatening, and can affect vulnerable older people even in such mild temperatures as 60 to 65 F. A room that may seem merely cool, and not dangerously cold, can be fatal to an older person who is in a high-risk group. Most hypothermia in older people occurs indoors, not outside. The most vulnerable group are the elderly whose homes may be poorly insulated and under-heated. Also, people with chronic illnesses taking certain prescription and over-the-counter medications are at higher risk. As people age, the body may lose its ability to generate body heat in response to cold. To lower or eliminate the risk of accidental hypothermia, take preventive measures such as:

- Find out if you are at risk. Ask your doctor about the possible effect on body temperature of any prescription or over-the-counter medicine you take.
- Dress warmly even when indoors. Stay warm in bed, where hypothermia often starts, by wearing enough clothing and using blankets.
- Ask friends or neighbors to look in once or twice a day. The Flickinger Senior Center has information about a telephone check-in or personal visit service.
- Use alcohol moderately, if at all, and avoid alcohol altogether near bedtime.
- Look into fuel-assistance programs if you need help. Your local utility company or the Flickinger Senior Center has information about an assistance program.

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.

PEACE ON EARTH
GOOD WILL TO ALL MANKIND

Regency a leader in service to the elderly for two decades

Announces Two New Services

R Regency Adult Day Care Center

OUR PRIDE SHOWS



Regency Adult Day Care participants benefit from a blend of supervision, support and care services,

while attending the center.

They will receive health monitoring by a nurse, therapeutic and recreational activities, counseling, support services and assistance with personal care. A hot lunch and mid-day snacks are provided daily. Special diets provided. Extended weekday hours from 7:00 a.m. - 6:30 p.m.

In addition, Regency Adult Day Care Center can provide a full-service program including the following:

- transportation
- occasional overnight care
- physical, occupational & speech therapy on-site.
- showers
- 3 full meals per day

R Regency ElderCare Management

OUR PRIDE SHOWS

We can keep your special senior safe & secure at home when you need time for your self! For a day or as long as you need, we can provide all of the home-based assistance services your loved one requires, including but not limited to the following:

- reassurance phone calls
- personal monitoring visits
- medical care management
- in-home assistance up to 24 hours a day, 7 days a week
- personal care services
- personal shopping
- crisis intervention
- scheduled status updates to family

Regency

6625 N. Milwaukee Avenue, Niles, Illinois

Adult Day Care Center
(708) 588-2000

ElderCare Management
(708) 588-2002

Church & Temple News

St. Luke's in Morton Grove calls new pastor

St. Luke's United Church of Christ, a conservative UCC congregation aligned with Biblical Witness Fellowship of the United Church of Christ, has called the Reverend Richard M. Wright as the congregations new pastor. Pastor Wright has been in the ordained ministry for 22 years and has served congregations in Pennsylvania, Ohio, and also served as an active duty chaplain in the US Army. Pastor Wright has been active in the spiritual renewal movement in the UCC and served for five years on the Ohio Board of Directors for Biblical Witness Fellowship. In 1989, he was recognized in the Who's Who in American Christian Leadership.

Pastor Wright and his wife, Lynn, have been married 25 years and reside in the parsonage at 9350 Sherman Road. They have two children, Marnie who graduated in May from Mt. Union College in Alliance, Ohio and will be attending graduate school at Northwestern in the fall and Trevor who is a sophomore at Mt. Union College.

Celebrate the new year

Niles Community Church, 7401 W. Oakton Street, invites you to worship on the First Sunday after Christmas, Jan. 1, at 10 a.m. Begin the New Year right by joining us as we break bread together at the Table of our Lord.

Pastor Boswell will preach on the theme of renewing our lives in Christ and kick off a month long emphasis on renewal with the sermon: "Carpe Diem—Seize the Day!"

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• Funeral Pre-Arrangement

• Facts About Funeral Service

ATTEND CHURCH

COLONIAL
WOJCIECHOWSKI FUNERAL HOMES

A FAMILIAR NAME IN FUNERAL SERVICE. Although our facilities in Niles are new, we are one of Chicagoland's oldest funeral home families. Started by our grandfather, Joseph A. Wojciechowski, Sr., and continued by our father Joseph Jr., we have been serving families for over 80 years. Our newest funeral home in Niles offers the latest in design and service with spacious handicapped accessible chapels, large parking facilities and a location central to most Northern suburbs. You'll find that our prices reflect a true consideration of our overhead and can be several hundred dollars less than some of our closest competitors. Please stop in and see how our family can serve yours.

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MIKE'S FLOWER SHOP, INC.
6500-06 N. MILWAUKEE, CHICAGO, ILLINOIS 60631
(312) 631-0040 • (312) 631-0077 • (708) 823-2124
Toll Free 1-800-378-8770
WE ACCEPT: VISA • MASTER CARD • AMERICAN EXPRESS
HOURS: MON-SAT: 8:30 A.M.-4:30 P.M. • SUNDAY 9 A.M.-1 P.M.

St. Cyprian's SSFC recipients

Anne Gadomski, 78, of Niles died on Nov. 28 at Resurrection Medical Center. Mrs. Gadomski was born April 29, 1913 in Chicago. She was the wife of the late John, mother of Arlene (Richard) Hadzina and John Gadomski, grandmother of David and Kevin Hadzina, sister of Bernice Zmich. Funeral services were held Dec. 2 at Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery.

At the meeting members were treated to Christmas Carols sung by Brygida Bzudkiewicz who made her debut at Orchestra Hall Dec. 2.

Secretary Jeanine Rempala reports that the next meeting is at the Ambassador on Jan. 28 and their Valentine Party will be held for members and non-members on Feb. 11.

Future events for SSFC include a trip (April 3-5) to the Mall of America (Mn., Mn) and many more. Flyers are available. For information, call Gina at (312) 774-6206.

New Year's Eve Party set at OLR

Niles Community Church, 7401 W. Oakton Street, invites you to worship on the First Sunday after Christmas, Jan. 1, at 10 a.m. Begin the New Year right by joining us as we break bread together at the Table of our Lord.

Pastor Boswell will preach on the theme of renewing our lives in Christ and kick off a month long emphasis on renewal with the sermon: "Carpe Diem—Seize the Day!"

SKAJA TERRACE
Funeral Home
966-7302
7812 MILWAUKEE AVENUE
NILES, ILLINOIS

PAMPHLETS AVAILABLE

• Questions About Funeral Costs?

• Funeral Pre-Arrangement

• Facts About Funeral Service

ATTEND CHURCH

COLONIAL
WOJCIECHOWSKI FUNERAL HOMES

A FAMILIAR NAME IN FUNERAL SERVICE. Although our facilities in Niles are new, we are one of Chicagoland's oldest funeral home families. Started by our grandfather, Joseph A. Wojciechowski, Sr., and continued by our father Joseph Jr., we have been serving families for over 80 years. Our newest funeral home in Niles offers the latest in design and service with spacious handicapped accessible chapels, large parking facilities and a location central to most Northern suburbs. You'll find that our prices reflect a true consideration of our overhead and can be several hundred dollars less than some of our closest competitors. Please stop in and see how our family can serve yours.

8025 W. Golf Road 6250 N. Milwaukee Ave.
Niles, IL 60714 Chicago, IL 60646
(708) 581-0536 (312) 774-0366

Family Owned & Operated for over 80 Years
by the Wojciechowski Family

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OBITUARIES

Anna Gadomski

Anne Gadomski, 78, of Niles died on Nov. 28 at Resurrection Medical Center. Mrs. Gadomski was born April 29, 1913 in Chicago. She was the wife of the late John, mother of Arlene (Richard) Hadzina and John Gadomski, grandmother of David and Kevin Hadzina, sister of Bernice Zmich. Funeral services were held Dec. 2 at Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery.

Stanley Slupik

Stanley Slupik, 81, of Niles died on Dec. 3 at Lutheran General Hospital. Mr. Slupik was born April 29, 1913 in Chicago. He was the husband of Adela, father of Richard (Susan) Slupik and Daniel Slupik. Funeral services were held Dec. 6 at St. John Brebeuf Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery.

Bruno Kusek

Bruno Kusek, 80, of Park Ridge died on Dec. 3 at Hines VA Hospital. Mr. Kusek was born Oct. 6, 1914 in Chicago. Funeral services were held Dec. 9 at Skaja Terrace Funeral Home. Interment was in Queen of Heaven Cemetery, Hillside.

Rose De Vivo

Rose De Vivo, 90, of Niles, died on Dec. 3 at Lee Manor Nursing Home. Mrs. De Vivo was born Sept. 19, 1904 in Chicago. She was the sister of Anthony J. (Antonette) Schillaci, Joseph Schillaci, David (Jeanette) Schillaci and Connie (Dominic) Esposito, grandmother of Tricia & David Theimer. Funeral services were held Dec. 6 at St. Ferdinand Church, Chicago. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Queen of Heaven Mausoleum, Hillside.

Vincent A. Devlin

Vincent A. Devlin, 74, of Morton Grove, died on Dec. 5 at Lutheran General Hospital. He was the brother of Donald, James, Mary Barniska and the late John. Funeral service was held Dec. 8 at Simkins Funeral Home, Morton Grove. Interment was in Ridgewood Cemetery, Des Plaines.

Richard Francis Sochurek

Richard Francis Sochurek, 80, of Niles, died on Dec. 7.

Mr. Sochurek was born Aug. 31, 1914 in Chicago. He was the husband of Margaret F. Sochurek, brother-in-law of Blanche (James) Eliaske, Helen (Edward) Klean and Evelyn (Daniel) Blaha. Funeral services were held Dec. 10 at Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery.

George T. Watkins

George T. Watkins, 83, of Niles, died on Dec. 8 at Lutheran General Hospital. He was the husband of the late Frieda, father of Gary, June Murray, and George, grandfather of four, great-grandfather of three. Funeral service was held Dec. 10 at Skaja Terrace Funeral Home, Morton Grove. Interment was in Ridgewood Cemetery, Des Plaines.

George T. Watkins

George T. Watkins, 83, of Niles, died on Dec. 8 at Lutheran General Hospital. He was the husband of the late Frieda, father of Gary, June Murray, and George, grandfather of four, great-grandfather of three. Funeral service was held Dec. 10 at Skaja Terrace Funeral Home, Morton Grove. Interment was in Ridgewood Cemetery, Des Plaines.

Put a Glow On Your Holiday.

Give the Crystal Hurricane Bouquet.

Colonial

WOJCIECHOWSKI FUNERAL HOMES

A FAMILIAR NAME IN FUNERAL SERVICE. Although our facilities in Niles are new, we are one of Chicagoland's oldest funeral home families. Started by our grandfather, Joseph A. Wojciechowski, Sr., and continued by our father Joseph Jr., we have been serving families for over 80 years. Our newest funeral home in Niles offers the latest in design and service with spacious handicapped accessible chapels, large parking facilities and a location central to most Northern suburbs. You'll find that our prices reflect a true consideration of our overhead and can be several hundred dollars less than some of our closest competitors. Please stop in and see how our family can serve yours.

OPEN CHRISTMAS EVE 8:30 A.M.-4:30 P.M.

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OPEN CHRISTMAS EVE 8:30 A.M.-4:30 P.M.

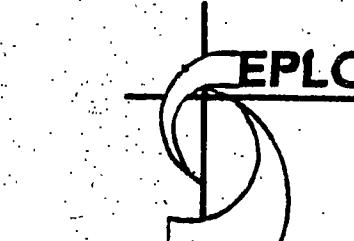
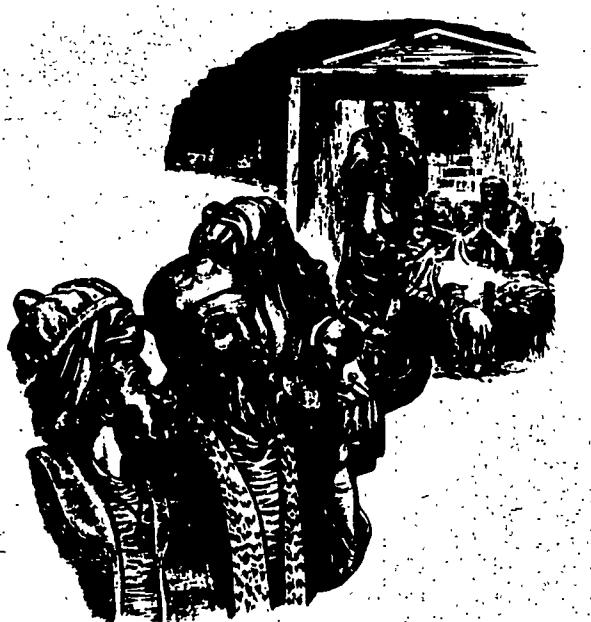
WE ACCEPT: VISA • MASTER CARD • AMERICAN EXPRESS

HOURS: MON-SAT: 8:30 A.M.-4:30 P.M. • SUNDAY 9 A.M.-1 P.M.

OPEN CHRISTMAS EVE 8:30 A.M.-4:30 P.M.

COME LET US ADORE HIM

Christmas Services

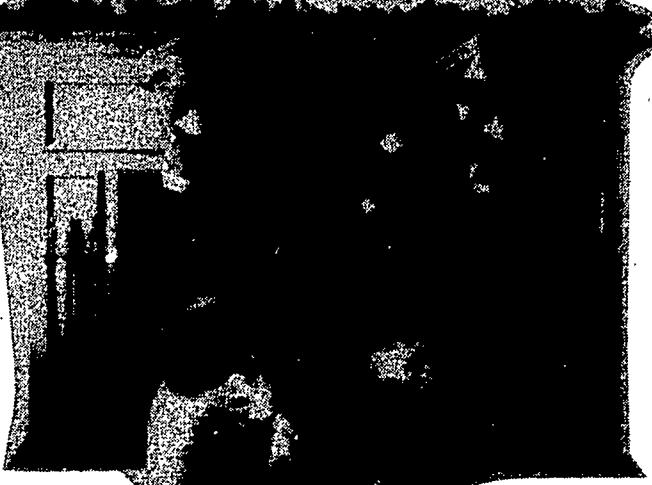


Edison Park Lutheran Church

6626 N. Oliphant Avenue
Chicago, Illinois 60631
(312) 631-9131
Rev. Ken Johnson
Rev. Melody Eastman
(Lift for Handicapped located at Tower Entrance)
CHRISTMAS EVE
5:00 p.m. - Family Worship for all ages
9:00 & 11:00 p.m. - Candlelight Services
CHRISTMAS DAY
10:30 a.m. - Festival Worship with Holy Communion

Do your kids think getting down the chimney is the miracle of Christmas?

Children should know there's more than one reason to celebrate Christmas. This year, introduce them to the real meaning of the Holiday season, and let Jesus give Santa Claus a little competition.



Jerusalem Evangelical Lutheran Church (Wisconsin Synod)
8637 Fernald Avenue, (1 block South of Dempster on Fernak)
Morton Grove, Illinois 60053 (708) 965-7340
CHRISTMAS EVE - Children's Program, 10:00 p.m. - Vespers
CHRISTMAS DAY - 8:00 a.m. & 10:00 a.m. - Festival Services
NEW YEAR'S EVE - 7:00 p.m. **NEW YEAR'S DAY** - 8:00 a.m. & 10:00 a.m.

St. Matthew Evangelical Lutheran Church (Wisconsin Synod)
9081 Maryland Avenue, Niles, Illinois 60714 (708) 827-4360
CHRISTMAS EVE - 7:00 p.m. - Children's Program
CHRISTMAS DAY - 10:00 a.m. - Festival Service
NEW YEAR'S DAY - 10:00 a.m.

St. James Church

820 N. Arlington Heights Road
Arlington Heights, Illinois 60004
(708) 253-6305
Rev. R. Peter Bowman - Pastor
Rev. Lawrence R. Downing - Associate Pastor
Sr. Kathleen A. Donohoe, OSF
CHRISTMAS EVE SERVICES - DECEMBER 24
3:00 p.m., 5:00 p.m. & Midnight
PARISH CENTER
800 N. Arlington Hts. Rd.
4:00 p.m., 5:30 p.m. & 7:00 p.m.
CHURCH
831 N. Arlington Hts. Rd.
CHRISTMAS DAY SERVICES - DECEMBER 25
9:00 a.m., 10:30 a.m. & 12:00 Noon
PARISH CENTER
800 N. Arlington Hts. Rd.
7:00 a.m., 8:30 a.m. & 11:30 a.m.
CHURCH
831 N. Arlington Hts. Rd.
NEW YEAR'S EVE SERVICES - DECEMBER 31
3:30 p.m. & 5:00 p.m.
CHURCH
831 N. Arlington Hts. Rd.
NEW YEAR'S DAY SERVICES - JANUARY 1
9:00 a.m., 10:30 a.m. & 12:00 Noon
PARISH CENTER
800 N. Arlington Hts. Rd.
7:00 a.m., 8:30 a.m. & 10:00 a.m.
CHURCH
831 N. Arlington Hts. Rd.

Saint John Lutheran Church and Christian Day School

7429 Milwaukee Avenue
Niles, Illinois 60714
(708) 647-9867
Rev. Marvin F. Mueller, Pastor
CHRISTMAS EVE - DECEMBER 24
5:00 & 11:00 p.m. - Candlelight Worship
Sermon: "Silent Night"
11:00 p.m. - Holy Communion Celebrated
CHRISTMAS DAY - DECEMBER 25
9:30 a.m. - Festival Worship with
Holy Communion Celebrated
Sermon: "The Reality of Christmas"
NEW YEAR'S EVE - DECEMBER 31
7:30 p.m. - Holy Communion Celebrated
Sermon: "The Gift of Time"

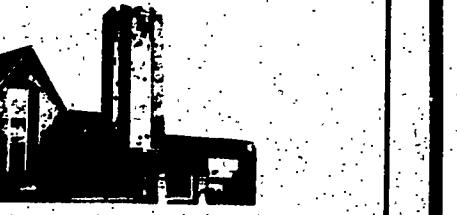


The Parish Church of Saint John Brebeuf

8307 Harlem Avenue
Niles, Illinois 60714
(708) 966-8145
Rev. Robert S. Banzin, Pastor
Nativity of our Lord Jesus Christ
CHRISTMAS EVE - DECEMBER 24
5:00 p.m. and 10:30 p.m.
8:00 p.m. - Polish
CHRISTMAS DAY - DECEMBER 25
7:00 a.m., 9:00 a.m., 11:00 a.m.
The Epiphany of Our Lord
EPIPHANY EVE - JANUARY 6
5:00 p.m.
6:30 p.m. - Polish
EPIPHANY DAY - JANUARY 8
7:30 a.m., 9:00 a.m., 11:00 a.m.
(The Christmas Season ends on
the Feast of the Baptism of the Lord on January 9)

Christian Life Church

400 E. Gregory Street
Mt. Prospect, Illinois 60056
(708) 259-2000
Don R. Merritt
CHRISTMAS EVE - DECEMBER 24
6:00 p.m. and 7:00 p.m.
New Church Sanctuary: Reflecting Service
Honoring Christ's Birth
CHRISTMAS DAY - DECEMBER 25
10:00 a.m. - New Church Sanctuary -
Celebration of the Christ Child
NEW YEAR'S EVE - DECEMBER 31
7:00 p.m.-9:00 p.m. - New Church Sanctuary
NEW YEAR'S DAY - JANUARY 1
10:00 a.m. - New Beginnings as
1995 Arrives on Sunday Morning.



Messiah Lutheran Church

(The Evangelical Lutheran Church in America)
1605 Vernon Avenue (at Weeg Way)
(Just 1 block southwest
of Lutheran General Hospital)
Park Ridge, Illinois 60068
(708) 823-5984
Duane Kamrath, Senior Pastor
Joseph Hultenstrum, Assistant Pastor
CHRISTMAS EVE - DECEMBER 24
4:00 p.m. - Family Worship Service
11:00 p.m. - Candlelight Worship Service
CHRISTMAS DAY - DECEMBER 25
10:00 a.m. - Christmas Day Worship Service
with Holy Communion
NEW YEAR'S DAY - JANUARY 1
College Youth Sunday
10:00 a.m. - Worship Service

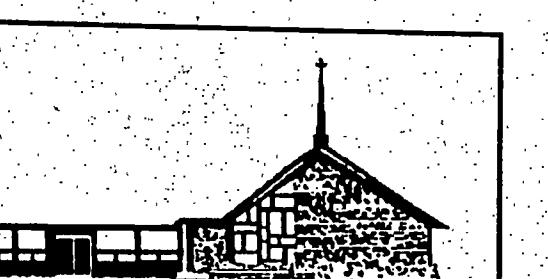
Christmas Cards and the Blessing of the Crib
10:00 a.m. - The Mass of Midnight
CHRISTMAS DAY - DECEMBER 25
7:00 a.m., 9:30 a.m. and 11:30 a.m. - Masses
(No afternoon Mass)
NEW YEAR'S EVE - DECEMBER 31
5:30 p.m. - Mass
NEW YEAR'S DAY - JANUARY 1
7:00 a.m., 9:30 a.m., 11:30 a.m. and 4:30 p.m.
Masses
*May You Have A Very Holy and Happy Christmas
& A New Year Filled with Peace & Joy!*

Saint Eugene Church

7958 W. Foster Avenue
Chicago, Illinois 60656
(312) 775-6559
Rev. James O'Brien, Pastor
CHRISTMAS EVE - DECEMBER 24
4:00 p.m. - Family Liturgy Mass
6:00 p.m. - Shepherds Mass
9:30 p.m.
Christmas Cards and the Blessing of the Crib
10:00 p.m. - The Mass of Midnight
CHRISTMAS DAY - DECEMBER 25
7:00 a.m., 9:30 a.m. and 11:30 a.m. - Masses
(No afternoon Mass)
NEW YEAR'S EVE - DECEMBER 31
5:30 p.m. - Mass
NEW YEAR'S DAY - JANUARY 1
7:00 a.m., 9:30 a.m., 11:30 a.m. and 4:30 p.m.
Masses
*May You Have A Very Holy and Happy Christmas
& A New Year Filled with Peace & Joy!*

COME LET US ADORE HIM

Christmas Services



Niles Community Church

Presbyterian Church (U.S.A.)
7401 Oakton Street
Niles, Illinois 60714
(708) 967-6921
Howard W. Boswell, Jr., Pastor
"Where Faith and Friendship in Christ Are Found"
HOLIDAY SERVICES
CHRISTMAS EVE - DECEMBER 24
5:00 p.m. & 11:00 p.m. - Candlelight Worship
CHRISTMAS DAY - DECEMBER 25
9:30 a.m. - Festival Worship with
Holy Communion Celebrated
Sermon: "The Reality of Christmas"
NEW YEAR'S EVE - DECEMBER 31
7:30 p.m. - Holy Communion Celebrated
Sermon: "The Gift of Time"



St. Luke's United Church of Christ

9233 Shermers Road
Morton Grove, Illinois 60053
(708) 966-8233
Rev. Richard M. Wright, Pastor
(St. Luke's is fully accessible)
CHRISTMAS EVE - DECEMBER 24
8:00 P.M.
Christmas Eve Candlelight Worship
CHRISTMAS DAY - DECEMBER 25
10:00 A.M.
Christmas Family Worship



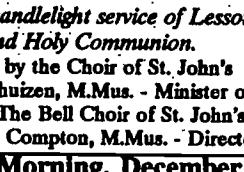
Morton Grove Community Church

(Presbyterian)
8149 Golf Road
Niles, Illinois 60714
(708) 967-1060
No Reconciliation on December 24 and December 31
LITURGIES OF CHRISTMAS
CHRISTMAS EVE - DECEMBER 24
4:00 p.m., 6:00 p.m. & 10:30 p.m.
10:00 p.m. - Carols
CHRISTMAS DAY - DECEMBER 25
7:30 a.m., 9:00 a.m., 10:30 a.m. & 12 Noon
LITURGIES: MARY, MOTHER OF GOD
NEW YEAR'S EVE - DECEMBER 31
5:00 p.m.
NEW YEAR'S DAY - JANUARY 1, 1995
7:30 a.m., 9:00 a.m., 10:00 a.m. & 12 Noon



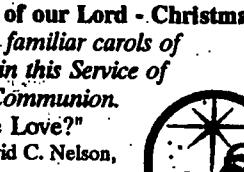
St. Isaac Jogues

8144 Austin Avenue
Morton Grove, Illinois 60053
(708) 965-2982
Rev. Mel A. Strain
CHRISTMAS EVE SERVICES
7:00 p.m. - Family Worship
10:00 p.m. - Candlelight Service
CHRISTMAS DAY
10:00 a.m. - Worship Service



Good Shepherd Lutheran Church

LCMS
1177 Howard Street
Des Plaines, Illinois 60018
(708) 224-4923
Rev. Steven A. Baklaus
CHRISTMAS EVE - DECEMBER 24
7:00 p.m.
Worship with Communion
CHRISTMAS DAY - DECEMBER 25
10:30 a.m.
Worship with Communion
NEW YEAR'S EVE - DECEMBER 31
7:00 p.m.
Worship with Communion



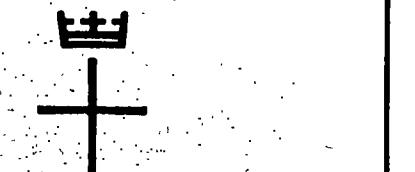
Our Lady of Ransom

8300 North Greenwood
Niles, Illinois 60714
(708) 823-2550
Father Donovan, Administrator
CHRISTMAS EVE SERVICE
4:00 p.m. - Carols Begin
4:30 p.m. - Family Christmas Liturgy
11:30 p.m. - Carols Begin
CHRISTMAS DAY SERVICES
12:15 p.m. - (Church)
11:00 a.m. & 12:30 p.m. - Bilingual, English/Spanish (Hall)
NEW YEAR'S EVE SERVICE
5:00 p.m.
NEW YEAR'S DAY SERVICES
7:30, 9:00, 10:45 a.m. and 12:15 p.m.



St. John's Lutheran Church

4707 Pratt Avenue
Lincolnwood
1-708-673-3378



St. Peter's United Church of Christ

Oak Street & Laramie Avenue
(We're Across from the Library)
Skokie, Illinois 60077
(708) 673-8166
Rev. Richard A. Lanford, Pastor
CHRISTMAS EVE - DECEMBER 24
7:30 p.m. - Service with Lessons, Carols,
Communion and Candlelight
CHRISTMAS DAY - DECEMBER 25
10:00 a.m. - Worship (without Communion)



St. Luke's United Church of Christ

5106 North LaCrosse Avenue
Chicago, Illinois 60630
(312) 545-7301
The Rev. Ivan P. Harris, Pastor
CHRISTMAS EVE - DECEMBER 24
4:00 p.m. - Worship Service in Slovak
7:30 a.m. - Christmas Eve Carols & Communion
11:00 p.m. - Music Festival with Chorus Zora,
Handbells, and Madrigal Singers
CHRISTMAS DAY - DECEMBER 25
8:30 a.m. - Holy Communion in Slovak
10:30 a.m. - Festival Christmas Holy Communion

Recovering benefit overpayments

A Congressional initiative to recover millions of dollars owed to the Social Security trust funds was implemented in 1991. Former Social Security beneficiaries - mostly those who received student benefits and were paid more than they were due - may have the amount of the overpayments deducted from their federal income tax refunds.

Authority for the Social Security Administration (SSA) to participate in the Tax Refund Offset Program was granted in the Omnibus Budget Reconciliation Act of 1990. The program permits the Internal Revenue Service (IRS) to withhold current tax refunds from former beneficiaries who have not responded to letters they were sent by SSA during the summers of 1992 and 1993, in which they were asked for repayment.

To date, more than \$66 million has been collected and SSA estimates that an additional \$16 million will be recovered in 1994. The recovered funds are deposited in the Old-Age and Survivors Insurance Trust Fund and the Disability Insurance Trust Fund.

The former beneficiaries who received SSA's letters were advised that money they owe will be deducted from any federal tax refund due to them in 1994. They were offered an opportunity to arrange a repayment schedule or to request a waiver of the overpayment from Social Security before the IRS acts to withhold their refund.

To be eligible for a waiver, the former beneficiaries must prove they were not at fault in causing the overpayment and that recovery of the amount due would prevent them from paying current bills for such items as food, cloth-

ing, housing, and medical care. Both conditions must be met for a waiver to be granted.

In the past, if an overpaid former beneficiary refused to pay the amount due, SSA could not collect any money until the individual became entitled to benefits. In the case of a former child beneficiary or a former student beneficiary, reimbursement to a benefit might not occur for 40 years or more. The Tax Refund Offset provisions are not currently being applied in the cases of individuals who received overpayments under the Supplementary Security Income program - the government program that provides monthly payments to individuals age 65 or older, those who are blind, and those who have disabilities - when they also have low income and limited resources.

Volunteers needed for child abuse prevention agency

Child abuse is a national and local tragedy. Make your New Year's resolution now to make a difference in the lives of Chicago-area families by volunteering for Parental Stress Services, the program component of Child Abuse Prevention Services. The registration deadline is Jan. 6, for a two-part volunteer training class to be held on Jan. 21 and 28, from 9 a.m. to 5 p.m.

Volunteers will be trained in the cycle of child abuse, parenting issues, listening and problem-solving skills. Experience in a related field is preferred but not required.

The students and faculty at St. Pat's are incorporating their efforts to raise gifts and money to provide two presents, ranging between \$5 and \$10, for each of the

Call (312) 427-1161, to request an information packet.

Program fee of \$40 per person includes all written materials. Attendance will be limited.

Pre-registration is required by calling (708) 216-3752 before Jan. 4.

Loyola offers marriage enrichment program

A marriage enrichment program designed to give single persons relationship-building skills and enhance the communication, intimacy and sexual education of couples will be offered from 1 to 6 p.m., Jan. 7, at the Loyola University Stritch School of Medicine in Maywood.

Topics will range from the effects of personal conflicts and emotions on relationships to ways of coping with illnesses, surgery and required medications. Special attention will be given to secrets, jealousy and forgiveness.

Participants will each receive a booklet and recommended reading list that encourage further study and suggestions to be followed privately at home.

Dr. Domenec Renshaw, professor of psychiatry and director of the sexual dysfunction clinic at Loyola University Medical Center, will lead the program. She is internationally known for her expertise on sexuality, sexual-related problems and human relationships.

Program fee of \$40 per person includes all written materials. Attendance will be limited.

Pre-registration is required by calling (708) 216-3752 before Jan. 4.

Adopt-A-Kid Program becomes a tradition

Students at St. Patrick High School have volunteered to accommodate Christmas presents for 200 foster, homeless and needy children in the Chicago area through the Adopt-A-Kid program.

The students and faculty at St. Pat's are incorporating their efforts to raise gifts and money to provide two presents, ranging between \$5 and \$10, for each of the

200 children. Some of the presents will be bought with the money raised by students from sale of Christmas ornaments.

We rushed into this program without hesitation when we first learned about it five years ago," said Rev. Joseph Schmidt, Principal Dr. Joseph Schmidt. "It was a great opportunity to match the needs of the less fortunate children with the desire and efforts of our stu-

dents to make a difference in somebody's life."

All presents will be checked and sorted during Santa's Workshop at the drop off site in the cafeteria of Mother Guerin High School. Then, wrapped and labeled presents will be distributed to children attending Christmas party sponsored by the Adopt-A-Kid program.

Call (312) 427-1161, to request an information packet.

COME LET US ADORE HIM

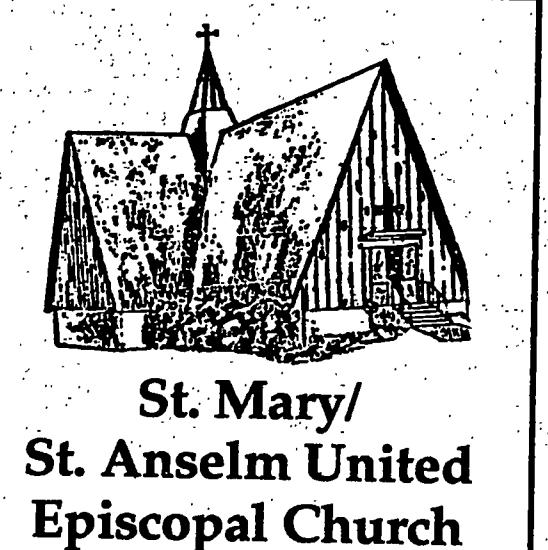
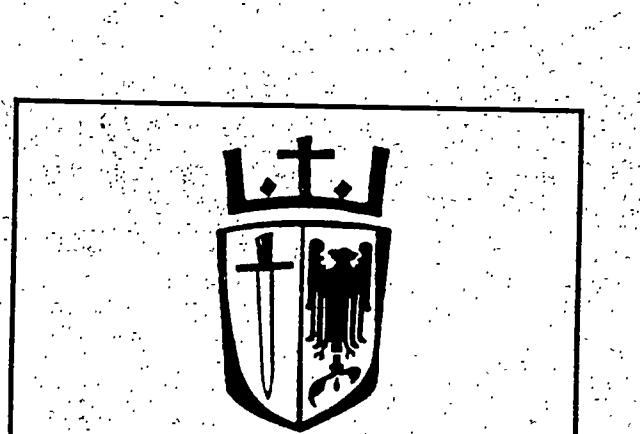
Christmas Services



Our Savior Lutheran Church Norwood Park

6099 N. Northcott Avenue
Chicago, Illinois 60631
(312) 588-1135

CHRISTMAS EVE - DECEMBER 24
7:00 p.m. and 11:00 p.m.
CHRISTMAS DAY - DECEMBER 25
9:00 a.m. - Have a Blessed Christmas
NEW YEAR'S EVE - DECEMBER 31
5:30 p.m.
NEW YEAR'S DAY - JANUARY 1
9:00 a.m. - Happy New Year!
Please come and join us in the celebration
of the birth of our Lord!



St. Mary/ St. Anselm United Episcopal Church

1600 N. Greenwood
Park Ridge, Illinois 60068
(708) 825-5811
The Rev. Meredith Potter, Pastor
CHRISTMAS EVE - DECEMBER 24
11:30 p.m. - First Solemn Mass of Christmas
In English, Polish and Latin. Music by the
Cantores in Ecclesia with Vittoria's
"Missa O Magnum Mysterium," traditional carols,
string ensemble and organ.

CHRISTMAS DAY - DECEMBER 25
9:00 a.m. - Mass in English and Latin.
Music by the Pueri Cantores (Children's Choir),
Cantores in Ecclesia with "Missa O Magnum
Mysterium," string ensemble and organ.
10:30 A.M. - Solemn Mass in Polish and Latin.
Music by the Cantores in Ecclesia with

"Missa O Magnum Mysterium," traditional carols,
soloist, string ensemble and organ.
12:00 P.M. - Mass in English.
Carols with cantor and organ.

EVERYTHURSDAY
PREFERRED SINGLES

Preferred Singles (45-60)
meet every Thursday night at
7:30 in Glenview for discussion
and fun. Call Carol 296-9222
evenings or 674-1617 for the
groups latest activity.

DECEMBER 25
SIZZLING SINGLES

Stizzling Singles (ages 30+),

the biggest and best singles par-

ty in Chicago, welcomes you

each Sunday at 7 p.m. for an eve-

ning of good music, fun and de-

licious food, at Hyatt Deerfield,

Lake-Cook & 294, Deerfield, IL.
\$8 admission. For informa-

tion call (708) 945-3400.

DECEMBER 25
TOWNSHIP OFFERS

programs for senior singles

DECEMBER 26
TUESDAYS

SIZZLING SINGLES

PRODUCTIONS

Together Singles Produc-

tions, an event service and mul-

tiplied social club, including

a live events hotline for Chi-

cago's singles. Events are

scheduled throughout the year,

almost every day, including

theater, dances, socials, trips,

charity benefits and more.

Membership is \$35 semi-

annually. For membership infor-

mation call (312) 559-1976.

DECEMBER 26
WEDNESDAYS

CATHOLIC ALUMNI CLUB

Volleyball for single young

adults, ages 21 to 38, will be

sponsored by the Catholic

Alumni Club from 7 p.m. to 9

p.m. on Wednesdays, from Janu-

ary through May, at the Emerson

School Gym, 3104 S. Kenil-

worth Ave., Berwyn. The non-

member fee is \$4 per evening.

For more information and a free

C.A.C. newsletter, call (312)

726-0735.

DECEMBER 26
TOGETHER SINGLES

Productions

Together Singles Produc-

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a live events hotline for Chi-

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charity benefits and more.

Membership is \$35 semi-

annually. For membership infor-

mation call (312) 559-1976.

DECEMBER 26
SATURDAY

JEWISH SINGLES

Together

"Kum Kibitz" - Dance, Social,

every Saturday, except Dec. 24,

8:30 p.m. till 7 at Cairo, 720 N.

Wells, Reserved area, door priz-

es, surprises, live band 10:30,

\$5. For information, other

events, (312) 661-1976.

DECEMBER 26
TOGETHER SINGLES

Productions

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scheduled throughout the year,

almost every day, including

Entertainment



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- LOWEST PRICES

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15% OFF for Lunch (Saturday)

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4pm - 10pm

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fresh seafood, veal and pasta.

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Restaurant
banquets

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708-696-9494

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Northern Italian Cuisine!

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CHICKEN CACCIATORE.....	\$10.25	CHICKEN VESUVIO.....	\$9.25
VEAL SCALLOPPI.....	\$13.95	VEAL MARSALA.....	\$13.95
RAINBOW TROUT.....	\$9.95	WHITE FISH.....	\$10.95

And many more Italian Specialties

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Made in a Pan...the Old Fashioned Way

WE ALSO HAVE THIN CRUST PIZZA BY REQUEST

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3517 W. DEMPSTER ST., SKOKIE
(708) 982-9401

A winter vacation treat for kids and parents

Centre East Family Theatre in Skokie presents a new concept, a weekday show during school vacation, just in time for kids desperate for something to do, and for parents desperate to get the kids out of the house. Children's entertainer Dave Rudolf stars in "After Christmas With Rudolf" on Wednesday, Dec. 28, at 2 p.m.

Tickets for "After Christmas With Rudolf" on Wednesday, Dec. 28 at 2 p.m. are \$3.50 each (all seats reserved) and are now on sale at the Centre East Box Office (7701 North Lincoln Ave., Skokie), and at all TicketMaster outlets. Free parking and group discounts are available, and all major credit cards are welcome. To charge tickets by phone, call Centre East at (708) 673-6300 or TicketMaster at (312) 902-1500. The Centre East Box Office is open Monday through Friday, from 10 a.m. to 3 p.m. and Saturday and Sunday, from 10 a.m. to 2 p.m. The box office will be closed through Dec. 25.

Tickets for "After Christmas With Rudolf" on Wednesday, Dec. 28 at 2 p.m. are \$3.50 each (all seats reserved) and are now on sale at the Centre East Box

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To charge tickets by phone, call Centre East at (708) 673-6300 or TicketMaster at (312) 902-1500. The Centre East Box

PARK OFFERS PERFORMING ARTISTS VARIETY OF NEW PROGRAMS

Flip through the Performing Arts section of your Northbrook Park District 1994 Winter Recreation Guide and circle dates of some of your favorite performances scheduled at the Northbrook Theatre. "The Wizard of Oz," "Rumors" and "Man of La-Mancha" are certain to delight your entire family. Kids Need Culture, Too! will presents three programs this season designed to put smiles on the face of every youngster.

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• New Year's • Home or Office
PICK UP CATERING AT YOUR CONVENIENCE
Sunday Polka Party 5 - 8
Live Entertainment Fri. and Sat. 8 PM - 1 AM
• DINNER SPECIALS
• HOMECOOKED MEALS
• HOMEMADE DESERTS
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• (708) 259-5050 •
HOURS DAILY 11 A.M. TO 10 P.M.
FRI. & SAT. 11 A.M. TO 11 P.M., SUN. 11 A.M. TO 10 P.M.

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GREAT GREEK NEW YEAR'S EVE!
- at New "Greektown North" Location -
(Psistaria's Old Days are New Again)
LIVE ENTERTAINMENT by ATHENIAN KNIGHTS!
Prix Fixe Feast: \$45 per person, \$85 per couple
Seatings at 8:30, 9 & 9:30
Menu:
-> Saganaki, Taramosalata, Octopus or Greek Sausage
-> Greek Salad
-> Variety of Vegetables *ala Greco*
-> Athenian Chicken, NY Strip Steak,
Charcoal Grilled Lamb Chops (2-pieces or Pound of Chops),
Grilled Salmon or Swordfish Steak
-> Walnut Cake or Nougatina
-> Coffee or Tea
-> Bottle of *Fine Wine* Per Couple
-> Complimentary *Champagne* for New Year's Toast
[Designated Drivers - All the NA Beer, or Soft Drinks You Wish]
Just East of the Eden's - 4711 West Touhy, Lincolnwood

Reserve Your New Year's Eve Spot NOW!
(708) 676-9400

RUMPELSTILSKIN COMES TO PICKWICK

An exciting new Saturday Morning Program for children, grades 1-4, will provide a chance for young performing artists to expand their interests into an understanding and mastery of the stage. Children will create a puppet show, learn stage techniques at hands-on workshops and attend actual theater performances.

For more information on these opportunities and special events, call 291-2367.

HOLIDAY EVENTS!

-CHRISTMAS EVE-
Special Holiday Menu
-CHRISTMAS DAY-
Serving Noon to Nine Special
Holiday Menu

-NEW YEAR'S EVE-
Regular Menu till six
Holiday Menu from six

-SEARS MANSION-

Dancing from 9pm

Hats, Horns, Noisemakers

-BANQUET BUILDING-

Package Price, Call for Info

-NEW YEAR'S DAY-

Sunday Brunch 10-2

Regular Menu Noon to Nine

Casual attire, moderately priced,
by reservation, charge card accepted

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• (708) 259-5050 •
HOURS DAILY 11 A.M. TO 10 P.M.
FRI. & SAT. 11 A.M. TO 11 P.M., SUN. 11 A.M. TO 10 P.M.

SYMPHONIC POPS ORCHESTRA RINGS IN THE NEW YEAR

A musical extravaganza featuring The Symphonic Pops Orchestra of Chicago is set for New Year's Eve at Centre East in Skokie. The show starts at 9:30 p.m. Saturday, Dec. 31.

The Centre East will highlight music of Andrew Lloyd Webber, Rodgers and Hammerstein, Meredith Willson, George M. Cohen, and other favorite composers as well as selections from the original "Jurassic Park" musical score composed by John Williams.

New Year's Eve at Centre East will also include party favors for all audience members, as well as a midnight celebration and toast. Tickets are \$35 each and are now on sale at the Centre East Box Office (7701 North Lincoln Avenue, Skokie) and at all TicketMaster outlets. Free parking and group discounts are available, and all major credit cards are welcome.

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Call (708) 291-2367, for reservations or information.

Emmy Award winning puppeteer, Ken Raabe, of Puppet Town, brings his life-sized puppets to the Northbrook Theatre for the popular "Kids Need Culture, Too!" program on Saturday, Jan. 7 at 2 p.m.

These innovative creations come to life to tell a variety of traditional and timely stories that will delight audiences young and old. Bring the whole family and enjoy his interpretation of "Punch and Judy," "Beauty and the Beast," and even "The Lion King." All seats priced at only \$5, with discounts available for groups taking advantage of our Birthday Party Packages.

Call (708) 291-2367, for reservations or information.

Those who love to travel and are eager to learn to explore a kaleidoscope of cultural and natural wonders found on the fabled "Spice Islands" of Indonesia on an educational tour sponsored by Oakton Community College.

Three tours are available for booking in 1995: Jan. 11-12, May 10-24, and Oct. 11-25.

Located on the Pacific's "Ring of Fire," the Indonesian archipelago is the world's largest with 13,677 islands strewn across more than 3,000 miles of tropical seas. With over 300 ethnic/linguistic groups, the country's national motto, "Unity in Diversity," is a reflection of the gentle humanity and hospitality of the Indonesian people.

Participants will tour Yogyakarta, a cradle of Japanese culture as well as the awe-inspiring ancient stone structures of Borobudur and Prambanan in the dramatic volcanic landscape of Central Java. During a visit to Bali, the "islands of deities and dances," participants will have an opportunity to experience some of the festivals and ceremonies that are an integral part of this colorful culture.

All of Oakton's travel/study programs include college faculty escorts and in-country specialists who share their insights about the contemporary, natural and historical aspects of the destinations visited.

For complete itineraries and prices, call (708) 635-1812.

Loyola students present Senior Art Exhibit

A multi-medium art exhibit featuring work by Loyola University Chicago seniors is on display through Jan. 16, in the Fine Arts Department Gallery in the Edward Crown Center for the Humanities on Loyola's Lake Shore Campus, 6525 N. Sheridan Road, Chicago.

Ten of Loyola's fine arts students are participating in the Senior Art Show, which is free and open to the public. The exhibit can be viewed during regular gallery hours: Monday through Friday, from 8:30 a.m. to 4:30 p.m., and by appointment.

For more information, contact the Fine Arts Gallery at (312) 508-2820.

Included in the package:

2 Free Bar Drinks

Buffet Dinner - served at 10:00 PM

Hats & Noise Makers

Champagne

Free Coffee & Dessert

SCOTCH DOUBLES

Bowling all night

Music provided by

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Niles, IL

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Family Restaurant & Lounge
Breakfast - Lunch - Dinner & Late Snacks
FREE GLASS
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HOLIDAY FESTIVITIES

Christmas calling tips

Imagine what the holidays would be like without snow, holly, mistletoe, Frank Capra's "It's a Wonderful Life" or AT&T's traditional Christmas Day calling volume forecast. This year, AT&T predicts an all-time record for long-distance calls will be made on that day - more than 112 million, up from 105.7 million last year.

Christmas is traditionally one of the busiest calling holidays of the season, second only to Mother's Day.

To get the most benefit from your holiday calling, AT&T suggests:

- Call between 2 p.m. and 6 p.m. when calling within the United States. Calling volumes traditionally are lower. If you are calling internationally, consider calling Christmas Eve.

• Dial directly, including inter-

national calls. Most customers can dial their own calls directly to more than 200 countries and territories. Local telephone directories can help you determine whether or not you can dial a specific country directly. (AT&T customers who need international calling assistance can call 1-800-874-4000.)

Be sure you've reached your chosen long-distance company from public phones when traveling over the holidays. (AT&T customers need to listen for the AT&T name and if they don't hear it, they should hang up and dial 10-AT&T-0, then the number they're calling.)



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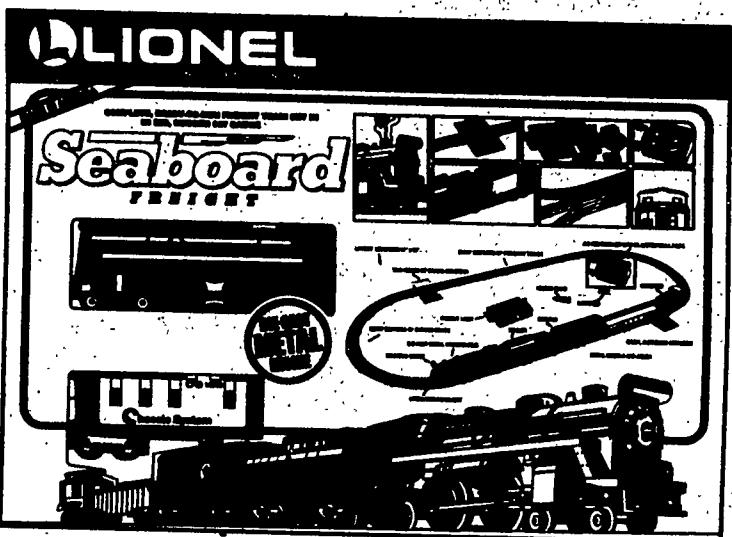
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HOLIDAY FESTIVITIES

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Although the holiday season should be filled with joy and frivolity, it is generally not an ideal time to consider introducing a new pet into the family. At any time of year, however, serious thought should be given to adding a new pet to your household.

"Acknowledge what is difficult," says Fireman, "but also use the present moment to remind yourself of what is good and enjoy it. This holiday may be very different from those of the past, but try not to compare it."

Fireman offers these tips to help get through the holiday season:

- Confront the myth of "Happy Holidays." Laughter, good cheer, and jubilation are wonderfully present during this time; but so too are feelings of despair, loneliness, and frustration. Recognize when you are feeling blue and know that it is natural. If it is prolonged to excessive, seek professional help.

- Allow yourself to grieve. Grieving is difficult, but can often provide substantial healing. Cumulative losses are immense and so are the feelings of sadness or depression associated with them.

- Acknowledge that you may not be able to express feelings with friends or relatives. As much as they would like to listen, often they cannot.

- Perform rituals, whether traditional or not. Ritual gives concreteness and immediacy to your life. Light a candle to commemorate a lost one, write a letter to a friend whom you seldom see, volunteer to pitch in, give to charity, recite a prayer, meditate.

- Do something fun and relaxing activities. Watch a movie, eat, get a massage, sit quietly, read, listen to music, do a crossword puzzle. Avoid using alcohol or drugs for self-comforting purposes; these often worsen the problem.

- Reflect on change. Observe that all things change, and that we are all participants in that process. Look at nature more closely and get in sync with its cycles. Notice how winter's changes are making preparations for the spring.

- Recognize that aging is a

challenge not beyond your adaptive capacities. Find the right kind of support and know that professional assistance can be sensitive and effective.

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HOLIDAY FESTIVITIES

Loyola dietitian offers holiday tips

Butter cookies, eggnog and foods smothered in cream and sausages may traditionally signify the December holiday season, but overdoing on fat need not be a person's fate, according to a dietitian at Loyola University Medical Center, Chicago.

"Even with all the office parties, church get-togethers and family reunions offering an array of foods, following a few easy guidelines can help you avoid the fat trap," said Gail Sommerfeld, a registered dietitian at Loyola.

Sommerfeld's tips are:

- Do not be the first guest to arrive at a party. The longer you are around the buffet table or hors d'oeuvres, the better every morsel looks;

- Offer to bring a dish that fits your diet plan;

- Eat a snack before you leave. Do not arrive at a party famished or thirsty;

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Limit your consumption of alcohol; it has loads of calories. One way to avoid overindulging is to sip glasses of water in between glasses of wine;

- Do not sit or stand near the food table.

Whenever possible, use substitutions for high-fat foods and drinks," Sommerfeld suggested. "For example, a wine spritzer has fewer calories than wine or other alcoholic drinks. Even better is hot mulled wine, a mixture of grape juices with no alcohol content."

According to the American Heart Association, the maximum amount of fat a person should consume in one day is 30 percent of total caloric intake. For example, a person with a 1,200-calorie diet should restrict fat to 40 grams per day. Females normally eat between 1,800 calories and 2,000 calories daily; males consume 2,200 calories to 2,500 calories.

At the same time, cholesterol levels should not exceed 300 milligrams, Sommerfeld said.

Fats are divided into two categories: saturated and polyunsaturated. Saturated fats include any fat that is solid at room temperature such as butter, Crisco, lard and coconut oil. Polyunsaturated fats are those that remain in liquid form at room temperature such as oils, Sommerfeld said.

"Fat is the worst to eat during the holidays. However, when cooking, always choose a polyunsaturated fat opposed to the saturated fat," Sommerfeld said.

If you do not know what is being served, survey the buffet table before piling your plate. Decide first what you want to eat, so that

Binge buying increases during holiday season

The excitement and emotions of the holidays can trigger compulsive and obsessive individuals into buying binges, said a psychiatrist at Loyola University Medical Center, Chicago.

Most compulsive shoppers are self-centered individuals with poor self-esteem. Depression is the cause of some compulsive shopping. Others want a "quick fix," said Dr. Patricia Santucci, associate professor of psychiatry at Loyola.

"Compulsive shopping affects 5 percent to 6 percent of the U.S. population," Santucci said. "The sufferers are usually fairly educated, middle-aged females who begin compulsive shopping in their late teens."

Typical items bought by women during the binges are clothing, shoes and jewelry. Men tend to purchase toys or tools, Santucci said. Also, 60 percent of those goods will never be used.

Five thousand dollars to \$10,000 will be spent on compulsive shopping items," Santucci said. "Fifty percent of household income goes to pay this debt. This amount makes compulsive shopping real."

Support groups can help compulsive shoppers. In addition, compulsive shoppers can control their behavior by keeping a log of when and how much they purchase, looking for situational or psychological triggers to shop or cutting up all credit cards, Santucci said.

Signs of compulsive shopping include: loss of control when shopping; sense of euphoria while purchasing; feelings of withdrawal if attempting to stop shopping; confusion or feelings

Local student member of Blue Revue

Millikin University freshman Eric Van Eege of Northbrook is a member of Blue Revue show choir, a 41-member group that performs regularly on and off campus. Van Eege, a musical

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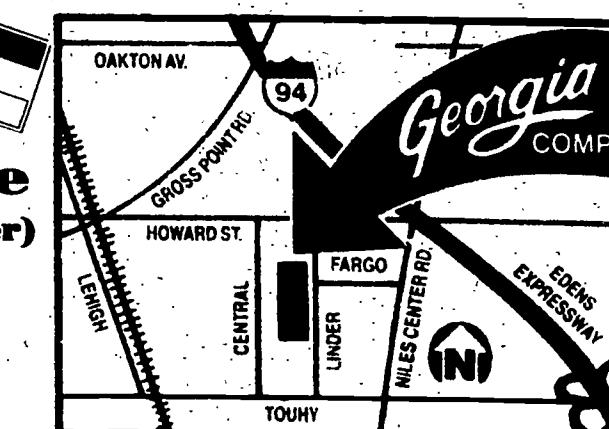
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HOLIDAY FESTIVITIES

Legion holds New Years Eve party

The public is invited to the annual welcoming in to the new year party to be held once again by the Morton Grove American Legion Post #134 at their Post Home, 6140 Dempster, on Saturday, Dec. 31.

No reservations will be accepted that night. Chairman Chuck Lipinski, junior vice commander of the Post, asks those interested in attending to phone him at (708) 822-3756.

Festivities will begin with cocktails and hors d'oeuvres at 7 p.m. The buffet dinner at 8 p.m. will be followed by dancing from 9 to 1 a.m.

There will be an open bar throughout the evening. Donation is \$50 per couple. The all-inclusive evening will also insure tables reserved for groups of 4-5 couples attending together. Order your tickets now.

Other members of the committee are past commander Roger Schmidt and wife Sheila, (708) 679-1873; and Tom and Annette Williams, (708) 674-5958.

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Holiday Giving in District 71

Students and families at Niles Elementary School (South School) and Culver Middle School participated in a variety of holiday sharing programs. Each grade level at South School adopted a family from Christopher House, a social service agency that was founded in 1906 to serve Chicago's needy families. Besides collecting gifts for each family member, the school raised over \$1,000 to be divided among the 5 families for food and gift certificates.

Fifth and sixth graders collected canned foods for area food pantries as well as adopted six children from Turning Point Behavioral Health Care Center. Most of the children come from needy families where one or both of the parents suffer from a mental illness. Seventh and eighth graders once again adopted 5 children through the Angel Tree Project, a program for prisoners and their families. The gifts are given on behalf of the incarcerated parent, helping to restore and/or maintain family relationships during difficult and trying prison terms.

Do ask how much of the charity's income is spent on its programs, as opposed to fundraising and administration expenses. If you receive the solicitation by phone, take advantage of the situation by asking the caller for information you might not normally obtain from a written appeal.

Do not purchase an item on behalf of a charity...such as a box of candy or tickets to a holiday show...and assume that the full price will benefit the charity. You need to ask what portion of the purchase will be received by the charity.

Do not fall prey to fraudulent phone appeals that include chances to enter a sweepstakes, especially if the solicitor asks for a donation to claim a prize. A charity that you will add them to your gift list. However, there are some unethical groups that may try to cash in on your generosity to benefit their own pocketbooks.

Charity appeals may come in the mail, by phone or in person. The Better Business Bureau offers the following do's and don'ts to help you make wise giving decisions.

Do not feel pressured to give money that instant. A charity that can use your money today will welcome it just as much tomorrow.

Do seek out additional facts.

If you receive a telephone appeal from an unfamiliar charity, ask the solicitor to mail you a copy of the charity's latest annual report and/or financial statement.

Even a newly-established charity should be able to provide a program brochure and a budget plan for collected funds.

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Do ask how much of the charity's income is spent on its programs, as opposed to fundraising and administration expenses. If you receive the solicitation by phone, take advantage of the situation by asking the caller for information you might not normally obtain from a written appeal.

Do not purchase an item on behalf of a charity...such as a box of candy or tickets to a holiday show...and assume that the full price will benefit the charity. You need to ask what portion of the purchase will be received by the charity.

Do not fall prey to fraudulent phone appeals that include chances to enter a sweepstakes, especially if the solicitor asks for a donation to claim a prize. A charity that you will add them to your gift list. However, there are some unethical groups that may try to cash in on your generosity to benefit their own pocketbooks.

Charity appeals may come in the mail, by phone or in person. The Better Business Bureau offers the following do's and don'ts to help you make wise giving decisions.

Do not feel pressured to give money that instant. A charity that can use your money today will welcome it just as much tomorrow.

Do seek out additional facts. If you receive a telephone appeal from an unfamiliar charity, ask the solicitor to mail you a copy of the charity's latest annual report and/or financial statement.

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Letters to Santa

(Santa Letters From SJB)

Dear Santa Claus,
I am getting ready for Jesus' Birthday. My favorite part of Christmas is Jesus. I pray to Jesus every day. I love Jesus and Joseph and Mary. I like Christmas.

From, Brad Konieczka

Dear Santa,
Are you a friend of God? I pray to you. Are because I am. I do not want anything for the Christmas because I set my Letter to the real Santa Claus.

Love me, Lauren Schobert

Dear Santa Claus, I gave \$1 dollar to the poor and I was a very good boy so give me some good presents.

From, Johnny Mroczek

Dear Santa Claus, I want madden 95 for game boy and hockey cards.

From, Mark Misek

Dear Santa,
I want you to give my mom some purrs for Christmas. Please give my dad money for Christmas. We are giving poor people food toys and clothes for Christmas. I like to celebrate Christmas not because we get presents just because it is Jesus' birthday. And because I visit my cousins. I want you to try to get everything on my Christmas list. Thank you.

Love, Megan Corsello

Dear Santa Claus,
We are giving money to the poor. For X-mas I want a power wheels and a large truck and a cat and a fish tank and I want a pair of roller blades. I want Christmas clothes and a car for my mom by her son clothes to please give her money. I want toys to play with and I want baby a live and I want sayga. tank you.

by Cristina Bonilla

VALUABLE COUPON

SALE

GO - GO
FASHIONS & GIFTS

MONTHLY SATURDAY
SALE & GIFT CERTIFICATES

4870 Dempster Ave., Skokie, IL 60077
Tel: (708) 982-1382

Hours: Mon.-Fri. 12:30 pm - 7:00 pm
Sat. 11:00 am - 6 pm
Sun. 11:00 am - 5 pm

Expires 1-1-95
Not valid with other offers

VALUABLE COUPON

**Wholesale Prices
for the
Love of Leather**

Mens • Womens • Kids
The finest soft lambskin leather styles
direct from the manufacturers.

50% Off Entire Inventory
Including Men's Designer 100% Wool Suits

OPEN TO THE PUBLIC

- Leather Jackets & Coats \$88 and up
- Leather Pants \$69
- Suits \$150 and up
- Leather sizes up to XXXXXL
- Free Layaway

CARY & COMPANY

Leather Outlet
Bring in this ad for an additional \$25 off sale tag items

Room #S1-127 Apparel Center

350 N. Orleans (Lower level) Chicago

(312) 329-9583

Sale ends 12-24

HOURS: M-F 10-5; Sat. 11-4; Closed Sunday
All Major Credit Cards Accepted

Leather Jackets & Coats \$88 and up

Leather Pants \$69

Suits \$150 and up

Leather sizes up to XXXXXL

Free Layaway

Love David Ladao

Leather Jackets & Coats \$88 and up

Leather Pants \$69

Suits \$150 and up

Leather sizes up to XXXXXL

Free Layaway

Love David Ladao

Leather Jackets & Coats \$88 and up

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Love David Ladao

Leather Jackets & Coats \$88 and up

Leather Pants \$69

Suits \$150 and up

Leather sizes up to XXXXXL

Free Layaway

Love David Ladao

Health News

Kagan Home to host 'Winter Party'

Join us at the Kagan Home for the Blind's gala "Winter Party" Sunday, Dec. 25, from 1 to 3 p.m. The Home is located at 3525 W. Foster Avenue, Chicago.

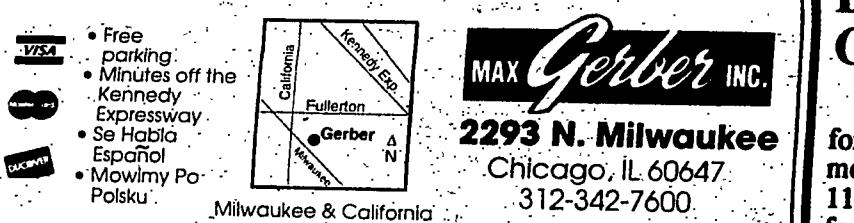
Noel Marcell will provide musical entertainment for the afternoon program. Refreshments will be served. The cost is \$3 per person.

TAKE A LOOK! THE BOLD LOOK OF KOHLER.



Explore the possibilities available for your new bathroom. Ask our knowledgeable specialist to help you create your new look.

Chicago's Largest Kohler Dealer Registered Showroom



NEW whisperHeat THE QUIET ONE

Lennar's WhisperHeat™ is the quietest gas furnace we've ever made. Warm comfort. Outstanding energy savings. Noticeably quiet performance. It just doesn't get any better!

- Energy save - up to 7% + AFUE
- Proven Damperless heat exchanger
- With 20 year warranty
- Electronic ignition
- Quick installation
- Ideal for retrofit or replacement

**\$200.00
Rebate**

NOT GOOD IN CONJUNCTION
WITH ANY OTHER OFFER / ASK FOR DETAILS
EXPIRES 2/28/95

SEEER
RATING
14.
NEW
FOR
1994

Skokie Valley Air Control, Inc.
6310 W. Lincoln Ave., Morton Grove

(708) 967-2200

(708) 967-2200

Emergency Service Available
LENNOX
Quality proven over time.



No Obligation,
FREE Estimates,
Financing Available

Holiday Hours
Monday - Friday: 10 A.M. - 8 P.M.
Saturday: 9 A.M. - 6 P.M.
Sunday: Noon - 6 P.M.

Prices Valid Only With This Ad

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Take advantage of winter facilities

Enjoy outdoor sledding or ice skating at several Northbrook Park District facilities this winter.

Meadowhill and Tower Ice Rinks offer safe, supervised skating. Rinks will be frozen once we have three consecutive days of 15 degree temperatures. Rinks will be open daily, weather permitting. Pull your sled out of the closet and clean it off! The Wood Oaks and Meadowhill South Sled Hill offer great fun for the whole family. Important details to remember are:

Please use winter facilities only when they are open and su-

Drop In Basketball

The Skokie Park District will be offering Drop-In Basketball for both students and adults at East Prairie and Old Orchard Junior High Schools.

The fee per session is \$3 for residents and \$4 for non-residents. Adults can participate at Old Orchard on Thursdays from 7:30 to 9:30 p.m. The East Prairie schedule is Saturdays from 10 a.m. to noon for grades 8 to adult and 1 to 3 p.m. for grades 4 to 8.

Contact Sandy at 674-1500, for further information.

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. D025154 on Dec. 8, 1994 under the Assumed Name of Pure Health Enterprises, with the place of business located at 5625 W. Lawrence Ave., 2nd Floor, Chicago, IL 60636. The true name(s) and residence address of owner(s) is: Daniel B. Waters, 5625 W. Lawrence Ave., Chicago, IL 60636.

POLISH AMERICAN ROYAL DELI FINE MEATS HOME MADE SAUSAGE GRAND OPENING SPECIAL

POLISH HAM \$2.89 LB.

ONE DOZEN EGGS FREE with \$10 purchase

CARANDO HONEY HAM \$3.98 LB Whole Only (8-10 lbs.) \$4.19 LB - 1/2 Ham

RIB EYE STEAK \$3.89 LB

HOMEMADE: • Pierogi • Golobki • Ham

(708) 581-1999
6002 Dempster • Morton Grove
Monday - Saturday: 9 a.m.-7 p.m. - Sunday: 10 a.m.-3 p.m.
965-5544

Charlie Tweed watercolor exhibit at library

ervised. Check for posted signs above the bottom of the trunk (this will prevent needle drop and increase the tree's fire resistance).

The Park District will attempt to open rinks and sled hills on school holidays, weather permitting.

Participation at any of the outdoor winter facilities is at your own risk.

For more information, consult your 1994 Winter Recreation Guide.

Open Gym at Niles North

The Skokie Park District intro-

duces Open Gym for those 14 years of age and older. Activities include competitive basketball, pick-up games, walking and jogging.

Join in on Sundays from 8:30 to 11:30 a.m. at the Niles North Field House. The fee is \$2 for students, \$3 for resident adults, and \$4 for non-resident adults.

Call 674-1500, for more information.

Create the gingerbread house of your dreams

Spoils are still available in the Skokie Park District's "Make a Gingerbread House" class. Individually families are invited to join us in this holiday class. Here is your opportunity to build the house of your dreams. Call 674-1511, for registration details.

Welcome in grades 1 to 7 are invited to the popular Northbrook Park District Summer Performing Arts programs. If you pre-register for Babes On Broadway, Creative Drama or Theatre Arts and pay in full before Dec 31, you save 10 percent off the regular 1994 tuition. Both residents and non-residents qualify for pre-registration savings rates.

Children in first grade must be accompanied by an adult. Call 674-1500, for further information.

Skokie Park plans Birthday Parties

A guest at your child's birthday party. Let the Skokie Park District plan your child's special day. Parties are available at Oakton Center, the Skokie and the Heritage Museum. Call 674-1500, for a brochure about the party packages.

Save money when you sign up early for the popular Northbrook Park District locations this winter. Our continuously popular Wood Oaks Green and brand new Meadowhill South Hills open on Monday through Friday - 10 a.m. to 4 p.m. Saturday - 10 a.m. to 4 p.m. Sunday - 10 a.m. to 4 p.m. Closed Christmas and New Year's Day.

For safety reasons, use the ski hills only during regular operational hours when attendants are on duty. Also, please note that the Wood Oaks Hill will be closed if the temperature drops to -10 wind-chill or -20 without the wind-chill. For more information, call 291-2980.

Children, grades 1-9, will truly enjoy spending their summer on stage practicing performance skills in actual theater presentations. To take advantage of early sign-up savings, you must register at the Performing Arts Office located at 3323 Walters Ave. For more information, call 291-2367.

Share the thrills of a downhill sled ride at two different Northbrook Park District locations this winter. Our continuously popular Wood Oaks Green and brand new Meadowhill South Hills open on Monday through Friday - 10 a.m. to 4 p.m. Saturday - 10 a.m. to 4 p.m. Sunday - 10 a.m. to 4 p.m. Closed Christmas and New Year's Day.

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Teen Coffee House closes

The Northbrook Park District

Coffee House, located at the Village Green Center, will close its doors, effective immediately.

Although considerable ef-

orts were made to attract teens,

our attempts were unsuccessful,"

said Karen Browne, Assistant Superintendent of Leisure Services.

"The Park District will

continue to focus teen pro-

gramming on open gym programs,

special events, the eighth grade

dance and ski trips through our

regular recreation guides."

Gift certificates are available at

Registration Offices located at

1810 Walters Ave., 3323 Walters

Ave. or 1730 Pfingsten Rd. Stop

by soon for this one-stop shop-

ping opportunity.

Ice skate rental information

Don't have your own ice skates? The Northbrook Park District will provide rental ice skates for you to use during your skating time at our arenas. The cost is \$1.50 per pair, along with a Driver's License deposit which can be retrieved when your skates are returned.

Rentals are available at the Sports Center Office Monday through Friday, 9 a.m. to 8 p.m. Supervisors will be on hand during weekends hours to rent skates.

Couples and singles are invited

to join the Skokie Park District

for ballroom dancing at Oakton

Center, the 2nd and 4th Wednes-

days of the month, year round,

from 2:15 to 4:30 p.m. Fee is

\$1.50 for members. Call 674-

1511, for further information.

Hints for everlasting holiday beauty

Although it seems the holiday season zips by, the Forest Preserve District of Cook County has some helpful hints on how to actually make it last longer.

The artist uses light to project the mood of his paintings. For him "working with watercolors makes each painting a learning experience" and so he continues to find watercolors to be the most exciting painting medium.

He says that if properly cared for, watercolors have a lasting quality equal to most mediums. A graduate of the Chicago Academy of Fine Arts, he worked as an illustrator/designer before becoming a full-time art director for major advertising accounts.

In 1990 he began painting watercolors once again. His paintings have won numerous awards and several are in private collections. His works is on exhibit at Deer Path Gallery in Lake Forest and at the Park Forest Art Center. His studio is in his home in Franklin, Ill.

The library phone number is

(708) 677-5277, voice and TDD.

Sign up early for summer drama workshops

Children in grades 1 to 7 are invited to the popular Northbrook Park District locations this winter. Our continuously popular Wood Oaks Green and brand new Meadowhill South Hills open on Monday through Friday - 10 a.m. to 4 p.m. Saturday - 10 a.m. to 4 p.m. Sunday - 10 a.m. to 4 p.m. Closed Christmas and New Year's Day.

For safety reasons, use the ski hills only during regular operational hours when attendants are on duty. Also, please note that the Wood Oaks Hill will be closed if the temperature drops to -10 wind-chill or -20 without the wind-chill. For more information, call 291-2980.

Share the thrills of a downhill sled ride at two different Northbrook Park District locations this winter. Our continuously popular Wood Oaks Green and brand new Meadowhill South Hills open on Monday through Friday - 10 a.m. to 4 p.m. Saturday - 10 a.m. to 4 p.m. Sunday - 10 a.m. to 4 p.m. Closed Christmas and New Year's Day.

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Children, grades 1-9, will truly enjoy spending their summer on stage practicing performance skills in actual theater presentations. To take advantage of early sign-up savings, you must register at the Performing Arts Office located at 3323 Walters Ave. For more information, call 291-2367.

For safety reasons, use the ski hills only during regular operational hours when attendants are on duty. Also, please note that the Wood Oaks Hill will be closed if the temperature drops to -10 wind-chill or -20 without the wind-chill. For more information, call 291-2980.

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Niles West student attends Presidential Classroom



Niles West junior Amanda McCormick, of Lincolnwood, (center) is congratulated on receiving a scholarship to attend the Presidential Classroom in Washington, D.C. by Student Senate Sponsor and Social Studies teacher Chris Schwarz (from left), Niles West Principal Roger Stein and her parents, Suzanne and James McCormick. This scholarship is awarded to one student on the basis of character, leadership, citizenship and scholarship.

Register for an Office Systems Technology course

Oakton Community College's Office Systems Technology (OST) program will offer WordPerfect Publishing (OST 227) during the spring term at the Des Plaines campus, 1600 E. Golf Road. Registration is now in progress, and classes begin the week of Jan. 17.

In this class, participants will learn basic desktop publishing

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. D025193 on Dec. 9, 1994 under the Assumed Name of Metropolitan Interpretation and Related Services, with the place of business located at 2344 Cannon Dr., Suite #102, Mt. Prospect, IL 60056. The true name (s) and residence address of owner(s) is: Jose E. Gavilan, Jr., 2344 Cannon Dr., Suite #102, Mt. Prospect, IL 60056.

Regina's French Club visits Auditorium Theatre

The following Regina Dominican High School students participated in a French Club field trip on Dec. 1 to the Auditorium Theatre in Chicago to see the well-known musical, *Les Misérables*. Jennifer Bernard, Ann Carrera, and Emmeline Saguen of Lincolnwood.

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Enrich your world with spring Emeritus classes

Courses in art history, drawing and painting are offered through Oakton Community College's Emeritus Program. These 16-week classes begin the week of Jan. 17, and are held at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. Registration is now in progress.

Some of the spring classes include: Art History: 20th Century (ART 113 002, Touch-Tone code 7194) provides a comprehensive study of art works from the beginning of the Renaissance to the beginning of the 20th century. Emphasis is on the ability to identify styles and to understand a work of art as it relates to a particular time period. The class meets on Thursdays from 9 to 11:50 a.m. The instructor is Judith Cizek.

For more information, contact the Emeritus Program at (708) 635-1414.

Hesburgh Scholars take on Teams Challenge Course

The senior class members of the Rev. Theodore Hesburgh, C.S.C. scholars of Notre Dame High School took on the Teams Challenge Course at the Northbrook Park District on Wednesday, Oct. 19.

This course offers a variety of outdoor activities geared to promote group cooperation and competitiveness. Many of the activities required the group to plan their approach to the problem before attempting to master the activity, and most exercises concluded with a debriefing session in which the team was asked to analyze their solution and comment on what they had experienced.

This day was part of the Senior Seminar experience conducted by the Physical Education Department of Notre Dame High School and as led by John Kulesza, a member of that department.

The following area seniors took the challenge: Steve Bartman, of Northbrook; Victor Bayona, of Morton Grove; Sebastian Bentkowski, of Niles; Ron Hernandez, of Niles; Jason Joseph, of Morton Grove; Dennis Klich, of Niles; John LeVoy, of Niles; and Jason Malarstik, of Park Ridge.

Oakton closed for holidays

Oakton Community College's Des Plaines and Ray Hartstein campuses will be closed between Christmas and New Year's Day from Dec. 23 through Jan. 1, 1995.

The college will reopen on Monday, Jan. 2, 1995. Registration is Jan. 9 and 10 from 9 a.m. to 7:30 p.m. Classes begin on Tuesday, Jan. 17, 1995. The College is closed on Monday, Jan. 16, in observance of the Martin Luther King Holiday.

For more information on holiday hours or class registration, call Student Services at (708) 635-1741 (Des Plaines) or (708) 635-1400 (Skokie).

Among the 27 students participating was Bill Crozier of Des Plaines.

Local student travels to Air Force Museum

Lewis University aviation students and instructors recently flew to visit the Air Force Museum at Wright-Patterson Air Force Base in Dayton, Ohio.

For more information on holiday hours or class registration, call Student Services at (708) 635-1741 (Des Plaines) or (708) 635-1400 (Skokie).

Among the 27 students participating was Bill Crozier of Des Plaines.

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Accessories

Women's News

Videotape addresses parents' concerns about stuttering

If a child begins to stutter, it may be a fleeting phase - or the first signs of a lifelong problem. But how can parents tell the difference?



Don't Rip It Up, Restore Dirty CarpetSM

Thinking about ripping up that old carpet in your home or business because it just won't come clean? You might want to think again.

The experts from Professional Cleaning Systems may be able to restore it, at an affordable price. The husband-wife team of Dan and Carla North believe that with a little "elbow grease" they can restore just about any carpet or upholstered furniture that looks hopeless.

"Where a lot of other companies fail, I think we are experts at getting out the tough stains, and we can do it at an affordable price."

PROFESSIONAL CLEANING SYSTEMS
(708) 452-5908

The non-profit Stuttering Foundation of America addresses parents' common concerns in a new video now available at the Park Ridge Public Library. **Stuttering and Your Child: A Videotape for Parents** features children who exhibit varying degrees of stuttering - as well as children who are simply experiencing normal, age-appropriate disfluencies.

This video is extremely helpful because it gives parents points of comparison; by observing other children who stutter, they can determine whether their child is beginning to struggle with a serious stuttering problem or simply exhibiting the normal speech disfluencies that most children experience when learning to speak.

said Dr. Edward G. Conture of Syracuse University, eminent speech-language pathologist and an expert on stuttering. "I would recommend the video to any parent or professional concerned about a child's speech development."

For further information on Bi-

stro Europa, call (708) 673-8767. Diane Fallon

New Catering Manager at Bistro Europa

Diane Fallon has been selected the Catering Manager at the New European Bistro Europa restaurant, located at 9925 Gross Point Rd. in Skokie.

Fallon will be responsible for all aspects of Bistro Europa catering operations, with special emphasis on developing a corporate and business clientele. Prior to joining Bistro Europa, Fallon operated the Chicago nightspots Elliot's Ness and Lottes. Merging the finest cuisines of Europe into an innovative epicurean experience, the Bistro Europa menu is comprised of classics made new again either through preparation presentation as well as new dishes created especially for the restaurant.

"More often than not, the speech difficulty will simply disappear on its own, but four percent of children will stutter for six months or more, and a smaller portion of those may develop a chronic problem without appropriate therapy," said Jan Fraser, president of the Stuttering Foundation. "The video alerts parents to signs that show a child might be moving beyond the kind of speech interruptions that are now normal for his or her age, and offers suggestions for ways to communicate with children to reduce or prevent stuttering."

For example, parents are advised to slow the pace of their own speech when talking to a child who stutters, as speaking in a relaxed, unhurried manner encourages the child to do the same.

It is also recommended that parents make an effort to truly listen to what the child is saying - rather than how it's being said.

"Children need to know that they have a parent's full attention," Dr. Conture said. "Conversing with your child about whatever it is he wants to talk about, and doing it in a comforting, non-stressful atmosphere can do wonders for the child who is babbling his words."

Stuttering and Your Child: A Videotape for Parents will be distributed to many public libraries nationwide. Parents who cannot locate a copy may purchase one for \$5 shipping and handling fee by calling the Stuttering Foundation toll free at 1 (800) 992-9392.

Regina Illinois State Scholars

Forty-five percent of Regina Dominican High School's Class of 1995 have been named Illinois State Scholars. The following area students include: Glenview: Francesca Beardslee, Kelly Cronin, Lincolnwood: Patricia Molloy, Ruthleen Uy, Morton Grove: Maria Mallidis, Niles: Anastasia Mazzulla, Northbrook: Courtney Acuff, Park Ridge: Elynn Kennedy, Kimberly Kusack, Skokie: Aimee Fernando, Jessica Gerold, Rachel Ignacio, and Liza Pono.

Vulvar pain support group

Women who suffer from chronic vulvar pain are invited to join a support group sponsored by the Evanston and Glenbrook Hospitals. The group is facilitated by Linda Holt, M.D., and meets monthly, usually alternating educational meetings with more informal meetings, to share tips and ideas for coping with this condition.

The next meeting will be Wednesday, Jan. 11 from 7 to 9 p.m. in the Kellogg Auditorium at the Evanston Hospital, 2650 Ridge Avenue, Evanston. David Kramc, M.D., a rheumatologist at the Skokie Rush North Shore will give a speech entitled "Interstitial Cystitis."

The seminar costs \$7 for non-members and \$5 for members. To register or for more information, call (708) 2266.

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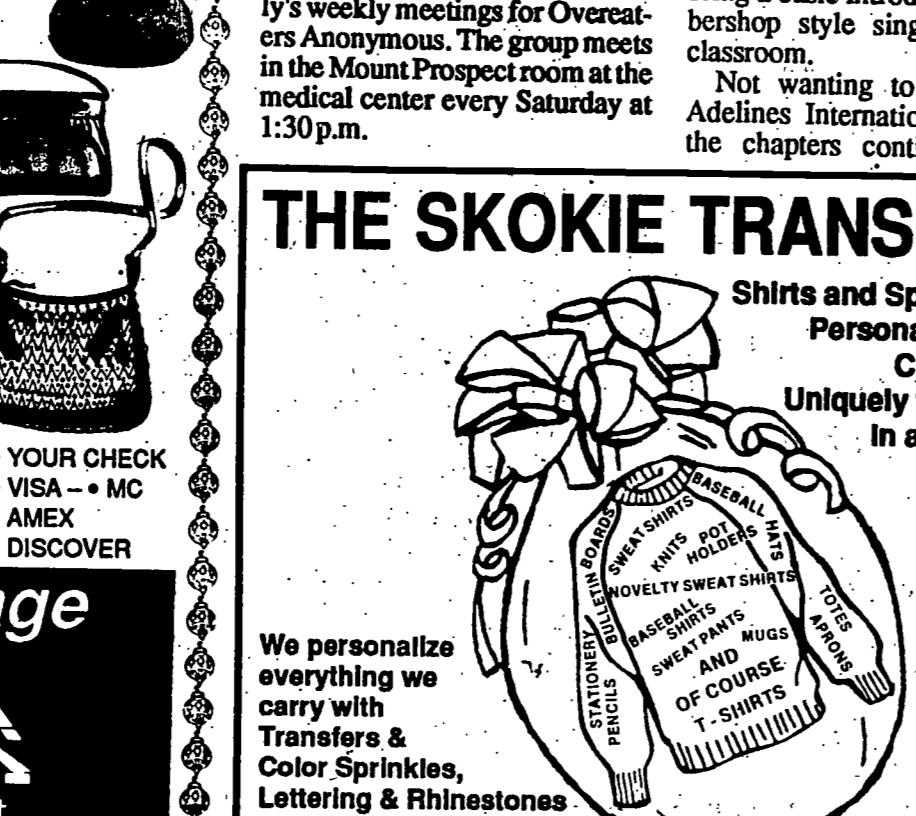
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Women's Guide to Social Security

There is virtually no woman in America today whose life isn't or won't be affected by the Social Security system, according to Gwenwidyn S. King, Commissioner of Social Security. In focusing on the relationship between women and Social Security, the Commissioner noted that among all beneficiaries today, about 60 percent are women; among all workers, today, more than 50 percent are women.

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For further information on Bi-

stro Europa, call (708) 673-8767. Diane Fallon

be eligible for benefits during this period.

As a wife, you may receive

benefits at any age if you're caring

for the child of a retired, disabled, or deceased worker if that child is under age 16 or disabled.

If you have no children or they are grown, you'll be eligible for

50 percent of your husband's benefit at age 65 or for a reduced benefit at age 62.

As these numbers continue to grow, it is more important than ever that women be aware of their rights under Social Security's programs.

They need to know what protection is available to them today and what benefits will be available in the future.

This brief review of the program provisions is designed to provide an overview of what women, young and old alike, should know about Social Security.

As a working woman, you can

retire with full benefits at age 65

or with reduced benefits as early

as age 62. (In the year 2000,

the age for full retirement benefits will begin to increase gradually until it reaches age 66 in 2009 and age 67 in 2027). If you reach age 62 after 1990, you'll need to have worked at least 10 years to qualify for retirement benefits.

It's important to remember that while you're working, you (and your family) are covered by Social Security disability and survivors' insurance.

To qualify for disability benefits if you're age 31 or older, you'll need to have worked and paid Social Security taxes at least 5 of the last 10 years. Younger disabled workers need fewer years of covered work. For example, if you become disabled before age 24, you may need as few as 1-1/2 years of work during the 3 years immediately preceding the disability. At any age, you must be unable to work for at least 1 year. Your unmarried, minor children also may

have received as a wife or widow

if your marriage lasted 10 years

or more. (Length of marriage rules do not apply to widows with minor children).

You may lose your right to these benefits if you marry.

All of these rules also apply to men. However, women as a group have traditionally been more likely than men to qualify for dependents' and survivors' benefits.

More information is available

from Social Security. Call the toll-free number, 1-800-772-1213, any business day from 7 a.m. to 7 p.m., or call or visit your local Social Security office. Ask for the free booklet Understanding Social Security. Another resource is The Social Security Book, What Every Woman Absolutely Needs to Know, published by the AARP. Single copies are available through the Consumer Information Center, Pueblo, CO 81009. Specify either the title or Item No. 600Y when requesting this booklet.

Regina Forensics Team participated in speech tournament

On Saturday, Dec. 10, Regina Dominican's Varsity Speech Events Tournament of the 1994-95 season. The following

Chicago Forensic League Varsity Speech Events Tournament of the 1994-95 season. The following

Regina team members placed: Rekha Vij, Glenview, took first place in Original Oratory.

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Do not let accidents spoil the holiday spirit

It is natural to get excited when it's time to decorate for the holidays. Unfortunately, some of us get carried away and forget there are dangers in some of the sparkling decorations that make the season bright.

"In the process of getting in the spirit, many people ignore the hazards of the season, and often avoidable accidents happen," says Debbie Everett, director of the emergency department at Holy Family Medical Center.

Holy Family joins the National Safety Council in suggesting the following guidelines that will help the season be happy and safe:

• Perhaps the most important safety tip to remember is to keep decorations, lights, candles and plants out of reach from children and pets. Plants which can be harmful include holly, mistletoe and poinsettia.

• Do not burn evergreens or wreaths in the fireplace or wood stove because they can quickly flare out of control. The same goes for wrapping paper, which often contains metallic materials that can cause toxic fumes if burned.

Gov. to promote awareness of holiday drunk driving program

Gov. Jim Edgar recently joined with the Hotel-Motel Association of Illinois, the Illinois Restaurant Association and Businesses Opposed to Underage Consumption and Irresponsible Spelling (BOUNCERS) to remind Illinois citizens to "Drive Sober & Live to Celebrate Again" during the holiday season.

"I am pleased that these organizations have again agreed to play a visible role in the effort to remind people about the dangers of drinking and driving," the Governor said. "It is our hope that by joining forces, we can continue to reduce the number of deaths and injuries caused by drunk drivers, especially during the holiday season."

This is the sixth year the Illinois Restaurant Association and the Hotel-Motel Association of Illinois have teamed up with the Governor to encourage their patrons to celebrate sensibly.

Coasters, posters and table tents with the "Drive Sober & Live to Celebrate Again" message will be used by participating

PACE introduces Commuter Club Card

The Board gave the green light to offer a new monthly pass which will be valid on Pace services only. This new pass, called the Commuter Club Card, will have an introductory price of \$39. The card goes on sale Dec. 27, 1994, and offers unlimited rides on Pace services (a surcharge will be applied on express and premium routes). The Commuter Club Card is an effort to increase ridership and attract a larger percent of the suburban travel market—the largest and fastest growing commuter market in the region. Pace sees this new card as an opportunity to offer suburban passengers, more than half of whom do not connect to the CTA, a faster and more convenient way to pay their fares. In addition the card will be equipped with a magnetic stripe which will allow Pace to take advantage of its advanced farebox technology.

As a result of the CTA's decision to eliminate the joint CTA/Pace monthly and weekly passes, it was necessary for Pace also to eliminate the fare mechanism.

Choose foods wisely at holiday buffets

• Remember to turn off all tree lights before you go to bed or leave the house. Use indoor lights only indoors and outdoor lights only outdoors. Do not use electric lights on metallic trees. Make sure your artificial tree has been tested and labeled as fire-resistant. Real trees are some times less flammable than artificial ones.

• Wear gloves while decorating with spun glass "angel hair," which can irritate eyes and skin. Also remember artificial snow sprayed onto angel hair or cotton snow might provide a beautiful effect, but it makes for a highly combustible combination.

• Make sure any tinsel you decorate with is non-leaded and non-flammable.

• Finally, remember to use common sense when preparing for the holidays. You will be safest if you follow your first instinct. If you think something sounds dangerous, probably it is.

If you or someone you know needs emergency medical service, call Holy Family's emergency department at (708) 297-1800, ext. 1000.

Tips for reducing holiday headaches

The holiday season is traditionally a busy time of the year filled with happiness and good cheer. With celebrations, family gatherings, and office parties it represents the most social time of the year. However, amidst the holiday-party season can be a tremendous amount of added stress and tension—two key triggers in the onset of headaches.

• Wise eating at holiday buffets is not only a matter of what you choose at the buffet. If you put some thought into when, where, and how you eat those buffet treats, you might find you have more control over the buffer than it has over you. Some tips:

• If you are very hungry before going to a party, eat something low-fat to take the edge off your hunger, such as a bagel, a piece of fruit, and a glass of skim milk, or even half a sandwich. That way, you're more likely to eat party foods only in moderation.

• Don't arrive at the beginning of the party or be the first in line at a buffet, for two reasons: the food always looks the most tempting when it is just presented; and it's a good idea to socialize for awhile instead of just heading for the food.

• When you do decide to eat, survey the whole buffet, starting from the end—usually the desserts—so the beginning in order to decide which foods you want to try. Otherwise, more ordinary items, such as tuna salad, might take up the space on your plate before you get to that Lobster Newburg you truly adore. Of course, it's good to eat some healthier, low-calorie vegetables, but make sure you savor and enjoy your favorite items.

Eat small amounts of your favorite rich foods slowly. For example, when you get to the chocolate torte, remember it will be rich, so take a small piece and eat it slowly to get the most of its taste and texture. (Also, some things look a lot better than they taste; in that case, don't force yourself to eat high calorie foods that aren't worth it.)

• After you've filled your plate, eat with your back turned to the buffet. It can be all too tempting to think about refilling your plate with some new item they just brought out without concentrating on enjoying what you have.

Discard your plate after your first helping to avoid going back for seconds. It usually takes at least 15 minutes after eating for the brain to register that the stomach is full, so pace your eating and take a break. You may find you don't even want seconds.

Champagne Fooler: 1 1/3 cups apple juice, 1 teaspoon lemon juice, 12 ounces club soda. Chill 4 glasses. Mix together apple juice and lemon juice. Add club soda and stir gently to blend. Pour into glasses and serve immediately. Yields 4 servings.

Mock Caviar: 2 medium (3/4 pound) each eggplants, 1/2 cup finely chopped onion, 3 cloves of garlic, minced, 1 tablespoon lemon juice, 2 tablespoons olive oil, 1/2 cup chopped fresh parsley, 1 teaspoon salt, 3/4 teaspoon coarsely ground pepper. Preheat oven to 350 degrees Fahrenheit. Bake whole eggplants for 1 hour or until tender, turning them occasionally. Peel off dark skin; mince the pulp. Stir in all other ingredients, mix well. Chill. Yields 9 servings.

Champagne Fooler: 1 1/3 cups apple juice, 1 teaspoon lemon juice, 12 ounces club soda. Chill 4 glasses. Mix together apple juice and lemon juice. Add club soda and stir gently to blend. Pour into glasses and serve immediately. Yields 4 servings.

For more information about a headache-free diet, a listing of headache triggering foods, or to request a free copy of either of these brochures—The Headache Handbook or How To Talk To Your Doctor About Headaches—call 1-(800)-843-2256 (M-F, 9 a.m. to 5 p.m. CT), or send a self-addressed, #10 envelope with three first-class stamps to: National Headache Foundation, Department HH, 5252 N. Western Ave., Chicago, IL 60625.

Divorce Group offers free brochure for holiday blues

The holidays are a time to feel close with those around you. Friends and family exchange toasts and good wishes. They say it's a "magical time of the year." Husbands and wives try to find that quiet time together. It's a great feeling when you know that special someone is there and can always count on them to love you.

If the person has been divorced it can be difficult. If children are involved it can be very difficult for many people to handle and cope with. The craziness before the onslaught of Christmas Day and so on. Divorce has long lasting effects.

A new organization the National Association of Divorced Americans (NADA) is offering a free pamphlet, simple no nonsense ideas on coping with the holiday blues. For your copy of the free brochure, send your request for brochure #012 to: (NADA) National Association of Divorced Americans PO Box 612 Winfield IL 60190.

In the continuous effort to control expenses by evaluating poorly-used routes, Pace will be holding a public hearing to gain passenger comment on possible route modifications to Route 531 Waubonsee College. This route

is at other times of the year. Migraine sufferers have to be particularly careful during the holiday season since a lot of different foods can trigger an attack. Culprit foods include ripe cheese, citrus fruits and chocolate. Other suspect substances are red wines (try a glass of white instead) and excessive amounts of caffeinated beverages.

• See your doctor. If you find that you are experiencing more frequent or severe headaches during the holidays, you might want to make an appointment with your physician who can make an accurate diagnosis and develop a treatment plan. "It is important to become aware of the factors that contribute to your attacks to enable you to make the necessary lifestyle changes," advises Dr. Diamond.

• Avoid last minute shopping. Long lines in a hot, crowded department store are enough to give the most ardent "shopaholic" a tension headache. This year, why not start holiday shopping early, slowly accumulating gifts for friends and loved ones. Dr. Diamond also recommends, "Practicing relaxation and stretching techniques—such as neck rolls and slow deep breaths—is a good way to release built-up tension."

• Be aware of smoke and perfume-filled rooms, both typical holiday celebration environments, which can trigger headaches. Those late-night parties can also lead to migraines by tempting you to disrupt your normal sleeping and waking patterns. To help prevent this problem, try to go to sleep and wake up the same time everyday, whether you are going to work or not.

• Probably one of the most talked about the most of the holiday headaches is the hangover headache, caused simply by excessive alcohol consumption. One should drink in moderation, if at all. However, if you choose to drink, help can be provided. Try to sip your drink slowly. Mixed drinks containing fruit or vegetable juices will probably have less effect than straight alcohol. Since dehydration commonly occurs, use of broth or bouillon cubes can be of some help. Honey and tomato juice contain a sugar called fructose which helps burn alcohol faster. Additionally, spreading honey with honey can also be helpful.

• Watch what you eat. In the flurry of activity, even the most health-conscious among us are tempted to gorge on food you wouldn't dream of overindulging

cision-making and natural highs.

Tucknott hopes to take the program to all third-grade classes in School Districts 62, 63 and 64 in the coming year, so she needs plenty of volunteers. Training is required, but there is no fee. Costumes and makeup also are provided at no cost.

The next K.L.O.W.N. Club

workshop probably will be held in January or February.

Volunteers can be anyone from

college students to senior citizens—anyone who has free evenings or afternoons free each month during the school year.

For more information about the K.L.O.W.N. Club, or to sign up as a volunteer, call Tucknott at 823-0650.

Chorus sings at Tower



Photo by Mike Heuel
Children from the Culver School Chorus performed a medley of Christmas carols to commemorate the annual holiday lighting of the replica of the Pisa Bell Tower by Niles Mayor Nicholas Blase at the Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, Dec. 16. The Chorus sang until Santa arrived on a Niles fire truck.

Bank helps people during holiday season

Success National Bank, Thursday, Dec. 8, placed Salvation Army kettle in its five locations.

Saul Binder, president, said that bank management decided to do this as "a wonderful way to help people during the holiday season." He urged customers and others to come into the bank to put their charitable donation in the five pound shiny red kettles. Binder added that children would be excited to put money into the kettles knowing that their donation will help other children and families.

Don Eley, director of special efforts for the Salvation Army, said the money from the shiny kettles will feed the hungry person on the street, provide heat in the home of the family who has hit hard times and put Christmas presents under the tree for children who don't understand why Santa otherwise won't visit them this year.

Success National Bank placed kettles in their lobbies in Lincolnshire, Libertyville, Lincoln Park and Hubbard Woods.

The bank's Lincolnwood office will have staff members ringing the bell at the Salvation Army Kettle outside the bank's entrance at the Town Center Mall.

MaineStay seeks clowns for a good cause

MaineStay Youth Services is looking for some volunteers to clown around for a good cause—drug education for grade-schoolers.

MaineStay's K.L.O.W.N. (Kids Learning Other Ways Naturally) Club features program leaders and volunteers dressed as clowns. While it may sound unusual, the program provides a good way to reach out to young children in a non-threatening and entertaining way.

Program coordinator Michele Tucknott usually works with one clown volunteer when she goes out to the schools. She and the volunteer meet with each class for 45 minutes to an hour, discussing subjects such as alcohol and drug abuse, peer pressure, de-

pression and natural highs.

Tucknott hopes to take the program to all third-grade classes in School Districts 62, 63 and 64 in the coming year, so she needs plenty of volunteers. Training is required, but there is no fee. Costumes and makeup also are provided at no cost.

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Sisters from Chicago continue to inspire America



Eve Weber (left) and Norma Witherbee are pictured at the Maine-Niles Association of Special Recreation (M-NASR) party celebrating their bike journey across the country for Special Olympics.

Norma Witherbee, 62, and her sister, Eve Weber, 57, are much more than your average Chicago-area real estate agents; they're heroes to thousands across the country. Their inspirational bike trip from Chicago to Anaheim (44 days and 2,400 miles) which started back in September of 1994, continues to raise money for the Illinois Special Olympics; now reaching \$14,000.

To honor the sisters, Maine-Niles Association of Special Recreation (M-NASR) held a celebration party on Nov. 28. Norma and Eve had the opportunity to share their stories of great support they had received throughout the

LEGAL NOTICE

Public Notice

Notice is hereby given, pursuant to "An Act to Revise the Law in Relation to Names," as amended, that Patricia Reis Handzel will file a petition in the Circuit Court of Cook County on February 10, 1995, to change her name to Patricia Reis.

For further information, call (708) 647-9433.

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Oakton Community College snapped a three-game losing streak in big fashion last week with victories over Triton College and Harper College. The Raiders' record improved to 8-3 with a 101-100 win on Dec. 6 over visiting Triton and Saturday's (Dec. 10) home, 88-77. Sean Moore had a team-best 28 points for the Raiders.

"We're using our speed better," said Oakton coach Rick Kilby. "We are a young team, so it's a matter of us growing up and executing. We did a better job against Triton and Harper, and it paid off for us."

Oakton bounced back from an early 15-point deficit against Triton to post a 48-45 half-time lead. The Trojans held a three-point advantage with just 30 seconds

remaining in the game, but Tierra Brunson made a pair of foul shots to pull the Raiders within one. Jerome Rogers came up with a big steal when Oakton pressed with Triton's ensuing inbounds pass, setting up a winning layup by Nick Gengo (24 points) with 1 second remaining. Sean Moore had a team-best 28 points for the Raiders.

Moore (23 points) and Gengo (28) again led Oakton scorers against Harper, which was unable to keep up with the quicker Raiders. Oakton took a 55-48 half-time lead and never was headed.

Another bright spot last week for the Raiders was the return of forward Sam Deraus, who missed two games with a fractured nose.

Stay active during winter break at open gym

NPD Co-Recreational Volleyball League

December 1, 1994

PLC/Beever	Won	Lost
Choice Parts	12	0
Primestime	10	2
Arvets	9	3
A.M.F.A.D.S.	9	3
Sen-Pack	7	5
Interlopers	7	5
Sparkys	5	7
Perry's Pizza	3	9
Playseas	3	9
Chasers	0	12
Arvey's Bombers	0	12

Holiday break youth basketball camp

The Niles Park District is looking for volunteers coaches for its youth basketball program. Individuals applying must be over 18 years old. For a volunteer coaching application and/or further information, call John Jekot at (708) 967-6975, ext. 46.

Holiday break youth basketball coaches wanted

The Niles Park District is now taking registration for its holiday break basketball camp for girl's and boy's grades 3rd through 8th. This camp is designed to teach participants the fundamentals of basketball. Instruction on practice, conditioning and game situations will be stressed. Players will be grouped according to skill level.

Camp will begin at 10 a.m. and end at noon from Dec. 27 through Dec. 30. Registration fee is \$19. For further information, call (708) 967-6975, ext. 46.

Small shots basketball program

The Niles Park District is now taking registration for its small shots basketball program for both girl's and boy's in grades 1st and 2nd. Participants in this program will learn dribbling, shooting, defense and offense. Participants will also play in game situations. Program begins in January. Registration fee is \$23. For further information, call (708) 967-6975, ext. 46.

3 on 3 Basketball Tournament

The Niles Park District is now taking registration for its annual 3 on 3 Basketball Tournament for both girl's and boy's in grades 3rd thru 8th. Registration taken by team and a team must roster four players. Tournament games will be played on December 29 at Grennan Heights. Separate tournament for girl's and boy's.

Tournaments will be broken down to the following grades: 3 & 4, 5 & 6, 7 & 8. Registration fee is \$24 per team. For further information, call (312) 631-9755 for pure drinking water.

For more information, call Joan Mottys in StableLives® at (708) 297-9977.

Multi-Pure has been an independent distributor in the North-West area of Chicago for 8 years. Imagine, pure water at your tap for less than 10 cents per gallon. The human body is approximately 85 percent water. Given the vast amount of chemicals, metals and chlorine (which is known to destroy the positive cholesterol), isn't it wise to provide the best source possible at such a reasonable amount to safeguard yourself and your family?

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For more information, call (312) 631-9755 for pure drinking water.

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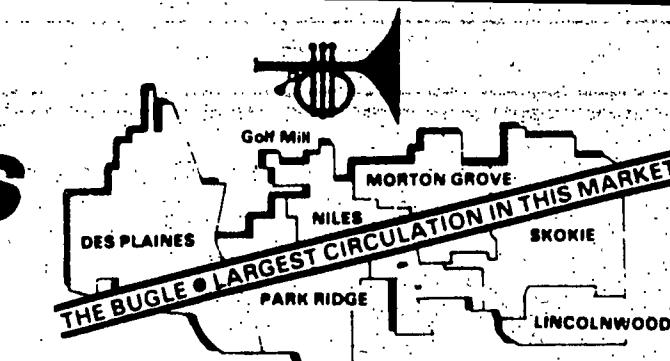
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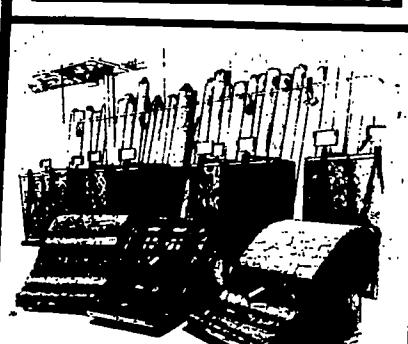
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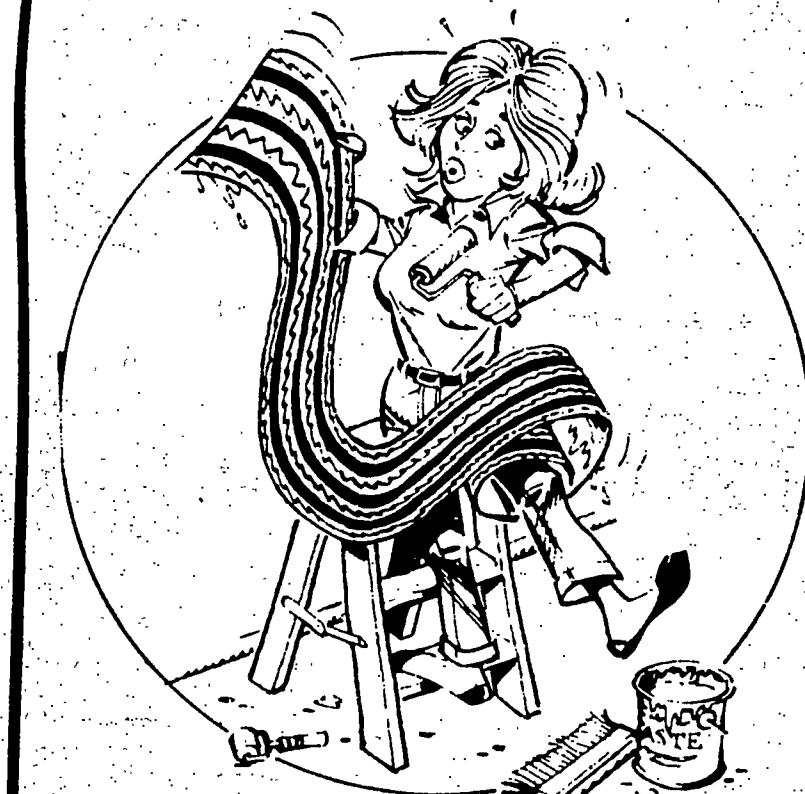


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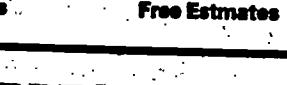


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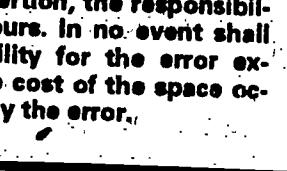
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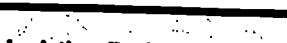
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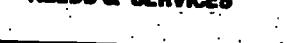
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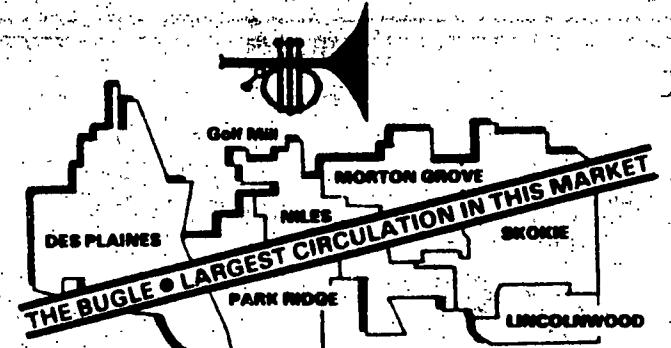
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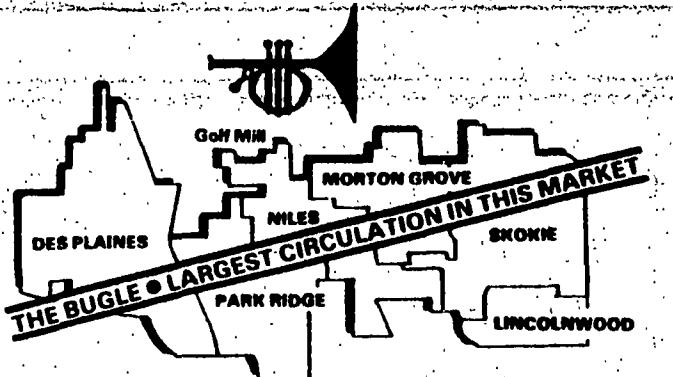
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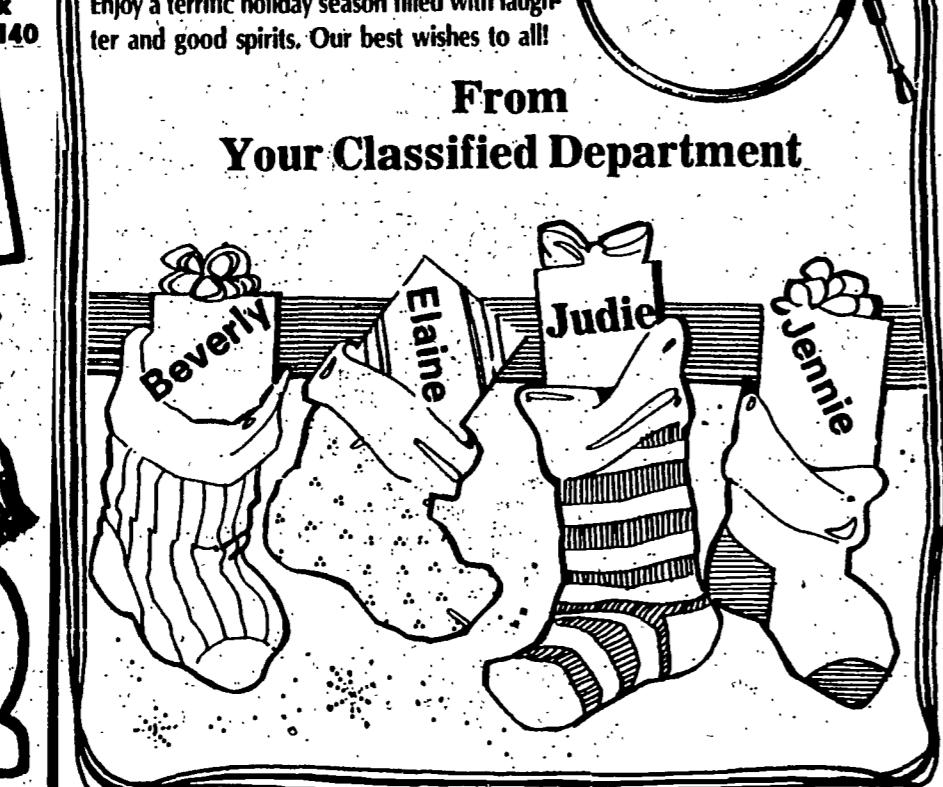
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Keeping Santa myth alive for children

Adults perpetuate the myth of Santa Claus to recapture their childhood memories and preserve the innocence of their children, according to experts at Loyola University Medical Center, Chicago.

"We enjoyed the Santa myth and the holidays when we were children and we want our children to enjoy it as well," said child psychiatrist Osama El-Shafie, Dr. El-Shafie is director of Loyola's Pediatric Consultation Liaison Program.

Psychiatrist Sidney Weissman, called the perpetuation of the myth an "agreement" between child and parent. Dr. Weissman is director of Loyola's Outpatient and Emergency Psychiatry.

"The parent likes to think he or she is Santa," Weissman said, "and the child wants to believe in Santa."

When parents play Santa Claus, they re-experience or recapture their own childhood and then "age becomes interchangeable," said Weissman.

Even when the young child begins to suspect that Santa is just

mom or dad, the parent will often try to keep the myth alive, said Loyola child development specialist Carey Halsey.

Parents respond to their child's queries about Santa with irrational explanations. In this way, adults can satisfy their own needs, because perpetuating the myth is both a pleasant experience and one that helps them recall the innocence of their own childhood, said Halsey.

"Perpetuating the Santa myth is also a good example of delaying or softening the child's contact with the hard realities of the world," Halsey said. "Many children have to deal with being poor, the violence on television and divorce every day."

"There's not much to keep your child safe anymore," she added.

Still, El-Shafie said that people are less attached to the Santa figure and more attracted to the holiday season.

"Santa is a symbol of all the wonderful things that go along with Christmas and the whole season," El-Shafie said. "Santa is a source of joy."

Too much 'holiday cheer' makes roadways dangerous

Although much progress has been made, drunk driving continues to be a significant factor in traffic accident deaths. More than a third of all drivers killed in car crashes in 1993 were legally drunk with a blood alcohol content of at least 0.10.

The upcoming holidays and the accompanying parties and get-togethers can add to the problem, according to the National Association of Independent Insurers. Fatal accidents involving drunk drivers increase significantly in December. Thirty-nine percent of all drivers killed in traffic accidents in December 1993 were drunk.

Even with heightened public awareness and educational campaigns regarding the dangers of drunk driving, the problem continues," said Lowell R. Beck, president of the National Association of Independent Insurers.

For holiday revelers, there are a number of options to prevent drunk driving deaths, Beck offered. Simply abstain from drinking at a party, or for groups and couples, have someone volunteer to be the "designated driver." Finally, the biggest favor you can do for a friend who has had too much to drink is to take away their car keys, offer them a ride home or call a cab.

Teenagers, while less likely than adults to drive after drinking, have a substantially higher crash risk when they do. In 1993, twenty-seven percent of 16-20-year-old drivers killed in car crashes were legally drunk, even though you must be 21 to legally purchase alcohol.

To help stem this problem, parents of young drivers can limit teen driving hours, if a state law doesn't already mandate such restrictions. Parents should also insist that safety belts be worn at all times.

Eric Kinzle
Scott Klueppel
Eric Kinzle of Niles recently joined the Honors Program at the University of Iowa. Eligibility for the program is based on scholastic excellence in high school and on college entrance tests as well as exemplary performance in past college course work.

Driving sober is focus of conservation campaign

The Department of Conservation is joining Mothers Against Drunk Driving and hundreds of local, state and national organizations to ask motorists to promote safety by displaying a red ribbon on their vehicles in December during National Drunk and Drugged Driving Prevention Month.

Conservation Director Brent Manning said red ribbons from MADD will be available to the public at the Department's permit offices in Springfield and Chicago and four state park lodges throughout Illinois.

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Teenagers, while less likely than adults to drive after drinking, have a substantially higher crash risk when they do. In 1993, twenty-seven percent of 16-20-year-old drivers killed in car crashes were legally drunk, even though you must be 21 to legally purchase alcohol.

To help stem this problem, parents of young drivers can limit teen driving hours, if a state law doesn't already mandate such restrictions. Parents should also insist that safety belts be worn at all times.

Eric Kinzle
Scott Klueppel
Eric Kinzle of Niles recently joined the Honors Program at the University of Iowa. Eligibility for the program is based on scholastic excellence in high school and on college entrance tests as well as exemplary performance in past college course work.

New rest rooms and handicapped facilities at HIP

Harlem-Irving Plaza, located at the intersection of Harlem Avenue, Irving Park Road and Forest Preserve Drive in Chicago, has found new ways to better meet its customers' needs. The Plaza has installed new rest rooms and will install lockers in the South Mall, next to the entrances of each rest room. It has also improved amenities for the physically impaired Month.

Conservation Director Brent Manning said red ribbons from MADD will be available to the public at the Department's permit offices in Springfield and Chicago and four state park lodges throughout Illinois.

"Perpetuating the Santa myth is also a good example of delaying or softening the child's contact with the hard realities of the world," Halsey said. "Many children have to deal with being poor, the violence on television and divorce every day."

"There's not much to keep your child safe anymore," she added.

Still, El-Shafie said that people are less attached to the Santa figure and more attracted to the holiday season.

"Santa is a symbol of all the wonderful things that go along with Christmas and the whole season," El-Shafie said. "Santa is a source of joy."

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Family's holiday stress reduced by understanding

Understanding that the December holidays are about family togetherness and avoiding high expectations are the best methods of reducing stress at this time of year, say health care experts at Loyola University Medical Center, Chicago.

"Making gifts, knitting or buying items can alleviate the economic burden parents may have during Christmas," said Dr. Osama El-Shafie, director of pediatric psychiatry at Loyola.

Children are more interested in giving, not the materialism of gifts, El-Shafie said.

"Encouraging siblings to cooperate in family preparations and taking time to choose gifts for each other and other family members are additional stress limiters," Renshaw said.

Finally, whenever possible, avoid stress in the family's holiday by keeping schedules under control.

"For newly divorced couples, begin to build new traditions within the altered family situations and involve the children in planning holiday arrangements," Renshaw said.

Importantly, allow both sets of relatives to participate in the child's holiday activities.

In addition, set aside time alone to relax, meditate or plan the holidays. "Do not overload your holiday schedule and realize that depression and erratic mood changes are common" Renshaw said.

Skokie Park's Discovery Den

The wonders of winter are waiting to be explored in the Skokie Park District's "Discovery Den" Program. Children between the ages of 4 and 5 will be able to heighten their awareness and enjoyment of the winter season by participating in songs, games, stories, and crafts.

The fee for this class is \$57 for residents and \$71.25 for non-residents. Call (708) 677-7001, to learn more about this program.

USE THE BUGLE

Super Saturday roller rink

Children grades 1-7 are welcome to join the Skokie Park District in our Rollerskating Drop-In program located at Old Orchard Junior High on Saturdays from 1 to 3 p.m. The fee is \$3 for residents and \$4 for residents at the door. Children in first grade must be accompanied by an adult. Call 674-1500, for further information.

The Skokie Heritage Museum announces the opening of three new exhibits at the end of this month. Stop by to see the "Volunteer Fire Department Display," the "Then and Now" Exhibit (which features items that were on display in the Log Cabin), and "Hats, Hats, and More Hats."

Call (708) 677-6672, for more information.

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For parents, Dr. Domenica Renshaw, chairperson of Loyola's psychiatry department, sug-

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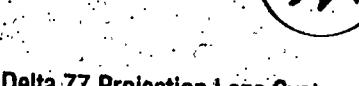
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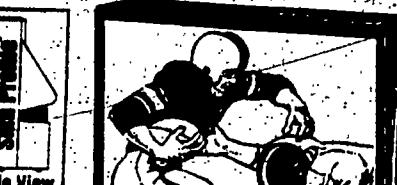
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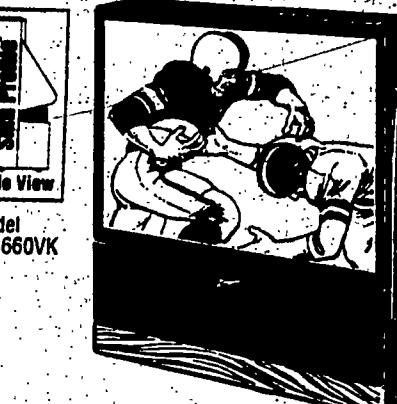
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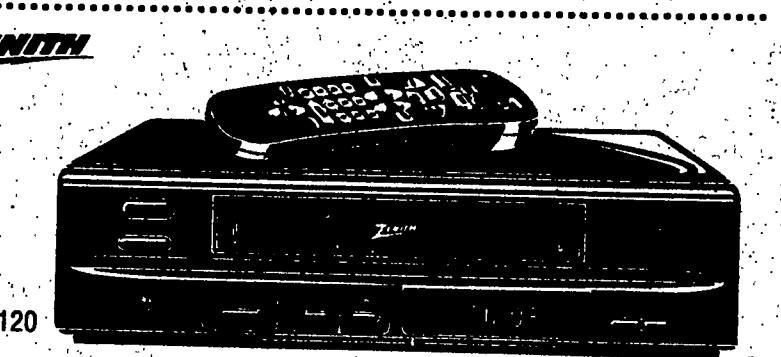
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