

## Maine Republicans plan superbowl party

Superbowl Sunday will again be celebrated in style by Maine Township Republicans at their annual tailgate party on Sunday, Jan. 29. Rooting for favorite teams will begin at 4:30 p.m. at Banquets by Brigantes, 2648 E. Dempster St. in Des Plaines.

Football fans will watch the game on two eight-foot screens

plus four other televisions. Fans will feast on a terrific half-time tailgate buffet of snacks, beer and soft drinks, and vie for a great variety of raffle prizes.

Maine Township Republican Committeeman Marty Butler said, "Last year's party was a huge success. It seemed to be a great way for friends to get together to cheer, enjoy good food,

and have the feeling they were on the 50-yard line."

Tickets, which are \$25 per person, can be obtained by calling Maine Township Republicans at 708-824-8350 or by contacting your Republican precinct captain. Tickets will also be available at the door.

## Niles Park District election lottery

Two Niles Park District Commissioner positions will be filled in the April 4 Consolidated Election.

Illinois Election law requires that, due to the probability of receiving what are considered "simultaneous" filings of petitions at the commencement of the fil-

ing period, a lottery must be conducted to determine the order in which candidates' names are placed on the ballot. The law also requires that seven-day advance public notice of the time and place for such lottery be given.

Therefore, please be advised  
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# Niles

edition of

# The Bugle

8746 N. Shermer Road, Niles, Illinois 60714 - (708) 966-3900

VOL. 38, NO. 30, THE BUGLE, THURSDAY, JANUARY 19, 1995

50¢ per copy

Property tax cap called "unfair" by \$100,000 salaried superintendent

## Schools want property taxes to increase

by Ben Rieck

A tax cap is coming to Cook County and it will drastically affect the way schools fund their programs.

Dr. Robert Varga, Superintendent of East Maine School District 63, and board of education members shared their opposition to the tax cap at the last board meeting held Jan. 10.

"Because this district has as much as 90 percent of its tax dollars collected through local contributors, it would obviously, significantly affect the amount of revenue that it would take to operate the programs that we currently

have in place," Varga said. School District 63 will lose \$750,000 in the first year after the tax cap legislation is passed, if it is approved in its current form, and he said he did not know how the district would account for the loss.

"If we are capped in any way, shape or form that number (district revenue) will be significantly reduced," he said. "Any reduction of revenue as we now know it will obviously have an adverse effect on (our) programs."

Legislation that is being considered would affect the 1994 tax levy that the board of education approved in December.

Varga wants the law to be amended, as it was when it was approved in 1991 in DuPage County, to get used to how the tax cap affects the funding and support the district as previously known. DuPage had approximately 15 months.

"Through a letter or phone blitz, I will make the attempt, along with all the area superintendents in Cook County, to alter the legislation so that it can more effectively be put into place," he said. "Hopefully it will not simply kill programs that we now know in the district."

Although the tax cap will give a break to taxpayers, Varga said the issue is not about going against taxpayers and the support they give the school district.

"This issue is about fairness, equity and an attempt to do something in a logical, sequential way, so that we simply don't get wiped out in one year," he said.

Varga said with the continuation of current trends, the district will end 1997 on the financial watch list and will end 1998 in debt. A tax cap will just add to the problems.

Board member Sheldon Holtzman noted that general state aid has dropped 43 percent since 1980.

If a tax cap is approved at all, Holtzman said, "at least put it in a  
Continued on Page 24

## From the Left Hand

by Bud Besser

In Search Of A Column

.....Chicago Tribune columnist, Mike Royko, will be in Skokie court this month because of his involvement in a fender-bender in a North Shore community last month. Chicago newspaper accounts reported Royko was "under the influence" at the time of his being ticketed.

We don't belong to the school of newspersons which will make a big deal out of the incident. Because of his prominence and his commentaries this "Ho Ho" school of journalism could have a field day recounting his fall from wherever he fell from.

Years ago it was reported Royko, during a late-night bit of dining, hauled off and tossed a catsup bottle at a lady at a neighboring table. It was reported in the metropolitan papers and we're sure fellow reporters did a bit of guffawing, or whatever reporters do, when a top writer falls off his typing chair.

We're saddened by the Royko story. We couldn't care less about his fender-bender or his alleged boozing. But we feel dismayed at finding out Royko was reported living in Winnetka and driving a Lincoln automobile. Here's a guy who personified the Chicago we think we know. A Milwaukee Avenue guy. His Dad owned a saloon and he grew up sniffing the bar rag and balancing him-

Continued on Page 24

## Businesses invited to disabled job fair

Businesses seeking employees will find plenty of candidates at this year's Job Fair for the Disabled, scheduled for Thursday, April 6, at Banquets by Brigante, 2648 Dempster St. in Des Plaines.

The fair will offer employers the opportunity to meet with many disabled people looking for positions in sales, management, clerical work, service, maintenance and other areas. Participating businesses also will be able to

view displays by vendors or products aimed at helping the disabled enter the work force. Sign-language interpreters will be available for anyone who needs assistance. Last year's Job Fair attracted some 300 participants.

For more information, or to reserve a table, call Donna Anderson, Maine Township's Director of Disabled Services, or Barbara Winecki at 297-2510 or at TDD number 297-1336.

## Niles employees celebrate thirty year anniversaries



Niles employees celebrating their thirty year anniversaries have seen the creation and reaction to several community events. For example, in 1965, one year after they started employment in Niles, the Western Open Golf Championship marked the end of Tam Oshanter's glorious tournament history. Also in 1965, the Village of Niles won the coveted "All American City Award"—achievements for winning the award included increased services, improved facilities, and an increase in operating efficiency of all departments. Overall, the community was improving each day, month, and year, and a great part of the improvement was due to a hard working, efficient staff. Four employees are celebrating their 30 year anniversaries. Standing (L-R) are Village Manager Abe Selman, Richard Pickup, and Mayor Nicholas B. Blase; seated from the left are Sheldon Mikkelsen, Evelyn Gaertner, and Donald Kobylaski.

### Niles Grandmothers to meet

Niles Grandmothers will hold their first meeting of the new year Wednesday, Jan. 25, at 11 a.m. at the Rec Center. As usual we will serve our lite lunch. Please join us.

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### Glenview Terrace provides new healthcare program

In response to the changing needs of our healthcare delivery system, Glenview Terrace Nursing Center has developed their new TCU program as a cost-effective rehabilitation alternative to provide short-term, intensive therapies with the outcome of a home discharge.

The TCU (Transitional Care Unit) bridges the needs between the hospital and home. This subacute care offers a proactive approach to individualized rehabilitation treatment and provides outcome-oriented care in a non-institutionalized setting.

"The creation of our short-term TCU represents substantial savings for many third party payers including HMO's and Medicare," says Judy Pitzele, Administrator of Glenview Terrace. "The traditional role of nursing homes must change from exclusively serving a long-term, chronic population to a more short-term subacute rehabilitation population. This will enable the nursing homes to better control their own destinies within the context of broader healthcare reform."

Another cost savings aspect of the program is the focus on returning people to their home rather than keeping them in a skilled nursing environment, perhaps under the Medicaid program. Medicaid is the federal program which historically pays for nearly 50 percent of all extended care costs. "We feel that the TCU program will help support our nation's effort to reduce long term healthcare costs," said Pitzele.

Instrumental in the design of the TCU program is Ned Zallik, M.D., internist and gerontologist at Rush North Shore Medical Center and Medical Director at Glenview Terrace. "Physicians, nursing and social services of both Rush North Shore Medical Center and Glenview Terrace have come together to forge a unique relationship for the benefit of patient continuity of care," says Zallik.

"The TCU program has been developed to bring the best of hospital care together with skilled care creating an independent unit dedicated to meeting the immediate needs of these short-term rehabilitation patients. We feel that this unit is a model for other institutions, hospitals and nursing homes, that want to work

### Health and Happiness in Later Life

"New Expectations: Health and Happiness in Later Life," a program sponsored by the Senior Health Program of Rush North Shore Medical Center, will be held on Wednesday, Jan. 25, 7 p.m. at the Morton Grove Park District's Prairie View Community Center, 6834 Dempster, Morton Grove.

Dr. Marco De La Cruz, a physician with Rush Prudential Health Plans, will speak about health issues that arise in later life and how they can be dealt with.

For more information or to make a reservation, call the Rush North Shore Referral Line at (708) 933-6000.

### Niles couple celebrated Golden Anniversary

Niles residents Lois and Frank Michard celebrated their Golden Anniversary on Dec. 23, 1994. They were married in 1944 at Watson Park Congregational Church UCC Chicago. They have four children (Susan, Barbara, Guy and David). They have four grandchildren (Heather, Shelley, Dan and Jennifer). They celebrated on August 7 at Chateau Rand in Des Plaines. Both relatives and friends joined in the celebration.

On Dec. 23 they had dinner at Prime Minister and saw "Music Man" at the Lincolnshire Marriott.

**THE BUGLE**  
 (USPS 069-760)  
 Editor and Publisher  
 Bob Besser

**MEMBER**  
 NORTHERN ILLINOIS NEWS PAPER ASSOCIATION

VOL. 38, NO. 30, JAN. 19, 1995  
**8746 N. Sherman Rd. Niles, IL 60714**  
 Phone: 966-3900-1-2-4  
 Published Weekly on Thursday in Niles, Illinois

Second Class Postage for The Bugle paid at Chicago, Ill. and additional entry offices. Postmaster: Send address changes to The Bugle, 8746 Sherman Rd., Niles, IL 60714

Subscription Rate (In Advance)  
 Per single copy ..... \$ .50  
 One year ..... \$13.00  
 Two years ..... \$22.50  
 Three years ..... \$29.00  
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### 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.

**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.

**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.

**INCOME TAX REGISTRATION**  
 Income tax registration will begin on Monday, Jan. 23 at 9:30 a.m. Appointments will be on Tuesday, Wednesday, and Thursday mornings and afternoons beginning on Tuesday, Jan. 31 through April 6. If you need to fill out a circuit breaker only, please let us know.

**MEN'S CLUB MEETING**  
 The men's Club meeting will be held on Monday, Jan. 23 at 10:30 a.m. tickets will be on sale for the Medieval Times trip on Wednesday, March 8 at noon. Cost is \$25 and includes transportation, show and a dinner of chicken and ribs. Vegetarian meals also available if requested.

**MEDICARE/SUPPLEMENTAL INSURANCE INFORMATION APPOINTMENTS**  
 Medicare/supplemental insurance information appointments are free to seniors. Representatives from Banker's Life Ins. Co. are available on an individual basis on Wednesday, Jan. 25. Appointments are required.

**LOW VISION TECHNOLOGY FOR THE VISUALLY IMPAIRED**  
 A lecture and demonstration on Low Vision Technology for the Visually Impaired will be on Wednesday, Jan. 25 at 2 p.m. This lecture and demonstration will review several of the newest available pieces of equipment that may assist the visually impaired. Free. Registration required.

**CPR CLASS**  
 A CPR class will be taught at the Niles Senior Center on Jan. 26 from 1 p.m. - 5 p.m. for Niles residents. Registration required. Free.

**LECTURE ON ILLINOIS TAX CHANGES**  
 A lecture on Illinois tax changes is on Friday, Jan. 27 at 2 p.m. The Illinois Department of Revenue will review the new changes. Advanced registration required.

**VOLUNTEER DRIVERS NEEDED FOR HOMEBOUND MEALS**  
 With the Season of Giving upon us, it is a time to reflect on how we can help those who are in need. The Niles Senior Center offers the opportunity for you to give as little as an hour or two a month to assist our "Homebound Elderly." Volunteer drivers are needed to deliver 6 to 9 hot meals daily between the hours of 11:30 a.m. to 12:30 p.m. Those people interested but can only help once or twice a month should also consider. To volunteer your services or to get more information please contact Mary Oleksy at the center.

**VOLUNTEER EXERCISE LEADER NEEDED**  
 The Healthettes, a women's exercise class, is in need of volunteer women interested in becoming exercise leaders. Interested persons may contact Terry Sprengel, RN,BSN.

**DISCOVER DISCUSSION VOLUNTEER NEEDED**  
 Discover Discussion volunteer needed to facilitate discussions at the Senior Center on various topics. Training along with all the materials will be provided by Oakton Community College. Once trained, the volunteer will conduct 6 week sessions of 1 1/2 hours at the Niles Senior Center. So why not get involved? Contact Mary Oleksy if interested.

**EXPERIENCED NEEDLEPOINT STUDENTS**  
 The Niles Senior Center currently is offering individualized instruction in Needlepoint. The class will begin on Monday, Feb. 6 through April 3 from 1-3 p.m. at Ballard Leisure Center. The cost for this class is \$20 for instruction only.

**BEGINNER NEEDLEPOINT CLASS**  
 Learn the continental and alternating continental stitches and make a 7 x 5 inch "Home Sweet Home" or floral picture. The class will be held at Ballard Leisure Center on Mondays, March 20, 27 and April 3 from 1-3 p.m. The cost is \$33.50 and includes all materials and classroom instruction.

**WOMEN'S GOLF PROGRAM**  
 A Women's Golf Program will be held on Friday, April 7 at 2 p.m. at the Senior Center. Golf tips will be provided by Greg Genz, followed by a brief introduction of the 1995 Women's Golf season. Refreshments will be served. Registration required. Free.

### Jablonski appointed to Niles Economic Development Commission

Martin F. Jablonski has been appointed to the newly organized Niles Economic Development Commission. An 11-member advisory board created to promote optimum usage of industrial and retail properties situated within the village.

Jablonski, who was appointed by Niles Village Mayor Nick Blas, resides in neighboring Glenview and serves as vice president/commercial property specialist at the Lincolnshire office of CB Commercial Real Estate Group. During his 14 year tenure, he has been ranked in the top three percent of the firm's nationwide sales force.



Martin F. Jablonski

### 'Street Smarts' with Detective J.J. Bittenbinder

On Tuesday, Jan. 31 from 7 to 8:30 p.m. at Culver Middle School, 6921 W. Oakton St., in Niles, School District 71 nd 219, Niles Elementary Schools PTA, the Niles Human Services Department, and the Niles Police Department will be hosting a free program, entitled "Street Smarts for Kids, Parents, Seniors, and the Niles Community," featuring Detective J.J. Bittenbinder. Free child care is available for children between 3 and 9 years of age. Detective J.J. Bittenbinder has been a member of local police forces since 1971. He has spent the past 17 years in homicide and violent crimes. From this extensive experience, he has developed hard hitting "tough target" strategies and "street smart" skills which he shares with his audience. Currently, he is with the Sheriff's Department.

For information about this free program, call Marguerite Adelman, Family and Community Involvement Coordinator for District 71, at 647-9752.

### Ten free trees from National Arbor Day Foundation

Ten free trees will be given to each person who joins The National Arbor Day Foundation during January 1995. The free trees are part of the nonprofit Foundation's Trees for America campaign. The ten trees are the Sugar Maple, White Flowering Dogwood, Pine Oak, White Pine, Red Maple, Birch, American Redbud, Silver Maple, Red Oak, and Colorado Blue Spruce. "These trees were selected to provide benefits every season of the year: lovely spring flowers, cool summer shade, spectacular autumn colors, and winter berries and nesting sites for songbirds," said John Rosenow, the Foundation's president.

The trees will be shipped post-paid at the right time for planting between Feb. 1 and May 31 with enclosed planting instructions. The six to twelve inch trees are guaranteed to grow or they will be replaced free of charge. Members also receive a subscription to the Foundation's bimonthly publication, "Arbor Day," and The Tree Book with information about tree planting and care.

To become a member of the Foundation and to receive the free trees, send a \$10 contribution to Ten Free Trees, National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by Jan. 31, 1995.

**Morton Grove Park offers Funky Jazz**  
 Girls and boys, ages 9 to 12, can learn the fun free-style form of hip-hop dance as well as basic jazz techniques in the Morton Grove Park District's new Funky Jazz Class. Also included in this fun class will be moves from other popular dances like the "electric slide."

Funky Jazz will begin Monday, Jan. 23 at National Park Fieldhouse and will run until May 8. Class time is 6:30 to 7:15 p.m. Dancers can register at the Prairie View Community Center, 6834 Dempster Street, Morton Grove. For more details call 965-1200.

### District 67 plan committee to meet Jan. 24

The Board of Education of Golf School District 67 will hold a Strategic Planning Committee meeting Jan. 24, at 3:30 p.m. at the Golf Middle School, 9401 Waukegan Road.

**USE THE BUGLE**

### Park Board reports on busy '94

At its first meeting of 1995, the Niles Park Board Commissioners gave updates on its 1994 programs, presented awards and made promotions. The first two Helen Skaja Personal Service Awards were presented to Phyllis Luppino, a secretary/receptionist at the Board for eight-years, and Buck Buchanan, a 20-year staff member at the Board within the last five years.

The Board is anxious to obtain a Park District "Gold Medal" award. President Elaine Heinen and Commissioner Tim Royster agreed that an in-house consultant should be appointed. Shauna Bezilla will begin working on this, and a committee will later be formed to begin the organization process.

Royster reported that Senate Bill 1510, a bill that seeks to reinstate the roll over bond authority to park districts to assist with capital projects, comes up for a vote again in the legislature. He speculated that it was too early at this time to determine if it will pass both houses. Last year, the proposed legislation bill did pass the Senate but was unable to get through the House.

Royster further stated that he spoke with Peter Murphy, attorney for the Illinois Association of Park Districts, about the proposed tax cap. Royster believes that this Bill will be voted on and passed within the next 60 days. Home rule communities such as

Niles will not be included, however, although the Park District will be included.

John Jekit was named the Assistant Superintendent of Recreation of the Park District. Mary Woitas and Angie Marwice, two park district preschool teachers, were selected to attend the Chicago Metropolitan Association for Education of Young Children. These teachers were chosen out of 6,000 preschool teachers to propose a preschool program at its conference.

"Expect Our Best," is the new Park District Customer Service Review Board slogan. Vice President Myrna Breitzman said that seminars will be held involving role playing to emphasize to employees some of the problems residents have had with park programs. It is hoped that this will inspire better reaction from Park District employees. Feedback from the public is welcome.

Park Service staff reported a busy season. An outdoor ice rink was established at Oakton Manor Park, at 8100 Ozark. The Ice-Land winter class session has been busy with the addition of new skaters and programs and with the construction progress of its new meeting room.

Construction of the new Tam clubhouse is progressing well, Commissioner Rick Sheridan stated.

### Niles West debate team tops in U.S.

The Niles West debate team has secured its national standing by winning two of the biggest nationally ranked tournaments in the country, the Loyola-Marymount University contest in Los Angeles and the Golden West Tournament of Champions, held at the University of Redlands in Redlands, Calif.

These two competitions make up the "California Swing," and by winning both, Niles West has solidified its standing as the top

high school debate team in the country.

At Loyola-Marymount, the team of George Kourous of Skokie and Armand Revelins of Lincolnwood swept the contest, winning every event in which they participated.

The team of Kristin Langwell and Rachel Gressel, both of Lincolnwood, also completed the contest with a 5-1 record and continued to the octafinals. Kourous, Revelins and Langwell won three of the top seven speaker trophies at the competition.

At the Golden West Tournament of Champions, held the day after the Loyola-Marymount debates, Niles West became only the second team in the event's 25-year history both to win the tournament and close out the final round of the competition. In addition to the overall victory, Kourous was named the top speaker, while Langwell was fourth and Revelins was seventh.

### Chicago sculptor dedicates work at OCC



Photo by Mike Heuel

Chicago sculptor John Kearney helped install his metal sculpture, "Oakton Spirit," a bronze deer made from chrome bumpers of junk cars, on Jan. 13 at Oakton Community College's Des Plaines Campus, 1600 E. Golf Rd.

The sculpture, which is displayed on Student Street, contains a compartment that passersby, students, faculty, staff and the like, can use to insert contributions of coins or bills. The funds collected went to Oakton's Educational Foundation to support such efforts as student scholarships, instructional equipment purchases, campus improvement, artwork and cultural activities.

Kearney has been using chrome bumpers from junk cars of the '50s, '60s and '70s to create these rare sculptures for 30 years. His work is already well known in the Chicago area. He has a gorilla crawling up a brick house, two horses frolicking about in a shopping mall and a two-ton elephant on display at the Lincoln Park Zoo.

### 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, Feb. 1, at the Center of Concern in Park Ridge. Advance appointments are required and will be scheduled beginning at 9 a.m. that day.

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

Durable Power of Attorney and Living Will forms are available free of charge. A Durable Power of Attorney allows a senior to designate another person to make property or health care decisions in the event the senior becomes physically or mentally unable to do so.

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

To be eligible for the Senior Citizens Will Program, a client must be age 60 or over. Annual income must not exceed \$15,000 (\$20,000 for a couple); and assets, excluding a home and personal car, should be worth no more than \$30,000. Appointments for the Senior Citizens Will Program must be scheduled in advance. To register, call the Center of Concern at (708) 823-0453.

#### Richard P. Irwin

Navy Fireman Recruit Richard P. Irwin, son of Richard A. and Kathleen Irwin of Morton Grove, recently participated in an historical decommissioning ceremony while serving as one of final crew members of the 38-year-old aircraft carrier USS Saratoga. The 1991 graduate of Niles West High School of Skokie, joined the Navy in May 1993.

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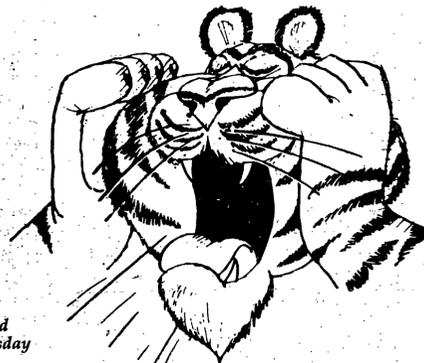
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### Morton Grove Senior Citizens 470-5223

#### HOT LUNCHES

Starting at 11:45 a.m. on Monday, Jan. 23 the Flickinger Senior Center will serve hot lunches to seniors age 60+. Nutritious lunches and exciting activities are scheduled for every Monday, Wednesday and Friday. The Community Nutrition Network, Incorporated operates this program with funds from the federal government's Older American's Act. The lunches are precisely one third of a senior's recommended dietary allowance (RDA), but not only that, they're delicious too. The cost of a meal is by donation with the suggested contribution being \$1.25. Up to 44 diners are served each day and reservations are required. For more information about the lunches or about transportation to the center, call the Morton Grove Senior Hot Line at 470-5223.

#### DIABETES SCREENING

Non-insulin-dependent diabetes usually occurs in adults over age 40. It is usually gradual in onset. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin; slow healing of cuts and bruises; and drowsiness. Free diabetes screenings are available from 9 to 10 a.m. on Tuesday, Jan. 24 in the Flickinger Senior Center. People coming in for the screening should not be known diabetics and should fast from the evening meal of the night before.

#### EXPLORING YOUR CREATIVITY

Melt away those wintertime blues, 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 classes beginning 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.

#### GOLF MILL

The Morton Grove Senior Center will be making two trips to Golf Mill Mall on Wednesday, Jan. 25. The trips are free of charge to all Morton Grove residents over age 55 and departure times are 9:30 and 10:30 a.m. For a reservation call the Morton Grove Senior Hot Line at 470-5223.

#### FREE INCOME TAX RETURN ASSISTANCE

Income tax time is coming soon and Morton Grove will again offer free income tax assistance through the AARP Tax-Aid program to people age 60 and over. From Feb. 6 through April 12, Tax-Aid volunteers will prepare income tax returns at no charge. Seniors who wish to have their tax returns done should bring copies of their 1993 federal and state tax returns; tax forms or the 1994 tax year, and W-2s, SSA-1099s and other relevant date showing income for 1994. Call the Morton Grove Senior Hot Line at 470-5223 for your personal appointment on a Monday or Wednesday at the Prairie View Community Center or on a Friday at the Flickinger Senior Center. Appointment times are between 9 a.m. and 1 p.m.

#### "WHY CAN'T I HEAR YOU?"

Learn about hearing processes as we age, as well as the straight story on hearing aids. A free lecture at noon on Thursday, Feb. 9 in the Prairie View Community Center will feature audiologist Kimberley Austin of Rush-Presbyterian-St. Luke's Medical Center.

#### GANGSTERTOWN

Enjoy a great afternoon with Mayor "Big Bill" Thompson and his gal Roxie. The bash (reported as a fund raiser for the Mayor's re-election coffers) will be held on Thursday, Feb. 23 at Gangster town, a Roaring Twenties Speakeasy. The Mayor's charming bad guys and gorgeous flappers will sing and dance to some of the best songs of Cole Porter, George Gershwin and Duke Ellington. As for the food, the Mayor will serve nothing but the best! An Italian feast of homemade soups, salads, pasta, chicken vesuvio, oven roasted potatoes, bakery bread and Italian cookies. What more could you ask for? Seniors will leave the Prairie View Community Center at 11 a.m. and return around 3:30 p.m. The cost is \$39.50 and \$43.50 for non-residents. For details call Catherine Dean, 965-7447.

#### HOSPICE VOLUNTEERS

Visiting Nurse Association North is seeking volunteers for its Hospice Program. People interested in working with hospice patients and their families may enroll in the four-week Comprehensive Volunteer Training Course on Tuesday and Thursday evenings beginning Feb. 28. However, in some cases, a 2 hour orientation is all the training that is needed. Being a hospice volunteer is a challenging and rewarding opportunity to provide companionship, assistance and support to patients and families through a period of terminal illness. For further information about enrolling in the training program, please contact Nadine Francione at VNA North Hospice, (708) 581-1717.

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.

### Oakton Arms sponsors lecture on hypertension

The Oakton Arms Retirement Community, 1665 Oakton Place, Des Plaines will present "Hypertension: Recognition and Management," a lecture given by Cynthia Campbell from Regency Home Health Services, on Wednesday, Jan. 25 at 1:30 p.m. Following the lecture there will be blood pressure screenings from 2:30 to 3:30 p.m. For reservations or more information, call (708) 827-4200.

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## Church & Temple News

### Disability Awareness Sunday at Glenview church

Glenview Evangelical Free Church is planning a special service on Sunday, Jan. 22, to celebrate Disability Awareness Sunday.

"In this day of growing awareness of the needs of disabled people, our church wants to be available and of help to those who are disabled," said Pastor Charles Dake.

"We want our congregation to be a caring one-able-bodied and disabled members learning from one another. Each has much to offer. The handicapped person has had to face problems and search for answers concerning the worth and dignity of his or her life. The able-bodied Christian can provide the assisted assistance and acceptance that Jesus Himself spoke of in Matthew 25."

On Disability Awareness Sunday, Glenview Evangelical Free Church will acknowledge in the context of its Sunday worship service, that God's power shows up best in weakness.

"No matter what our handicap—whether it be a broken neck or broken heart—we have a God that cares about our pain. And this church," stated the pastor, "wants to declare His sovereignty, power, and love to a world that is hurting and unbelieving. This will be

the subject of my sermon that day." The services will begin at 8:30 and 11 a.m.

A survey will be taken of the congregation regarding the needs of the disabled to help the church know and meet the needs of the disabled.

Call the church office at 724-7277, for further information.

### EZRA hotline needs volunteers

EZRA, a hotline for people in need, is itself in need of volunteers to handle incoming calls. The need is especially great in the winter months.

EZRA (Hebrew for "help") connects over 5,000 callers a year with non-profit humanitarian agencies throughout the Chicago area, which provide emergency food and shelter, crisis counseling, and medical attention. EZRA also helps callers secure legal aid, alcohol- and substance-abuse counseling, employment networking, services for battered women, and housekeeping for the bedridden or elderly.

Volunteers should be willing to offer approximately three hours a week, every week. The greatest need for assistance is from 9 a.m. to 5:30 p.m., when most of the calls come in. However, EZRA is extremely flexible, and will be able to accommodate most schedules.

No specific skills are required, as EZRA provides free training. Also, one need not belong to the Jewish community to volunteer or receive aid.

The EZRA Hotline is primarily funded by the Jewish United Fund, and is administered by the Jewish Children's Bureau. EZRA's office is located at the Jewish Federation headquarters, at 1 South Franklin in Chicago, (Madison and Franklin). Call the EZRA Hotline at 1 (800) 248-1818 to volunteer.

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## OBITUARIES

### Dolores T. Knutsen

Dolores T. Knutsen, 64, of Norridge, died on Dec. 24 at Resurrection Medical Center. Mrs. Knutsen was born Aug. 28, 1930 in Chicago. She was the wife of the late James Knutsen, mother of Pamela (William) Schueler, Jeffrey (Doris) Knutsen and Debra (Joseph) Bruno, sister of Leona Jedlinski, Helen Tambur, Florence Pawinski, Joseph Styka and Jenny Styka, grandmother of five. Funeral services were held Dec. 28 at St. Eugene Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery.

### Frances L. Witkowski

Frances L. Witkowski, 69, of Niles, died on Dec. 27 at Lutheran General Hospital. Mrs. Witkowski was born Oct. 13, 1925 in Chicago. She was the wife of the late Edwin Witkowski, mother of Christine (Ronald) Puszyński, Adrienne (James) Paxton, Wayne Witkowski and Edwin (Anna) Witkowski, sister of Stanley Kappel, Eileen (Joseph) Deren, Frank Kappel and the late Helen Serwal, grandmother of four. Funeral services were held Dec. 30 at St. Paul of the Cross Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in All Saints Mausoleum, Des Plaines.

### Vincent Nacas

Vincent Nacas, 72, of Niles, died on Dec. 27 at Lutheran General Hospital. Mr. Nacas was born April 22, 1922 in Lithuania. He was the husband of Maria Nacas. Funeral services were held Dec. 29 at Skaja Terrace Funeral Home. Interment was in Lithuanian National Cemetery, Justice, IL.

### Cecylia Teresa Rymkiewicz

Cecylia Teresa Rymkiewicz, 67, of Niles, died on Dec. 21. Mrs. Rymkiewicz was born May 25, 1927 in Poland. She was the wife of Eugeniusz Rymkiewicz, mother of Anna (Victor) Seafaryn. Funeral services were held Dec. 24 at St. Juliana Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Montrose Cemetery, Chicago.

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- Questions About Funeral Costs?
- Funeral Pre-Arrangement
- Facts About Funeral Service

### Lucille E. Wayman

Lucille E. Wayman (nee Bell) 75, of Skokie, died on Jan. 2 at The Abington of Glenview. Mrs. Wayman was the wife of the late Frank (Joan) Sr., mother of Frank (Joan) Manzo, Jr. and Donald (Marylyn) Manzo, sister of Clara Dwyer and Mary Del Boccio, grandmother of eight, great-grandmother of eighteen. Funeral services were held Dec. 23 at Our Lady of Ransom Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery.

### Ernest C. Schulz

Ernest C. Schulz, 87, of Skokie, died on Jan. 6 at Rush North Shore Medical Center, Skokie. Mr. Schulz is survived by his wife Theresa (nee Eisgruber), two sons, Herman C. (Velma) of Skokie and Ernest F. (Jean) of Chicago; eight grandchildren; and thirteen great-grandchildren. Funeral services were held Jan. 9 at Haben Funeral Home, Skokie. Private entombment was held at Memorial Park Mausoleum, Skokie.

### Jacob C. Heinz

Jacob C. Heinz, 89, lifelong resident of Skokie, died on Jan. 6 at Evanston Hospital. Mr. Heinz was a steamfitter with the former Fred Ellis Heating Contracting Co. He was a member of the Pipefitters' Assn. Local Union No. 597 and a charter member of the Skokie Council Knights of Columbus, No. 3243. He is survived by his wife, Marguerite (nee Steffens); a daughter, June Balme; grandchildren, Steven (Deb) and Sue Balme; and four great-grandchildren. Funeral Mass was held Jan. 10 at St. Joan of Arc Church, Skokie. Private interment was held at St. Mary Cemetery, Techny, IL.

### Lucille R. Dorton

Lucille R. Dorton, 73, of Park Ridge, died on Dec. 21 at Northwest Community Cont. Care. Mrs. Dorton was born Nov. 8, 1921 in Canada. She was the mother of Thomas (Marypat) Olson and Theodore Olson, step-mother of Judith (Paul) Schuerk and Gail (Noel) Desbines, grandmother of Molly Olson and Paul, Matthew and Mark Schuerk, sister of Dorothy (late Ed) Mahoney and Betty (Jack) Brotherton. Funeral services were held Dec. 23 at Messiah Lutheran Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Memorial Park Cemetery, Skokie.

### Elmer F. Nawrocki

Elmer F. Nawrocki, 70, of Park Ridge, died on Dec. 23 at Lutheran General Hospital. Mr. Nawrocki was born Dec. 28, 1923 in Chicago. He was the husband of Josephine Nawrocki. Funeral services were held Dec. 27 at St. Paul of the Cross Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery.

### Angeline Manzo

Angeline Manzo, 88, of Niles, died on Dec. 20 at Suburban Hospital. Mrs. Manzo was born Aug. 30, 1906 in Fondulac, Wisconsin. She was the wife of the late Frank Manzo, Sr., mother of Frank (Joan) Manzo, Jr. and Donald (Marylyn) Manzo, sister of Clara Dwyer and Mary Del Boccio, grandmother of eight, great-grandmother of eighteen. Funeral services were held Dec. 23 at Our Lady of Ransom Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery.

### Donald C. Schneider

Donald C. Schneider, 65, of Niles, died on Dec. 20 at Lutheran General Hospital. Mr. Schneider was born June 11, 1929 in Chicago. He was the husband of Shannon, father of James (Carol) and Kenneth (Deborah) Schneider, grandfather of William, Steven and Katherine Schneider. Funeral services were held Dec. 23 at Skaja Terrace Funeral Home. Interment was in Acacia Park Cemetery.

### Alvina "Toots" Freres

Alvina "Toots" Freres (nee Niemann) 91, of San Antonio, TX, and formerly of Skokie, died Jan. 7 in San Antonio. Born in Niles, IL, Mrs. Freres, along with her late husband, Joseph, operated the former Freres Bakery in Skokie. She was a former member of the St. John Lutheran Church, Niles and the St. Paul Lutheran Church, Skokie. She is survived by two sons, Glenn (Lorraine) of San Antonio and Dale (Bobbie) Freres of Galena, IL; six grandchildren; and nine great-grandchildren. Funeral services were held Jan. 14 at Haben Funeral Home, Skokie. Interment was at Memorial Park Cemetery, Skokie.

### Lucille R. Dorton

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**ATTEND CHURCH**

## CRC responds to NJCRAC resolutions

The Chicago Rabbinical Council provided our local Jewish Community Relations Council with a written detailed response to the National Jewish Community Relations Advisory Council Resolutions. Once voted upon at the National Plenum, this year to be held in Washington, D.C., they will be represented as the consensus view of American Jewry. The resolutions cover a wide range of topics.

The CRC made a strong appeal for the placing into action of the call for dialogue embodied in Proposition 6. At a recent JCRAC meeting in Chicago Rabbi Philip Lefkowitz speaking for the CRC stated, "It is high time for the Jewish Community through the vehicle of local JCRAC's across the country to develop a mechanism for meaningful dialogue. The issues confronting American Jewry, the issues dividing American Jewry, coupled with the dramatic change on the American political scene, warrant a candid and well organized dialogue."

The CRC called upon Chicago's JCRAC to develop a blueprint for this national program. Mr. Bob Adler, Chair of Chicago's JCRAC responded by stating that the dialogue issue would be placed upon JCRAC's agenda.

The CRC had no option but to veto language in Proposition 7 supporting so called "gay-rights" legislation. In its written response the CRC stated that it "is on record opposing so called 'Gay Men's Breakfast Club to meet"

The Men's Breakfast Club will meet at Kappy's Restaurant on Saturday, January 21 at 8:30 a.m. Men of all ages are welcome!

Rights" bills. In fact these bills, as the ones passed in Chicago, have as their main objective, the legitimization of the gay life style by its recognition in law. To now label all bills aimed at the removal of legislation that granted legitimacy to this immoral behavior as "anti-homosexual rights" is a false coloration of reality."

Speaking to the issue of public funding of day schools and Yeshivah, the CRC once again urged support for the concept of vouchers as put forth by Teach America. Essentially constructed in the same manner as the G.I. Bill, this voucher system, allows monies to go to the parochial and private school while not infringing upon the separation of church and state.

The CRC expressed the gravest of concerns regarding language in Proposition 13 calling for the establishment of an ad hoc committee to consider the American Jewish responsibility vis-a-vis religious pluralism in Israel. It used its veto to remove a strategic goal which read "...continue to examine the nature and extent of its involvement (i.e. the American Jewish Community) in those international public affairs issues in Israel that have implications for the American Jewish-Israeli relations..."

Speaking for the CRC Rabbi Lefkowitz stated that this is simply a veiled threat to coerce Israel into acceptance of the American definition of pluralism. The CRC will enable Rabbi Lefkowitz to attend the upcoming plenum as a delegate representing Chicago's JCRAC. Delegates to this year's plenum will meet with many of our national political leaders during their four day stay in Washington.

## Men's Club continues Breakfast Programs

The Men's Club of Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, will continue its Sunday Morning Breakfast Programs with "Mini Dunitz" - Inviting Jewish Choices" - Interfaith Parenting and Grandparenting on Jan. 22.

Then, a month later, at the Feb. 26 Breakfast, Howard Kaplan and Earl Simon—The March of the Living—will be speaking. The Breakfasts follow the Sunday Morning Minyan which begin at 9 a.m. Everyone is welcome.

## Shabbat services scheduled at NSJC

The Bet Class of the Hebrew School of Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, will be participating in Friday Evening Shabbat Service at 8:15 p.m. on Jan. 20.

Participants include Aric Bertram, Elliot Berzack, Michael Drayer, Hilary Frase, Lindsay Jacobs, Michael Jensen, Cheryl Kachka, Leslie Matlin, Jake Morrel, Robert Offenber, Shana Pike, Beth Schneider, Edward Simon, Kevin Tansky, Gregory Ward, and Samantha Zylberman. Education Director of the Hebrew School is Aron Klein. The class teachers are Mrs. Auslander and Mrs. Loskove.

Tot Shabbat will be held at the Friday Evening Service on Jan. 27, at 6:30 p.m. This will be a Service with prayers, songs, and stories for your children and their families. Mourners Kaddish will be recited.

Everyone is welcome at both Services. Conducting the Service will be Rabbi Edward H. Feldheim. Saturday morning Services begin at 9:30 a.m.

## Niles Community Church

Niles Community Church, 7401 W. Oakton St, invites you to worship on Sunday, January 22 at 10 a.m. On this Sunday, we will hold our first Service for Wholeness for 1995. Pastor Boswell will preach on 1 Corinthians 12:12-31a, "The Scars We Bear."

## Donations sought for auction

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, announces its "Action Auction '95" to be held on Sunday evening, March 19 at the Synagogue.

Donations of new merchandise are now being accepted. Please call the Synagogue Office for more information. Mark your calendar now to attend this special event.

## Notre Dame announces new Director of Development

Notre Dame High School for Boys in Niles announces the recent appointment of John Ziebell as its Director of Development.

Over the past thirteen years Ziebell has served in Independent School Development, Alumni Programs, and Communications. As the Associate Director of Development for Planned Giving at Lake Forest Academy in Lake Forest, Ziebell was responsible for identifying, cultivating and soliciting prospects for membership in Planned Giving Honorary Society founded in 1988. Also included in his responsibilities were development and marketing of a variety of planned gift opportunities.

Ziebell also served as the Director of Alumni Programs and Chief Administrative staff person dealing with the Alumni Association and its Alumni Council/Development activities.

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## Health News

### 'Men and Grief' workshop at Oakton

A weekend workshop entitled "Living With Our Losses" will be held at Oakton Community College, 1600 E. Golf Rd. in Des Plaines. The two day workshop will be held on Friday, Jan. 27 from 7:30 to 9:30 p.m. and on Saturday, Jan. 28 from 8:30 a.m. until 5 p.m.

The workshop is organized by VITAS Innovative Hospice and will be facilitated by Jack Dohr, M.A., Manager of Bereavement Services. The workshop is one of a series of grief workshops that are ongoing programs provided to the community by VITAS Hospice. This particular program is incorporated into the "Wellness Program" of Oakton Community College.

In order to allow the participants to feel comfortable in a peer setting, this grief support workshop is presented for men only. It follows a series of offerings at Oakton Community College for men including specialized psychology courses offered by Dr. Gregory Baldauf, an ongoing Men's Support Group, as well as the recent "Men's Day" conference held this past November.

Topics of the workshop include: tasks of grief, guilt and anger, growth from divorce, and saying goodbye to our losses. The

workshop will include use of videotapes produced by Dr. Howard Clinebell, Ph.D. "Growth Through Grief", handouts, discussion and sharing. Although there is no cost to attend this workshop, each man must commit to attend the full program. Group size will be limited to 12 men. On Saturday, it will be necessary to "brown bag" a lunch.

For information or to register for this "men only" workshop, contact Jack Dohr at VITAS: (708) 470-9193.

### Eating disorder group meets

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

The meeting is free. Those interested are invited to attend. ANAD groups now hold regular meetings in numerous North Shore communities and other sections of greater Chicago.

For additional information call (708) 831-3438.

### Forest schedules professional program

Forest Health Systems presents "Intensive Divorce Therapy," a workshop for social workers and other professionals, on Wednesday, Jan. 25 at Forest Hospital, 555 Wilson Lane, Des Plaines. Registration will begin at 8 a.m.; the workshop will run from 8:30 a.m. to noon.

The workshop will be presented by Rick Tivers, L.C.S.W., A.C.S.W., co-director of The Center for Divorce Recovery, who has specialized in the area of divorce for more than 10 years. Tivers is on the faculties of the College of Lake County and Oakton Community College.

Addressing a range of issues relating to divorce, this program will help participants understand the dynamics of the divorcing family, develop treatment tools to assist both parents and children in the recovery process, and learn how to intervene with parents who put their children in the middle.

The workshop is approved for

3.5 hours of continuing education credit for social workers. Reservations are requested; to register or for further information, call (708) 635-4100, ext. 363.

### CO detector refunds available

Consumers in the Chicago area who purchased a First Alert carbon monoxide detector and are dissatisfied with it will be able to obtain a full refund until Jan. 31, by calling 1-800-323-9005. A recorded message will give instructions on obtaining a refund, which should arrive by mail within three to four weeks.

The Chicago Department of Consumer Services announced the refund offer after the high rate of nuisance alarms that occurred during the recent cold spell, according to the department.

### Mobile Health Clinic to visit Mt. Prospect

The Cook County Department of Public Health's Mobile Adult Health Clinic, the Wellness on Wheels (WOW) van, is scheduled to visit the John Jay School, 1835 Pheasant Trail, on Tuesday, Jan. 24. Eligible suburban Cook County residents can receive physical examinations. Appointments can be made by calling the Cook County Department of Public Health at (708) 445-2530, 8:45 a.m. to 4:15 p.m., Monday-Friday.

Services offered through the WOW van include health counseling, tests for anemia and diabetes, blood pressure and cholesterol screening, tuberculosis (TB) testing, immunizations, urinalysis, self breast exam instruction, pelvic exams and pap smears for women, and prostate and testicular exams for men. If a health problem is found, the client will be referred to available services for treatment.

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

### New Year's nutrition program offered at Res

Resurrection Medical Center, 7435 W. Talcott Ave., Chicago, will offer a nutrition program in January.

"Here's to a Healthy New Year" will be held on Monday, Jan. 23, from 11 a.m. to noon and from 7 to 8 p.m. A registered dietitian and registered nurse will talk about how to get started in making permanent changes to help you lose weight and keep it off. The fee is \$5 per person.

For more information, registration and class location, call (312) RES-INFO (737-4636).

USE THE BUGLE

### Monarch Ball kickoff party marks new beginning



(L-R) Ardie Sayers of Northbrook and former DePaul coach Ray Meyer are two local celebrities expected at Resurrection Health Care's Monarch Ball. The gala will be on March 4, at the Chicago Hilton and Towers.

The 1995 Monarch Ball kickoff party marked a rebirth for Resurrection Health Care's spring gala to be held on March 4. Instead of having a successful event within its own "community," Resurrection Health Care has decided to share its rich history and dedicated spirit with Chicago by moving the Ball to the Grand Ballroom at the Chicago Hilton and Towers.

Kickoff party co-chairmen Dr. Joe D'Silva and his wife, Lucy, of Northfield hosted the event for board members, staff and supporters at the Ridgemoor Country Club in Chicago on Nov. 2. Among the celebrities present were former Cubs announcer Jack Brickhouse, DePaul's legendary basketball coach Ray Meyer and Ardie Sayers, wife of Chicago Bears great Gale Sayers. Joseph F. Toomey, Resurrec-

### Learn to cope with panic, fears and phobias

"Panic, Fears and Phobias: How to Fight Back," a program sponsored by Rush North Shore Medical Center, will be held on Wednesday, January 25, 7:30 p.m. in the medical center's Sharfstein Academic Center. Robert B. Shulman, M.D., a psychiatrist, will discuss how you can learn to deal with panic, fears and phobias. Factors contrib-

uting to developing these conditions will be discussed. Treatment methods and coping techniques will be described.

The program will last one hour and include a question and answer period. There is no charge to attend. For more information or to make a reservation, call the Rush North Shore Referral Line at (708) 933-6000.

## Health News

### Sound advice about upper airway disorders

One out of every four people is a habitual snorer. That's more than 60 million Americans. Data suggest that those who snore may develop obstructive sleep apnea, a serious medical problem, which can lead to stroke, hypertension or a heart attack.

Holy Family Medical Center will sponsor a free upper airway disorder community lecture on Tuesday, Jan. 24, from 7 to 9 p.m. in Holy Family's auditorium, at the corner of Golf and River roads in Des Plaines.

Upper airway disorder topics will include those associated with the nose, voice and snoring, and will include information on the Laser Assisted Uvulo-Palatoplasty (LAUP), a medical

alternative for those who snore. Guest speakers for the lecture include: Raja A. Atiyah, MD, a board-certified otolaryngologist on staff at Holy Family Medical Center and specialist in sleep disorders for more than eight years, and Suellyn Rossman, MD, a board-certified allergist on staff at Holy Family Medical Center and a specialist in allergy/immunology for more than 18 years.

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

### Bereaved parents support group

Parents who have suffered the death of a child from illness or accident are invited to attend the Support Group for Bereaved Parents at The Evanston Hospital. Parents are encouraged to discuss their feelings surrounding their loss.

The group will meet from 7:30 to 9 p.m., Tuesday, Jan. 24 in Room G952 and G956 of The Evanston Hospital, 2650 Ridge Ave., Evanston. The monthly group is facilitated by David Guterman, M.A., psychologist, and Sorrelle Yones, M.Ed., coordinator of the Child Life Program at The Evanston Hospital.

The support group is open to the public free of charge. For more information, call (708) 570-2882.

### Has stress got you down?

A unique Stress Management program will be offered by the Northbrook Park District this winter, combining knowledge and physical movement to help better your everyday mental and physical health. Acquired movements will relieve tension and anxiety while increasing coordination, endurance and energy. Emphasis will be on low-impact breathing and exercise techniques that you can manage each day on your own. The class will be taught by instructors of Traditional Eastern Arts.

Four seasons begin on Jan. 25, 7:30 p.m., at the Park District Leisure Center, 3323 Walters Ave. Registration is being accepted at the 1810 Walters Ave. Registration Office.

### Preventing osteoporosis

"Osteoporosis Update," a lecture sponsored by the women's Health Program of Rush North Shore Medical Center, will be held on Thursday, Jan. 26, at 10 a.m. at the Skokie Public Library, 3215 Oak St., Skokie.

David Shaw, D.O., an obstetrician/gynecologist, will discuss prevention, diagnosis and treatment of osteoporosis. Learn how you can prevent osteoporosis and improve your bone health.

The program is free of charge. For additional information or to make a reservation, call the Rush North Shore Referral Line at (708) 933-6000.

### Oncology Center receives designation



Louis A. Weiss Memorial Hospital cancer specialist Stuart Krauss, MD, of Skokie recently received notice that the hospital's Alfred and Hilda Strauss Oncology Center was designated as one of only 13 institutions in the state as a State of Illinois Community Hospital Comprehensive Cancer Program. Weiss' cancer program, directed by Dr. Krauss, had to meet strict criteria and undergo inspection by the College of Surgeons to receive this certification. Weiss' cancer program treats more than 8,000 patients a year, and is involved in multiple cancer treatment trials including ones using taxol for breast cancer and navelbine for lung cancer. In addition, Weiss, as a University of Chicago Hospital, is a member of the Cancer and Leukemia Group B, an internationally known research group through which Weiss' patients are offered therapy on a wide variety of promising new cancer treatment protocols.

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|  |   | Saltine Crackers<br>16 oz.<br><b>39¢</b>                  | Ocean Spray® Ruby Red Grapefruit Juice<br>64 oz.<br><b>\$1.99</b>          |
|  |   | 30 oz. Twin Pack Kellogg's® Corn Pops®<br><b>\$5.99</b>   | Smuckers® Strawberry Jam<br>32 oz.<br><b>\$1.89</b>                        |
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# Women's News

## Ambulatory epidurals offered in labor and delivery

Rush North Shore Medical Center has become the second hospital in the Chicago area to offer women an advanced form of epidural anesthesia which provides them with superior pain relief while allowing them to remain ambulatory during the early stages of labor.

"We want our patients to have the most satisfying birth experience they can have," observes Michael Nagel, M.D., vice chairman of obstetrics and gynecology at Rush North Shore, "so we've introduced this technique as part of our continuing effort to make our patients happy and comfortable during labor."

Samuel Parnass, M.D., chairman of anesthesia, says that the "walking epidural" was made possible with the development two years ago of a combined spinal/epidural technique for analgesia. "In this new technique, the needle and catheter for both the spinal and epidural are put in place at the same time," he explains. About 30 percent of women deliver while undergoing the spinal anesthesia alone. Many others require only low-dose epidural medication, which often allows them to remain ambulatory.

Most women who are candidates for a traditional epidural undergo the new spinal/epidural technique and remain ambulatory during much of labor. According to Dr. Nagel, there are no greater risks obstetrically to using the new technique, and it holds promise for actually enhancing the process of labor. "It will give the laboring mother a greater ability to push which could potentially lower the operative delivery rate," he observes.

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### New Miss Teen-USA to win car

Applications are now being accepted for the 1995 Miss Illinois-Teen-USA Pageant, which is the official preliminary to the nationally televised Miss USA Pageant. The Miss TEEN-USA Pageant will be staged in August by Miss Universe, Inc., the producers of Miss Teen USA, Miss USA and Miss Universe Pageants, all nationally televised live on CBS.

Miss Illinois Teen-USA will win a \$1,000 Cash plus an opportunity to win over \$150,000 in Cash and Prizes (including a new car) as the winner of the 1995 Miss TEEN-USA Pageant. The Illinois Pageant will be held in the Grand Ballroom of the Hyatt Regency Woodfield Hotel, Schaumburg, June 16-17-18. There is no performing "talent" requirement. All judging is based on Poise, Personality and Beauty of Face and Figure. Girls from all over Illinois between 15 and 18 years of age who wish further information must write to: Miss Illinois Teen-USA, Dept. NA, P.O. Box 130, Aurora, IL 60507, or phone (708) 896-9838 or our toll-free number 1-800-334-5872. Letters must include two recent snapshots: (1) face shot and (1) full-body shot in as swimsuit or shorts, and a brief biography which includes date of birth, and home phone number.

### Retirement planning for the 90's

"Retirement Planning for the 90's" will be the topic of the Jan. 24 meeting of the North Glen Business and Professional Women's Organization. The meeting will be held at Allgauer's, 2855 N. Milwaukee Ave. Networking will begin at 6 p.m. followed by dinner and the program.

Three North Glen members will present the program. They include Linda Brash, sales representative for Primavera Financial Services; Mary Gardner, investment representative with Edward D. Jones & Co., and Vivian Koehler, a certified financial planner and president of Vivian Koehler & Associates.

Any working woman is invited to attend the meeting. The cost of the dinner will be \$17. Reservations, which must be made in advance, are available by calling Jackie Hudzik, at (708) 291-9029.

### Workshop on 'Writing Family Folklore'

Lori Mieling, Ph.D., nominated as Woman of Achievement for 1994 by the National Assoc. of Women in Careers, will hold a one-day (6-hour) workshop on "Writing Family Folklore" on Saturday, Jan. 28 from 8:30 a.m. to 3:30 p.m. Registration is open to the public.

Based on her experiences of authoring "Crackerjack, Cotton Candy and Sesame Seeds," Mieling will share her expertise, guide and educate others on the fine art of leaving a family legacy for the future. The fee includes Continental Breakfast and lunch. For additional information, call Lori Ink and Associates at (708) 827-8538.

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# Women's News

### Local author to present book on Japanese business

Rochelle Kopp, local author and managing principal of Japan Intercultural Consulting, will present her book, "The Rice-Paper Ceiling: Breaking Through Japanese Corporate Culture," Jan. 21 in Evanston.

Kopp, daughter of David and Jackie Kopp of Lake Forest, graduated from Highland Park High School in 1982. She is also a former resident of Evanston. "The Rice-Paper Ceiling (Stone Bridge Press, 270 pages, \$25), is her first book to be published in the U.S."

Kopp's book is of particular interest to people who work for Japanese companies as well as anyone who wants to learn how a Japanese firm operates. It reveals that although over 700,000 Americans are now employed by Japanese firms, very few of these Americans hold top-level management positions. It analyzes how culture and organizational differences can present barriers to success for American employees of Japanese firms, and offers success strategies for overcoming them.

Kopp is managing principal of Japan Intercultural Consulting, a Chicago-based firm that provides cross-cultural training and human resource management consulting to Japanese-owned firms and joint ventures. Kopp will be on hand to sign her new book at 2 p.m. on Jan. 21 at Barnes and Noble in Evanston, at 1701 Sherman.

### District 70 Parent Education talk

Hope Hornstein's talk will focus on parent/child relationships; how they change over time, what we can expect from them and how to promote getting along through all the days of our lives.

Hope is a District 70 resident and mother of 3 grown children, all of whom attended Park View School. She has a private counseling practice in Morton Grove and has worked at Ravenswood Community Mental Health Center in Chicago for 16 years as a mental health educator and consultant in schools, businesses and agencies.

District 70 invites parents to join us in the Multi-purpose room of Park View School, 6200 W. Lake, at 7 p.m. on Wednesday, Jan. 25.

### Northbrook-On-Ice tryouts to be held

Current ice skaters interested in trying out for Solos, Pairs or Key Characters parts in the 1995 Northbrook-On-Ice program, please take note! Tryouts will be held on Saturday, Feb. 4 at noon at the Northbrook Park District Ice Arena, 1730 Pfingsten Rd.

To be eligible, skaters must be enrolled in 30 weeks of Freestyle Skating classes. 80 percent attendance also will be required. For further eligibility information, consult your 1994 Winter Recreation Guide or call 291-2993.

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# Entertainment

## Concert at Niles West

The Niles West Concert Orchestra, Concert Band and Jazz Band will perform in a special free Winter Concert on Thursday, Jan. 19 at 7:30 p.m. in the Niles West High School auditorium, 6701 Oakton Street in Skokie. The Concert Orchestra, directed by Steven Katz, will perform "Spring" from Vivaldi's Four Seasons Suite, the "Light Cavalry Overture" by Franz von Suppe and Mozart's "Posthum Serenade."

The 77 member Niles West Concert Band, under the direction of William Koch, will play "In All Its Glory" by James Swearingen, "Sousa! Sousa! Sousa!" by John Philip Sousa and Elton John's popular song "Can You Feel The Love Tonight," from the Disney film "The Lion King." The Jazz Band will also be performing a selection of numbers from their extensive repertoire.

Band will perform in a special free Winter Concert on Thursday, Jan. 19 at 7:30 p.m. in the Niles West High School auditorium, 6701 Oakton Street in Skokie. The Concert Orchestra, directed by Steven Katz, will perform "Spring" from Vivaldi's Four Seasons Suite, the "Light Cavalry Overture" by Franz von Suppe and Mozart's "Posthum Serenade."

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## NA'AMAT schedules Israel mission

NA'AMAT USA will conduct its first mission to Israel and Jordan March 12-23, following the signing of a peace treaty and the opening of formal diplomatic relationships by the two nations.

Harriet Green, immediate past national president of NA'AMAT USA, will lead the study mission. She noted that the itinerary will include a meeting with Jordanian women and leaders of NA'AMAT Israel to discuss the opportunities and problems facing women in the neighboring Middle East countries.

Diana Lewis, local President pointed out that this mission continues a tradition of the organization in advancing relations with Arab women. The delegation of NA'AMAT USA members from throughout the United States will visit Amman, the capital of Jordan, Petra, the ancient Nabatean city and Aqaba, the thriving port city.

In Israel the tour will include a visit to the Knesset, meetings with Israeli government officials, and tours of some of NA'AMAT's facilities in Jerusalem, Tel Aviv and Eilat.

The twelve-day mission will leave from New York via El Al Israel Airlines March 12 and return March 23. For information and reservations, contact the NA'AMAT USA office at (708) 446-7275.

## Bonaduce welcomes new addition



Popular radio personality (WLUP-FM, The Danny Bonaduce Show) Danny Bonaduce and his wife Gretchen, became the proud parents of a baby daughter, Isabella Michaela, at Swedish Covenant Hospital, 5145 N. California. Isabella weighed 7 pounds 8 ounces, and is the couple's first child. Joining in congratulating the happy family are Dr. Vernon Dennis, who delivered Isabella, and Julia McDonagh, nurse manager of the hospital's highly respected maternity unit.

## Oakton offers orientation session for Alaska trip

A slide show and orientation session for those who are planning to take the Alaska tour, sponsored by Oakton Community College, will be held on Wednesday, Jan. 25 at 7 p.m. in Room 1540 at the Des Plaines campus, 1600 E. Golf Road.

Five tours are available for booking June 16-July 2; June 30-July 16; July 14-30; July 28-Aug. 13; and Aug. 11-27.

Participants will meet with Dr. Rudy Maglio, Oakton professor of geography, who will lead the June 16-July 2 tour through the fabled Inside Passage, the protected 1,000 mile strip of sea and glacial ice that hugs the coast of Alaska and British Columbia.

For more information, call (708) 635-1812.

## Arts enrichment series begins at Northbrook Theatre

An exciting new program starts this winter at the Northbrook Theatre. A series of workshops and field trips held one Saturday a month for four months. Children sign up to attend all four.

Children in grades 1-4 attend Saturday mornings: Jan. 21 - Puppet workshop, Feb. 18 - Field Trip to see "Charlotte's Web" at Drury Lane Oakbrook, Mar. 25 - Mystery Theatre interactive drama, Apr. 15 - The Circuit Court Jesters, children are the jury on a fairy tale trial.

Children in grades 5-8 attend Saturday afternoons: Jan. 21 - Comedy Sportz improvisation workshop, Feb. 18 - Stage Combat workshop, Mar. 25 - Dinner Theatre Field Trip to see "Singing in the Rain" at Candlelight Dinner Playhouse, Apr. 15 - The Circuit Court Jesters.

Sign up early, enrollment is limited to 30 children in each section. For information on fees and registration, call the performing arts office at (708) 291-2367.

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## Purchase tickets to Chicago Bar Association Revue

Tickets are on sale now for the Chicago Bar Association's Christmas Spirits Revue, an evening of music and comedy presented by the Oakton Educational Foundation on Saturday, Jan. 28 at 8:30 p.m. in the Performing Arts Center of Oakton's Des Plaines campus, 1600 E. Golf Road.

The Bar Association's 71st annual revue entitled "The Lien King" features lawyers and judges as they take hilarious aim at local and national celebrities and events in the news. The production is directed by Leonard Rubin, who plays President Clinton in a skit about the challenges facing the commander in chief, in light of a Republican-controlled Congress.

Singing original lyrics set to familiar melodies, lawyers playing Robert Shapiro, Alan Derowitz and F. Lee Bailey poke fun at the O.J. Simpson court proceedings. Circuit Court Judge Julian Frazin, co-producer of the show, appears as Dan Rostenkowski in singing "You're gonna miss me when I'm gone." The satirical revue also targets such well known celebrities as George Foreman, Prince Charles and Roseanne Barr.

Tickets are \$40 and include a reception following the show at which time entertainers and guests can socialize and enjoy refreshments. Past performers have sold out quickly, so call the Oakton Box Office now at (708) 635-1900 for tickets.

The timeless Robert Louis Stevenson classic "Treasure Island" adapted for the stage by Theatreworks/USA, will be performed Saturday, Jan. 21, at 1 p.m. at Centre East Family Theatre in Skokie.

In this production, which combines adventure on the high seas with a lesson in courage and wisdom, young Jim Hawkins comes into possession of a treasure map...propelling him into the greatest adventure of his life.

Tickets for Treasure Island are \$7 each (all seats reserved) and are now on sale at the Centre East Box Office (7701 N. Lincoln Ave., Skokie) and at all TicketMaster outlets. Group discounts and free parking are available, and all major credit cards are welcome. To charge tickets by phone, call the box office 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.

## 'Treasure Island' comes to Centre East Family Theatre

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## Northwest Symphony Orchestra announces second concert

On Sunday, Jan. 22, at 3:30 p.m. the Northwest Symphony Orchestra will perform an All-Beethoven Concert. The concert program will consist of the Overture to King Stephen, Symphony No. 1 in C Major and Symphony No. 7 in A Major.

Concerts of the Northwest Symphony Orchestra are held in the auditorium of Maine Township High School West, 1755 S. Wolf Rd., corner of Wolf and Oakton roads. Tickets at the door are \$8 for adults, \$6 for seniors and students. Children under twelve years old are admitted free with an adult. Season tickets and group rates may be obtained by calling (708) 317-9343. This All-Beethoven Concert is partially funded by the City of Des Plaines Art Council.

On Sunday, Jan. 22, at 3:30 p.m. the Northwest Symphony Orchestra will perform an All-Beethoven Concert. The concert program will consist of the Overture to King Stephen, Symphony No. 1 in C Major and Symphony No. 7 in A Major.

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## Hoe Down to benefit Talkline Help Lines

Western Hoe Down, a fund raiser benefiting Talkline Help Lines, will be held January 26 from 7 p.m. to 11:30 p.m. at the Pointe Restaurant in Bloomingdale.

The Western dinner buffet will feature barbecued ribs, corn on the cob, Texas toast, and much more. An auction and line dancing instruction from Lorraine Svoboda will follow, with music provided by Great Lakes Entertainment.

Co-chairmen of the Western Hoe Down are beauty pageant winners, Mrs. Illinois World 500, Barbara Jansen and Mrs. Illinois United States, Carolyn Morris.

"The Western Hoe Down is an opportunity for old and new friends of Talkline to enjoy an evening of first class fun and entertainment, while supporting a vital service," says Barb Jansen, who is also a seasoned volunteer for Talkline.

Proceeds from the event will benefit Talking Help Lines, which has been serving Chicago suburban residents for twenty-three years. Talkline provides four 24-hour helpines: Talkline for adults, Teen Line, Kids Line

for children 13 and under, and now Hope Now Helpline for those who are homeless or at risk of becoming so.

Last year alone, Talkline assisted almost 30,000 callers in the Chicago suburbs. Confidential emotional support, problem solving help, crisis intervention, information and referral are immediately available and have helped resolve serious problems.

The Skokie Community Chorus will begin rehearsing for their spring concert Monday, Jan. 23 at 8 p.m. at Centre East in Skokie, 7701 N. Lincoln Ave., Room 117.

All new interested singers, men and women, all voice ranges are invited to join. No auditions are necessary. Refreshments will be served. For information call Idell at (708) 673-1848 after 6 p.m.

# Entertainment

## Relive the glory days of John Philip Sousa

America's musical past comes to life on the stage of Centre East in Skokie, Sunday, Jan. 22, at 3 p.m. with Keith Brion and His New Sousa Band.

Enthusiastically playing in the spirit, style, and period dress of the original Sousa Band, the elegantly-uniformed 45-member ensemble faithfully re-creates the great traditional concerts of John Philip Sousa. Brion vividly portrays the famed band leader and composer, leading the band in a delightful program of familiar light classics, novelties, brilliant vocal and instrumental solos, and of course the great Sousa marches...played as rapid-fire encores.

The concert presents the unique showmanship and fun that made Sousa and his band preeminent in popular American musical entertainment in the early 20th century.

Tickets for Keith Brion and His New Sousa Band are \$20 and \$17, and are now on sale at the Centre East Box Office (7701 N. Lincoln Ave., Skokie) and at all TicketMaster outlets. Group discounts and free parking 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.

## Auditions for Oakton Improv Ensemble being held

Oakton Community College will hold auditions for the Oakton Improv Ensemble on Wednesday, Jan. 25, from 7 to 9 p.m. in Studio 1600 located near the Performing Arts Center on the Des Plaines campus, 1600 E. Golf Road.

Once selected, the Oakton Improv Ensemble will rehearse improvisation structures that fine tune creative thinking, acting, speaking and responding spontaneously. The process will culminate in a performance during which the ensemble will take suggestions from the audience to be worked into improv structures that have been rehearsed. The Improv will be directed by Catherine Davis.

For more information, call (708) 635-1901.

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**Held Over DeVito/Schwarzenegger "JUNIOR"**  
SAT. & SUN.: 1:10, 3:20, 5:30, 7:40, 9:50  
WEEKDAYS: 5:30, 7:40, 9:50

**Danny Aiello "THE PROFESSIONAL"**  
SAT. & SUN.: 12:50, 3:00, 5:10, 7:20, 9:30  
WEEKDAYS: 5:10, 7:20, 9:30

**"PAGEMASTER"**  
SAT. & SUN.: 12:35, 2:15, 3:55, 5:35  
WEEKDAYS: 5:35

**Held Over Robert DeNiro "FRANKENSTEIN"**  
EVERYDAY: 7:15, 9:40

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**Political & Business News**

**CPAs' top ten list of financial resolutions**

The beginning of the New Year is an ideal time to make financial resolutions for the coming year. The Illinois CPA Society cautions you to be realistic in formulating these resolutions. You're more likely to be successful if they resemble a "to do" list and not a "wish" list. Here are 10 resolutions suggested by CPAs.

1) Organize Your Financial Records—Before you can gain control of your financial life, you need to take control of the paper-

**LEGAL NOTICE**

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, February 6, 1995, at 7:30 P.M. in the Municipal Council Chambers, 7200 Milwaukee Avenue, Niles, Illinois, to hear the following matter(s):

95-ZP-2

Alina Priscecka, Petitioner, 5321 W Belmont, Chicago IL. Requesting a change in zoning from R-2 to R-4 and a variation to the required 30 foot rear yard to 8 foot, to construct 7 townhomes at 9250 Washington.

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.

**LEGAL NOTICE**

**M-NASR**  
The Maine-Niles Association of Special Recreation (M-NASR) is now inviting bidders to submit sealed bids in conformance with the requirements established by these specifications.

The purchase of a new 1995 specially equipped wheelchair transit vehicle, with the capability of transporting four (4) wheelchair passengers, and six (6) ambulatory passengers or twelve (12) seated passengers, plus a automatic wheelchair lift.

Bids will be received until 1:30 P.M. on Monday, January 30, 1995, at the Association office, 8950 West Gross Point Road, Suite C, Skokie, Illinois, 60077. Any bids received after this date will be returned unopened. All bids shall be marked "Vehicle Bid." Please call Deborah Caruthers at the Association office (708) 966-5522 with questions.

The Bugle's Business Directory

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work. Find permanent records such as birth certificates, the deed to your property, insurance policies, and other important documents. Store them in a safe, fire-proof location. For other records, such as medical bills, loan agreements, and bank and investment statements, establish a clearly marked filing system. Be sure you keep tax returns and records for at least six years.

2) Calculate Net Worth—Your net worth serves as a benchmark for measuring attainment of your financial goals. To arrive at your net worth, add up the current value of your assets (what you own) and subtract your liabilities (what you owe).

3) Minimize Consumer Debt—If your liabilities include high-interest consumer debt, you should formulate a debt reduction plan. Set realistic target dates for repaying your debt. Keep in mind that if you have money sitting in a bank account earning only 3 or 4 percent interest, you can improve your overall return significantly by using some of that money to pay off a credit card balance on which you are paying 18 percent interest.

4) Monitor Your Investment Portfolio—Review your portfolio to keep your investments balanced. Don't concentrate your holdings in any one area, industry, or company. Diversification is your best protection against risk of a loss.

5) Develop A Plan For Saving More—Formulate both long-term and short-term savings goals. A budget can help you determine how much money you can realistically set aside in savings each month. Make it a point

**LEGAL NOTICE**

Sealed bids will be received until 11:00 a.m. on February 7, 1995 at Niles Elementary School District Number 71, 6935 W. Touhy Avenue, Niles, Illinois 60714 which bids will be opened at 11:00 a.m. on February 7, 1995 at Niles Elementary Schools District Number 71, 6935 W. Touhy Avenue, Niles, Illinois 60714 for: School Supplies for the 1995-96 School Year Food and Cafeteria Supplies for the months of March, April, May, and June, 1995. Bid specifications may be picked up at Niles Elementary Schools District Number 71, 6935 W. Touhy Avenue, Niles, Illinois 60714 beginning January 19, 1995 between the hours of 8:30 a.m. and 3:30 p.m. The Board reserves the right to reject any and all bids.

**I.A.A.I. awards McElroy**



At a recent board meeting of the Independent Accountants Association of Illinois, Donald Vecchiola (left), chairman of the public relations committee, presented the "Outstanding Service Award" for 1994 to Edward F. McElroy. This award was presented in appreciation for McElroy's guidance, devotion and service to I.A.A.I. over the years.

McElroy has been on Chicago radio and T.V. for over 40 years, and is the Past National Commander of the Catholic War Veterans of the United States of America.

**ORR saves nearly \$850,000 in election contracts**

Cook County Clerk David Orr received approval from the Cook County Board today for three election-related contracts, generating a 1995 savings of nearly \$850,000 for Cook County taxpayers.

The first contract, for the printing of Absentee/Specimen ballots will save more than \$318,000 when compared with 1991. The second and third contracts are for the layout and design of ballots and for the printing of ballot pages for the 1995 Consolidated Elections in suburban Cook County. These will save nearly \$350,000 when compared to the 1993 election cycle.

"I am proud that we have continued to save hundreds of thousands of dollars by using competitive bidding whenever possible in our election contracts," Orr said. In 1991, the contract for printing Absentee/Specimen ballots

for the February, April and November elections cost Cook County \$892,360, the unit cost or the cost per ballot style was \$1,157. With competitive bidding Absentee/Specimen ballots for the 1995 election cycle will cost only \$373,500 and the unit cost has been slashed to only \$397. This represents a reduction of nearly 60 percent.

In the past, ballot layout and design, and ballot printing were part of a single contract. This year the Cook County Clerk's office has separate contracts for layout and design, and printing of ballot pages. The Cook County Clerk's office will save over \$300,000.

"In this era of big government and angry voters, I am trying very hard to prove once again that government can be run more efficiently. In the future I expect to see additional savings," Orr said.

**Business meeting and book review scheduled**

NA'AMAT USA Toladah Club will hold a business meeting and a book review on Jan. 25. The meeting will be held at Indian Trail Public Library at 355 S. Schoenbeck Rd. in Wheeling. The meeting will

commence at 7 p.m. and adjourn at 9 p.m. The book Meshugah by Isaac Bashevis Singer will be reviewed at this time. The public is welcome. For further information, call (708) 676-0876.

**Businesses can take sting out of postal rate increase**

Businesses that use direct mail to sell products and services take the sting out of recently approved postal rate increases. "U.S. businesses will enjoy faster delivery and even lower rates if they pre-sort, barcode, or design mailers for high-speed automated mail sorting equipment," suggests Cheryl Beller, customer service support manager at the U.S. Postal Service headquarters in Washington, D.C.

Faced with delivering over 168 billion pieces of business-related mail each year, postal rate discounts are traditionally based on the willingness of postal custom-

ers to perform tasks which would otherwise be performed by postal employees. "Businesses simply don't have to pay 32 cents for First-Class or 22.6 cents for third-class in 1995," Beller advises. "Cheaper rates exist—pre-sort and save, barcode and save, design automation-compatible mailers and save."

Businesses should take full advantage of the Postal Service's lowest rates. An easy-to-read Guide to Business Mail Preparation, is currently available through any local Post Office; ask for Publication 25.

**SENIOR SEASONS**

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**The Bugle's Senior Guide**

## Social Security's future is secure

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said Shirley S. Chater, Commissioner for Social Security, in her remarks at the Biennial Convention of the American Association of Retired Persons. "I welcome every opportunity to put the facts on the table so that people of all generations can know what they can count on from their Social Security's system."

She focused on the three points:  
First, Social Security is not, as is commonly thought, an entitlement program in the popular sense of the word, but rather a universal contributory social insurance program.  
Second, Social Security has, contrary to the beliefs held by many people currently in the workforce, value in their lives today, not just when they retire.

Third, Social Security's fiscal future is in a sufficiently secure state to allow time to make thoughtful, sensible decisions to extend its lifespan well into the 21st century.

Addressing the first point, Commissioner Chater said "Social Security is unique among governmental programs in that it is a contributory social insurance program, which is far different from an entitlement. Because you earn Social Security benefits through employment contributions, Social Security embodies core American values like hard work, thrift, and saving for the future."

"Social Security tax contributions provide us with a form of insurance coverage-insurance against some of the development

in life that can lead to financial hardship—old age, death, and disability."

"Whenever we talk about changing Social Security, we have to be careful not to lose the vital essence that makes the program what it is, the connection between work and benefits."

Turning to the issue that many young Americans have brought into the idea that Social Security won't be there for them when they retire, Commissioner Chater said, "What is commonly unfortunately overlooked... is the value that Social Security has in the lives of today's workers right now, not just when they reach retirement."

"Social Security protects the families of today's workers against the economic ravages that can accompany disability or premature death. For an average income earner with a family of four, Social Security's disabilities and survivors insurance protection is equivalent to a \$221,000 disability policy and a \$250,000 life insurance policy... Approximately 10 million adults are currently receiving survivors or disability benefits, and three million children are getting Social Security benefits because a family breadwinner has died or become disabled."

Looking to the future of Social Security, the Commissioner said, "We have the opportunity to make the program even stronger than it is today." She cited the Social Security Board Trustees reported that stated "Far from being in a state of imminent crisis, the Social Security trust funds will grow by astounding amounts in the years to come. As of last December... the balance was 378 billion."

"By the year 2000, that total will grow to \$702 billion. It will go over the trillion-dollar mark in the years beyond that, until the funds gradually work their way down because of the significant increase in the senior population and the declining ratio of active workers to retirees."

"At the time Social Security was created," the Commissioner Chater noted, "the majority of elderly citizens in the nation lived their lives in poverty. Today, thanks to Social Security, the elderly poverty rate is about 13 percent and, for two of every three Social Security beneficiaries, their Social Security benefits account for over 50 percent of their income. This is a program that has a profound impact on the lives of millions of Americans and, therefore, whenever we talk about changing Social Security, we should do so with the utmost care."

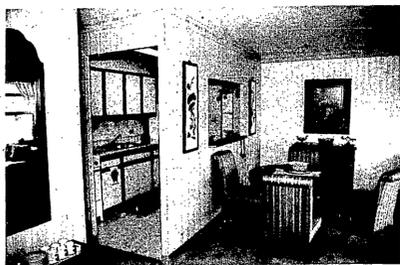
"I believe very strongly that we have both the ability and the will in this country to strengthen our Social Security program to last decades beyond the year 2029," the commissioner concluded.

## Heart Transplant Support Group

The cardiac rehabilitation department at Holy Family Medical Center offers a new support group for those who have undergone heart transplant surgery, recently or years ago. The group meets the second Monday of each month at 7:30 p.m. in the cafeteria's Arlington Heights room at Holy Family.

For more information, call Ruth Wieder, at (708) 537-2105.

## Harbor Village



The warm family atmosphere, superior services, and a professional, caring staff make Harbor Village Retirement Community, 3121 North Sheridan Road, one of the most popular congregate living facilities on Chicago's near north side. Located across from Belmont Harbor in the Lake View neighborhood, Harbor Village residents enjoy gracious common areas, two-waitress-served meals and a continental breakfast each day. Meals and all utilities, maintenance, social activities are included in affordable monthly rents. Call (312) 404-9800 to find out about studio and one-bedroom apartments and activities open to the senior public this winter.

## Enrich your world with a spring Emeritus class

Oakton Community College's Emeritus Program will offer American Realism in the 19th Century (EGL 290 001, Touch-Tone code 5808) this spring. The 16-week class begins the week of Jan. 17, and will be held at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. Registration is now in progress.

Led by Diane Capitani, students will explore the nature of realistic fiction as it took form in 19th-century America. Novels to be read include *The Pit* by Frank Norris, *The Bostonians* by Henry James and others. The class will

meet on Tuesdays from 12:30 to 3:20 p.m.

Tuition is \$32 per credit hour for persons under 60 and \$16 per credit hour for persons over 60 who live in-district. The tuition is \$98 for persons over 60 who do not live in-district. A \$15 registration fee is required for each semester for persons under 60, and no registration fee is required for in-district persons over 60. All fees are subject to change.

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

## Options 55 sets sights on comedy classic

Options 55, Maine Township's group for pre-retirement adults ages 55 through 65, will travel to the Forum Theater in Summit this month to see the Pulitzer Prize-winning comedy classic, "You Can't Take It With You."

The trip is scheduled for Sunday, Jan. 22. A motor coach is set to leave at 1:30 p.m. from the parking lot at the Maine Township Town Hall, 1700 Ballard Rd., Park Ridge. Return time will be about 6:30 p.m. The cost for transportation and the play is \$22 for members and \$27 for guests. Guests will be accepted on a space available basis.

Written by George S. Kaufman and Moss Hart, "You Can't Take It With You" tells the story of an eccentric Manhattan family whose daughter wants to marry the son of her wealthy and dignified boss.

Membership in Options 55 is free to residents of Maine Township. The group offers weekend and evening excursions, mini-vacations and long-distance trips. For more information, call Sue Neuschel or Barb Koss in the township's Adult & Senior Services Department at 297-2510, ext. 240 or 252.

## Older Americans learn outdoors at Trees For Tomorrow

Trees For Tomorrow Natural Resources School will again offer a pair of "Elderhostel" weeks this winter at their campus in Eagle River, according to Elderhostel coordinator Amy Grenier.

"We've got an exciting, activity-packed week planned for senior citizens who sign up either January 15-20 or February 5-10," she said.

The international Elderhostel program promotes week-long learning packages at colleges and other locations. Elderhostels at Trees For Tomorrow typically combine lectures with field investigations and, in winter, skiing and snowshoeing.

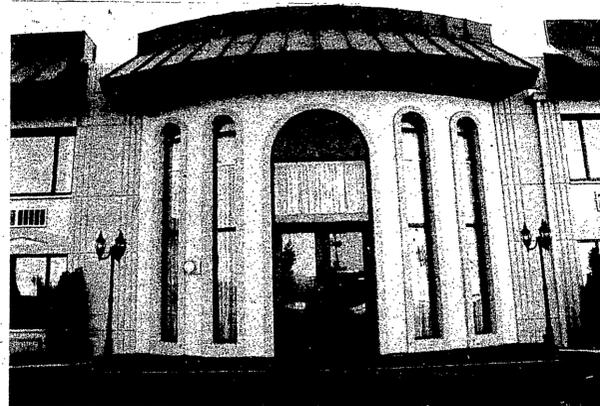
"This winter, the Elderhostel program will focus on endangered species and conservation lifestyles," Grenier said. "Then, of course, cross country-skiing, both instruction and tours will be offered daily for all skill levels."

The Sunday to Friday winter Elderhostels cost \$285 including all meals, lodging, ski equipment and instruction.

Grenier added that Trees For Tomorrow's chef, Art Belter, is planning a complete menu for Elderhostel visitors that week. Reservations may be made by calling 1-(800)-838-9472.



## Ashley Court Retirement Community open for tours



Ashley Court, the newest retirement community in Chicago's Northwest suburbs now has models open for viewing. Ashley Court is conveniently located at 1750 S. Elmhurst Rd., in Des Plaines. Seniors and their families are invited to tour the apartments and spacious, well-planned common living areas. Affordable monthly fees from \$725, include two meals each day, all utilities except phone, maintenance, weekly housekeeping, social programs, daily activities and other amenities. The first 50 people to secure a deposit will receive \$50 off the monthly fee for the entire term of the residency agreement. For more information and to schedule a personal tour, call (708) 228-1500.

## Enrich your world with non-credit Emeritus classes

Enrich your world with winter non-credit MONNACEP classes offered through Oakton Community College's Emeritus Program. Classes are held at Oakton's Ray Hartstein campus, 7701 N. Lincoln Ave., Skokie.

Those who have registered for Oakton or MONNACEP classes within the last five years and have their correct social security number on file, may register (using the codes listed next to course titles below) by the Touch-Tone telephone system at (708) 635-1616.

Tai Chi Chih: For the Body That Wasn't Born Yesterday (PED E30 71, Touch-Tone code 3260) is an energizing, healing form of Tai Chi, including 20 movements designed to balance and integrate energy. Participants will learn how balance helps those with eating disorders, depression, anxiety, hypertension or other stress-related imbalances. The class meets for seven Mondays beginning Feb. 6 from 10 to 11 a.m. and is taught by Berna Castellanos.

Short Stories, (COM E50 71, Touch-Tone code 3745) focuses on the meaning of aging and demonstrated in stories from the following cultures: Italian, German, English, Canadian, Japanese, African American and Jewish American. Copies of the anthology, *Vital Signs: International Stories on Aging*, will be available for purchase at the first class. Taught by Karol Verson, the class meets for six Tuesdays beginning Feb. 14 from 11 a.m. to 12:30 p.m.

Feldenkrais (PED E09 71, Touch-Tone code 2234) focuses on the gentle sequences of movement to reduce the effects of stress, relieve back and neck pain and to improve posture, balance, breathing and energy level. The class meets for eight Thursdays beginning Feb. 23 from 2:30 to 4:30 p.m. and is taught by Christine Inserra.

Students can register for these

and other Emeritus winter non-credit offerings through MONNACEP, Oakton's Adult Continuing Education Program, in Room 160 at the Skokie campus. For a brochure listing all of the programs, seminars and tours available for the older adult, including registration information, call (708) 635-1414.

## Exercise leaders needed

The Niles Senior Center Women's Exercise Class is in need of volunteer women interested in training to become exercise leaders. Interested persons may contact Terry Sprengel, RN, BSN at 967-6100 Extension 376.

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## Social Security seeks volunteer payees

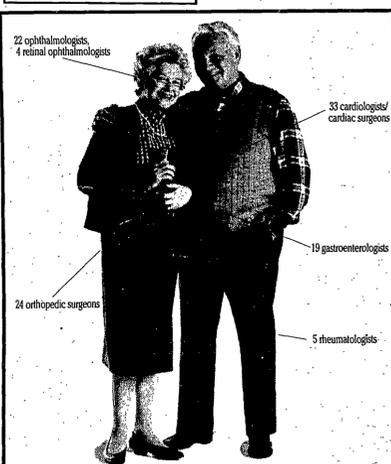
Nearly 3 million adults who receive monthly Social Security or Supplemental Security Income (SSI) benefit checks, or both, need someone who help them manage their money. When they need this type of help, the Social Security Administration (SSA) - after a careful investigation - appoints a relative, a friend, or other interested party to serve as the beneficiary's representative payee. The beneficiary's Social Security or SSI payments are then made in the representative payee's name on the beneficiary's behalf.

Although a relative or close friend is generally the first choice to be the payee, when neither is available or appropriate to be a representative payee, SSA looks for a volunteer who will be interested in the beneficiary's welfare. The volunteer must have the motivation and training to work successfully with persons who need help managing their Social Security or SSI benefits. Many of the individuals are receiving benefits because of a disability resulting from drug or alcohol abuse or a chronic mental illness that prevents them from being able to manage their financial affairs.

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## St. John Brebeuf Golden Agers survive the season

The bent-over Christmas trees - once so perky and wonderfully great-smelling - have been discarded. The semi-working lights and angeltops and the time-renowned ornaments have again taken their places in cold, clammy crawl spaces. Outspoken, pulsating outside lights, twice iced over and perhaps a bit burned out, are at peace. The snowblowers are greased/oiled up and at the ready - winter 1995, St. John Brebeuf Golden Agers are at your beck and call.

The club's last party of 1994 was celebrated on Dec. 13 at Chateau Ritz. Members were honored by the presence of Reverend Robert Banzin, Reverend David Mannelli, Reverend Andrew Borzyk, Mayor Nicholas Blase, and Elaine and John Heinen.

Many of the club members celebrated their birthdays in December and everyone took part in singing "Happy Birthday" to them at the party. The "Broom" dance and the Hokey Pokey also added to the enjoyment of the day. All of the members surely have a debt of gratitude to the officers and volunteers who worked so hard to make this party such a success. The food was delicious and the music by Mario and his orchestra was great.

President Mike Provenzano opened the club's first business meeting of the new year and Vice President Henry Piontek led members in prayer. Secretary Virginia Moritz did an excellent job reading the minutes of the November meeting. She also read the October minutes because she could not do so last month due to the electric problems. Steve Bochenek presented the financial report.

A card from Lillian Lubinski, who now lives out of town, was read to members. Club members received a Mass card from the Sisters of St. John Brebeuf for Dec. 21, for which everyone thanks them.

Carl Ferina reminded members of the Gulf of Mexico trip on March 16. The cost to members at this time is \$634. Carl also told members that on New Year's Eve Monsignor Flanagan passed away. He was the founder of the Golden Agers club.

Carl will ask Father Banzin to have a Mass for deceased members to be held in Flanagan Hall this year. A printout of all deceased members will be available at this Mass. Members should turn in memorial cards of members who died so that Carl can assemble the printout.

Charles Swiatkowski gave his civic report as follows: Keen Ager News stated that the Social Security Administration will become an independent agency on March 31, 1995. It was enacted into legislation by Franklin Roosevelt 59 years ago. Charles reported that the Sun Times stated there would be no change in the status of Knox generation babies.

Leona Galossi thanked everyone for the cards and kindness shown her during her illness. Glad to see you back, Leona. Rose Majewski, representing her nieces, thanked members for their cards and attendance at the wake of Stanley Kascek.

President Provenzano reminded members that according to the club's bylaws a nominating committee must be selected 40 days prior to the election of new officers. Accordingly, the following members will form the committee: Matt Araszewski, Rose Majewski, Dorothy Warman and Margaret Roth. They are to present a slate of officers at the February meeting.

Bob Berles invited all members to attend the Niles Historical Society's open house, held Sunday, Jan. 8. The celebration is called 12th Night of Christmas



Rev. Robert Banzin, Rev. David Mannelli and Rev. Andrew Borzyk joined Elaine and John Heinen and officers at the St. John Brebeuf Golden Age Club's Christmas Party at the Chateau Ritz.

and included entertainment by a choir and also a barbershop quartet.

Millie Licitra announced the January birthdays and anniversaries. She also welcomed Camille DiMaggio back after her recent surgery. Stay well, Camille.

During the holidays, Mike and Joan Provenzano had the pleasure of their granddaughter Lauren's presence at home. Helen Wilder also was happy to have her granddaughter Catherine home during the Christmas season. Both young ladies attend the University of Illinois at Champaign and both celebrated their birthdays during this time. Lauren is an undergraduate student working for a Master's Degree in Psychology and Catherine is a sophomore.

The year 1994 was a very sad year for club members. We lost many dear friends who left us beautiful memories. As we toast our "Auld Lang Syne" and watch the New Year roll in, our prayers and thoughts are with our old friends wherever you are.

"We little knew that morning, God was going to call your name, In life we loved you dearly, In death we do the same. It broke our hearts to lose you, You did not go alone. For part of us went with you, The day God called you home." Peace to all in 1995.

## Community volunteers needed

There are over 400,000 older adults in Cook County communities, and more than 80,000 need assistance to access services and to overcome barriers while they remain in their homes.

The American Association of Retired Persons (AARP) and the Suburban Area Agency on Aging (Suburban AAA) seek volunteers from Oak Park and surrounding Cook County communities to help these older adults.

Volunteers will help older persons with reading, completing documents, making telephone appointments and overcoming barriers to community services. With this help, seniors can remain in their own homes with dignity and independence.

Local volunteers, who elect to carry out short-term community services, enable older persons in Oak Park and surrounding areas to meet daily challenges. A weekly visit or the delivery of a needed meal may mean that an older neighbor continues to live in this community.

These tasks seem very basic, but there are many older adults who need a little help from a neighbor to remain independent. The AARP and the Suburban AAA are teaming-up to connect those in need with those who can help.

If you want to become a volunteer or wish more information, call the Suburban AAA at (708) 383-0258 and ask for Monica.

**Stay Healthy!**

## Recent changes in Social Security

President Clinton signed the Social Security Independence and Program Improvements Act on Aug. 15, establishing Social Security as an independent agency. In addition to separating Social Security from the Department of Health and Human Services, the Act also contains several provisions which will have an important effect on certain groups of people. They include the following rules:

• Effective Jan. 1, 1995, election workers and officials may not be required to pay Social Security or Medicare taxes on wages of less than \$1,000 a year. Currently earnings of \$100 and over (but as low as \$50 in some states) are subject to taxes if the states have a coverage agreement with SSA. The new law allows states to modify their agreements with SSA to adopt the \$1,000 limit for years 1995 and after. If a State does not act to adopt the \$1,000 limit, the current \$50 or \$100 limit remains.

If a state never acted to cover the earnings of election workers under an agreement, the current limit of \$100 for excluding earnings will increase to \$1,000 effective Jan. 1, 1995.

• Ministers who were U.S. citizens and residents of Canada and who did not pay Social Security self-employment tax for taxable years 1979-1984 because they paid taxes to the Canadian Social Security system will be exempt from paying back taxes and penalties to the Internal Revenue Service (IRS) for those years. Individuals who qualify for this exemption must file a certificate with IRS within 180 days after IRS issues the regulation implementing the provision.

• Wages paid to aliens who hold "Q" visas issued by the Immigration and Naturalization Service do not have to pay Social Security tax on their earnings. These visas are issued to aliens who visit the U.S. for a period of less than 15 months as participants in cultural exchange programs.

• Federal employees who normally contribute to Social Security in their regular jobs and who are temporarily transferred to work in an international organization will continue to pay Social Security. Under current law, they are exempt from these contributions if working overseas, or treated as self-employed individuals if working in the United States.

• Unauthorized disclosure of information contained in Social Security files and fraudulent attempts to obtain personal information under the Social Security Act is now a felony punishable by a fine not to exceed \$10,000 or imprisonment not to exceed five years, or both. Under current law, violations are a misdemeanor carrying a \$1,000 fine and one year imprisonment, or both.

• The extension time that can be granted for filing an annual earnings report to Social Security has been extended from three to four months. Annual earnings reports must be filed by people under 70 who receive Social Security benefits, work, and earn over a certain amount. The reports are usually due by April 15 of each year, but extensions of time for filing can be granted if there is a valid reason for delay. For taxable years ending on or after Dec. 31, 1994, the extension of time for valid reasons is increased from three to four months.

## Social Security Family Benefits

Many questions are asked about how one family member's Social Security benefits affect the benefits other family members may receive. To help you understand about family benefits, here are a few of the most often-asked questions and the correct answers to them, according to the Social Security Administration.

Q. If you're a Social Security beneficiary receiving retirement or disability benefits, will the dependent's benefits your wife or husband is eligible for, reduce the amount you can receive every month?

A. No. If you worked and earned a Social Security retirement or disability benefit, no Social Security benefits paid to any member of your family can reduce the amount of your benefit. If you're eligible for a Social Security benefit based on your own earnings record, you'll receive the full amount you are entitled to, no matter how many other family members are eligible to receive benefits based on your earnings record.

Q. Can benefits paid to your spouse or child reduce the Social Security benefits paid to other family members who also receive benefits on your record?

A. The total amount of money that can be paid to your family members entitled on your Social Security record is limited. The limit varies, but it is generally equal to about 150-180 percent of your basic benefit. If, because of the number of individuals in your family, the total amount of benefits due exceeds the limit, the benefits to all family members, after deducting your benefit, will be reduced proportionately.

Q. Will your current spouse lose any benefits because a former spouse also is or will be eligible for Social Security benefits based on your record?

A. No. If you are divorced, benefits payable to your former spouse are not affected by the family limit provisions described above. Therefore, the dependent's benefits payable to your former spouse will not reduce the amount of the payments made to your current spouse or to any of your children who are receiving benefits. If you're divorced and your former spouse is currently unmarried, she or he can receive benefits based on your Social Security record if you were married at least 10 years (provided the other eligibility requirements are met). This rule applies to dependent's benefits (those paid to wives and husbands) and to survivor's benefits (those paid to widows and widowers).

An example may help you understand how these rules work: John is 65 years old and receives a monthly Social Security retirement benefit of \$700. His 51-year-old wife and their 15-year-old daughter also are receiving benefits based on John's record. Normally they'd be due \$350 each (dependents may receive up to one-half of the worker's benefit amount). Based on the amount payable under the family limit, the benefit amount the whole family is eligible to receive is \$1,050. John will be paid \$700 in benefits each month and his wife and daughter, will share the remainder, or \$175 each.

However, John was married before and was divorced after more than 10 years in that marriage. His 65-year-old former wife never remarried and now she

is due a wife's benefit of \$350 based on John's earnings record. So, each month John will receive \$700, his current wife and daughter each will receive \$175, and his former wife will receive \$350.

Social Security provides a way for you to check and see if your earnings have been reported correctly and what you can expect, based on those reported earnings, when you retire or if you should become disabled or die at a young age. All you need to do is request a free Personal Earnings and Benefit Estimate Statement. Just call Social Security's toll-free telephone number, 1-800-772-1213, any business day between 7 a.m. and 7 p.m. and ask for a request form. You should receive the information within four to six weeks of the date your completed request is received by Social Security.

**Social Security Facts**  
In 1990, 16 percent of those age 65 or older were Social Security beneficiaries and 22 percent received old-age assistance (now called Supplemental Security Income or SSI); by 1991, 92 percent were Social Security beneficiaries and 6 percent were SSI recipients.

Children under age 18 represent 6 percent of all Social Security beneficiaries. On average, about 750,000 children start receiving Social Security benefits each year, usually on the account of a parent who is disabled or who has died.

Among Supplemental Security Income (SSI) recipients, 74 percent of those age 65 or older are widows; 56 percent of those receiving disability benefits are women.

## Did You Know?

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

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

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

## Living Longer and Living Better: A Look at Today's Aging Process

FRIDAY  
JAN. 27th - 10am to 2 pm

## North Shore Hotel

1611 Chicago Avenue  
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Featuring leading health care experts from **St. Francis Hospital of Evanston**

Your reservation is requested for this free program.

Call Ms. Martin at **708-864-6400**

Sponsored by: North Shore Hotel and St. Francis Hospital  
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## Niles Lions Club helps needy



Walt Beusse to deliver holiday food boxes for needy families within the community.

The Lions Club of Niles has initiated several other programs recently. In conjunction with the Niles Library, the Lions Club held an evening seminar demonstrating the use of video magnification systems that aids the visual-impaired by enlarging and enhancing printed materials. As a result of this demo, a sponsor donated two enlarging units for the library and community use. The smaller unit can be checked out on a monthly basis. If necessary, the unit can be delivered and picked up by the bookmobile unit.

The Trident Center will demonstrate this same low vision technology for the visually impaired on Jan. 25 at 2 p.m.

The club recently set up free eye exams and glasses for 22 needy children from three local schools. This was done by the club president and the generous cooperation by Lori, the manager of the Lens Crafters store in the Golf Mill Shopping Center. To support these programs, the Lions Club participates in Candy Day, selling entertainment books and a new project, Christmas ornaments. For further information, contact Walt Beusse, 987-7515.

## Third Age Association

It was announced recently by Charles A. Ferris, President and Chief Executive Officer, that The Third Age Association, Inc., Woodridge, has filed a Regulation A public offering with the Securities and Exchange Commission for 200,000 shares of common stock of the Corporation at a price of \$7.50 per share.

The Third Age Association, Inc. is the first financial services organization designed specifically to enhance and protect the quality of life of the older American—the "Third Ager." (The retirement years are known as the "Third Age of Man").

There are several levels of membership, ranging from the Silver Membership which is sim-

ilar to the consumer function of the American Association of Retired Persons (AARP) to the Gold Membership which offers Professional Retirement Management (PRM) without commission sales.

For further information and an offering circular, call 1-(800) 610-6558.

## Hospice of the North Shore hosts free blood pressure screening

The public is invited to learn more about hospice care when Hospice of the North Shore hosts Community Conversations at the Community Senior Center located at 135 W. Church St., in Liber-

## New healthcare program provides rehabilitation model

In response to the changing needs of our healthcare delivery system, Glenview Terrace Nursing Center has developed their new TCU program as a cost-effective rehabilitation alternative to provide short-term, intensive therapies with the outcome of a home discharge.

The TCU (Transitional Care Unit) bridges the needs between the hospital and home. This subacute care offers a proactive approach to individualized rehabilitation treatment and provides outcome-oriented care in a non-institutionalized setting.

"The creation of our short-term TCU represents substantial savings for many third party payers including HMO's and Medicare," says Judy Pitzele, Administrator of Glenview Terrace. "The traditional role of nursing homes must change from exclusively serving a long-term, chronic population to a more short-term subacute rehabilitation population. This will enable the nursing homes to better control their own destinies within the context of broader healthcare reform."

## Seniors create Investment Clubs

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

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

## SPRY Foundation, a non-profit

organization committed to developing community-based education and outreach programs for seniors. SPRY seeks to strengthen seniors' control over their lives, foster intergenerational understanding and cooperation, and enable those who are not yet seniors to establish their retirement priorities.

As part of its services to members of the Retirement Living Forum, Social Security will provide a speaker at online conferences at least once in each quarter and will post general replies to frequently asked forum questions in a "FAQ" question-and-answer library file.

Social Security's presence on

another cost savings aspect of the program is the focus on returning people to their home rather than keeping them in a skilled nursing environment, perhaps under the Medicaid program. Medicaid is the federal program which historically pays for nearly 50 percent of all extended care costs. "We feel that the TCU program will help support our nation's effort to reduce long term healthcare costs," said Pitzele.

Instrumental in the design of the TCU program is Ned Zallik, M.D., internist and gerontologist at Rush North Shore Medical Center and Medical Director at Glenview Terrace. "Physicians, nursing and social services of both Rush North Shore Medical Center and Glenview Terrace have come together to forge a unique relationship for the benefit of patient continuity of care," says Zallik. "The TCU program has been developed to bring the best of hospital care together with skilled care creating an independent unit dedicated to meeting the immediate needs of these short-

term rehabilitation patients. We feel that this unit is a model for other institutions, hospitals and nursing homes, that want to work together."

Unique to the TCU program is the intensive nature of the physical, occupational and speech therapy services. "One to six hours of therapy a day, six days a week sets this program apart from traditional nursing home rehabilitation/restorative programs," said Zallik.

The TCU will be located in a separate and distinct unit on the second floor of Glenview Terrace to promote a cohesive spirit among the short term patients expected to be treated there. "The unit will have a vastly different personality than anywhere else within Glenview Terrace," said Pitzele.

For more information regarding the Transitional Care Unit (TCU) at Glenview Terrace, call Maggie Harris at (708) 729-9090. Glenview Terrace is located at 1511 N. Greenwood Rd., Glenview.

## SS publication available on CompuServe

The Social Security Administration now makes its most popular publications available to users of online information services. On CompuServe the publications are posted in the Retirement Living Forum (GORETIRE).

The federal agency produces more than 100 publications in English and Spanish on the Social Security retirement, survivors and disability insurance programs, and on Supplemental Security Income (SSI) for aged, blind or disabled persons. The Social Security Administration library on the Retirement Living Forum contains about 20 of the most popular titles, including a Spanish-language publication.

The forum is managed by the SPRY Foundation, a non-profit organization committed to developing community-based education and outreach programs for seniors. SPRY seeks to strengthen seniors' control over their lives, foster intergenerational understanding and cooperation, and enable those who are not yet seniors to establish their retirement priorities.

As part of its services to members of the Retirement Living Forum, Social Security will provide a speaker at online conferences at least once in each quarter and will post general replies to frequently asked forum questions in a "FAQ" question-and-answer library file.

Social Security's presence on

CompuServe reflects a government-wide effort to make more information and services available to the public through electronic means. The agency is also negotiating with other online information services to use its publications.

Also, Social Security has expanded its Internet services at its national headquarters. This service, called "Social Security Online," distributes publications, statistical tables and other documents through the Internet. To receive an index of available documents, address an Internet message to [info@ssa.gov](mailto:info@ssa.gov) and enter the message "send index" (without the quotes). You'll receive the index by return E-mail.

The agency maintains a toll-free telephone number, 1-800-772-1213, to reply to individual inquiries about Social Security benefits and services. Lines are busiest early in the week and early in the month, so if your business can wait, it's best to call at other times. Some services are available at night and on weekends and holidays to users of touch-tone phones.

Membership in the Maine Township Seniors, Options 55 and One + Options is free. Seniors of all ages have many opportunities for volunteer work with Maite Township. Among

## Lake Cook Terrace offers finest rehabilitation care

Nestled in a quiet suburban setting, Lake Cook Terrace offers the finest in rehabilitative care for the aged, chronically ill, convalescent and handicapped. A dedicated staff of licensed nurses and certified nursing assistants is on duty 24 hours a day. A physician of your choice works with our staff to develop a comprehensive plan of care tailored to your individual needs.

Most of your medical services will be taken care of right here at Lake Cook Terrace. We have physical, occupational and speech therapy as well as pharmacy and laboratory services.

A licensed dietitian plans and oversees the preparation of taste-appealing, nutritious meals, special diets and snacks. Mealtime in a cheerful dining room overlooking the patio is a special time for pleasant companionship.

Services, sing-a-longs, craft projects and area outings. Families are encouraged to remain involved. Family and friends, including children, may visit every day from 10 a.m. to 8 p.m.

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

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

For more information call (708) 729-9090

**GLENVIEW TERRACE NURSING CENTER**  
Announces the opening of the **TRANSITIONAL CARE UNIT**  
for the special care needed between hospital and home  
For more information call (708) 729-9090



## Health and Fitness Days for seniors

The North Shore Hotel, a senior community located at 1611 Chicago Ave. in downtown Evanston, has designated Jan. 26 through Jan. 29, Health and Fitness Days. Among the programs open to the public at no charge during the four-day event is a special "Walking Seminar" presented by Regency Home Care Services. In addition, the Health and Fitness Days will feature a free seminar entitled "Living Longer and Living Better: A Look at Today's Aging Process," scheduled for 10 a.m. to 2 p.m. on Friday, Jan. 27.

During Health and Fitness Days, special exercise classes

will be added to the regular fitness program at The North Shore which is comprised of yoga and senior aerobics. Exercise counselors will present instructional demonstrations on the proper use of equipment, and a dietitian will provide nutritional guidance, and body fat evaluations will be calculated by representatives of the Evanston Athletic Club. A variety of health, fitness and nutritional programs will be presented throughout the four-day event.

For more information about Health and Fitness Days or to make reservations for the free seminar, call Ms. Martin at (708) 864-6400.

## Maine Township offers senior programs A to Z

Demand for senior services is strong and growing in Maine Township, which has some 40,000 residents over the age of 55. And whatever the need, Maine Township's Senior & Adult Services Department is ready to help.

The Maine Township seniors, for example, offers social programs and events for more than 3,800 adults ages 65 and up. Its regular activities include two monthly bingo games, two monthly theme luncheons with entertainment, crafts instruction, theater outings and trips.

Another program, Options 55, is aimed at pre-retirement adults ages 55 through 65. Now serving about 1,300 Maine Township residents, Options 55 allows adults nearing retirement to explore a wide variety of activities, including evening and weekend trips, and meet other people with similar interests.

Widowed and other single adults ages 45 through 65 can enjoy socializing and other activities through One + Options, a group with about 500 members. One + Options offers seminars on subjects of interest to older singles, a Cuisine Club for dining adventures, a Sunday Strollers group, and both weekend and long-distance trips.

Membership in the Maine Township Seniors, Options 55 and One + Options is free.

Seniors of all ages have many opportunities for volunteer work with Maite Township. Among

## New Family members night

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

The families are introduced to

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

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

## Can 3,000 seniors be wrong?



That's the number of seniors we serve each month at Pullman Bank of Commerce & Industry. How? With a full range of financial services that meet their special needs. Things like direct deposit of social security and pension checks, special promotions on savings accounts and certificates of deposit, minimum balance requirement checking accounts, retirement planning and more.

PBCI's Seniors Club combines those financial advantages with social benefits as well. We sponsor and organize special trips, bingo games and other events. And, the coffee's always free.

Three thousand people can't be wrong, so PBCI must be doing something right. Stop by or call today... find out what it is about PBCI that is so satisfying to so many. When you do, you might want to become number 3,001!

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### VACATION DAYS

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Or... another option for seniors at Mercy Residence/Tolentine Center. We have a furnished two-room suite available for vacation days. It also serves as a place seniors can occupy to decide if this kind of housing is suitable for them.



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A SKILLED CARE FACILITY

1511 Greenwood Road  
Glenview, Illinois 60025

## Direct deposit now preferred method of payment by

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

Direct deposit is now the preferred method of payment for Social Security, Supplemental Security (SSI) and Black Lung beneficiaries according to Thomas A. Curin, Social Security Manager, Des Plaines. "Beneficiaries with bank accounts will be paid electronically unless they specifically request to be paid by check," Curin said.

Curin said that current beneficiaries will continue to be offered the chance to switch to direct deposit. "If the beneficiary does not have a bank account, we will provide him/her a list of financial institutions in the area that offer low cost banking services."

At present, more than half of the 42 million beneficiaries receive payment by direct deposit. Direct deposit is safer, more reliable, more economical, and more convenient than receiving benefits by checks. Specific advantages include:

- No mail delays; beneficiaries who travel do not have to make special arrangements to safeguard their checks; direct deposit payments are traceable through the banking system. In the rare event of a problem, it usually can be resolved quickly; problems associated with check cashing, i.e., providing identity, long bank lines, are eliminated.

"We are hopeful that direct deposit will eliminate the risk of loss and other problems for Social Security beneficiaries who depend on the monthly income for their basic needs," Curin said.

## Exercises for People with Arthritis

A series of "Exercises for People with Arthritis," sponsored by the Good Health Program of Rush North Shore Medical Center in Skokie, is being held Mondays and Thursdays, from 5:30 to 6:30 p.m. On Mondays the classes are held at the Mayer Kaplan Jewish Community Center, 5050 Church, Skokie, and the Thursday classes are held at the Oakton Community Center, 4701 Oakton, Skokie.

Classes are conducted by a specially trained and experienced staff and are designed for people with rheumatoid arthritis and osteoarthritis. An excellent general workout for senior citizens, bad backs and deconditioned individuals.

For further information or to register, call the medical center's Good Health Program at (708) 933-6695.



## Local volunteers honored by Area Agency on Aging



Pictured (from L to R) are volunteers Jane Baker, Karen Goodson, Robert Hall, Agnes Kisla, Harriet Kornacker, Brenda Maynard, Barbara Nicpon, Evolina Siso, Lillian Zmuda. Herbert Miller and Earl Valentine are not pictured.

At its Annual Meeting on Nov. 29, at the William Tell Inn in Countryside, the Suburban Area Agency on Aging honored local volunteers for their outstanding contributions to the suburban Cook County aging network. Humana Health Care Plans generously sponsored the day's festivities for the volunteers.

The following volunteers were recognized for the time and effort they devote to aging causes in the northern Cook County suburbs: Jane Baker, Karen Goodson, Robert Hall, Agnes Kisla, Harriet Kornacker, Brenda Maynard, Herbert Miller, Barbara Nicpon, Evolina Siso, Earl Valentine, and Lillian Zmuda.

The Suburban Area Agency on Aging expresses its appreciation to the volunteers and nominating agencies for their tireless efforts on behalf of older persons in suburban Cook County.

## S.I.J. 55 Plus Club Notes

A New Year is starting, and the members of S.I.J. 55 Plus Club are looking forward to many pleasant things.

Our new Officers are in and are looking for members for different committees. A Quote to remember: "Once there were four people named Everybody, Somebody, Nobody and Anybody. When there was an important job to be done, Everybody was sure that Somebody would do it. When Nobody did it, Everybody got angry because it was Somebody's job. Everybody thought that Somebody would do it, but Nobody realized that Somebody should do it. So it ended up that Everybody blamed Somebody when Nobody did what Anybody could have done in the first place."

So please, when asked to help on a committee, please say yes, and don't leave it for Somebody else.

Our membership chairman, Irene Seifert is collecting dues, as it is that time of year again. Please gather your family news and let our publicity chairman, Florence Lencioni, know. We would love to hear about your different activities.

There will be a Valentine Party on Feb. 23, and in charge of the party will be Marion Zehner and Irving Eisenstein. More details later, but mark that day on your calendar, as great things are planned, among them some surprises.

Happy Birthday and Anniversary Greetings to all celebrating in January.

Remember the sick, hospitalized and deceased members of the Club.

The members extend their sympathy to the families of Stanley Kaszyk, Marge Tomasiewicz and to Marcellette and Raoul Szymanski on the loss of their loved ones. Please pray for them.

**Stay Healthy!**

## JANUARY 20/21 ST. PETER'S SINGLES

All singles over 45 invited to these dances... St. Peter's Singles Dance Jan. 20, 9 p.m. at Tivoli Garden, 3258 N. Harlem. Saturday, Jan. 21, 9 p.m. Aqua Bella, 3630 N. Harlem. Live Bands, each dance \$5. Hotline (312) 334-2389.

## JANUARY 21 NORTHWEST SINGLES ASSOCIATION

All singles are invited to The Combined Club Singles dance at 8 p.m. on Saturday, Jan. 21, at the Marriott Oak Brook Hotel, 1401 W. 22nd St., Oak Brook. Live music will be provided. The event is co-sponsored by the Northwest Singles Association, Young Suburban Singers and Singles & Company. Admission will be \$7. For more information call (708) 209-2066.

## JANUARY 28 NORTH SHORE JEWISH SINGLES 45+

Join with the North Shore Jewish Singles for Dinner & Dancing on Saturday, Jan 28 at 7 p.m. at Ermando's, 483 Lake Cook Rd., Lake Cook Plaza, Deerfield. Call Aline by Jan. 21 for reservations (708) 677-5547.

## FEBRUARY 5 SPARES SUNDAY EVENING CLUB

Spares Sunday Evening Club for divorced, widowed and single adults will hold their meeting on Sunday, Feb. 5 at the Morton Grove American Legion Hall, 6140 Dempster, Morton Grove at 6 p.m. Social Hour and Pot Luck Dinner. Bring your favorite dish to share. 7:15 p.m. short meeting. 7:30 to 10:30 p.m. Ballroom Dancing, music by Emil Bruni. Members \$5 - guests \$6. Contact (708) 965-5730 for more information.

## FEBRUARY 5 MOGEN DAVID SOCIALS

Mogen David Socials - the Jewish Connection - Bowling League, ages 21 - 49, Sunday, Feb. 5 at Deerbrook Lanes, Deerfield, 1:30 p.m. Oakton Fair Lanes, Skokie and Woodfield Lanes, Schaumburg, 10 a.m. For membership call (708) 317-1171.

## FEBRUARY 7 THE CITY OF HOPE SINGLES

The City of Hope Singles Council presents "Twice Tuesdays" social-buffet and dance-mixer with a DJ, 35 and over, all welcome. 94th Aero Squadron, welcome. 94th Aero Squadron, (just north of Willow Rd.). First and third Tuesday 7 p.m. Feb. 7, \$6 donation. For information, call Ricki (708) 498-1462 or Ilene (708) 537-5997.

## FEBRUARY 12 SPARES SUNDAY EVENING CLUB

Spares Sunday Evening Club for divorced, widowed and single adults will sponsor a special Valentine Dance on Sunday, Feb. 12 at the Morton Grove American Legion Hall, 6140 Dempster, Morton Grove. 7:30 to 10:30 p.m. Ballroom Dancing, music by the Melodaires. Members \$5 - guests \$6. Contact (708) 965-5730 for more information.

## FEBRUARY 21 THE CITY OF HOPE SINGLES

The City of Hope Singles Council presents "Twice Tuesdays" social-buffet and dance-mixer with a DJ, 35 and over, all welcome. 94th Aero Squadron, welcome. 94th Aero Squadron, (just north of Willow Rd.). First and third Tuesday 7 p.m. Feb. 21, \$6 donation. For information, call Ricki (708) 498-1462 or Ilene (708) 537-5997.

## FEBRUARY 26 SPARES SUNDAY EVENING CLUB

Spares Sunday Evening Club for divorced, widowed and single adults will hold their meeting on Sunday, Feb. 26 at the Morton Grove American Legion Hall, 6140 Dempster, Morton Grove. 6:30 p.m. to 7 p.m. Social Hour and Free Dance Practice under leadership of Joe Garise. 7:15 p.m. short meeting. 7:30 to 10:30 p.m. Ballroom Dancing, music by Emil Bruni. Members \$5 - guests \$6. Contact (708) 965-5730 for more information.

## WEDNESDAY TOGETHER SINGLES PRODUCTIONS

Together Singles Productions - Dance, Social, Buffet. Every Wednesday, 7:30 p.m. till 7 at Americas Bar, 219 W. Erie, \$5. All events include door prizes, surprises, entertainment and discounted parking. For information call (312) 661-1976.

## FRIDAY TOGETHER SINGLES PRODUCTIONS

Together Singles Productions - Dance, Social, Live Band. Every Friday, 8:30 p.m. till 7 at Cairo, 720 N. Wells, \$5. All events include door prizes, surprises, entertainment and discounted parking. For information call (312) 661-1976.

## SATURDAY TOGETHER SINGLES PRODUCTIONS

Together Singles Productions - River Boat Trips to Harrah's Casino in Joliet. Every Saturday, 1:15 p.m. - 7 p.m. Alternating departures from the Alumni Club - Schaumburg, 871 E. Algonquin and Alumni Club - Chicago, 15 W. Division, \$19.95. For reservations, information, other events, call (312) 661-1976.

## Singles Scene

### Singles group to focus on body language

Body language - what it means and how it's used in different situations - will be the focus of a special program this month by One + Options, Maine Township's group for widowed and other single adults ages 45 through 65.

"Body Language: How Do You Play Your Roles?" is scheduled for 7 to 9 p.m. Monday, Jan. 23, at the Maine Township Town Hall, 1700 Ballard Rd., Park Ridge. The cost of the program is \$3 for One + members, \$5 for guests. Advance registration is required. Coffee and cookies will

be served after the discussion. Leading the program will be Mollie Grabemann, an actress, director and teacher. She will demonstrate role-playing through body language, and will talk about how people use body language when applying for a job, in the workplace, in dating situations, while flirting and in family roles. A graduate of Northwestern University and an expert in body language, Grabemann studied drama under Lee Strasberg and has appeared in theatrical productions, commercials, films and television.

One + Options offers a wide variety of activities, including a Cuisine Club, a Sunday Strollers group, weekend and long-distance trips, seminars and volunteer opportunities. Membership is free to adults who live in Maine Township.

For more information, call Barb Koss at 297-2510, ext. 240 or 232.

### Singles league seeks bowlers

The Mogen David Jewish Singles Bowling League is looking for bowlers. Meeting is Sunday, Jan. 22 at 10 a.m. at Niles Brunswick Bowling Alley, 7333 Milwaukee Ave. For more information, call Trv at (312) 736-1815 or Todd at (312) 274-0838.

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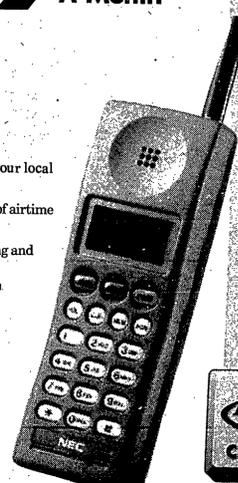
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School News

Maine East debaters



Two Maine East varsity debaters, senior Neela Ghoshal and junior Raj Ghoshal of Des Plaines, will represent the high school in Nashville, TN, Friday and Saturday, Jan. 6-7, at the Montgomery-Bell Academy debate tournament. One hundred high schools from across the country will be represented. Maine East's debate officers are: (front, l-r) Ashish Pandya of Morton Grove, Kathy Koniczny of Niles, and Ruslana Lehtman of Des Plaines. (standing) Bob Abrahamian of Morton Grove and Jennifer Laurin of Park Ridge. (not pictured): Neela Ghoshal of Des Plaines and Raj Ghoshal of Des Plaines. Recently the Maine East varsity debate team won first place at the annual Augusta University debate tournament.

Pancake Breakfast set at St. John Lutheran

St. John Lutheran School, 7429 Milwaukee Ave. (one block south of Harlem) in Niles is having its annual All-You-Can-Eat Pancake Breakfast on Saturday, Jan. 21, from 8 - 11 a.m.

Treat yourself, family and friends to a delicious menu of homemade pancakes, sausages, juice, coffee or milk. Tickets are

available at the door for a donation of \$4 for adults and \$2 for children under 12. Look for the Bakery Booth with homemade goodies for sale.

All proceeds go to support our Christian Day School. For further information about the breakfast at the school, call the school office at (708) 647-8132.

Oakton's Emeritus Program offers class in Niles

Oakton Community College's Emeritus Programs will offer a non-credit MONNACEP course, Great Concertos (MUS E11 71, Touch-Tone code 6570), in cooperation with the Niles Public Library, 6960 Oakton St.

Those who have registered for Oakton or MONNACEP classes within the last five years and have their correct social security number on file, may register (using the codes listed next to the course title above) by the Touch-Tone telephone system at (708) 635-1616.

In this class, participants will explore the structure of this demanding musical form as it evolved from the Baroque to the Romantic periods. Bach's Brandenburg Concerto #5, Handel's Concerto Grosso #4, Mozart's Piano Concerto in D Minor and Schumann's Piano Concerto in A Minor are just a few of the musical gems that will be enjoyed through recordings and class discussions. The class meets for four Thursdays beginning Feb. 2 from 12:30 to 2 p.m. and is taught by Jim Kendras.

All Oakton classes are open to the public. Students over the age of 60 who reside in-district receive a half-price discount on all MONNACEP classes. Students can register for these and other Emeritus winter non-credit offerings through MONNACEP, Oakton's Adult Continuing Education Program, in Room 160 at the Skokie campus.

For a brochure listing all of the programs, seminars and tours available for the older adult, including information about registration, call (708) 635-1414.

Varsity Football team manager

How does a Maine East student manage to keep a 4.4 GPA and still be involved in extra-curricular activities? Adam Zwierek explains, "I work very hard." His high level of determination is easily proven by the fact that his GPA has slowly risen since freshman year even though he has become more involved with the school's many extra-curricular activities.

One of Adam's important activities is that of varsity football manager. Every day, after a busy day of school, Adam picks up his belongings and heads directly to the football field. Of his many responsibilities as manager, the main one seems to be looking after all the equipment and making sure it's ready when needed. More importantly, though, at practices he uses a Maine East WMTH-TV camcorder to record the football players in action. The players review the tapes and analyze their faults along with the coach so that they continue to improve.

In addition to contributing his time to help the players, Adam helps the coach immensely by setting up drills and keeping the players on schedule.

Becoming the varsity football manager was an effortless task because Adam didn't have to ask the coach, the coach came to Adam. You see, because of his good grades and available free time, Coach Gabe Corey asked Adam if he wanted the job. His love of football and experiences

from the past with it, influenced Adam's decision to accept.

Not only does he obviously excel in academics, earning a 4.4 GPA last semester, he also finds time for yet another after-school activity. Adam is actively involved in and believes in what Ecology Club does. The club is to organize students to help clean up the environment of our school and our earth. Every Tuesday, Adam and other club members collect recyclable paper throughout the school and dispose of it appropriately.

"We save hundreds of trees a year," Adam remarked. Many of his free Saturday mornings, Adam and other Ecology Club volunteers from Maine East meet to clean the Oak Savanna, the plot of land beside the tennis courts on Dempster Street.

Adam's determination and hard work have helped him to excel to his current high standards. Voluntarily helping to better the school has earned him a better reputation as a leader. The fact that he works hard for his grades and reads many books have made him a scholar. Very few have succeeded in as many things as he has. Adam Zwierek, who resides in Des Plaines, has definitely proven that if you put your mind to something, you will succeed.

Next fall he'll be attending classes at either the University of Illinois in Champaign or DePaul to major in accounting.

Jr. Cheerleader sets goals

When Kristy Nydam isn't performing or practicing for the varsity cheerleading squad, she finds time to swim, ice skate, jet ski, sing, and naturally work for good grades.

Nydam, a junior residing in Park Ridge, is a third-year member on Maine East cheerleading and remarks, "Between Maine Mentors, Pep Club, cheerleading, and my job at The Research Group, cheerleading, by far, takes the lead on my list of priorities."

"She has set many goals for herself, achieved them, and then some," true words spoken by varsity cheerleading coach Judy Kosarek.

The cheerleaders went on a four-day cheer camp at Northern Illinois University this summer. It was a very valuable experience for the squad as a whole and as individuals. They learned difficult stunts and stronger motion technique, leveled out their jumps, and most importantly came together as a squad and pulled off an excellent demo for the crowd on the last day. This is where Kristy made some of her goals.

After camp partner, senior Craig El, who lives in Des Plaines. He explains, "Kristy is a hard worker with determination and confidence. She is extremely easy to work with because she is willing to try anything and everything."

As for our strong student and all-around active teenager, Kristy plans to go into law at Northern Illinois University or Northwestern after high school. Yes, she's likely to try out for cheerleading there too.

Senior girls on Maine East's varsity cheerleading squad are Becci Crowley of Des Plaines, Lr. Kint of Glenview, Christy

Patterson of Niles, senior captain Melanie Rivenson of Morton Grove, Stacy Weitzman of Morton Grove, and Jamie Yerian of Des Plaines.

Junior girls on varsity cheerleading are Charrizza Bernabe of Glenview, junior captain Kristie Betcher of Niles, Kristy Nydam of Park Ridge, and Glendalyn Roma of Niles.

Varsity boys on varsity cheerleading are Tim Brown of Niles, Craig El of Des Plaines, Barry Jacobs of Niles, Peter Oh of Des Plaines, Jason Shapiro of Glenview, and Jarvis Ymalay of Niles.

Oakton offers Emeritus Class at the Skokie Park District

The Older Adults Program of Oakton Community College will offer a non-credit MONNACEP class in partnership with the Skokie Park District, Oakton Center, 4701 Oakton Street.

Drawing Anything (ART S09 72, Touch-Tone code 9127), led by Richard Mastrodonardo, is designed to show participants how to increase their awareness and develop their own artistic expression. Fundamental drawing techniques including line, form and shadow are taught. The class meets for eight Tuesdays beginning Jan. 24 from 10 a.m. to noon.

All Oakton classes are open to the public. Students over the age of 60 who reside in-district receive a half-price discount on all MONNACEP classes. Students can register for these and other Emeritus fall non-credit offerings through MONNACEP, Oakton's Adult Continuing Education Program, in Room 160 at the Skokie campus.

For more information or a brochure, call (708) 635-1414.

Math Games class held at Oakton



Six year old Stegfrid Mueller of Des Plaines is shown observing number relationships using his tower of dice in Math Games, a Kids' College class held at Oakton Community College. The class is offered on Saturday mornings starting Feb. 4 at the new Northfield location, the New Trier West Center, 7 Happ Road. Kids' College is offered through MONNACEP, Oakton Community College's Adult Continuing Education Program. For more information about this and other Kids' College classes, call MONNACEP at (708) 982-9888.

Local residents to speak at annual conference on education

Angie Mrowiec and Mary Woitas, residents of Edgebrook and Early Childhood teachers at the Niles Park District, have been selected to conduct a workshop entitled "Putting Together an Across the Curriculum Thematic Unit," during the annual conference of the Chicago Metropolitan Association for the Education of Young Children. This year's conference, "Promoting Excellent Practice: Non-violence, Anti-Bias, and Developmentally Appropriate Practice," will be held Jan. 26-28 at the Chicago Hilton and Towers.

Angie Mrowiec has sixteen years of experience in education, and is currently teaching in a preschool program at the Recreation Center in Niles. Mary Woitas has been teaching for over twenty years is presently in her sixth year teaching three's and four's as a preschool instructor for the Niles Park District.

With an attendance of over 6,000 professionals in the field of early childhood education, the Chicago Metro AEYC conference represents the largest event of its type in the greater Chicago area. In addition to workshops and seminars on a wide range of topics related to child development, education, and social policy issues, the conference will showcase innovative ideas for teaching young children ages birth to eight years.

Programs for every girl and boy from 8 to 19 will be represented, including resident camps, academic sessions, trip and travel programs, community service and wilderness experiences, sports programs and more. Information on every exhibitor at Summer Fare, and a suggested list of questions a parent should ask a director about his camp, will be available.

For more information, call the fair sponsors, the American Camping Association, accrediting body for camps in the U.S., at (312) 332-0833.

Oakton offers non-credit Emeritus classes in Skokie

Registration is currently in progress for winter non-credit MONNACEP classes offered through Oakton Community College's Emeritus Program. Classes are offered at the Ray Hartstein campus, 7701 N. Lincoln Ave., Skokie. Registration is now in progress.

Peace of Mind: Hatha Yoga (PED S10 71, Touch-Tone code 2081) focuses on stretching, breathing and relaxation techniques in the gentle art of Hatha Yoga. Participants will also learn what the ancients used to relieve stress and rejuvenate the body, mind and spirit. The class meets for eight Wednesdays beginning Feb. 8 from 10:15 to 11:15 a.m. and is taught by Carole Aronson.

Drawing the Head and Hands (ART S39 71, Touch-Tone code 3024), focuses on proportions, shapes and values to help participants draw the head and hands from photographs using the media of their choice. Prior drawing experience is helpful. The class meets for 10 Thursdays from 9:30 a.m. to noon beginning Feb. 1.

Duplicate Bridge (REC S61 71, Touch-Tone code 3159) divides students up (by tables) to play prearranged hands of duplicate bridge, followed by a discussion to learn how fellow classmates played the same hand and what other options could have been executed. The class is offered for eight Mondays beginning Jan. 23 from 1 to 3 p.m. or eight Wednesdays beginning Jan. 25 from 1 to 3 p.m. The course is led by Robert Esserman, an accredited teacher of the American Contract Bridge League.

All Oakton classes are open to the public. Students over the age of 60 who reside in-district receive a half-price discount on all MONNACEP classes. Students can register for these and other Emeritus winter non-credit offerings through MONNACEP, Oakton's Adult Continuing Education Program, in Room 160 at the Skokie campus.

For a brochure listing all of the programs, seminars and tours available for the older adult, including registration information, call (708) 635-1414.

School News

Pre-school registration underway

Messiah Lutheran Child Care is currently accepting registrations for its younger 3 year old pre-school program. The program began on Tuesday, Jan. 17 and operates from 9 to 11:30 a.m. on Tuesdays and Thursdays through June 6 (extended hours are available).

Children should have birthdates between Sept. 1, 1991 and Apr. 15, 1992 (No diapers, please). The pre-school program will include music, stories, art, individual and group activities and play as well as Christian education.

Messiah Lutheran Child Care Center will be holding an Open House for its Fall kindergarten program. The Open House will be on Monday, Jan. 23 from 2:30 to 5 p.m. The program includes a full kindergarten curriculum including Christian education and

computer usage.

Messiah CCC is located at 1605 Vernon Ave. in Park Ridge (1 block south of Dempster, between Maine East and Lutheran General Hospital). For further information about either the younger-three's pre-school program or the Kindergarten Open House, for a tour of the facilities, or for an enrollment application, call 825-3767 and ask for Karen.

Northeastern faculty appointments

The following tenure-track suburban faculty have recently been appointed at Northeastern Illinois University in Chicago: Shahzad Mahoodian of Glenview, Benjamin P. Sanders of Des Plaines and Zhonggang Zeng of Skokie.

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**Library/Parks  
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**IceLand to host  
Hockey Night**

Get ready for an exciting evening of family skating fun. Load the kids in the minivan and join in the annual Hockey Night at Niles IceLand on Sunday, Jan. 22 from 5 to 6:30 p.m. Hockey skill games, great raffle, prizes and old-fashioned bake sale treats all add up to a great evening of entertainment.

Prizes await those with the most accuracy in the hockey skills competition. Bring your favorite hockey stick, gloves and skates. No other hockey gear is required, but Niles hockey players will be admitted free if wearing their Niles Rangers jersey. Rental skates are available.

For those who feel safer with both feet planted firmly on dry land, there will be an exciting raffle. Tickets to a Chicago Bulls game, gift certificates to local restaurants and a \$75 gift certificate to Home Depot will all be taken home by lucky winners. Save some time in the kitchen and still treat the kids with a homemade pie or your favorite family treat purchased at the old-fashioned bake sale.

Bake sale items and raffle tickets will go on sale at 3:30 p.m. Niles IceLand Hockey Night will be Sunday, Jan. 22 from 5 to 6:30 p.m. at 8435 W. Ballard Road in Niles. Admission is \$2; Niles hockey players wearing Niles Rangers jerseys will be admitted free. For further information call Mike Cielinski at (708) 825-4010 or Rich Blakey at (708) 297-8010.

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Story Time**

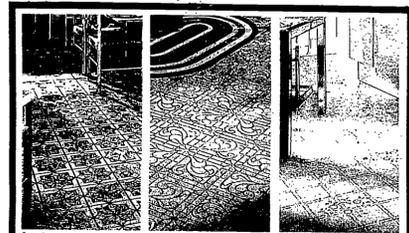
Children who love having stories read to them will really enjoy the Northbrook Park District's new Kid's Story Time Corner class. A weekly story hour featuring children's classics, nursery rhymes, special requests or poetry reading will encourage your child's appreciation of the written word.

Eight classes begin Jan. 19 at the Leisure Center, 3323 Walters Ave. For more information, call 291-2980 or stop by the Registration office at 1810 Walters Ave.

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**JWV Auxiliary  
sets regular  
meeting**

On January 22, the Department of Illinois Jewish War Veterans Auxiliary will hold a regular meeting at the Warren Park Fieldhouse, 6621 N. Western Ave., Chicago, at 10 a.m.

Phyllis Fox, President, will give her report of the activities she attended since the last meeting. Senior V.P. Reva Goldberg will report on the Donor Day luncheon being planned for April 23. Reports will be given by the representatives of the four veteran hospitals serviced.

**Niles North  
open gym**

Get out of the house this weekend and join us for a morning of exercise. The Skokie Park District invites teens and adults to participate in basketball pick-up games, walking and jogging at the Niles North Field House on Sunday from 8:30 to 11:30 a.m. Call Sandy at (708) 674-1500 for more information about this wonderful opportunity to chase away the winter blues.

**Teen  
sledding trip**

Teens are invited to join the Skokie Park District on Jan. 28 for an afternoon of sledding at Mt. Trashmore. The fee for this trip is \$7 and you must bring your own sled. Call Howie at (708) 674-1511 for more information.

**Snowprint  
detectives**

Calling all young detectives between the ages of 5 and 7. The Skokie Park District needs your help on Jan. 21 to unravel the mystery of footprints in the winter snow. Call (708) 677-7001 to learn how you can register for this program and become a sleuth.

**Winter Festivals '95  
provides relief from cold**

If people are tired of hibernating from the winter cold, the Forest Preserve District of Cook County is offering a great reason to venture outdoors. It's the District's third annual free Winter Festivals '95 on Saturday, Jan. 21 from 11 a.m. to 3 p.m. at the District's Jensen Slides, 6200 W. Devon, Chicago, and Saturday, Jan. 28 at Swallow Cliff, Route 83 (west of LaGrange Rd.), Palos Park.

"The festivals feature many of the winter activities and recreational opportunities that are available all season at various locations throughout the District," said Cook County Board President John H. Stroger, Jr. "The Forest Preserve District offers the best winter recreational values around for family fun, and that is a good reason to be outdoors."

**Senior Holiday Doubles  
at Tam**

Roy Pinnell of Morton Grove and Stephen Leslie of Chicago won the holiday senior event at the Tam Tennis Facility in Niles on Dec. 9. They posted a score of nineteen points for first place while two teams finished a close second with eighteen points. Eight players were seeded in order to balance the competition and make the event more pleasant and fun.

A social hour followed the event in the players lounge. The next major senior event is the Sweetheart Doubles February 10.

**Results of Matches**

|                       |    |
|-----------------------|----|
| 1) Pinnell/Leslie     | 19 |
| 2) Feist/Hermasjewski | 18 |
| 3) Mai/Roche          | 14 |
| 4) Dapin/Czuchulski   | 14 |
| 5) Grubman/Rockoff    | 13 |
| 6) Hoffman/Shelist    | 12 |
| 7) Limper/Beetink     | 12 |
| 8) Vockforth/Goodman  | 6  |

**Open gym programs**

The Skokie Park District offers a variety of open gym programs for participants of all ages. Teens and adults are invited to participate in basketball pick-up games, walking and jogging at the Niles North Field House on Sundays from 8:30 to 11:30 a.m.

Drop-in Basketball is available at Old Orchard Junior High on Thursday evenings from 7:30 to 9:30 p.m. and Saturdays from 1 to 3 p.m. This program is also available at East Prairie School on Saturdays from 10 a.m. to noon (ages 7 and up) or 1 to 3 p.m. (grades 3-8).

Teens only are invited to a special open gym at Old Orchard Junior High on Friday evenings from 7 to 9 p.m. Call (708) 674-1500, for more information on any of these programs.

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**Join the Craft Club**

Youngsters who love to create and work with their hands will simply love Little Miss Craft Club. This 6-class workshop will develop art skills for children, ages 8 to 12. Projects include hats, jewelry, magnets and dolls. This is a perfect opportunity for young girls to get together with friends in an organized, friendly and creative atmosphere.

**Camp Open House**

It is never too early to plan for summer camp. The Skokie Park District invites interested parents to attend our 1995 Camp Open House on Jan. 22 from 4 to 7 p.m. at Oakton Center. This informative session will allow parents to meet camp directors and learn about the exciting camp programs that will be offered this summer. Other camp related subjects such as field trips, swimming, and staffing will also be discussed. Call (708) 674-1500 for more information about this event.

**Three on Three**

Bring your friends to Old Orchard Junior High on Jan. 22 from 1 to 4 p.m. and participate in the Skokie Park District's Three On Three Basketball Tournament. For more information on how to join in an exciting afternoon of athletic competition, call Sandy at (708) 674-1500.

**Parent/Tot program set**

Do you miss sharing traditional daytime Parent/Tot programs with your children? The Northbrook Park District has designed an evening class just for you! Bring your child, ages 2-30 months, to our Tuesday evening Parents/Tots class at the Leisure Center, 3323 Walters Ave. beginning Jan. 24 at 6:45 p.m. You'll enjoy quality time with your youngsters, sharing art projects, gym activities, songs and games. To register, stop by the Registration Office at 1810 Walters Ave. or call 291-2980. Take advantage of this opportunity to spend time with your children.

**Sunshine Preschool  
registration available**

The Northbrook Park District is accepting registration for the popular 1995-'96 Sunshine Preschool. 3-5 year old children will begin their road to learning educational and social skills in this traditional program. Activities such as story-telling, crafts, show and tell and field trips will offer children a wonderful beginning to their school years.

Parents may register for two or three day per week sessions. Your child must be toilet-trained and reach the appropriate age by Sept. 1, 1995. Space is limited in our Sunshine Preschool, so read through our information in the 1994 Winter Recreation Guide and register at the Village Green Registration Office, 1810 Walters Ave. If you have questions, call 291-2995.

**Skokie Park to hold  
Camp Open House**

Are you ready for summer? The Skokie Park District invites interested parents to attend a Camp Open House on Sunday, Jan. 22, from 4-7 p.m. at Oakton Community Center. Come and learn about the basic content of the various programs, staffing, field trips, swimming and other camp related subjects. Compare and contrast program fees, meet camp directors and register for the camp of your choice. It's the perfect opportunity to ask questions and prepare for the summer. Call (708) 674-1500, for more information about this event.

**Design unique jewelry  
using beads**

Here's a chance to combine your artistic skills with the use of porcelain or ceramic beads. The Northbrook Park District's "Ceramic Bead and Jewelry Making" class will explore fundamentals of jewelry construction and help you design exotic beaded necklaces and bracelets. This class offers you the perfect opportunity to create and wear "one-of-a-kind" jewelry. Nine classes begin Jan. 24, 7 p.m., at the Leisure Center, 3323 Walters Ave. You can register at the Village Green Registration Office located at 1810 Walters Ave.

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**Library/Parks  
and Sports News**

**Calling all  
young chefs**

The Skokie Park District's Cooking Club invites all interested chefs age 4 to 9 to join us on Jan. 25 to make a cookie pizza. Call (708) 674-1511 to learn how to participate in this delicious experience.

**January Park  
Board meetings  
scheduled**

The January meeting of the Northbrook Park District Board of Commissioners will take place on Wednesday evening, Jan. 25, 7 p.m., at the Leisure Center, 3323 Walters Ave. The public is welcomed to attend.

**Exploring nature  
with children**

The Skokie Park District is offering a workshop on Jan. 21 that will help adults rediscover nature and teach them how to share their enthusiasm for the environment with children. Call (708) 677-7001 to learn how to participate in this informative session.

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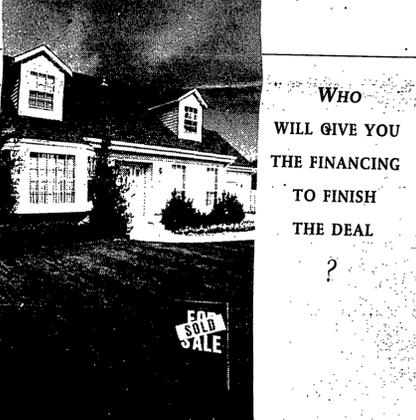
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# Police News

## Tips for safe winter driving

by George H. Ryan  
Secretary of State

Snow- and ice-covered roads make for hazardous driving conditions. With winter well underway, anticipate potential dangers

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such as icy bridges, snow-packed roads, increase the distance between your car and other vehicles, and learn how to effectively slow down or stop on slippery roads.

Q. What is the safest way to stop or slow down on snow and ice?

A. Begin slowing down well before your stop to avoid skidding. Ease off the accelerator and gradually apply the brakes firmly until just before they lock. Ease off the brake pedal until you feel the wheels rolling easily and apply the brakes again.

Q. What braking techniques do anti-lock brakes require?

A. Follow the same techniques mentioned above. When making sudden stops, brake fully and maintain the pressure, activating the anti-lock system. You will feel the brake pedal pulse against your foot. The system will activate the brakes faster and more safely than you can, thus slowing the vehicle and maintaining steering control.

Q. Is "pumping the brakes" an effective way to slow down?

A. No. Pumping the brakes may cause them to lock up, resulting in steering loss. If your car has anti-lock brakes, pumping the brakes will reduce their effectiveness.

Q. What if I begin to skid?

A. Take your foot off the brake and steer your vehicle in the direction you want to go until the tires regain traction.

Remember  
to  
Buckle Up!

### Theft from Auto

A 38-year-old McHenry woman reported that a Nokia cellular phone, a carton of cigarettes and a purse containing credit cards and house and office keys were taken from her 1995 black Jeep 4X4 when she left it parked in the Golf Mill Theatre lot Saturday, Jan. 14, sometime between 8:30 p.m. and 9 p.m. The right front door lock of the vehicle had been pried open, according to police.

**License Plates found**  
In separate incidents on Saturday, Jan. 14, around 9 p.m. two license plates were found in the Golf Mill parking lot, both on the Greenwood Street side.

A 67-year-old Glenview man found license plate number QV714, and a 35-year-old Chicago man found license plate number RMJ269. Both men brought the found plates to the Niles Police Department.

### Failed sobriety test

A 21-year-old Niles man driving a white Mustang was arrested around 2:35 a.m. Jan. 15, in the 6700 block of Ebinger and charged with driving under the influence of alcohol, failure to wear seat belt and driving without a driver's license, according to Niles police. The offender registered .15 on the intoximeter and was transported to the Niles Police Department. Bond was set and he was given a Feb. 2 court date.

### Auto stolen

A 1990 Pontiac Grand Prix license plate ZJE933 was stolen from the 7800 block of Nordica Avenue sometime between 10 p.m. Jan. 14 and 7 a.m. Jan. 15. The vehicle belongs to a 25-year-old Niles man.

### Matter of record

The 60-year-old grandmother of a 9-year-old Des Plaines girl filed a police report around 6:40 p.m. Jan. 13 when a disagreement erupted among some children who were playing at the Discovery Zone, 8261 Golf Road, and a 40-year-old Des Plaines woman became involved in the melee.

The 9-year-old complained that her left knee was injured, and a 6-year-old girl claimed that she was punched in the stomach. However, the victims showed no signs of injury, according to police, who spoke to all parties involved and told them to stay away from each other if they were at the location in the future.

### Broken windows

A Niles man residing in the 8200 block of Oconto was awakened around 1:30 a.m. Jan. 14, when a double pane window on the east side of the residence was broken. The victim observed an unknown suspect wearing a baseball cap, black coat and dark colored jeans running north from the scene.

The victim's 12-year-old daughter told police that the family has had many problems with neighbors in the past, and they suspect the neighbor as the offender. The victim requested a follow-up investigation.

The 47-year-old owner of Big Daddy's restaurant at 8080 Milwaukee Ave. reported that juveniles were playing outside the restaurant Jan. 14 between 7 p.m. and 7:30 p.m. when one of them, a 16-year-old Chicago youth, fell into the 10 foot by 6 foot window on the east side of the restaurant causing the window to break.

When the owner of the restaurant attempted to contact the youth's parents, he found that the information the youth had given him was erroneous. Damage to the window was estimated at \$500.

### Criminal damage

The driver's side window of a 1988 Oldsmobile was broken sometime between 9:30 p.m. Jan. 14 and 10 a.m. Jan. 15, according to police. The car was parked in the 8600 block of Oleander Avenue. Nothing was reported stolen from the car.

A 19-year-old Des Plaines man reported that the front windshield of his 1003 black Chevrolet pick-up truck was broken with a hard object Jan. 15, sometime between 1 p.m. and 1:45 p.m. while it was parked in the K-Mart parking lot at 8600 Dempster. The cost of repair was estimated at \$100. Nothing was reported stolen from the truck.

### Theft by deception

The 22-year-old assistant manager of the Taco Bell restaurant in the 7500 block of Harlem Avenue reported that around 1:45 p.m. Jan. 15, a man ordered \$25 worth of food and paid for it with a \$20 bill. The assistant manager said she gave the man \$7 and some change and went to get \$10 bills from the office.

When she returned, she gave the man a \$10, but the man was only holding \$2 and change in his hand and demanded that she give him another \$5. The assistant manager said she had already given him his full change due, but the man became loud and created a scene.

The assistant manager offered to count the cash drawer, but the man threw the \$2 and change on the counter, grabbed \$20 from the assistant manager's hand and fled the restaurant in a light blue 1979 Cadillac.

The suspect was later identified through vehicle registration as a 32-year-old Westmont man.

### Retail theft

A store security agent at the Best Buy store at 9130 Greenwood apprehended a 24-year-old Chicago man who attempted to take mini computer disks valued at \$28.93 and leave the store without paying for them around 2:30 p.m. Jan. 15. A Jan. 31 court appearance is scheduled for the offender.

A 19-year-old Chicago man and an 18-year-old Chicago woman of the same address were arrested at Kohl's Department store, 590 Golf Mill, at 4:50 p.m. Jan. 13, when the man was observed holding a bag into which the woman placed a pair of Reebok gym shoes, an Addidas jacket and a pair of Addidas pants. They attempted to leave the store without paying for the items in the bag, which were valued at \$144.93.

### Health hazard cited

Overflowing garbage dumpsters in the rear of the businesses in the 8700 block of Golf Road were cited as a health hazard Jan. 15, when police found garbage piled up behind the fruit market along with rotten food items, rats visible in the garbage pile and milk and dairy products being stored outside with no tamper control or refrigeration.

Photos of the location were taken and an immediate follow-up by code enforcement was ordered.

### Counterfeit currency

An unknown person or persons passed a counterfeit \$10 currency note at the Montgomery Ward store at 5601 Touhy Ave. Jan. 12, sometime between 10 a.m. and 9 p.m. A second counterfeit note is also suspected of being passed at the store sometime on Jan. 9, but the note has not yet been returned by the bank. The counterfeit note was inventoried by Niles police.

## Lawmakers approve second major anti-crime package



State officials continued to address the public's crime-related concerns by working together on a major anti-crime initiative that targets armed violence, child pornography, drug and gang offenses, and other serious crimes. Presenting Senate Bill 1153 are (from left) Jim Reilly of Chicago Mayor Richard Daley's office, Assistant Senate Majority Leader Walter Dudyycz (R-7th, Chicago), Department of Corrections Director Howard Peters III, and Department of Children and Family Services Director Jess McDonald.

Illinois lawmakers continued to address the public's crime-related concerns by approving the second major anti-crime initiative in less than a month, according to Assistant Senate Majority Leader Walter Dudyycz (R-7th, Chicago), who sponsored the legislation.

Senate Bill 1153 targets armed violence, child pornography, drug and gang offenses, and other serious crimes. Passed Dec. 1 by the Senate and House of Representatives, it will become law when signed by Gov. Jim Edgar.

"This is the second major anti-crime package we have passed in a little more than two weeks. I want to commend all those persons who have worked together in a bipartisan manner to respond to the concerns of our citizens."

### 'Highway hypnosis' can be dangerous

Driving long distances, whether 100 or 1,000 miles, can be tiring and stressful. "Highway hypnosis," or driver fatigue, is caused by dull scenery and the monotonous sounds of wind, tires on the pavement and steady hum of the engine. Once "highway hypnosis" sets in, driving becomes particularly hazardous.

Q. When does "highway hypnosis" typically set in?

A. Usually after driving two to four hours.

Q. What can I do to combat driver fatigue?

- A. If possible, change drivers frequently. Otherwise, keep your body and mind active:
- Shut off the cruise control and vary your speed.
  - Change the radio station often and turn up the volume.
  - Sing along with the radio or talk with other passengers.
  - Adjust the air conditioner or open a window.

Q. What if fighting fatigue becomes too difficult?

A. Stop at a rest area or gas station and stretch, exercise or wash your face. Try taking a short nap; 15 to 20 minutes of sleep may refresh you enough to keep going safely, and little time will be lost.

Q. Is it safe to drive long distances at night?

A. No. Driving during hours that you usually are sleeping is not recommended. Your biological time clock will have difficulty adjusting to the change, and fatigue could set in earlier than usual.

Drinking and Driving is a dangerous combination for anyone, anytime, any place. But for young drivers, the combination can be even more lethal. Alcohol-related crashes are the leading causes of death for people between the ages of 6 and 33. Of the 17,461 Americans who died in alcohol and drug-related crashes in 1993, more than 5,000 were under the age of 25.

Simply making sure that young people don't drink alcohol and drive is not enough to solve the problem. Parents, school officials, and communities must continue to ensure that underage youth do not drink alcohol. The task is far more complicated than it sounds.

For better or for worse, young people can be so persistent that exhausted parents give up and give in to their demands. Parents host parties and allow their children to serve alcohol, reasoning that at least an adult is around to stop kids from driving home. Still other adults assume that as long as their kids aren't doing drugs, just drinking alcohol, then something will work out. What these adults may not realize is that by providing young people with opportunities to drink alcohol, they are condoning illegal behavior. And these adults may not realize that today, the risks associated with underage drinking extend far beyond what can happen when an impaired young person gets behind the wheel.

Alcohol makes it easy for anyone, child or adult, to take risks. As a result, people who drink engage in risky behaviors whose consequences can be fatal.

Parents, teachers community

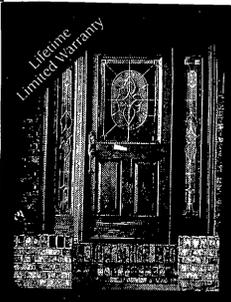
## The end to youthful drinking and driving begins at home

leaders, and organizations can help young people avoid drinking. Laws that make underage drinking illegal should be strictly enforced. Parents and communities can help children and teens recognize and resist forces that promote drinking: messages from role models, peers, and the media. Parents and communities can act. They can offer young

people alternatives, such as alcohol-free community-sponsored parties.

This year, give the kids you love the gift of safety and long-life: Don't drink and drive. Wear your safety belt and put infants and toddlers in child safety seats. Your children and teenagers will be watching and learning, just as they always have.

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### Stop Crime!

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

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|---|-----------------|--------------|----------|-------|--------|----------------|
| AFFORDABLE MORTGAGE<br>950 N. Milwaukee #204<br>Glenview, IL 60025<br>(708) 298-9590<br>(Broker)<br>Fast Approvals - 100% Equity Line | Fixed           | 5%           | 30       | 9.250 | 0.00%  |                |
|   | Fixed           | 5%           | 15       | 8.875 | 0.00%  |                |
|   | Arm             | 5%           | 3/3 Arm  | 8.250 | 0.00%  | Conf/Jumbo     |
|   | Arm             | 10%          | 5/1 Arm  | 8.625 | 0.00%  | Conf/Jumbo     |
|   | Arm             | 10%          | 1 Year   | 6.875 | 0.00%  | 5 Units & More |
| FIRSTAR HOME MORTGAGE CORP.<br>1110 W. Lake Cook Rd. #130<br>Buffalo Grove, IL 60089<br>(708) 541-5444<br>(Lender)                    | Fixed           | 5%           | 30       | 9.375 | 0.00%  | 9.397          |
|   | Fixed           | 5%           | 15       | 9.125 | 0.00%  | 9.158          |
|   | Arm             | 10%          | 1 Year   | 7.500 | 0.25%  | 9.726          |
|   | Arm             | 10%          | 3/1 Year | 8.250 | 0.25%  | 9.532          |
|   | Arm             | 10%          | 5/1 Year | 9.000 | 0.00%  | 9.572          |
| GLENVIEW STATE BANK<br>800 Waukegan Road<br>Glenview, IL 60025<br>(708) 729-1900<br>(Lender)<br>*Add 1/2 Point for Non-GSB Customers  | Fixed           | 10%          | 30       | 9.500 | *0.00% |                |
|   | Fixed           | 10%          | 20       | 9.500 | *0.00% |                |
|   | Fixed           | 10%          | 10       | 9.125 | *0.00% |                |
|   | Fixed           | 5%           | 30       | 9.250 | 0.00%  |                |
| MAINE MORTGAGE CO.<br>430 Touhy Ave.<br>Park Ridge, IL 60068<br>(708) 292-6500<br>(Broker)  | Fixed           | 5%           | 15       | 8.875 | 0.00%  |                |
|   | Fixed           | 5%           | 30       | 8.750 | 0.00%  |                |
|   | Adjustable      | 10%          | 5/5 Arm  | 8.500 | 0.00%  |                |
|   | Adjustable      | 10%          | 3/3 Arm  | 8.500 | 0.00%  |                |
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|   | Fixed           | 5%           | 30       | 9.375 | 0.00%  | 9.375          |
|   | Adjustable 7/1  | 5%           | 30       | 9.250 | 0.00%  | 9.621          |
|   | Adjustable 10/1 | 5%           | 30       | 9.625 | 0.00%  | 9.888          |
|   | Jumbo Fixed     | 10%          | 15       | 9.375 | 0.00%  | 9.375          |

## Letters to the Editor

### 'Spin' radio

Dear Editor:  
Many of the talk ('spin') radio personalities throughout the country have taken credit for the Republican landslide victory in the November, 1994 elections. What does this say about the critical thinking skills of their listening audiences? It illustrates that radio talk-hosts are articulate and entertainingly bombastic in promoting their political agendas. Much of their success can be attributed to their 'screeners' who are highly selective in handling the calls. This practice makes it possible for the talk-host to manipulate the freedoms expressed in the First Amendment.

The listening audiences should ask themselves two important questions: Who are these talk-hosts? And what is their message? Let me suggest that since radio is an integral part of the media, it is a business. Therefore, these entertainers are advertising opportunities. They will say almost anything in the name of commercialism. They work by selling. They sell the American public what they think we want to hear and buy. The weaker the product, the more repetitive and dogmatic the selling pitch. In short, they are 'spin' shells who use the cut-off switch in the radio booth to sell their political ideology.

O' when! O' when! Is the listening public going to wake up? Only by being more aware, informed, and politically active can the entire listening audience become an intelligent electorate. This process can only be achieved if we open our minds to diverse views. Stop the virulent put downs and listen to what the other side has to say. But, most important, don't let the 'spin' people do your thinking. Do it yourself.

Robert Schultz

### Human Services Dept. says thanks

Dear Editor:  
Each year many organizations reach out at Christmas to help others in Niles. We are always grateful to those organizations who assist the Human Services Department.

We would like to thank the following organizations for their assistance during the holidays: Niles Post Office, Niles Women's Club, Italian American Club, Optimist Club, American Legion and Ladies Auxiliary (Niles Post #29), Home Depot, Niles Fire Department, Xerox, Niles Community Church, The Bradford Exchange and other individuals.

Mary Kay Morrissey, Director  
Human Services Department  
Village of Niles

### Take this job and love it

Northwestern Memorial Hospital is offering a class dealing with job satisfaction and how it can be achieved. On Monday, Jan. 23, from 6 to 7 p.m., psychiatrist, Dr. Marcia Slomowitz, will provide tips to help you find job satisfaction with coworkers, work conditions, workload and compensation.

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

### Congress should reject balanced budget amendment

Dear Editor,

On January 19, the U.S. House of Representatives is scheduled to vote once again on a federal balanced budget constitutional amendment. Congress wisely rejected the proposal in 1994 and should do so again.

The amendment would have dangerous, unintended economic and governmental consequences. It would permanently put U.S. fiscal policy in a strait-jacket making it very difficult for the federal government to stimulate the economy during serious recessions, respond to natural disasters or cover major bank failures that might cause a deficit.

Also, the legislation would inappropriately shift power from Congress to the President and the Courts. What happens if Congress and the President fail to reach an agreement on how to eliminate the deficit? Would the President take unilateral action? The amendment does not address these crucial questions.

Responding to public pressure in 1993, Congress passed a deficit reduction plan that will reduce the federal deficit by two-thirds by 1999. More still is required but this informed, accountable approach to federal spending and deficit reduction is the only way to preserve our democratic system of government.

A constitutional amendment to balance the federal budget is not the answer—persistent, responsible deficit reduction is. The League of Women Voters of Morton Grove/Niles urges concerned citizens to write or call their Representative now and urge a vote against this constitutional amendment.

Sue Kravis

President  
LWV Morton Grove/Niles

### "Remembering Grennan Heights Builders"

Dear Editor:

The enclosed picture and article appeared in the Dec. 22 issue, "Remembering Grennan Heights Builders."

My husband, Lynn, (Doud) certainly should have been mentioned among the volunteers. He was very active and instrumental in the building of the Grennan Heights Fieldhouse. He even brought out his carpenter crew from the city to help out.

Sincerely,  
Clare Doud

### Substance abuse center offers speakers

Are you looking for someone to speak at your next meeting about drug and alcohol abuse? Holy Family Medical Center's substance abuse program has speakers available to discuss topics such as alcoholism as a disease, codependency, adult children of alcoholism, the road to recovery and more.

If you or your group would like more information or to arrange for a speaker, call Holy Family's substance abuse program at (708) 298-9355.

### Steppenwolf benefit for Chron's disease

Playland, the current theatre production at the Steppenwolf Theatre, will be used as a fundraiser on Friday, Jan. 20, for the Illinois Chapter of the Crohn's & Colitis Foundation of America, Inc.

The Business and Professional Division of the state chapter will host the event, said Amy Segal, executive director. She said the festivities will start an hour before curtain time with a 7 p.m. reception in the theatre located at 1650 N. Halsted St., Chicago.

### 'Healing Racism' program set

Healing Racism I is a twelve-week program that goes beyond complaining, hoping and arguing about racism. Instead, videos, exercises, and lectures help participants recognize racism and begin a healing process. A donation of \$45 for the series is appreciated but not required. The program starts Wednesday, Jan. 25, from 7 to 9:30 p.m. at the Unitarian Church, Ridge and Greenwood, Evanston.

For more information about a Healing Racism program near you, call (708) 492-0123.

### Passages lecturers discuss tour to Washington, D.C.

Patricia Reis (Handzel), Ed.D., Oakton's director of college relations, and Bea Cornelissen, M.Pub. Adm., college tour coordinator, will give participants an exciting review of the Close Up Foundation tour to Washington, D.C.

This presentation is held as part of the Passages Lecture Series on Tuesday, Jan. 24 from 1 to 2:30 p.m. in Room 112 at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. Admission is free.

In this lecture, participants will learn about a behind-the-scenes tour that includes visits to Capitol Hill, meetings with members of Congress and their staffs, closed door sessions with Washington policy makers and daily discussions on current events and issues.

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

### Norwood Park Historical Society begins new year

There are two meetings to look forward to this month. On Saturday, Jan. 21, the Society will hold its Annual Volunteer Recognition Party for all those who volunteered their help for any of the Society's activities during the year. Whether you're a member or not, if you gave some of your time to a Society activity during 1994, you are welcome to share in this celebration of thanks. The party gets under way at 7:30 p.m.

At its regular monthly meeting on Wednesday, Jan. 25, the Society will present the Annual Home Beautification Awards to several Norwood Park homeowners. They will talk about their winning projects as well as show photos of them. Perhaps you will be encouraged to embark on your own home beautification project this coming year. The meeting will begin at 7:30 p.m.

Both events will be held at the Crippen House, 5624 N. Newark Avenue. For meeting and membership information, call (312) 631-4633.

### Laddering investments best strategy

by

Jeffrey Cardella  
Edward D. Jones & Co.



Occasionally, a phenomenon called an inverted yield curve occurs in the world of investing. This happens when short-term investments yield more than long-term investments.

Short-term yields have exceeded long-term yields only five times in the past 25 years, and while some investors may be tempted to invest heavily in short-term investments during such periods, choosing an investment strictly on the basis of its yield can be risky. Despite higher rates on short-term bonds, investors who chose long-term bonds rather than a consecutive series of one-year Treasury notes were earning more income after only two years. This is because historically, short-term rates have never stayed higher than long-term rates for an extended period of time. In four of the five times that short-term yields exceeded long-term yields, this phenomenon reversed itself within two years. The only exception was 1978 during a period of stagflation.

One of the secrets to successful investing is to have your investments diversified among a variety of maturities. Short-term investments are an excellent way to protect your principal, but they leave you at the mercy of current interest rates. An investment that matures in two years may yield 7 percent now, but when you reinvest that money, investments with similar maturities may only be yielding 5 percent.

Long-term rates protect income because you're promised a set yield over a longer period of time, but overinvesting in long-term bonds leaves you vulnerable should interest rates rise. Successful investors choose not only short-term investments or only long-term investments but both short-, intermediate- and long-term investments. An excellent way to do this is to ladder maturities.

When you ladder maturities, you invest in a series of bonds with successive maturities, from short-term to long term. This strategy minimizes risk while maximizing return. If interest rates rise, your short-term bonds will provide money to reinvest at higher rates. If interest rates decline, the longer term bonds will continue to earn the higher rate of interest and protect part of your income.

Laddering does not eliminate the risk of interest-rate fluctuations, but it does allow you to earn dependable income over many years and still have money available when you need it. It's an excellent investment strategy in any interest-rate environment.

### New service for adoptees

Adoptees needing medical or psychiatric information have a potentially more successful way to find out about their biological heritage. The Midwest Adoption Center has recently been chosen to develop and administer a new service for adoptees whose adoption took place in Illinois. The Confidential Intermediary Service of Illinois was established by the Illinois Department of Children and Family Services in response to a change in the Adoption Act.

"We really want to help these people and make their search for their birth families successful," says Gretchen Schuler, Co-Director of Midwest Adoption Center. "We have 22 trained and certified Confidential Intermediaries ready for appointment by the Court."

In the past, adoptees had to resort to private detectives or adoption "searchers" who were not able to obtain much information or purchased it illegally for a high price. The Illinois Adoption Act was changed in December of 1990 to include the provision for Confidential Intermediary service. This court-appointed intermediary attempts to locate the birth family on behalf of an adoptee needing medical information or assistance.

The Confidential Intermediary allows for a more successful search. Because the search is ordered by the Court, the Confidential Intermediary has access to all records pertaining to the adoption. The Confidential Intermediary protects the privacy of the birth family and the adoptee, while obtaining the desired medical information.

To qualify for an appointment of an intermediary, the adoptee must have been adopted in the state of Illinois and show the Court a need for medical or psychological information from the biological family. A medical condition need not be life-threatening, but it must have sig-

nificant impact on the adoptee. Many medical problems are better understood and treated if family health history is available, such as cardiac disease, cancer, infertility, ulcers, headaches, vision or hearing problems, arthritis, chronic problems for which no cause has been found, severe allergies, and asthma.

An adoptee may file a petition with or without an attorney. There is a filing fee to the Court which varies from County to County. There is a service fee for the Confidential Intermediary service which includes compensation to the intermediary and all search related expenses. Adoptees can call Confidential Intermediary Service of Illinois at (708) 298-9097 for more information, including a detailed "How to File a Petition" packet.

### Why an Interior Designer?

by

John O'Grady A.S.I.D.  
Park Ridge, IL 60068



Just the title "Interior Designer," has frightened people for generations. Time was, early in my career, we were known as Interior Decorators. But there was often confusion with that title, which included house-painters. But, I for one, never objected to being introduced as an "Interior Decorator." I've spent my lifetime in Arts and Decoration, and I've enjoyed it!

A good reason why you should consult an Interior Designer is that, he or she can save you money. Yes, believe it or not, the savings can begin even with shopping for a home. I believe a good interior designer has sincere interest in the client and will be outspoken and truthful.

Let's begin with say, your first contact, the "House Call" for a specified fee. This get-acquainted session, often, only amounts to an hour. You and the interior designer, surprisingly enough, can tell in that little time period whether you are in tune; not different from choosing a doctor. You'll talk about what is to be done; what you visualize and like. Together you will sort out priorities on the project. The designer will advise you on these priorities which will lead up to the room or home of your dreams.

I have never forgotten what one client said to me, "at my age, most important is a good beautician and a good interior decorator."

### 'Rap Session' to open UOA Chapter's meeting

A "rap session" will be held by the United Ostomy Association's North Suburban Chicago Chapter when it meets at 8 p.m. Wednesday, Jan. 25, in the East Dining Room (10th floor) of Lutheran General Hospital, 1775 Dempster St., Park Ridge.

The program will also include a talk by a nurse who has special training in ostomy care. Rap sessions are one of the most popular and effective ways in which the chapter helps people deal with ostomy care and ostomy-related problems. They also enable spouses, family members and others close to people with ostomies to share their knowledge and experience. Attendees at these sessions are organized into

conversational groups based on the type of ostomy they are concerned with so they can ask questions and exchange ostomy care tips and information.

Ostomy is a surgical procedure required when a person has lost the normal function of the bowel or bladder because of birth defects, injury or diseases, such as colon-rectal cancer, ulcerative colitis and Crohn's disease. The UOA has more than 600 chapters and nearly 50,000 members.

The chapter meets the fourth Wednesday of each month at Lutheran General. People with ostomies, their family members and friends are welcome. For more information on the group or the meeting, call (708) 677-8284.

### St. Scholastica offers computer courses

St. Scholastica High School in West Ridge is offering adult computer classes. Learn Word Processing at St. Scholastica's new state-of-the-art computer lab. Four different classes are being offered.

Orientation to Windows 3.1 is offered Saturday, Jan. 21, Saturday, Feb. 4 or Feb. 27, March 1, 2. Introduction to Word Perfect for Windows v.6.0 is offered Feb. 18, or March 27, 29/April 3, 5. Advanced Word Perfect for

Windows v.6.0 is offered March 7, 9, 14, 16 or March 18. Introduction to Lotus 1-2-3 for Windows v.4.0 is offered Feb. 7, 9, 14, 16 or Feb. 25. The weeknight session runs 6:30 to 9 p.m. and the weekend sessions run 8:30 a.m. to 5 p.m. Classes will be held at St. Scholastica High School, 7416 N. Ridge Blvd., Chicago, IL 60645. For more information, contact Donna Magnuson at (312) 764-5715, ext. 388.

### Women's Club of Niles announces meeting

The Women's Club of Niles (GFWC IFWC, 10th District) will be holding their January meeting at the Trident Center, 8060 W. Oakton on Thursday, Jan. 25, at 7:30 p.m.

The highlight of the evening will be presentations made by the various organizations that are supported by the Philanthropy Department, chaired by Elaine Heinen. This is an ideal opportunity for interested prospective members to come and learn the focus of the Club. All women of the area are encouraged to attend.

For additional information, call Mary Ann Valenta at 698-2978.

Ridge Evanston, IL 50201 (492-5874) before noon on the day of the meeting. The meeting will be broadcast live on cable, Channel 49 in Evanston and Channel 26 in Skokie.

The next regular meeting of the Board of Education will be Jan. 23, at 8 p.m. in King Lab School, 2424 Lake St., Evanston. Anyone desiring to formally address the Board may write or call the Board Secretary, Pat Markham, 1314

### Evening Parent/Tot classes begin

Working parents can spend time with their youngsters, ages 22-30 months, at the Northbrook Park District's new Parent/Tots Evening Class beginning Jan. 24. Designed similar to day sessions, this class offers art projects, gym activities and musical movements for parents and children to share.

Eight courses begin at 6:45 p.m. at the Leisure Center, 3323 Walters Ave. Registration is available at the Village Green Registration Office, 1810 Walters Ave. Call 291-2988, with any questions.

### Learn the basics of beading

The Northbrook Park District is hosting two mini-workshops for youths or adults to design spectacular beaded earrings, necklaces and bracelets. The course includes methods of how to use specific tools and techniques to help you continue beading as a life-long hobby.

Two hour workshops meet at the Leisure Center, 3323 Walters Ave. A Youth session will take place on Feb. 7; adults meet on Feb. 4. Call 291-2980 for registration information.

### Create a Valentine Mobile

Hearts, hearts and more hearts can be created for your one-of-a-kind Valentine Mobile at a two-day workshop offered by the Northbrook Park District. Clay pieces will be designed and painted, fired in a kiln and assembled on special cord designed strictly for mobiles. Your project can be a perfect holiday gift for someone special, or simply a unique room decoration. Students also will celebrate the completion of their creations with a Valentine party, complete with refreshments.

For more information about this fun January workshop, consult your 1994 Winter Recreation Guide or call 291-2980.

### Sign up for Kid's Story Time Corner

It's still not too late to take advantage of a wonderful new reading program. Kid's Story Time Corner will reach into your child's imagination to share some of his/her favorite nursery rhymes, storybooks and poetry. Classes will meet eight times at the Leisure Center, 3323 Walters Ave., beginning Jan. 19. The class is recommended for children, age 4-6 years.

Let the Northbrook Park District assist you in bringing more literature in to your child's life. For more information, call 291-2995.

### Drawing classes to be held

Do you envy people who can draw or paint with ease? You, too, can learn drawing techniques that will assist you in creating proper, exact designs. The Northbrook Park District will offer nine classes beginning Jan. 23, 7 p.m. to start you on your way to becoming an experienced, confident artist.

Right Brain Drawing will take place at the Leisure Center, 3323 Walters Ave. Registration presently is being taken at 1810 Walters Ave. Call 291-2980 for further information.

**USE THE BUGLE**

### Walt Disney's World On Ice seeks area skaters



Dopey welcomes Snow White to her new home in the all-new production of Walt Disney's World On Ice - Snow White and the Seven Dwarfs, opening at the Rosemont Horizon, Jan. 24-29 and at the United Center, Jan. 31 to Feb. 12.

Interested male and female skaters should call (312) 649-0466 to reserve a spot at the audition. Skaters chosen to perform with the show will be at least 17 years old or high school graduates and available to travel for extended periods of time. Personality, appearance, weight and ability to

learn intricate routines will be considered. Auditions should bring a current photo and list of United States/Canadian Figure Skating Association test levels passed. During the three-year United States tour, the 45-member cast will visit 82 cities, performing nearly 350 shows a year. The 1995 season marks the 15th season of the lavish Walt Disney's World on Ice productions.

Walt Disney's World on Ice - Snow White and the Seven Dwarfs opens at the Rosemont Horizon Jan. 24, then moves to the United Center Jan. 31 through Feb. 12.

### Free eye exams offered to low income people

State Senator-Elect Kathy Parker (R-29 Northbrook) has been notified of a program offering free eye examinations to low-income Illinois working people and their families. The program is sponsored by the Illinois Optometric Association.

To qualify for the free exams, applicants must be employed or reside in a household where at least one person is working full or part-time. They must not be covered by health insurance which would include Medicare, Medicaid or private insurance plans. In addition they must meet a household income level established by the association and not have had a vision examination during the past two years. The exams will be conducted from Mar. 5 to 11 by volunteer optometrists.

### Raiders go into Skyway Conference with 13-5

Oakton Community College basketball coach Rick Kilby will be looking to take one step forward in the Skyway Conference season that gets underway for the Raiders at 7:15 p.m. tonight with a home game against Waubonesee.

Kilby has guided Oakton to three consecutive runner-up finishes in the league, following a stint in which he did the same at Morton College.

"I'd love to shed the role of the bridesmaid and finally win the conference this season," said Kilby. "We're as good as anyone in the conference, but it will be very competitive. We'll need to stay out of foul trouble and come to play all the time. Nobody is going to roll over for us, so we'll have to play hard and execute well."

Waubonesee is expected to be somewhat down, as was the case a year after three consecutive Skyway championships.

The Raiders got 33 points from Nick Gengo and 32 from Sean Moore on Saturday, Jan. 7, in a 110-58 victory over the Concordia University junior varsity. Moore scored a team-best 21 points on Thursday, Jan. 5, in a 75-70 win over Truman. The sophomore co-captain also led the way with 28 points on Jan. 3 in Oakton's 104-66 win over the Judson College junior varsity.

### From the Left Hand

Continued from Page 1

self on the chrome rungs of the bar stools. Mike was Chicago-tough or Chicago-wise-acre. He was Frank Sinatra's Chicago. Since a poet forever stamped Chicago as the City With The Big Shoulders and Hog Butcher To The World, Chicago has had a rough-hewn image. From the days in the twenties when Chicago's Mayor Thompson thumbed his nose at the Queen of England to the sixties when Mayor Daley, the First, thumbed his nose at Martin Luther King, Chicago has been America's tough-guy to the world. Chicago's Bygone Bears used to demolish quarterbacks before the first quarter was over giving them a bit of an edge for the last three quarters. Saloon columnist Irv Kupcinet, a former Bear himself, once decked six foot four Dizzy Dean, the baseball pitcher, after the fast-baller slurred Kup's religious proclivities. And the guy wearing the red-checked shirts, Studs Terkel, always stood buttlessly before the bosses when he went on the night lines and before the Congressional committees during his tough guy days.

Tough guy Royko, from Milwaukee Avenue, is now a soft and mushy North Shore suburbanite. His column may still have its Chicago bite, but his image has lost its crust. It's been bent into something like a croissant or a French pastry.

Niles Village Manager Abe Selman told us Tuesday the 2 billion dollar debacle in Orange County, California could never happen here. Out went the powers that be began investing taxpayers' money in high risk securities. When interest rates went up the value of the securities went down. Aba called it a "dice roll." In Illinois, state laws keep a tight rein on governments' investment practices. Most village moneys are invested in conservative treasury bills often go-

ing into an acronym known as TTIP which is a state revenue pool mostly of treasury bills. He said even overnight-over-excessed money in village coffers are invested in treasuries.

..... I was at a girls' high school basketball tourney at De Paul University over the weekend. The program listed the names of all the distaff players. Sheila, Lisa, Charise, Kirsten, Lindsay, Trisha and Allison came out of Chicago's suburbs. From Indiana and Ohio, Molly, Manda, Betsy, Kristi, Jamie, Tami and Lori are the lady basketballers' names. Some of the black players names are Tajua, Tanika, Shereena, Lawanda and Jacqui. From Maine West and Winnetka came Sarah, Heather, Saleena, Brooke, Rebecca, Rorie and Jessica. Chicago's Catholic school's players names included Erin, Colleen, Kristie, Maureen, Nicole and Kerl.

Our kids' generation, born in the fifties, had lots of Susans, Debbie's, Valeris, Pamela's and Randis.

Thirty years before Muriel, Dorothy, Shirley, Betty, Priscilla, Patricia, Sylvia, and lots of Marys with attached second names and Mariannes were the girls for all seasons. I wonder how long before those 'real' names come back again?

I also wonder why the comics are no longer funny. It wasn't too many years ago when they were called "the funnies" because they gave the reader a smile or a chuckle. Today's comics are serious narratives. We still read Dagwood and Blondie and smile. We've been alerted to Calvin and Hobbes which is amusing. And then we read Donaghy and it's depressing. Social commentary on the funny pages? It's a bad read.

### USE THE BUGLE

### LEGAL NOTICE

Village of Morton Grove, Illinois  
Public Notice To Bid  
PRINTING OF VILLAGE NEWSLETTER  
Sealed bids will be accepted at the Morton Grove Village Hall, Office of the Director of Finance, 6101 Capulina Avenue, Morton Grove, Illinois, until 10:00 AM on Friday, February 10, 1995, for PRINTING OF THE VILLAGE NEWSLETTER. Copies of specifications and bidding documents are available at the Office of the Director of Finance, Morton Grove Village Hall. The Village Board reserves the right to reject any and all bids, and to waive any informalities or irregularities in the bidding. The contract award within thirty days after bids have been opened and publicly read.  
Spiro C. Hontalas  
Director of Finance  
Village of Morton Grove  
State of Illinois  
1/19/95

### Need volunteers

The Skokie Park District is always looking for people who are willing to volunteer their time and talents. If you would like to share your skills and expertise in any area, call Paula at (708) 674-1511.

### Public skating

The Skokie Park District's indoor skating rink, The Skatium, announces expanded winter public skating hours during the months of January and February. Tuesday evenings from 6:50 to 8:05 p.m. has been scheduled for additional skating fun. Call (708) 674-1510 for the entire public skating schedule.

### LEGAL NOTICE

NOTICE  
Pre-Contractor  
Qualification  
Village of Niles Police Remodel and Addition  
Niles, Illinois  
The Construction Manager is accepting inquiries for pre-qualification of the subtrade bidders for the Village of Niles Police Remodel and Addition. Pre-qualification forms are available starting Wednesday, January 18, 1995 at 8:00 AM, at the office of MTI Construction Services Inc., 1771 Commerce Drive, Elk Grove Village, IL, (708) 228-6700, and are due no later than Monday, February 13, 1995.

### Schools want...

Continued from Page 1  
phased fashion, so as not to rob school districts in the county, in one year, of much needed dollars.

The board of education approved by a 5-1 vote a resolution opposing the tax cap.  
Varga also said that a five year plan concerning district finances will be delivered to the board of education at the Jan. 24 board meeting, which will be held at Washington School. The plan targets the education fund, as it consumes the vast majority of district funds.

Once the plan has been presented, the superintendent wants public involvement including input from parents, teachers and community members.

The community will have the opportunity for comments and suggestions at a Committee of the Whole meeting which will be held at 7 p.m. on Feb. 6 at Apollo School's Galaxie Theatre.

### St. Martha celebrates Catholic Schools Week 1995

Join the St. Martha School Celebration. Catholic Schools Week 1995: "St. Martha School: Caring for Children, Caring for the Future."

The schedule of events will be as follows: Sunday, Jan. 29-Our St. Martha School Family will gather to celebrate at the 11 a.m. Eucharist followed by an Open House/Curriculum Fair until 1:30 p.m. Refreshments will be served in the Pine Room. Our annual Book Fair will be held in the Scout Room; Monday, Jan. 30-Our Book Fair continues in the Scout Room, "Illustration and Reality: Drugs Aren't Magic" Assembly in the Auditorium for youngsters in Kindergarten through Grade 8; Tuesday, Jan. 31-Old Fashioned Picnic and Cake Walk to celebrate the Mor-

ton Grove Centennial in the Auditorium, Our Book Fair continues; Wednesday, Feb. 1-Today is Buddy Day. Special celebrations will be taking place in the classrooms, Today is Hat Day. Children are encouraged to create a hat to wear that represents a favorite character from a favorite book; Thursday, Feb. 2-Our youngsters will meet Jean Alison Polner who will bring "The Little House on the Prairie" to life with her portrayal of Laura Ingalls Wilder; and Friday, Feb. 3-"Remember When..." Day. Senior Guest Speakers from Morton Grove will share historical perspectives with our children as we gather as a One Room School House today, Catholic Schools Week Prayer Service, 10:45 a.m. in the Small Church.

### Checklist for energy-saving ideas

Consumers who use energy wisely can reduce consumption and save money on their utility bills, according to the American Gas Association. The first six items on the checklist are low-cost measures.

1. Seal the leaks around doors, windows and other openings, such as pipes or ducts, with caulking or weather stripping or by stuffing insulation into openings that are letting in outside air.
2. Set thermostats between 65 and 70 degrees in the winter, at least 5 degrees lower when sleeping, and at 58 degrees when away from home for more than a few hours. Warmer temperatures are recommended for homes with ill or elderly persons and/or infants.
3. Set water heater temperatures at 140 degrees (at 120 degrees in homes with infants or elderly persons to guard against accidental scalding) and install water flow restrictors in showerheads and faucets. The restrictors are inexpensive and can cut hot water use.
4. Change filters or clean the filters in heating and cooling units at least twice a year. Close vents and doors in unused rooms. If pipes or ducts run through unheated areas, insulate them.
5. Use drapes, shutters, awnings, shade trees, glass with reflective film or solar screens to keep sunlight out in the summer.

6. Check to see if the attic and basement (or crawl space) have the recommended level of insulation for the area where you live.

7. If you have a woodburning fireplace, consider installing a natural gas fireplace insert, which can save on energy costs compared with wood. A gas fireplace also will dramatically reduce the air pollution created from burning wood.

8. Consider storm or thermal windows and doors, or double-paneled glass. A less-expensive alternative is plastic sheeting, which can be temporarily fastened over doors and windows to retain heat or air conditioning.

9. Be sure that dishwashers, washing machines and clothes dryers are fully loaded before running.

10. When buying new appliances, compare energy efficiency ratings and annual operating costs. A slightly higher initial cost for a high-efficiency appliance could pay itself back in a very short time through energy savings that mean lower utility bills.

Many natural gas utilities offer assistance and special programs designed to help consumers reduce their energy bills. Contact your local gas utility for more information on using energy wisely.

### Programmable thermostats can help cut bills

According to 1990 census figures, Americans spend more than \$34 billion each year to heat their homes. Sadly, much of that energy expenditure is unnecessary.

Energy experts estimate a third of America's heating expenses are wasted due to poor efficiency, outdated equipment and inadequate insulation. That's a terrible misuse of natural resources, and a tremendous additional cost to consumers.

Fortunately, modern technology is gaining fast on the problem. We now have available better insulating materials, high-efficiency heating/cooling equipment, and modern electronic devices which maximize comfort while reducing energy consumption.

One of the most important, if sometimes overlooked, energy-saving devices is the programmable "set-back" thermostat. Born of computer technology, this device allows the consumer to cool or heat the house to fit their lifestyle while reducing energy costs by cooling or heating only when needed.

when heating costs are high, the programmable thermostat lets the homeowner regulate the indoor temperature to fit their lifestyle. During the day when everyone is usually at work, the thermostat lowers the indoor temperature a few degrees, saving substantial amounts of electricity and money. Shortly before the family comes home, the thermostat instructs the heating system to raise the temperature to a more comfortable level. Similarly, the thermostat can lower and raise the temperature at night to accommodate sleep and wake-up times.

The result can be an energy savings up to 35%. For someone with an average monthly energy bill of \$100, that's a savings of about \$35 every 30 days, and \$140 each winter.

If your monthly heating and cooling bill gives you the chills, check out the possibility of adding a programmable thermostat. It may be the easier way to reduce your energy costs without sacrificing comfort. For more information, call 1 (800) 252-2112.

### Stay Healthy!

For instance, in the winter

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**WOMEN SEEKING MEN**

**DINNER AT HICKS**, Sunday with the Bears and walks on a tropical beach sound good? Tall, sexy woman (40) who knows about the best things in life is looking. How do you think we could have fun? EXT 472.

**THOUGHTFUL** single white female seeks kind and attractive guy (35-40) in petite, funny, down-to-earth and would like a trusting, caring and shared relationship. Chicago. EXT 4746.

**CREATIVE EMPLOYED**, cosmopolitan woman, fit and slender 5'7", loves books, movies, travel. Seeks tall, fit professional (37-46) with sense of humor and zest for life. EXT 4701.

**EMPATHETIC**, kind, thoughtful and slender single mother living in the north suburbs, 42, looking for similar qualities in man 35-50. Tennis, going to classical music, animals, literature, music interests. EXT 4706.

**SERENE** and attractive Indian woman who loves to laugh and engage in intelligent conversation. 5'3", 125 lbs. Spiritual, loves Jung and philosophy. Seeks creative and loving man who wants a mature relationship based on trust and respect. EXT 4729.

**HELLO!** I'm a full figured single white female with lovely brown eyes and hair, 5'2", interests include bookstores, international films, plays. Seeking dependable single white male 27-35, smoke and alcohol free, in or near Wheaton. EXT 4707.

**TALL, GORGEOUS, SEXY** (Also been told I'm stunning!) 1'10" and believe every new day should be better than the previous one. Tell me how you're going to make my tomorrow unforgettable. EXT 4724.

**LOVING FILIPINA** woman wants to meet someone around 5'8"-7'2" with no dependents, fit, slender with typical Oriental looks. Hardworking with a heart of pure gold. Must be financially secure. No alcohol, smoking. EXT 4708.

**VERONICA HAMEL LOKALIKE**, 30-something, 5'9", 120 lbs, doctoral degree, no dependents, seeks attractive white male 5'2" taller and over 200 lbs, 35-47, who likes sporting events and other activities. EXT 4709.

**FIT, ASSURED EUROPEAN** woman, 27, 5'6", 158 lbs, minor birth defect. Excellent cook. Also active, athletic, intelligent. Seeking tall, confident and good hearted white male, 28-35, stable emotionally and financially. Single or divorced. Christian OK. No games, please! EXT 4745.

**RAVEN-HAIRED BEAUTY**, Full-figured, fit and sporty Jewish female, young 40, beautiful inside and out, seeks tall, cute blue-eyed, fit, 28-35, 5'10" nosmoker, who's ready for romance and isn't scared of a great time! EXT 4749.

**ENJOY THE HOLIDAYS WITH ME!** I'm a single white female, 5'2", slim and attractive, I have lots of energy and a big heart. Looking for a single white male (38-50) attractive and financially secure. EXT 4704.

**I KNOW SOMEONE'S WAITING** for me! Divorced, Jewish female with nice eyes and redish blond hair, pretty, funny, easy to be with, educated. European born, 5'7", 135 lbs, looking for a man who appreciates her, warmth, friendship, love. EXT 4725.

**LOOKING FOR MR RIGHT!** Me, a lovely single white female from California, tall, age 33. You, a musician, good looking and marriage minded white guy, 34-47, who really is a lot of fun to be with and financially secure. Serious only please (no players). EXT 4775.

**SINGLE** white mom, 30ish, seeks man with (child) who likes fun family activities. Mt. teacher, big mouth, full figure. You employed, equally big mouth, polite and sense of humor (obviously). EXT 4705.

**PETITE AND SLENDER BLONDE** with a heart! The attractive lady is looking for classy, good looking single white non-smoker in his 40s who's down-to-earth and searching for someone truly special and honest. Varied interests, 30 or 3W suburbs. EXT 4722.

**TALL, FUNNY AND CUTE** lady (5'9", 123 lbs) seeks honest gentleman over 40, 6', for friendship and relationship. Light drinker. Smoker OK. EXT 4722.

**ATTRACTIVE PROFESSIONAL** (with graduate degree), divorced white female in 40s, 5'4", 110 lbs, no dependents, self-assured, feminine, likes France. fitness, film, dining, travel, dancing, reading. Seeks honest, intelligent, verbal professional, 45-50, passionate, affectionate, dynamic, for lifetime love. EXT 4708.

**SPARKLE AND ZEST!** Multidegreed educator and entrepreneur, nonsmoker, no dependents. Attractive, dark hair and eyes, cultured, athletic, empathetic. Divorced white female (5'7", 123 lbs) seeks divorced or widowed white professional who is fit, faithful and capable of friendship. Age 40s-50s. EXT 4726.

**IN SEARCH OF HANLEY RIDER** seeking someone special. You're a successful professional comfortable on your bike or in a hot tub. I'm slender, 5'7", 125 lbs, brown hair, great legs, bright, funny, Nonsmoker. Please. EXT 4747.

**SELF-TRUST** is the essence of hermetism. Perceptive divorced white female, 5'5", brunette, seeks divorced white male here in life is travels, gentle, kind, intelligent, 40-50, EXT 4904.

**TWO ATTRACTIVE ROOMMATES**, white females, 22 and 30, solid of bars and kick up lines. Both are professional, responsible and seeking attractive financially secure single white professional males, down-to-earth and honest, for a lasting, stable relationship. The 22 year old seeks someone 22-26, the 30 year old seeks someone 29-36. EXT 4665.

**SUCCESSFUL**, fun and attractive single Asian female (29) seeks charming, well-educated Asian or white gentleman who loves music, reading, nature and travel. Enjoy shopping, movies, fine dining, movies and lots of fun conversations. EXT 4666.

**FAIR MAIDEN** in early 30s seeks handsome price oriented man (30-40) with good education. Please be unmarried, well financially secure, handsome and healthy. 32-33ish. Mindset - enjoying life. EXT 4594.

**CLASSY WOMAN OF COLOR** seeks single or divorced white professional man over age 35 who's a successful, adventurous, intelligent, outgoing, loving and kind. Must be ready to build a relationship based on honesty, communication and compatibility. Details at EXT 4657.

**WORKS HARD** but likes having fun too! Attractive Caucasian professional female, 36, seeks educated gentleman who shares my interest in the arts and seeing the world. EXT 4695.

**POLISH WOMAN**, naturalized American (41, 5'7", 140 lbs) Professional, intelligent, nonsmoker, loving and fun. Seeking tall, handsome, outgoing, successful, financially secure, single or divorced, Caucasian professional female. Details at EXT 4657.

**WARM, sincere** white female, young 40, 5'7", slender, pretty, nonsmoker, no dependents, open, outgoing, fun loving, fit, intelligent, seeks nice man (28-38) for rewarding relationship. Race unimportant. EXT 4691.

**HAPPY NEW YEAR 1995!** Let's meet! And connect to the New Year of Me, slender, fit and creative Jewish female, divorced (no kids), north burbs, 5'2", 100 lbs, green eyes. Would like to meet you, a physically fit man in your 40s. No drugs or smoking please - just good times! EXT 4667.

**VERY CUTE, NERDY GUY**, 27, 5'3", green eyes, degrees, seeking, mom of 1 son. Seeking single, fit, ambitious, amorous, intelligent, Jewish under-standing man (35-45), same qualities, for friendship or marriage. EXT 4686.

**LET'S TRY THIS AGAIN!** Multifaceted and trim divorced Jewish female with blue eyes and red hair, 47, 5'4", happy, energetic, bright, easy going. Many interests including the usual plus laughing, dancing, reading, fishing. Seeks companion, friend and more. EXT 4671.

**BLOND WITH A BRAIN**, Attractive, 47, 5'6", seeking white male (40-50) interested in getting play or serious to share my passion for romance and excitement. I could be an incredible partner for the right guy. Only a phone call. EXT 4628.

**ENERGETIC AND SLENDER** white professional female with brown hair and hazel eyes, 32, sports, travels, enjoys romance, cooking, movies and laughter. Searching for someone nice like you to enjoy life with. Smoker, NW suburbs. EXT 4675.

**SEXY, vivacious green-eyed** lady, 34, blonde, 5'8", 135 lbs, seeks thoughtful, humorous, motivated single white or Hispanic male 30-50, for friendship, fun and possible romance. NW suburbs. Movies, dining, good talk. EXT 4658.

**HARDWORKING JEWISH** mom of three, 30s, in search of lasting relationship with financially secure man (30-45, nonsmoker). EXT 4690.

**SPUNKY, FRIENDLY** professional female, slender, 33, 5'4", red hair, fit, outgoing, God-fearing, social, mellow music, travel and dancing out to a small Ocas aerobics for fitness. Requests nonsmoking, 40-something, single professional male. EXT 4654.

**SWEET AND SEXY** professional female, 26, south suburbs, fit, 5'6", 120 lbs, blonde hair and green eyes, seeks single white professional male, 25-35, for friendship leading to romance. Nonsmoker, job sharing, concerts, sporting events, dancing. EXT 4664.

**TIME FOR A NEW START!** I begin an affair of the heart. Captivating, 129 lbs, blonde hair and green eyes, seeks single white professional male, 25-35, for friendship leading to romance. Nonsmoker, job sharing, concerts, sporting events, dancing. EXT 4682.

**READY TO FALL IN LOVE** with a beautiful, shapely, thoughtful and sexy Jewish female (5'5" in her early 40s)? Seeking white male, 38-45, who is fit, divorced, educated professionals who like exercising, sports, theatre, good communication. EXT 4660.

**LET'S MAKE MAGIC**, Single white female, 40, 5'11", pretty and sexy, seeks Mr. Magic. He should be a single white male (38-45) who's looking for a fun and caring relationship. EXT 4683.

**VERY ATTRACTIVE** and open-minded single professional female, 33, seeks man of substance over age 35 to help keep me in the life style I'm accustomed to. I'm 5'3", 110 lbs, blonde and hazel eyed. EXT 4670.

**RADIANT CHINA DOLL**, Very attractive Latina in early 20s (5'7") with medium-sized hourglass figure over age 35 to help keep me in the life style I'm accustomed to. I'm 5'3", 110 lbs, blonde and hazel eyed. EXT 4670.

**VERY ATTRACTIVE** and open-minded single professional female, 33, seeks man of substance over age 35 to help keep me in the life style I'm accustomed to. I'm 5'3", 110 lbs, blonde and hazel eyed. EXT 4670.

**ARE YOU OUT THERE?** Nice-looking with blond hair and hazel eyes, 45, looks younger 5'7", seeking honest, caring, easygoing white male nonsmoker, fit, 45-55, social circles, fun, outgoing, for friendship leading to relationship. Serious only, please. EXT 4692.

**YOUNG** female (19) seeks outgoing guy with a great personality (20) who knows where he's going in life. Please be 23-25. As for me, I love dancing, shopping, movies, fine dining, movies and lots of fun conversations. EXT 4666.

**BRIGHT BRUNETTE**, slender 5'5", attractive, warm, fit, single or divorced white professional man, 44-44 for friendship and relationship. Social drinker, very lovely, white male, 33-38, tall of the man. EXT 4643.

**FULLER FIGURE** (not obese), Divorced Hispanic female, 37, 5'9", mom, dark skin, black hair, dark brown eyes, attractive, romantic, fun, secure, educated, varied interests. Seeks tall, honest and trustworthy white male divorced, secure emotionally, for friendship, dating, possible 1-1. EXT 4585.

**THREE DIVORCED**, crazy and attractive to die for dependent lives sporting events, Chicago. Please be unmarried, well financially secure, handsome and healthy. 32-33ish. Mindset - enjoying life. EXT 4594.

**BROWN BUNNY** seeks blissful bonding with single white male. Great shared quiet moments, tennis, movies, walks and all the other great things in life. 5'3" and 126 lbs. Nonsmoker, social drinker. Please be 35-50, 1m, 65, EXT 4634.

**LIFE'S TOO SHORT TO BE ALONE!** Caring, outgoing white female with terrific sense of humor loves to laugh. Also loves to travel, listening to music and spending time with someone who appreciates her. Please be 35-45, 5'8" tall, fit, 150 lbs, single white male (27-35). EXT 4615.

**ARE YOU TIRED** of being left to cheated on and walked away from? I'm a blonde, 39, 5'5", caring, confident, passionate, adventurous, seeks marriage minded partner for sharing laughter, romance. You're a handsome divorced white male under 50, 6', fit, fun, am petite and love dancing and sports and would just love to talk. (Over 36 please) EXT 4633.

**GREEN EYED** blonde lady with nice personality, adventurous, fun loving, seeks single white male (27-35), with a like-minded single white male (27-35). EXT 4615.

**I LOVE SURPRISES!** Attractive, slender white female, 39, 5'3", caring, confident, passionate, adventurous, seeks marriage minded partner for sharing laughter, romance. You're a handsome divorced white male under 50, 6', fit, fun, am petite and love dancing and sports and would just love to talk. (Over 36 please) EXT 4633.

**SPONTANEOUS SOUTH SUBURBANITE** with a search of long-term committed relationship with a nonsmoker, fit, 30s, 5'6", 120 lbs, blonde hair, walks, movies and even staying home on Saturday nights. Age 38. In need of a committed relationship. Please be 35-45, 5'8" tall, fit, fun, am petite and love dancing and sports and would just love to talk. (Over 36 please) EXT 4633.

**BLOOD AND BLUE EYED**, 30, petite and well proportioned, likes comedy clubs, concert activities, concerts, movies, theatre and lots more. Seeks companion and fun with a humorous single white male, 28-35. Nonsmoker. EXT 4683.

**HELLO Medium built single black female (27, 5'3")** in search of long-term committed relationship with a nonsmoker, fit, 30s, 5'6", 120 lbs, blonde hair, walks, movies and even staying home on Saturday nights. Age 38. In need of a committed relationship. Please be 35-45, 5'8" tall, fit, fun, am petite and love dancing and sports and would just love to talk. (Over 36 please) EXT 4633.

**LOOKS AND BRAINS**, Independent and fun white female in north suburbs, 41, divorced, likes playing, dancing, movies, concerts. Seeks educated white male (30-45), fit, fun, am petite and love dancing and sports and would just love to talk. (Over 36 please) EXT 4633.

**LOVELY RUSSIAN**, 40, 5'4", 125 lbs, brown hair, green eyes, educated, nonsmoker. Seeks single white male, 40-45, 5'8" tall, fit, fun, am petite and love dancing and sports and would just love to talk. (Over 36 please) EXT 4633.

**DYNAMIC EUROPEAN**, attractive, professional, seeks good-looking professional with advanced degree in business, engineering, architecture, 34 and like concepts, travel and architecture. EXT 4659.

**ADMIATION AND RESPECT!** I admire you! You're intelligent, generous, success and money, you'll admire my relationship with financial security (30-45, nonsmoker). EXT 4690.

**SMART REDHEAD**, classy, petite, looking good and having fun, seeks single white male (30-45), fit, fun, am petite and love dancing and sports and would just love to talk. (Over 36 please) EXT 4633.

**STARTING OVER**, South suburbs, Tall, voluptuous divorced white female, 41, fun, secure, down-to-earth, one dependent, seeks tall single white fun-loving guy who's a secure emotionally and financially successful professional. NW suburbs. Movies, dining, good talk. EXT 4647.

**SUFFERING FROM MATELESSNESS?** I'm a funny, very cute and sexy Jewish female, zero dependents, young 40, Northwestern graduate, educated, down-to-earth, professional, yearning for a relationship with a like-minded, successful, single white male, 38-50, educated, professional of business. EXT 4613.

**VERY NICE** divorced Jewish female late 30s, pretty, blue-eyed, blond, upbeat personality, seeks fit, single man, 35-45, easygoing, who wants a monogamous relationship. NW suburbs. Nonsmoker, please. EXT 4632.

**WELL-MANNERED, GENTLE LADY** of 49 considered very attractive, youthful, healthy, seeks single white female of character and substance with a natural beauty that comes from within. Objective: friendship, love, marriage and baby carriage. EXT 4717.

**ARE YOU OUT THERE?** Nice-looking with blond hair and hazel eyes, 45, looks younger 5'7", seeking honest, caring, easygoing white male nonsmoker, fit, 45-55, social circles, fun, outgoing, for friendship leading to relationship. Serious only, please. EXT 4692.

**MY KIDS ARE GROWN**, I'm on my own. Divorced gentleman (62-65) seeks a one-time woman, 35-50, for happy relationship. You have a thin to medium build, I'm caring and good humored. Are you 1 smoke. Drug-free NW Chicago. EXT 7182.

**READY FOR MARRIAGE?** This financially sound guy (30, 210 lbs, 6'4") loves buying homes, cheap, fun and setting em for big profits. Searching for a girl of all trades to love. Many have children and make money well. See this beautiful country of ours. EXT 4597.

**FINER THINGS IN LIFE**, White male, 38, enjoys the upper bracket life style. Seeks stunning, non-smoking white female with no children, 27-37, who likes sports, movies, travel, and a good relationship. Living downtown area a plus. EXT 5565.

**WELL READ, NATIVE LOVING**, bliss seeking single white non-smoker male (27) with unusual and romantic personality seeks witty, passionate and attractive professional (natural red or blonde) female. It's only a lifetime. Call EXT 7132.

**ONE-OF-A-KIND** divorced white male, business owner, 5'3", would like to meet a happy, petite lady with appeal who wants great relationship. I like sports, movies, and more. You're a slender white female nonsmoker with long hair. North Side, North Shore. EXT 7103.

**GUDDING** needed by this caring, loyal divorced white male, 5'9", who likes tennis, dining and more. You're a slender white female nonsmoker with long hair. North Side, North Shore. EXT 7103.

**DO YOU LIKE MORZIE**, volleyball, ectopic dining and theater? So, great! If not, so what? Cute and beautiful, tall, 5'8", tall of the man. EXT 5995.

**ACTIVE and physically fit** divorced white male in 30s with good sense of humor enjoys golf, working out, travel and dining. Nonsmoker. Seeks like-minded lady, 40-60. EXT 7105.

**HI**, I'm a romantic and spontaneous white male, 38, 160 lbs, 6'1", brown eyes, black hair. A sharp, good-looking, professional, fit, fun, outgoing, successful, caring, comely, cute, movie, staying looking on the healthy side, style, Nonsmoker, seeks intelligent, honest, fun-loving and interested in a lasting relationship. Fit, am petite, NW Side, North Side. All answered. EXT 7167.

**EDUCATED EUROPEAN** man, 27, 5'6", 155 lbs, blonde hair, fit, fun, outgoing, seeks single divorced professional female, 22-30, fit, to share the life. Please be 22-30, fit, fun, outgoing, intelligent, honest, happy. EXT 7133.

**DO YOU LIKE SPORTS** and alternative and rock music? Single white male, 5'11", 170 lbs, 34, in search of a single white female, 21-38, fit, fun, outgoing, intelligent, honest, happy. EXT 7132.

**DO YOU LIKE TRIPS** and alternative and rock music? Single white male, 5'11", 170 lbs, 34, in search of a single white female, 21-38, fit, fun, outgoing, intelligent, honest, happy. EXT 7132.

**MERGING PATTERNS**, Lots of hugs and cuddling, no sex. Seeking single white male, 30-35, with steady occupation, sensitive, intelligent, NW Chicago. Confident, handsome, good listener, likes conversations. EXT 7147.

**AFFECTIONATE** white male, down-to-earth woman, 38, 5'7", divorced, seeks single white male, 28-35, with a variety of interests including the usual. EXT 7134.

**LOVELY SECURITY MAN**, 59, 5'5", 175 lbs, is in search of a single white female, 28-35, fit, fun, outgoing, intelligent, honest, happy. EXT 7132.

**TIERN-who knows?** EXT 7169.

**DIVORCED WHITE MALE**, 59 (looks 58), fit, energetic, fun, considerate. City dweller seeks single white female for relationship based on bright conversation and humor. Travel, theater, classical music, politics. NW Side. EXT 7169.

**HANDSOME, SECURE, CARING**, This considerate, dark-eyed gentleman, 5'11", 170 lbs, approaches most things in life and love with the right way to know you. If you're near O'Hare and are a loving white male (38-45) who feels good about herself, let's chat. EXT 7196.

**PROFESSIONAL**, Divorced white male in good physical condition, 5'10", 170 lbs, seeks 40-something, single white female for relationship. Articulate, swimming, snowmobiling, skiing, theatre, movies, dining. EXT 7141.

**QUALITY WOMAN WANTED** for committed relationship by single white professional male, 42. Must be genuine, sincere, ready, sharp passion for movies, plays, concerts. Let's start 95 right! No smoking or drugs. EXT 7169.

**SENSIBLE** and honest single guy with blue eyes and blond hair (30, 5'6", 170 lbs) likes fishing, dining, smoking or drugs. EXT 7169.

**GOOD MAN SEEKS GOOD WOMAN** for good love. Affectionate and sincere divorced white male, 55, great sense of humor, has a lot of love to give the right woman. (45-60). Nonsmoker. Let's take a chance! EXT 191.

**I LIKE A GOOD BOOK** (plus sports, parties, old movies and lots more) Tired of being misread by girls. I need a woman who loves her own mind, is responsible and wouldn't mind meeing. I'm 26, 5'2", 150 lbs, fit, fun, outgoing, intelligent, honest, happy. EXT 7194.

**NW SIDER?** Me too. Very nice Italian German guy, 44, nice build, funny, good humored, seeks nice fit and compassionate girl for friendship. No kids, no expectations. I want your reply. EXT 7179.

**PROFESSIONAL**, Divorced white male with no dependents, 40, nonsmoker, hardworking, smart, mature, sensitive. Seeks cute, fit and affectionate single white female of character and substance with a natural beauty that comes from within. Objective: friendship, love, marriage and baby carriage. EXT 7177.

**MY KIDS ARE GROWN**, I'm on my own. Divorced gentleman (62-65) seeks a one-time woman, 35-50, for happy relationship. You have a thin to medium build, I'm caring and good humored. Are you 1 smoke. Drug-free NW Chicago. EXT 7182.

**READY FOR MARRIAGE?** This financially sound guy (30, 210 lbs, 6'4") loves buying homes, cheap, fun and setting em for big profits. Searching for a girl of all trades to love. Many have children and make money well. See this beautiful country of ours. EXT 4597.

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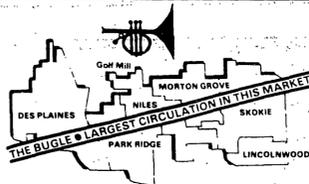
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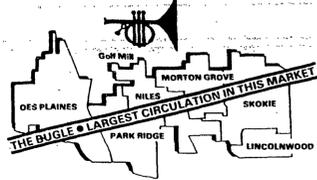
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**BANKING OPPORTUNITIES**

**TELLER OPPORTUNITIES**

Full time positions available in our Des Plaines and Arlington Heights locations. We need dependable individuals with cash handling experience. And if you enjoy interacting with people and providing excellent customer service (including cross-selling), you are the person for us! No direct tellering experience needed, we will train. Excellent benefits and working conditions. Please apply in person. Qualified candidates will be contacted for an interview.

**First Federal Bank for Savings**  
749 Lee St. Des Plaines, IL 60016  
Equal Opportunity Employer M/F/H/V

**TELLER OPPORTUNITIES**

Would you like to work Part-time 4 hrs. a day if you could earn enough money to make it worthwhile? At First Federal Bank in Des Plaines and Arlington Heights, we have positions opening that will do that for you. It is a PEAK TIME TELLER position which pays \$7.72/hr. plus a \$1.50/hr. bonus for emergency hours! Our peak time conditions are 3 to 4 days a wk., maximum 19 hrs/wk. Sat. mornings - 9-12:30 noon. We are seeking mature persons who enjoy customer service work and want Part-time work at excellent pay. If this is of interest, please come to our office to complete an application.

**First Federal Bank for Savings**  
749 Lee St. Des Plaines IL 60016  
Equal Opportunity Employer M/F/H/V

**MARKETING ANALYST**

We are seeking a candidate with a college degree in marketing research and/or advertising. Needs one to two years corp. marketing or ad agency experience. Proficient report writing skills, knowledge of WordPerfect, Lotus 123, d-base, Harvard Graphics, mapping software skills a plus.

**NEW ACCOUNTS COUNSELORS**

We want a sales person and customer oriented person who will learn our system and products in a short period of time. Duties include opening accounts and advising our customers of our products. Experience in PC's a plus, teller and cross selling experience would also be a help.

Please apply for all positions at:  
**749 Lee St. Des Plaines**  
Equal opportunity employer

Our classified ads reach more people per week for the least amount of dollars. We cover the near north suburbs and the north side of Chicago with 2 insertions per week. See how your money can work for you by putting your recruitment ads in both editions of The Bugle. You now get both insertions for the price of one! Call us today for details. We will be happy to assist you in placing your ads and in reserving space for our next issue. We offer two deadlines each week for your convenience. AND ALSO TAKE ADVANTAGE OF OUR SPECIALS! SIMPLY CALL (708) 966-3900, and ask for our classified department. Our trained staff will be available to take your orders.

**BANKING OPPORTUNITIES**

**PART TIME STOCK PERSON**  
20 hours - 5 days/week including Saturday  
North Suburban Bank is seeking responsible, self directed individual to accept, store and distribute bank supplies, maintain inventory and record retention, process mail, perform errands, etc. Applicant must have HS diploma or equivalent, possess excellent communication and interpersonal skills. Valid drivers license required.

FOR INTERVIEW, PLEASE CALL  
Human Resources Department  
**FIRST NATIONAL BANK OF NILES**  
(708) 967-5300  
EOE/AAP

**COLLECTOR**  
Full Time - Glenview  
1+ year successful collection background in a fast-paced environment.  
Good salary/benefits.

**Bank of Northern Illinois**  
Call: 708/724-9000  
for interview appointment

**BANKING OPPORTUNITIES**  
FULL TIME TELLERS

Here's the chance you've been looking for! We are seeking friendly, intelligent people to fill Teller positions at our beautiful Wilmette office. Plenty of room for advancement. Banking experience a plus, but not necessary. Excellent benefits, paid vacation. Call Marc.

**EDENS BANK**  
3245 W. Lake, Wilmette  
(708) 256-5105  
Member FDIC Equal Oppy Employer

**CLERICAL/ OFFICE OPPORTUNITIES**

**RECEPTIONIST / SECRETARY**  
Immediate Opening For A Receptionist / Secretary  
Responsibilities Include Telephone, Filing And Administrative Support To President And Staff. Skokie Location.

Full Benefits  
Send Resume To:  
Attention: AA  
Intertech Dev. Co.  
7401 N. Linder  
Skokie, IL 60077

Find the help that you need in our classified section.

**CLERICAL OFFICE OPPORTUNITIES**

**HERE WE GROW AGAIN**

**America's TempCorp's**  
Is proud to announce the opening of its new Niles location. Immediate openings for the following:

- Word Processors
- Receptionist
- Data Entry

Call for appointment.  
**(708) 696-1595**

**America's TempCorp's**  
8052 N. Milwaukee  
Niles, IL 60714  
(Take #270 bus from Jefferson "L")

**RECEPTIONIST- GENERAL OFFICE**  
\$8-\$10/HOUR  
6 Positions Available. Near North Area. Temp & Temp To Hire. Ask For Trish.

**SELECT STAFFING TEMPS**  
(708) 390-5870

**NEW COMPANY Needs 5 People**  
•Customer Service  
•Data Entry  
•General Office  
For more information Please Call:  
**FirsTemps, Inc.**  
(312) 286-2640

**ADMINISTRATIVE ASSISTANT / FRONT OFFICE**

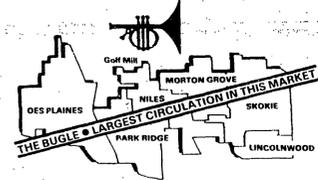
Unique opportunity to contribute to this progressive International Manufacturing company in the O'Hare area. Person must possess a "can do" attitude, high energy level, proven office and computer skills and the ability to handle multiple tasks. Client offers competitive salary and benefits.

Fax resume to:  
**(312) 368-1868**  
or call **(312) 368-0677**

**CAREER CORNER**

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**CLERICAL / OFFICE OPPORTUNITIES**

**Part Time RECEPTIONIST**

Skokie Park District seeks well qualified individual to answer all incoming phone calls, take program registrations over the counter, type, make copies and perform other general office duties as needed. High School education required. Must be very dependable and possess excellent customer service skills. Prior experience a plus. 30-35 hrs/wk. \$8/hr.

Contact:  
**Skokie Park District**  
Arthur Mallnowski  
4400 Grove St., Skokie, IL 60076  
708-674-1500

**WAREHOUSE AND OFFICE CLERICAL**  
Part Time

We are seeking responsible individuals to work with our customers. Evening and weekend hours

Apply in person:  
**WICKES FURNITURE**  
8247 W. Golf Rd.  
Niles, IL  
E/O/E

**A SECOND CHANCE**

Just because you took time off to raise a family, go to school, or whatever, doesn't mean you shouldn't have a chance to earn lots of money with a great company. Part Time or Full Time. No selling involved. Hourly salary and bonus. Northwest Chicago, near O'Hare.

Call Mr. Harris  
**(312) 774-1406**

**SECRETARY/ RECEPTIONIST**  
PART TIME

Lincolnwood office is seeking a person with excellent phone manner, computer, typing & clerical skills for a real estate management & insurance office. Competitive salary.

Call Karen for an interview.  
**(708) 679-0220**

**MANAGER / GENERAL OFFICE**  
Full Or Part Time  
Day Time Hours  
Must Be Responsible And Organized.  
Bi-Lingual Spanish A Plus.  
Salary Negotiable  
Evanston Area  
Nicole  
**(708) 491-6243**

Your credit is good with us. We accept Visa and Master Card! Call: 966-3900

**PROFESSIONAL OPPORTUNITIES**

**ADMINISTRATIVE ASSISTANT Part Time**

Rapidly expanding manufacturer of modular trade show displays needs part time administrative assistant. Duties include assisting Production Manager in all aspects of purchasing and inventory control. Position also includes some phone switchboard substitution. Pleasant phone manner, basic computer knowledge and typing skills required. Minimum 20 hour week. Flexible hours available. Mail resumes or come in and fill out an application.

**Nimlok Company**  
6019 W. Howard St.-Niles, IL 60714

**START THE NEW YEAR WITH A NEW CAREER!**

Welcome Wagon famous for celebrating new beginnings would like to welcome you to '95 & tell you how we can help to make this an exciting & financially rewarding New Year for you. Currently we are looking for reps in Niles, Morton Grove, Glenview & other areas. All you need is a car & the time to give. 30-40 hr positions available. To learn more call Marla:

**(708) 577-3637**  
Mon 1-18 9 am - 5 pm  
**Welcome Wagon**  
EOE

**MEDICAL/ HEALTHCARE**

**RECEPTIONIST ASSISTANT**

Needed For Chiropractic Office  
Computer Skills Necessary  
Experience With Billing And Insurance Preferred  
Apply At:  
**Richard Chiropractic Clinic**  
8933 W. Golf-Niles  
(708) 827-8686

**RESTAURANTS/ FOOD SERVICE**

**WAIT STAFF**  
Full time Part time  
Flexible hours - All Shifts  
• Will train  
Fun job - Good tips  
**Riggio's**  
Mihwaukee & Oakton  
(708) 698-3346

**ADMINISTRATIVE NORTH SHORE \$12 PER HOUR**

MS Word, Excel And/Or Power Pk. Temp & Temp To Hire. Ask For Trish.

**SELECT STAFFING TEMPS**  
(708) 390-5870

Find the help that you need in our classified section.

**SALES / OUTSIDE IMMEDIATE OPENING**

The Mini-Blind Company, Inc. seeks an aggressive, outgoing, professional salesperson for the Chicago market to build territory through cold calling and networking within the multi-family and commercial real estate industry. Excellent opportunity. Salary + commission. The Mini-Blind Company is a drug free company. FAX or mail resumes to: Bob Pohl, The Mini-Blind Company 6956 Sunbelt Drive South, San Antonio, TX 78218. FAX: 1-800-593-0045

**CARPET SALESPERSON**

Major carpet retailer, New York Carpetworld, is growing and expanding fast in the Chicago area. Ideal opportunity for individuals with carpet sales background or willing to train the right person. High earnings and future management positions possible. Please call: Mr. Allen  
**(708) 967-0150**

**SALES/ TELEMARKETING**

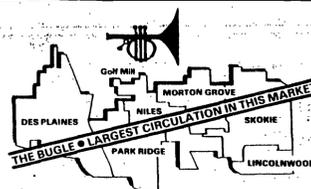
**TELEMARKETERS**  
Earn Cash For The New Year!  
Cash Paid Daily  
Start Now! Will Train!  
**Hanover Park**  
(708) 372-2102  
**Villa Park**  
(708) 782-0200

**TELEMARKETERS**  
Needed for fund raising  
• Paid daily • On bus line  
• Hours to fit your schedule  
• We pay daily!  
Open 7 days a week  
**(708) 79-7420**  
(Between 10 am - 3 pm everyday)

Place your ad now 966-3900  
Call one of our staffers between 9 a.m. and 4 p.m. everyday and get your message right in the best spot in town. The Bugle's Classifieds! More potential buyers are going to see our ad than anywhere else and the cost is low! Check our special rates. Call right away & get ready for some instant response!

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|-----------------------|-----------------------|--------------------|----------------------|

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| <b>TRADES / INDUSTRIAL / DRIVERS</b>  |  | <b>APT FOR RENT</b>  | <b>ANTIQUES</b>  | <b>MOTORCYCLES FOR SALE</b>  |
| <b>DRIVERS</b><br>Part Time<br>\$7.20 - Mini Bus<br>\$9.25 - School Bus<br>No Experience Necessary<br>SEPTAN needs responsible drivers who enjoy children for routes in the North / Northwest Suburban area. Will train on easy-to-drive, fully automatic school buses and vans.<br>•3-4 Hours / Day/Paid Training<br>•10% Performance Bonus<br>•Permitted Drivers start with Higher Pay<br>•Transportation to & from work for minivans<br>If you are over 21 with a good driving record & a valid DL for 3 years, Call Today!<br><b>(708) 392-1252</b><br>Drug Screening Required  | <b>J&amp;R SCHUGEL TRUCKING</b><br><b>IMMEDIATE OPENINGS</b><br>Increases Drivers pay (Call & Compare)<br>• \$.27/mile to start with 3 years experience.<br>Everyone goes to \$.27 after 6 months.<br>Annual raises to 31.5-cents. Paid weekly.<br>Team drivers split up to \$.33.<br>New Rider Policy & No handling policy. Plus Good Benefits.<br><b>CALL</b><br><b>1 (800) 359-0101</b> | Niles - Avail March 1<br>5 rm. apt. - \$650/Mo.<br>Call Mary (708) 965-6084<br><br>NILES - 7628 N. Milwaukee - 1 BR \$500/Mo - 3 BR - \$750/Mo. (Touhy & Nagle) Pk. Incl. - (312) 764-0802 After 7   | <b>OLD ORIENTAL RUGS WANTED</b><br>Any Size Or Condition<br>Call Free:<br><b>1-800-553-8021</b>  | '87 Honda Hurricane 600<br>All Stock - Red & Black<br>Low Miles \$2900, 967-0140   |
| <b>WASHINGTON STATE PRESSROOM ENGINEER IMMEDIATE OPENING</b><br>Trade Products, Inc., is a growing, mid-size printing manufacturer located in Seattle, Washington. We are seeking a journey level offset printing press mechanic to perform preventive maint. routine repairs, timing adjustments, major overhaul and rebuild of 40" Harris and Omson offset printing presses. Excellent electro-mechanical troubleshooting skills, use of lathes, drills, milling machines and applicable hand tools. Min 6 years journey / level exp. Vocational or equivalent training a plus. We offer a clean modern work environment with an excellent salary and benefits. For more information, please call Mr. McFarland at 1-800-426-1307 or send resume to:<br><b>PRESS ENGINEER</b><br>Trade Products, Inc.<br>P.O. Box 898<br>Lynwood, WA 98046<br>ECE | <b>TRUCK DRIVERS</b><br>Action Carrier is now hiring team, school graduates & experienced drivers. Year round employment with exceptional benefit package.<br>Contact Sue at:<br><b>1-800-843-9850, ext. 2247</b>  | <b>BUSINESS OPPORTUNITY</b><br><b>MINNESOTA FOR SALE BY OWNER BAR &amp; GRILL</b><br>Small town S.E. Minnesota. Liquor license. Heart of fishing, deer & turkey hunting. 2 BR tr. Creek along back of approx. 1 acre. 507-894-4881 Day or eve 507-894-4442   | <b>Collectibles</b><br>Emmett Kelly - Krystonia - Ron Lee - Largo-Little People - Dragon Keep - Beer Steins - Michael Garman.<br><b>(708)674-4283</b>  | <b>PERSONALS</b>   |
| <b>AUTO MECHANIC</b><br>Experienced Only<br>Harlem & Shermer Service<br>9021 N. Harlem<br>Morton Grove<br><b>965-4388</b><br><br>Your credit is good with us we accept visa and master card! Call:<br><b>966-3900</b>   | <b>HOUSE FOR SALE</b><br>NILES - Brk. Ranch - 6 Rooms<br>Fin. Barm. w/Prpl. - 2-1/2 Car Garp.<br>Extras - Low \$200,000 (708) 647-8592   | <b>NEVER FAIL NOVENA</b><br>May the Sacred Heart of Jesus be praised, adored & glorified throughout the whole world now & forever. Most Sacred Heart of Jesus, I put my trust in you. Holy Mary, Mother of Jesus, pray for me. St. Theresa, Child of Jesus, pray for me. St. Jude, Helper of Hopeless Cases, pray for me & grant this favor I ask. Say this prayer 9 times a day for 9 days & publish. | <b>FURNITURE FOR SALE</b>  | <b>ILLINOIS SINGLES</b><br>Get Their #'s<br>And Meet Tonight<br><b>1-900-776-5125</b><br>\$1.98 / Min. - 18+ B1<br><b>(213) 993-9450</b> |
| <b>WE WILL GET YOUR AD QUICKLY &amp; ACCURATELY ON OUR FAX MACHINE</b><br><b>FAX</b><br>FOR ADVERTISING COPY<br><b>BUGLE NEWSPAPERS</b><br>8746 N. SHERMER RD., NILES, IL<br><b>(708) 966-0198</b><br>(OUR FAX NUMBER)  | <b>OUT OF STATE</b><br><b>WISCONSIN FOR SALE BY OWNER 100 ACRES</b><br>Overlooking Mississippi River near DeSoto, Wisconsin. Will partial to suit. Very scenic area. Cash or terms.<br>Days 319-535-7215<br>Evenings 319-586-2721  | <b>MODEL HOME CONTENTS</b><br>Sofa/LoveSeat Set - Hunter Green & Cranberry - \$595, Other Sets, Plaids, Etc. - DR & BR Sets Also<br><b>(708) 329-4119</b>  | <b>TANNING</b>   | <b>PERSONALS</b>   |
| <b>INFORMATION ON CLASSIFIED ADS</b><br>You Can Place Your Classified Ads by Calling (708) 966-3900 or Come To Our Office in Person At: 8746 N. Shermer Road, Niles, Illinois. Our Office Is Open - Monday thru Friday, 9 A.M. to 5 P.M.  | <b>White Formica Trundle Bed with Mattress.</b><br>5 Year Old Apple Computer<br>1 Girl's 20" Bike, 1 Boy's 16" Bike.<br>Call Danne After 5 P.M.<br><b>(708) 541-9555</b>   | <b>NEVER FAIL NOVENA</b><br>May the Sacred Heart of Jesus be praised, adored & glorified throughout the whole world now & forever. Most Sacred Heart of Jesus, I put my trust in you. Holy Mary, Mother of Jesus, pray for me. St. Theresa, Child of Jesus, pray for me. St. Jude, Helper of Hopeless Cases, pray for me & grant this favor I ask. Say this prayer 9 times a day for 9 days & publish. | <b>SUNQUEST WOLFF TANNING BEDS</b><br>New Commercial-Home Units<br>From \$199.00<br>Lamps-Lotions-Accessories<br>Monthly payments low as \$19.00<br>Call Today FREE NEW Color Catalog<br><b>1-(800) 462-9197</b> | <b>PERSONALS</b>   |

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| <b>NEW JERSEY VERNON</b><br>78 acre country estate, 4,300 sq ft stone home overlooking your private lake; inground pool, seas guest cottage, great views. For info call Gross & Jansen Realtors, exclusive brokers for appt:<br><b>(201) 764-9022</b><br>Offered at \$599,900 | <b>ROOMS FOR RENT</b><br><b>ROOM AVAILABLE IN TOWN HOUSE</b><br>Buffalo Grove Area With Single Mom & Two School Children. Student Or Woman, Non-Smoker. Call Evenings.<br><b>(708) 541-9555</b> | <b>WANTED WURLITZERS JUKE BOXES ALSO SLOT MACHINES Any Condition (708) 965-2742</b> | <b>VACATION RENTALS</b><br><b>HILTON HEAD DISCOUNT RENTALS</b><br>Why not get away to beautiful Hilton Head Island, SC? 1 BR-6 BR ocean condos & homes Toll-free for rental brochure<br><b>800-445-8664</b> | <b>MISCELLANEOUS</b><br>MIRRORS - Brand New. 48 X 100 for \$95. 36 X 100 for \$75. Will Deliver. (312) 261-3500 9 am - 9 pm. (708) 924-9524.<br><br>Call one of our adtakers between 9 a.m. and 4 p.m. everyday and get your message right in the best spot in town. The Bugle's Classifieds More potential buyers are going to see our ad than anywhere else and the cost is low! Check our special rates. Call right away & get ready for some instant response! |
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## General News

### St. Ignatius College Prep 'tops off' building additions



(From left to right) Russ Youngberg of Northbrook, Tony Nixon of Harvey, Ron Donahue of Chicago, and Mike Moran of Lockport attach a fir tree to the top of St. Ignatius's new James '32 and Genevieve Center for the Performing Arts and Sciences to celebrate the completion of the building's framework. Construction began in June on two additions; a new athletic complex and dining room will be "topped off" in February.

In keeping with an age-old construction tradition, the crew working on one of two new buildings at St. Ignatius College Prep "topped off" the structure with a fir tree to celebrate the completion of the framework...then headed inside for a party.

St. Ignatius began construction on two new additions in June 1994. The first to be completed, the week of Nov. 28, is the James '32 and Genevieve Center for the Performing Arts and Sciences, a 38,000 square-foot building that will consist of a theatre, a music center, and a major extension to the school's Science Center.

The second addition should be completed in February 1995. The Commons and Athletic Center, which will be named "The Chicago Center," will be a 50,000 square-foot facility that will provide a 2700 square-foot weight and fitness center, space for wrestling, dance, aerobics, tennis and volleyball practice, and a triplex-court practice gym, along with expanded locker rooms and office space for coaches.

The school has borrowed funds to undertake this construction through the Illinois Development Finance Authority. Walsh Construction Company is building the structures, which have been designed by the Architecture firm of Solomon Cordwell Buenz & Associates.

"Topping off" a new building with a fir-"Christmas" tree is a tradition begun centuries ago. Some of the earliest examples occurred in Viking times, when Norwegians put an evergreen tree at the top of a newly constructed mead hall, home, or ship as a symbol of luck and long life. They chose the evergreen tree because it provided them with building material, firewood through the winter, and yearlong beauty. Folklorists theorize that the tradition was brought to the United States by Norwegian ironworkers who would top new steel construction with fir trees. The practice has been used regularly as early as 1900 and is a fitting activity for St. Ignatius, which is currently celebrating its 125th anniversary.

### We'll help you manage stress

The Northbrook Park District is offering a unique Stress Management program, combining physical movement with a health maintenance system. The class is designed to relieve your tension, stress or anxiety as it increases your flexibility, endurance and energy. Emphasis is on low-impact movements that rejuvenate the body and mind.

Four Stress Management workshops will be taught at the Leisure Center, 3323 Walters Ave., by instructors of Traditional Eastern Arts, beginning Jan. 25. To register, call 291-2980 or stop by the 1810 Walters Ave. Registration Office.

**USE THE BUGLE**

### VNA North Hospice offers new opportunities

VNA North Hospice's Award Winning Volunteer Program is offering a number of new and exciting opportunities for people who enjoy any or all of the following: providing companionship, accompanying people to movies or plays, baking cookies, doing office tasks, going to the library, providing transportation, running errands, interacting with pets, developing a music library or just making someone's life a little easier.

Hospice volunteers, will meet others with similar interests, work with a multi-disciplinary team, learn about people who are in their last stage of life, and most importantly, will feel good about themselves for helping others.

A four week comprehensive volunteer training course is being offered on Tuesday and Thursday evenings beginning Feb. 28 at our Skokie office. However, in some cases, a 2 hour orientation is all the training that is needed. If you, or anyone you know, are looking for an incredibly rewarding experience doing the things you enjoy and can lend us a couple of hours per week or month, call Nine Francione at VNA North Hospice: (708) 581-1717.

### Holy Family physician leads medical delegation



Richard C. Schultz (left) MD, FACS, board certified plastic surgeon at Holy Family Medical Center in Des Plaines, led a three week educational medical mission to Albania and Russia last September.

Richard C. Schultz, MD, FACS, board-certified plastic surgeon on staff at Holy Family Medical Center in Des Plaines, led a three week educational medical mission to Albania and Russia in September.

Dr. Schultz was asked by members of the Citizen Ambassador Program of People to People International to assemble and lead an international delegation of plastic surgeons to Albania and Russia. Originally initiated by President Dwight D. Eisenhower in 1956, the Citizen Ambassador Program of People to People International has proven very successful in the exchange of professional information and techniques over similar missions.

The medical delegation led by Dr. Schultz consisted of 35 plastic and reconstructive surgeons representing 14 nations. They exchanged professional concepts and plastic and reconstructive surgery procedures with medical professionals in these two formerly communist countries. Albania had not been exposed to progressive plastic surgery for more than 50 years. Russia has an entirely different orientation to plastic and reconstructive surgery as we know it in North America.

The medical delegation spent their first week in Tirana, the capital of Albania, giving more than 30 surgical demonstrations and lectures at the University of Tirana Hospital.

Topics discussed by members of the medical delegation included: the team approach and technical aspects of cleft lip and palate care; orthognathic and craniofacial surgery; controversies and current recommendations concerning reconstructive and cosmetic breast surgery; indications and contemporary techniques for suction-assisted lipectomy; various aspect of cosmetic surgery; facial and extremity injury and reconstruction, including microsurgery.

Surgical demonstrations, prepared lectures, ward rounds and roundtable discussions predominated the delegation's time in Albania.

Albania, a tightly closed communist society for some 50 years, has been open to the West for only two years. However, the medical delegation's Albanian hosts provided them with interesting professional and cultural programs spanning their country's Illyrian origins including their conversion from Orthodox Christianity to the Muslim religion, through the death of their dictator Enver Hoxha.

The delegation then continued

### Crafters wanted

Norwood Park Home's Centennial Picnic Craft Sale, set for Sunday, Aug. 18, from noon to 5 p.m., is located at 6016 North Nina Ave., Chicago is looking for crafters.

Call Norwood Park Home for information at (312) 631-4858.

**Thomas S. Shukas**

Navy Senior Chief Petty Officer Thomas S. Shukas, a 1969 graduate of Maine South High School of Park Ridge, recently returned from duty off the coast of Haiti with the Commander of the U.S. Second Fleet aboard the command ship USS Mount Whitney, homeported in Norfolk, VA.

The delegation then continued

### Volunteers needed for hospice

Are you interested in helping others by giving your gift of time to terminally ill patients and their families? Harbor Light Hospice, a Medicare certified hospice, is looking for dedicated volunteers. There are so many ways to help. Volunteers do everything from visit patients, talk with patients' family members to office assistance and even gift and craft making.

The only qualification is a caring heart. For an application or more information, contact John Newton, Volunteer Coordinator at (708) 674-6660.

**PICTURE THIS . . .**  
**A FRIENDLY, KNOWLEDGEABLE**  
**STAFF READY TO HELP YOU START**  
**SAVING FOR YOUR FUTURE!**

Open An **IRA** with . . .



**3 Year IRA**

**6.40%** Interest Rate

**6.56%** Annual Percentage Yield (APY)

**4 Year IRA**

**6.65%** Interest Rate

**6.82%** APY

**5 Year IRA**

**7.00%** Interest Rate

**7.19%** APY

**Our Customer Service Department**

\* The Annual Percentage Yield is accurate as of 1/09/95. The minimum balance to open & maintain the APY is \$250. The APY for the IRA certificate is calculated by the quarterly compounding method. If you choose to have interest paid to you or to an account, the APY will be lower. A penalty may be imposed for early withdrawal. Rates subject to change without notice. Other rates and terms available.



**First National Bank of Niles**

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MEMBER FDIC