



Touhy Ave. woman found dead in burning house

by Rosemary Tirio

The apparent murder of a woman found dead in a fire-gutted home at 7544 W. Touhy Ave. in a Chicago neighborhood adjacent to Niles has prompted police to warn residents who are selling or showing homes to verify the identity of prospective buyers and never to show homes alone.

Police are conducting a death investigation because the autopsy on Dorothy Dziubak, 30, showed that her death was not caused by the fire.

Dziubak, a Polish immigrant and single mother of a 5-year-old girl who was at school at the time of the incident, worked as a factory machine operator. She had re-

cently put the house up for sale, and a sign bearing her phone number was in the front yard.

At least one prospective buyer contacted Dziubak Jan. 9 and made an appointment to return with his wife on Jan. 10. Police have not determined whether those visits are related to Dziubak's death.

Police also caution against supplying prospective buyers with any personal information such as work schedules, children or spouses.

Sellers and real estate agents should keep a list of the identity of all persons who are shown through a property that is for sale.

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Senior Golfer celebrated by Park Board

by Kathleen Quirsfeld

Myrna Breitzman, President of the Niles Park District, warmly and fondly paid tribute to a long-time Niles resident, and a personal friend, Robert C. Wordel, Jr. for his many contributions to the Park District.

Although he thanked her for her kind words, Wordel, a senior golfer at Tam Golf Course wasted no time expressing his gratitude to the Park District employees who do their job to keep the golf course up and running.

A 42-year resident of Niles, Wordel was presented with a certificate of the Board's appreciation for his countless efforts.

Accepting the certificate, Wordel told the Board they should be proud of the people who work at Tam, particularly the greens keepers and rangers.

"I appreciate their courtesy to me," Wordel said. "At other golf courses, we (senior golfers) are tolerated, at Tam, we are welcome."

Wordel has many memories of

playing golf at Tam. He even remembers caddying there in 1935.

One of his fondest memories was meeting one of golf's greats at Tam - Babe Dietrichsen.

"I came there on my lunch hour to see her in the Women's Open," Wordel said. "We talked for a while and she said she had been off (the tour) for a year because she had cancer."

Encouraging her, Wordel remembers telling her, "You've got it, Babe." She went on to win the tournament.

Myrna Breitzman has a special fondness for Wordel and has special memories of her own about him.

"He has been a member of my church since I was a little girl," she said. "He gives so much of himself to this community."

Attention homeowners and contractors

When shoveling sidewalks or driveways, do not push the snow into public streets or alleys. Contractors must follow this rule, as well. Also, do not bury fire hydrants with snow.

Shovel right when shoveling your sidewalk or driveway, always pile the snow to your right when facing the street. The Village snow plows push the snow as they come down the street with the flow of traffic; snow piled to the LEFT of the sidewalk or driveway will be pushed back where it was just shoveled.

Judges needed for April 1 election

Republican judges are needed in Niles Township for the April 1 election.

Call 966-8282 and leave your name, address and phone number; if you can help. Any registered voter in Cook County is eligible to be an election judge. Pay is \$100 for the day.

Village moves into new village hall on February 3; library vacates current site to allow for construction

Monday is moving day for village and library

by Rosemary Tirio

The Niles Administration Building currently located at 7601 Milwaukee Ave. will be closed Friday, Jan. 31 and Saturday, Feb. 1 to prepare for the transfer of operations to the new Administrative Offices at 1000 Civic Center Drive at the Southeast corner of Oakton Street and Waukegan Road.

The new offices will be open for business Monday, Feb. 3, the day also designated as Moving Day for the Niles Public Library when all the books and other materials will be packed up and moved from 6960 W. Oakton St. to two stories of a temporary facility in the former NCR building at 7400 N. Caldwell Ave.

The library will be closed from Feb. 3 to Feb. 7. When the move has been completed Feb. 8, most of the library's services will continue in the temporary facility. Some programs, such as the Battle of the Books, had to be moved

to other community facilities, such as the Trident Center, according to administrative services coordinator Dawn Ambrogio. Most of the village offices will be closed on Feb. 3.

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Potato chip burglar strikes again at Jays

by Rosemary Tirio

The Jays Potato Chips burglar, not to be confused with the Frito Bandito, has struck again in Niles.

An unknown number of boxes of potato chips valued at \$954.09 was removed from a 1988 blue and white Jays van while it was parked in the fenced-in area near the Jays Foods Co. at 6969 N. Austin sometime between 4 p.m. Jan. 17 and 7 a.m. Jan. 20.

The driver's side window had been broken after the offender (s) apparently used a pry-type tool unsuccessfully to gain entry to the driver's door.

Once inside, the offender(s) removed the potato chips. Entry to the fenced-in parking lot was probably gained by using a key.

Niles police said. At least three times last fall Jays trucks were entered and large quantities of Jays products were removed. This incident was the first of the new year. Company officials declined to comment about the latest occurrence.

First Niles Firefighter to graduate from Elgin's Fire Academy



Niles Probationary Firefighter Orlando Diaz, was the first Niles Firefighter to recently graduate from the Firefighter Training School held at the Elgin Fire Academy in Elgin. In the past Niles Firefighters attended Firefighter School held at the Arlington Heights Fire Academy, but due to scheduling problems Orlando attended Elgin and the department was so pleased with the results that all new Niles Firefighters will follow in Orlando's footsteps.

The school which is State Certified, providing uniform training throughout the State. The course which is eight weeks long, 8 hours per day covers all areas of firefighting tactics and strategy along with hazardous materials training.

Pictured from left to right are Rudy Horst Director of Training Elgin FD., Niles FF Orlando Diaz, and District Chief Barry Mueller.

Entertainment at Devon Bank

Devon bank presents "The Original Starlites" in a free musical entertainment program on Wednesday, February 12. This bank-sponsored event begins at 10 a.m. In the bank's conference center at 6445 North Western Ave. in Chicago. Refreshments will be served before the performance.

The starlites are a musical entertainment group bringing you music, singing, and dancing from the 30's, 40's and 50's. The group was formed to help keep alive the beautiful popular music and the clever, intelligent lyrics of these times. The artist in the group are old enough to identify with their audiences and relive memories with them through their songs and dances.

Devon bank sponsors free entertainment for senior citizens on the second Wednesday of each month. The bank has free senior citizen checking with direct deposit, which assures the safe, on-time arrival of government payments, seniors with questions about Devon Bank Products, services or the scheduled programs should call Iraida Carrasco at 773-465-2500 EXT. 1302 during regular banking hours.

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Free Medicare Guide available

The Illinois Department of Insurance is now offering a free buyer's guide to help Medicare beneficiaries make informed decisions about managed care insurance coverage, according to State Senator Walter Dudyecz (R-7th, Chicago).

The Medicare HMO Shopping Guide can help Medicare recipients understand how Medicare health maintenance organizations (HMOs) work, decide if a Medicare HMO is right for them, and select the plan that best fits their needs.

Dudyecz says the HMO guide identifies nine Medicare HMOs operating in Illinois and the 13 counties where this coverage is available, and provides cost and benefit information for each plan.

The guide is a supplement to the Medicare Supplement Premium Comparison Guide, which lists similar information for every insurance company licensed to sell Medicare supplement insurance in Illinois. Publication was made possible through a federal grant from the Health Care Financing Administration to the Illinois Senior Health Insurance Program.

Copies can be obtained free of charge by writing to: Senior Health Insurance Program, Illinois Department of Insurance, 320 West Washington Street, Springfield, IL 62767. Both guides can be found on the Department of Insurance's Internet home page at: <http://www.state.il.us/ins/>

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. Niles seniors interested in obtaining additional senior center information should call or visit the center and be placed on the mailing list. The center is located at 8060 Oakton Street.

TICKET SALES
Tickets Sales will be on Friday, Feb. 7 at 9:30 a.m. on a walk-in basis. The following events will be on sale: March Lite Lunch and Movie is scheduled for Friday, March 7 at noon. The menu is Submarine Sandwich followed by the warm-hearted movie Mr. Holland's Opus. Cost per person is \$1.75. Andrew Lloyd Webber's Sunset Blvd. is scheduled for both Wednesdays, April 9 and 30 from 10:30 a.m. to 6 p.m. The lunch will be a buffet style salad, entree and dessert bar at the French Quarter restaurant in the Palmer House. The seats will be in the first balcony of the Civic Opera House. Cost is \$69.50.

CARBON MONOXIDE APPOINTMENTS
Appointments are being taken for carbon monoxide inspections. Call the Senior Center at extension 376 to set up an appointment.

ORGANIZING YOUR PAPERWORK LECTURE
Organizing Your Paperwork lecture by Jan Stojack is on Friday, Jan. 31 at 10 a.m. Learn to organize important paperwork; what documents are important to keep, and how long to keep them. Bring questions. Registration is necessary.

INCOME TAX REGISTRATION
Income tax registration continues. Tax appointments are available Tuesdays, Wednesdays, and Thursdays mornings and afternoons starting Tuesday, February 4 through April 3. Call and make your appointment now.

VEGETARIAN COOKING MADE SIMPLE - REALLY!
Susan Lapp will discuss her book on vegetarian cooking and give helpful hints on how to cut back on meat and high fat dairy products. The presentation is Thursday, Jan. 30 at 2 p.m. Free. Registration is required.

PINOCHLE TOURNAMENT
A Pinochle Tournament will be held on Friday, Jan. 31 at 1 p.m. All card players are encouraged to participate in a three handed tournament. Seating will be selected at random. A fee of \$3.50 will cover refreshments and prize money. Registration required.

CHOLESTEROL SCREENING
Quest Diagnostic will be at the Niles Senior Center on Wednesday, Feb. 5 from 9 a.m. until 11 a.m. to draw blood for a Coronary Risk Panel (cholesterol, HDL, LDL, and triglycerides). Cost is \$20. You will need to fast 10 to 12 hours. Hold all medications that need to be taken with food. Water is permitted. On the day of the screening you will need to bring in your doctor's name, address, and phone number. Results will be mailed to you and your physician. For questions, contact Terry Sprengel.

BOOK REVIEW - NEW DATE
Book Review has been changed from Friday, Feb. 7 to Friday, Jan. 31 at 10 a.m. The group will discuss The Road to Corcoran by Jill Ker Conway and refreshments will be served. The cost is \$1 and registration is required.

TINY HANDS AND WARM HEARTS
Tiny Hands and Warm Hearts is scheduled for Wednesday, Feb. 12 at 10 a.m. Come help the pre-schoolers from Kid Care Too, design Valentines Day cards for homebound seniors in Niles. A special musical performance by the pre-schoolers is also planned. Refreshments will be served. Registration required.

CHOLESTEROL AND YOUR HEART LECTURE
Cholesterol and Your Heart is a free lecture sponsored by the American Heart Association on Wednesday, Feb. 26 at 2 p.m. at the Senior Center. Jill Lipacola, R.D., a dietitian at Rush North Shore Medical Center, will provide an insightful presentation on cholesterol and your heart. Registration is required.

OVER 90 AND GOLDEN RINGERS SOUGHT
The Niles Senior Center is celebrating Older Americans' Month in May by honoring our Niles residents who are 90 years of age and older and those couples celebrating 50 years of marriage this year (must have been married in 1947). Submit your name, address and phone number by contacting the Senior Center.

Flood Control and street improvements

Flood Control: The Village of Skokie Runoff Control Program to abate sewer backup into basements will see \$10 million in major sewer construction on several arterial routes in 1997. One lane of traffic in each direction will be maintained. The following street sections will be affected starting in April: Dempster Street; Edens Expressway to Niles Center Road; Keeler Avenue to Crawford Avenue and East Prairie Road to Ewing Avenue; Crawford; Dempster Street to Greenwood Avenue; Keystone Avenue; Church Street to Emerson Street; and Ewing; Dempster to Greenwood.

The following street sections are tentatively scheduled to begin in May: Oakton Street; Skokie Boulevard to McCormick Boulevard; Crawford Avenue; Jarvis Avenue to Kennedy Street; Keeney; Keystone Avenue to Crawford; Keystone; Keeney to Cleaver; Terminal Avenue; Church Street to Gross Point; and Lamont Avenue; Oakton Street to Mulford Street.

Bookmobile to offer service during library closing

During its move to a temporary site at 7400 Caldwell in Niles, the Niles Public Library will offer limited service on its Bookmobile at the library's permanent address, 6960 Oakton. Among the items which patrons will be able to do on the Bookmobile are the following:

- return and renew materials
- place reserves on items
- check out a limited number of adult and juvenile materials.
- pick up reserved items that haven't been checked out by 5

The Little Red Schoolhouse in Morton Grove

After training and educating thousands of HVAC professionals for more than 40 years, The Little Red Schoolhouse in Morton Grove, has undergone extensive updating and modernization renovations. New demonstration models have been added, and new software training programs now coexist with traditional mechanical training.

'Love, Lucy' at Maine Township Hall

A Valentine's Day treat is in store for the Alumnae Club literary group when they meet at 1 p.m. Friday, February 14 at the Maine Township Hall, 1700 Ballard Rd. in Park Ridge. Suzanne Hale will review the book, Love, Lucy, a recently discovered auto-

biography of Lucille Ball, describing her childhood and early career days.

For information, call 847/698-2469.

Watermain improvements: Based upon a 1995 engineering analysis of the Village's water distribution system, a five-year improvement plan was developed to improve system pressure and peak hour water flows. For 1997 the following three areas will see watermain improvement projects: Golf Road; Skokie Boulevard to Gross Point Road and Gross Point; Golf to Keeler; Terminal Avenue; Church Street to Gross Point; and Lamont Avenue; Oakton Street to Mulford Street.

• receive information about services that are available at neighboring libraries.

The Bookmobile's hours during the library's move are:

- Monday, Feb. 3, through Thursday, Feb. 6: 9 a.m. to 9 p.m.
- Friday, Feb. 7: 9 a.m. to 5 p.m.
- On Saturday, Feb. 8, the library is scheduled to resume its normal operations at 7400 Caldwell at 9 a.m. The library's new phone number at the Caldwell address is 588-0500.

this industry-renowned institution as the *Robert DeWye Auditorium*. A 40-year veteran of ITT Fluid Handling, Bob is retiring after serving as the "headmaster" of the Little Red Schoolhouse for over three decades. During that period he and his staff have trained more than 40,000 professionals from every corner of the globe, including three generations of contractors, engineers and plumbers.

USE THE BUGLE

Vehicle stickers available soon

Maine Township Clerk Gary K. Warner reminds residents of the township's unincorporated area that they will be able to buy their 1997 Cook County vehicle stickers at his office later this month.

Cook County has not yet issued the stickers, but Warner will notify residents when the tags become available. He also will announce extended office hours

once the stickers go on sale. The Clerk's Office is located in the Maine Township Town Hall, 1700 Ballard Rd., Park Ridge. Regular hours are 9 a.m. to 5 p.m. Monday through Friday, and 9 a.m. to noon Saturday. For more information, call the office at (847) 297-2510, ext. 224.

County stickers are required for all vehicle owners in the unincorporated area. The cost for au-

tomobiles is \$25 per year, or \$1 per year for senior citizens age 65 or older.

Kids can adopt a hydrant

The Niles Fire Department will hold its annual Adopt-A-Hydrant Program again this year. For more information, contact Bill White, Fire Department Public Education Coordinator, (847) 588-6800.

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DISCLAIMER: Home and business long-distance service provided by Southwestern Bell Communications Services Illinois, Inc. 10¢-a-minute rate available for three months from the date service is activated. Additional charges for taxes and tolls, cellular airtime, roaming charges and network surcharges. Airtime charges apply to cellular long-distance calls. Home and long-distance rate applies to domestic 1+direct dialing. Cellular long-distance rate applies to calls placed from your home coverage area to the 48 contiguous states. New cellular line activation, \$35 activation fee, processing fee and two-year commitment on specific cellular and long-distance rate plans required. Certain restrictions may apply. Offer ends 3/31/97.

Senior News

Negative/False attitudes about aging lecture

Mel Novit, former host of the cable TV show Chicago Celebrities and a freelance journalist, gives his humorous views on negative and false attitudes about aging, at 1 p.m., Feb. 4 as part of Passages, the weekly series sponsored by Oakton Community College's Emeritus Program. Lectures are held in Room A151 at the Ray Hartstein Campus,

7701 N. Lincoln Ave., Skokie. In this lecture, Novit shows how human potential and well-being can be discovered and exercised at any age. The admission fee is \$1. For information on this and other programs sponsored by the Emeritus Program for older adults, call (847) 635-1414.

Norwood Park Seniors Network February calendar

Norwood Park Seniors Network (NPSN), a personalized outreach program for community seniors, located at 6016 N. Nina Avenue, now offers weekly shopping trips, Tai Chi classes, field trips and a "Lunch Brunch" program for seniors. Beginning the week of February 5, NPSN will pick up and drop off community seniors directly from their own door or

from the lobby of the Norwood Park Home to various shopping locations and back for only \$5 each way. The February trips include: February 5, 9 a.m. - 11:30 a.m. Harlem-Irving Plaza; February 12, 9 a.m. - 11:30 a.m. Harlem-Foster Plaza; February 19, 9:30 a.m. - 11:30 a.m. KMART; and February 26, 10 a.m. - 1 p.m. Golf Mill Shopping Center and lunch.

On Mondays at 1:30 p.m., NPSN will hold Tai Chi classes at Norwood Park Home. "Tai Chi is one of the best exercises to assist seniors with endurance and balance," says Dr. Thomas Cozzi, NPH Medical Director. On Sunday afternoons, beginning at noon, seniors are invited to the Norwood Park Home for a nutritiously balanced lunch and an entertaining movie.

In addition, on Thursday, February 20th, NPSN will have a lunch outing to Norwood Park's classic restaurant "Down by the Station" and an artistic presentation at the Artist's Guild and Studio.

NPSN offers a variety of services other than social activities including medical care, a handyman and maintenance referral program, an emergency response system and support with financial planning. To make reservations for the shopping trips, obtain a calendar of monthly events or to find out more information about how to receive special discounts on NPSN services, please contact Linda Rasieci at (773) 631-5673.

Norwood Park Home presents piano duet

On Tuesday, February 18, at 2 p.m., Norwood Park Home, 6016 N. Nina Avenue, will host a musical extravaganza by a husband and wife duo-pianist team from the Sherwood Conservatory of Music.

It's not often when you see four hands working on the piano at the same time. The well known Davidson's will perform at Norwood Park Home and share their piano abilities for what promises to be an entertaining afternoon. The Davidson's have taught annual summer four hand piano classes to students from all different age groups, backgrounds and geographic areas. The duo both

hold Master's degrees in music from the American Conservatory of Music. As faculty of the Sherwood Conservatory of Music, they both continue to strive to reach the common goal of the facility to cultivate music within every child. The classes are arranged and designed to develop the individual abilities of each student through music.

Norwood Park Home hosts free monthly programs as part of its community outreach program. For more information about the "Four Hand Piano" program or to obtain a calendar of events, please contact (773) 631-4856.

NPSN shovels away snow at a low cost to seniors

The Norwood Park Seniors Network (NPSN), 6016 N. Nina Avenue, introduces its Handyman and Maintenance Referral Service as part of its comprehensive, personalized community outreach program.

NPSN is a specially designed program providing medical services, social outings and activities, professional financial advice, a home companion service and the new referral service for community seniors. Have you ever had a difficult time finding someone to shovel the snow? How about finding someone to take care of the plumbing? In this weather, no one wants to go outside in the cold weather to shovel and clear away the ice. NPSN will not only schedule reputable tradesmen to handle small jobs like shoveling or lawn mowing, but will also handle large tasks such as roofing. In addition, all the billing is handled through NPSN so the service is hassle free.

NPSN is a one-stop shop offering a broad range of personalized care to the seniors of today. There are two ways to participate: a yearly charge to join the Network which includes a complete needs assessment and discounts on services, or an a la carte fee basis for non-Network members.

To find out more information about the referral service, obtain Network membership applications, outing calendars or a NPSN information package, please call NPSN Director Linda Rasieci at (312) 631-4856.

Income tax Program for Seniors

The Niles Senior Center, in cooperation with AARP, is offering free tax assistance to Niles seniors beginning on February 4 through April 10. Tax assistance is offered Tuesday, Wednesday, and Thursday mornings and afternoons. To schedule an appointment, call the Niles Senior Center at 967-6100

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Letters To The Editor

Capparelli thanks supporters

Dear Editor:
As the members of the General Assembly were sworn into office, I would like to take this opportunity to thank those who participated in the November election and appeal to those who are frustrated with politics and government to get involved in the process. It is often difficult to cut through campaign rhetoric and slogans and seriously debate important issues. One thing was made perfectly clear following the election this November. Voters sent a strong message that they want their representatives to work together, both Democrats and Republicans, to address the challenges facing our communities today.

I am happy to see that the new session of the General Assembly has begun with the intentions of true bipartisan cooperation. House Speaker Michael Madigan has promised to appoint Republicans to chair legislative committee -- an event unprecedented in Illinois state government. In doing this it shows that we are ready to ignore party labels and work together, both Democrats and Republicans, to address the challenges facing our communities today.

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In order to effectively our community, I need your help input from the community will be my number one consideration when deciding on pending legis-

Michelle Venci

Michelle Venci, daughter of Steve and Josephine Venci, Niles, has been named to the dean's list at the University of Notre Dame for outstanding scholarship during the fall semester.

The dean's list is comprised of a select group of students who have succeeded in maintaining a scholastic average of 3.4 and above during the past semester.

Venci, a 1993 graduate of Regina Dominican High School, is a senior in the University's College of Arts and Letters, majoring in Government.



I ask and encourage everyone to become involved in the process of our government. Constituent services is also a top priority as well. In order to be accessible as possible, my office, located at 7452 N. Harlem, is open on Saturday mornings as well as regular business hours during the week.

I look forward to a busy and productive term and I am eager to get down to work and face the challenges of our district. I want to thank the voters of the district again for giving me the opportunity and the privilege to serve. Sincerely, Ralph C. Capparelli, Deputy Democratic Leader

Bring back the old shelters

Dear Editor:
I am a resident of Morton Grove. Since my husband's death and since I don't drive, I have to take the bus.

The old bus shelters were removed and new ones put up. The new ones were put up for advertising purposes only and provide no shelter whatsoever. I take the bus on Dempster in Morton Grove. I'm sure that the city of Morton Grove received money for allowing advertising in the shelters at the expense of the riders. Thank You, Name withheld by request

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Morton Grove Senior Citizens 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 February 3 through April 15, Tax-Aid volunteers will prepare income tax returns at no charge. Seniors who wish to have their tax returns prepared should bring copies of their 1995 federal and state tax returns; tax forms for the 1996 tax year; W-2s, W-2Ps, SSA-1099s and other relevant data showing income for 1995. Call the Morton Grove Senior Hot Line at 470-5223 for your personal appointment on a Monday, Wednesday, or Friday at the Flickinger Senior Center. Appointment times are either 9 and 10:30 a.m.

PRESSURE POINT THERAPY
There will be a hands-on, do-it-yourself workshop designed to teach people how to help themselves relieve health problems such as headaches, neck pain, digestive problems, sinus problems and many others through the use of a new technique called "Pressure Point Therapy." This free seminar will be held at 1 p.m. on Thursday, Jan. 30 in the Prairie View Community Center. The seminar is fun and Pressure Point Therapy is easy to learn. Participants are given all the tools so that when they leave the seminar, they can use this safe, natural treatment to help themselves feel better. Reserve a space for this informative program with the Morton Grove Park District senior adult supervisor, Catherine Dean by calling 965-1200.

CHOLESTEROL SCREENING
Cholesterol is a soft, fat-like substance found in every cell in the body. Most of the body's cholesterol is made in the liver; the rest comes from animal fat in foods. Egg yolks, meat, poultry, and dairy products all contain cholesterol. Everyone needs some cholesterol, but not too much. Eating foods low in animal fat is one of the best ways to lower cholesterol. Cholesterol screenings will be offered from 9 to 11 a.m. on Tuesday, Feb. 4 in the Flickinger Senior Center. The quick and simple test will give an accurate total blood cholesterol measurement in just three minutes. For Morton Grove seniors (age 65+) there is a charge of \$3. For those under 65, or for non-residents, the charge is \$4.

LUNCH BUNCH MOVIE
Following the regular Senior Nutrition Site lunch on Wednesday, Feb. 5, "Roman Holiday," will be shown at 1 p.m. in the Flickinger Senior Center. Lunch is provided for those who make a reservation. Seniors who do not come in for lunch, can still come for the show. For information about the lunch program, call the Morton Grove Senior Hot Line at 470-5223.

VALENTINE'S DAY TRIP
Celebrate the spirit of Valentine's Day with the Prairie View Travel Club, Feb. 12 and 13. The two fun-filled days will start at the Fireside Theater in Ft. Atkinson with lunch and entertainment by the Legends. Direct from Las Vegas, see Judy Garland, Neil Diamond, Marilyn Monroe, Sammy Davis Jr., The Blues Brothers, Buddy Holly, and Elvis recreated live on stage. After check-in and dinner at the Interlaken Resort in Lake Geneva, the Go West! Country Dancers will entertain. The next day, it's a tour of Fort Atkinson, shop at PFI Fashions, lunch at the Home Plate, more shopping at the O&H Kringle shop, and wine and cheese tasting with apple pie at Apple Hollar. What a trip! The cost is \$158/triple, \$165/double, and \$196/single. Register at the Prairie View Community Center.

MORTON GROVE HOMECARE SERVICE
The Morton Grove Homecare Service is a program offered by the Village of Morton Grove and funded by Cook County. The service is for residents age 60 and older who may need assistance with a combination of the following: bathing, laundry, personal care, companionship, preparing meals and light housekeeping. The amazing thing about this program is that all services are provided at no charge for a duration of up to six months through the Visiting Nurse Association North. To qualify a person must be age 60+, be a Morton Grove resident, demonstrate a medical need for home care, meet income (less than \$28,150 annually) and asset (less than \$50,000) eligibility criteria. For more information, contact Morton Grove's Senior Citizens Services at 965-4100, ext. 343.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200. To receive the "Seniors in Morton Grove" newsletter, send \$2.50 to the Morton Grove Park District, 6834 Dempster Street, Morton Grove, IL 60053.

IRS speaks at PNA meeting

The Polish National Alliance North Side Seniors will meet Wednesday, Feb. 12, 1997, at 10 a.m. at the PNA District 13 Fraternal Center, 6038 N. Cicero Ave., Chicago, IL.

Guest Speaker for this informative session will be Mr. Stephen Shedroff, from the Internal Revenue Service. The discussion will cover specialized Tax Topics, New Law Changes plus other Federal Tax Issues relating to seniors needs.

All seniors 55 and over, PNA members or not, are invited. Refreshments will be served. Since this meeting falls on Ash Wednesday, a mass and distribution of ashes will take place after the meeting. The mass will be celebrated at 12 noon.

For additional information, call the Polish National Alliance at (773) 286-0500, ext. 309 or 316.

Norwood Park Home "Pools" funds for charitable gift

Norwood Park Home, a not-for-profit senior residence located at 6016 N. Nina Avenue, will host its first seminar on the Home's new "Pooled Income Fund" program, Tuesday, February 11 at 2 p.m.

Would you like to make a charitable gift that provides you with an income tax deduction as well as additional income stream? Would you like to receive the tax benefits of a trust gift without having to invest a major portion of your estate? Then the Norwood Park Home's "Pooled Income Fund" was created especially for you. The way it works is easy. First, the donor transfers an asset of his/her choice, as a donation, into the fund which is controlled by Norwood Park Home but managed by a bank. The donor then receives a charitable deduction in that year. The gift is commingled for investment purposes with other gifts to the fund from other donors. Based on the fund's earnings, the donor receives a proportional share of the interest income for life. At the death of the donor, the principal is passed to Norwood Park Home and is available for immediate use to support the mission of the Home.

You are encouraged to attend this seminar if you are interested in learning more about how the "Pooled Income Fund" might fit with your gift-giving plans. For questions or more information, please call Maureen McCarthy, Director of Development, at (773) 631-4856 ext. 2667.

Money Management Program

The Center of Concern, 1580 N. Northwest Hwy, Park Ridge, now offers a Money Management Program for those who need ongoing help with their family finances. Center volunteers have been trained to help with an older person's basic money management needs to help him remain independent in the community. This is a program developed twelve years ago by AARP (The American Association of Retired Persons).

Volunteers visit clients once or twice a month to help with basic money management tasks. They work together on: monthly check writing, check book balancing, budgeting, reading and organizing mail and applying for benefit programs. However, the Center volunteer does not take control of the money. Bills are reviewed and checks are prepared for the individual's signature. Additional information can be obtained by calling The Center's Outreach Department at (847) 823-0453.

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Church and Temple News

OBITUARIES

FRANCES MARY LANDWEHR
Frances Mary Landwehr, 73, died on January 6. Beloved mother of Dill Rantz and Marina Rantz. Arrangements were handled by Simkins Funeral Home. Funeral services were held at St. Martha Church. Interment was in All Saints Cemetery, Des Plaines.

THERESIA GEISINGER
Theresa Geisinger, 82, of Glenview, IL, died on Fri., Jan. 17, 1997. Mrs. Geisinger was born on January 19, 1914 in Yugoslavia. She was the beloved wife of the Late Joseph. Beloved mother of Magdalena (VIRO) Pizzica, Joseph (Mary) Amstadt, Theresa (Joseph) Tuffner, Joseph (Irene) Geisinger, Lawrence (Emma) Geisinger and the Late Elizabeth (Late Mike) Harjung. Funeral services were held at St. Isaac Jogues Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Des Plaines, IL.

LEONARD BOGACKI
Leonard Bogacki, 77, of Des Plaines IL, died on Friday, December 20. Beloved husband of Constance Bogacki. Beloved father of Dennis, Margaret, Mary Ann, and Michael Bogacki, Kathleen and Joseph Costello, Mary and Tod Allen. Beloved step-father of Joann and Sam Scanio, and Martha Botta. Beloved brother of Florence, and Virginia Bogacki. Funeral services were held at Skaja Terrace Funeral Home. Interment was held at St. Aldabert Cemetery, Niles, IL.

ADAM GAUDER
Adam Gauder, 76, of Niles, died on Fri., Jan. 17, 1997 at John C. Lincoln Hospital, Phoenix, AZ. Mr. Gauder was born on Oct. 24, 1920. He was the husband of Barbara. Beloved father of Theresa (Stefan) Doser, Ann (Kevin) Rooney. Beloved grandfather of Paul and Melissa Doser, Emily and Sean Rooney. Beloved brother of Elizabeth (Frank) Elter, Magdalena (Alfred) Schneyer, and Peter (Barbara) Gander. Funeral services were held Tue., Jan. 21 at St. Isaac Jogues Church, Niles, IL. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles, IL.

ESTELLE REGINA ALLISON
Estelle Regina Allison, 94, of Glenview, died on Fri., Jan. 17, 1997. Mrs. Allison was born on February 18, 1902, in St. Louis, MO. Beloved wife of the late Charles F. Jr. Beloved mother of Charles Franklin Allison, III of Barrington Hills, Richard O'Neil Allison of Oak Brook and Marly Ann Claw of Atlanta, GA. Funeral services were held at St. Isaac Jogues Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines, IL.

RONALD ELKO
Ronald Elko, 54, of Northbrook, died on Tue., Jan. 14, 1997 at Glenbrook Hospital, Glenview, IL. Mr. Elko was born on March 24, 1942 in Evanston, IL. He was the beloved brother of Robert (Adell), Roger (Patricia) Elko of Glenview, and his sister-in-law Dolores. Funeral services were held at Colonial Funeral Home, Niles, IL. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Acacia Park Cemetery, Chicago, IL.

WARREN G. LUSK
Warren G. Lusk, 71, died on January 4. Beloved husband of Lillian Lusk. Beloved father of Jeanne Davito and Joan Peterka. Funeral arrangements were handled by Simkins Funeral Home. Services were held at Simkins Funeral Home. Interment was in Memory Gardens Cemetery, Arlington Hts.

HARRY A. HUGEL
Harry A. Hugel, 73, of Morton Grove died on January 11, 1997. Beloved husband of Lorraine Hugel. Beloved father of Jeff and Mark Hugel. Beloved brother of Elizabeth. Funeral mass was held at St. Martha Church. Interment was held at All Saints Cemetery.

SAMUEL C. ENGLISH
Samuel C. English, 76, of Morton Grove, died on January 10, 1997 at Northwest Community Hospital, Arlington Heights. He was the beloved husband of Anne. Beloved father of Janice Murphy, Mary Faris, Patricia Bromberg, Michael, Maggie Zimmer, Thomas, James and Daniel. Beloved brother of Carl English. Funeral services were held January 14, 1997 at St. Martha Church, Morton Grove. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

JAMES CAVALENES
James Cavalenes, 37, of Morton Grove, died January 18, 1997. Beloved son of George and Elizabeth Cavalenes. Beloved brother of Dr. Mark P. Cavalenes, Steven P. Cavalenes, Matthew J. Cavalenes, Michael A. Cavalenes, and George R. Cavalenes. Funeral service held at St. Martha Church. Funeral arrangements handled by Simkins Funeral Home. Interment was in All Saints Cemetery.

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Church and Temple News

Allan Lieberman at Temple Beth-El

The community is cordially invited to Comedy Night featuring singer songwriter Allan Lieberman, Saturday, February 15, 1997 at Temple Beth-El, 3610 Dundee Road, Northbrook. The show includes a chinese dinner beginning at 6:30 p.m. followed by the performance at 8:00 p.m. The cost is \$18 per person, \$20.00 at the door, \$15.00 for show only.

Congregation Kol Emeth

Jeffery B. Weill, a Program Coordinator for the Jewish Community Relations Council of the Jewish United Fund of Metropolitan Chicago, will deliver the monthly guest sermon at Congregation Kol Emeth, 5130 W. Touhy Ave., Skokie, IL, on Friday, Feb. 14, 1997 at 8:30 p.m. His subject will be "The Plight of the Remaining Jews of the Soviet Union". Services are open to all who wish to attend. For additional information, call the Synagogue office at (847) 673-3370. Rabbi Barry Schechter is the religious leader of the Congregation.

NSJC services

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, will hold Sabbath Services on Friday evening, January 31 at 7 pm. Saturday Morning services begin at 9:30 am. Rabbi Daniel M. Zucker will conduct all Services. Everyone welcome! For further information, call 965-0900.

Pancake Breakfast at St. John Lutheran School

The Friendship Club of St. Andrews Lutheran Church, 260 No. Northwest Hwy. will hold its annual Spaghetti Dinner on Sat., Feb. 15. The dinner will be served in the parish hall from 5:30 p.m. to 7:30 p.m. Adult tickets are \$7 at the door, advance ticket purchase price is \$6; children ages 5 to 12 years are \$3; and tots under 5 are free. Each ticket entitles one person to "all you can eat" of St. Andrews exclusive spaghetti, tossed salad, buttered Italian bread, and luscious homemade desserts.

St. Andrew's Spaghetti Dinner

Entertainment during the dinner is the singing waiters with their selections of familiar melodies. The dinner is co-sponsored by Aid Association for Lutherans. For ticket information, call (847) 823-6656.

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Health News

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PRESSURE POINT THERAPY WORKSHOP



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- Sinuses
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- Low Energy
- Joint Pain

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A busy year for babies at Lutheran General Hospital

1996 was a busy year for babies at Lutheran General Hospital in Park Ridge. One of the busiest obstetrical programs in the Chicago area, 4,216 babies were born at the hospital — with multiple births of 58 sets of twins, 13 sets of triplets and one set of quadruplets.

A hospital milestone was reached on May 23, when the record for deliveries of babies in a 24-hour period, was broken. That day, 27 deliveries took place in the hospital's Labor and Delivery Unit — 18 girls and 10 boys, including a set of twins.

"We average 14 deliveries a day," said Kathy Gerber, R.N., clinical manager of labor and delivery. "Of course, we always have some extremely busy days. In June, we had a remarkable day when our unit had a set of twins, triplets and quadruplets all born on one day."

The labor and delivery unit at Lutheran General Hospital features 15 labor-delivery-recovery rooms and a family-centered care approach which involves the father or significant other as a vital

part of the health care team. The department of obstetrics at Lutheran General also includes a 42-bed, 54-bassinet mother/baby unit and a 20-bed perinatal/gynecology unit.

In addition, the hospital has a 36-bed neonatal intensive care unit and a maternal transport program that brings expectant mothers with high-risk pregnancies to Lutheran General Hospital from area community hospitals. Lutheran General Hospital is part of Advocate Health Care which is based in Oak Brook, IL. Advocate is one of the largest health care organizations in the Chicago area, totaling 20,000 employees, 3,500 physicians and 180 sites of care, including eight hospitals with more than 3,300 beds. Advocate also has a multi-specialty physician practice, the area's largest full-service home health care company, skilled nursing facilities, outpatient centers and a mental health counseling service. It has long-term academic and teaching affiliations with several medical schools in the Chicago area.

Have you had enough water today?

It's January again, so that must mean that it's time to reevaluate your health and fitness goals for the new year. And if you don't already know it, water is a key component to a healthy and active lifestyle. So if you're thinking about getting into shape, here are several tips to ensure that you remain healthy and properly hydrated.

Exercise: The smart athlete or exerciser will always start out well hydrated. Ideally, two hours before an activity, you should drink about 16 ounces (two 8 ounce cups or a half-liter) of water. If you cannot drink water two hours prior to working out, drink at least 8 or up to 16 ounces before starting your activity. Either way, make sure to drink water throughout your activity, consuming 6 to 12 ounces every 15 to 20 minutes, particularly when exercising in the heat. To foster maximum consumption and rapid absorption into your system, the water should be cool, about 40 to 50 degrees Fahrenheit, but not ice cold. To ensure that you have had enough water, weigh yourself unclothed before and after your activity. For each one pound deficit in body weight, you will need to drink a pint (two cups) of water to replace the water you lost as sweat.

Thirst: Never rely on thirst as your guide to how much water you need. Thirst is a signal designed to prevent severe dehydration. It activates when your body is in serious trouble, long after you should have begun drinking water to replenish your water to replenish your (Thirst, ctd) losses. The thirst signal also shuts off well before you've drunk enough. So you cannot afford to rely on thirst; you must use knowledge and good sense.

Diet and Weight loss: Exercise is not the only activity that increases your body's need for water. During dieting and weight loss, your kidneys must go into overdrive to eliminate toxins formed from lost fat and muscle. Water is essential to this flushing process. It also helps you control your food intake, especially if one glass is consumed before and one during each meal.

Airplane travel: When you travel on an airplane, the atmosphere is similar to that of a desert: extremely dry. Many travelers compound the problem by drinking alcohol and coffee. The resulting dehydration dries out your eyes and respiratory passages, causes irritability, worsens the symptoms of jet lag and may impair physical or mental aptitude.

High Altitudes: In high altitude situations the humidity is also very low and you must breathe more to take in adequate oxygen.

Health News

St. Francis Hospital anonymously receives \$2.5 million

An anonymous benefactor recently bestowed a contribution of \$2.5 million upon St. Francis Hospital for its planned, new out-

Annual Deli Box for Leukemia Research

The Golland-Orenstein-Sherman Memorial Chapter of the Leukemia Research Foundation will deliver its Annual Deli Box on Saturday, March 8, 1997.

A choice of 1 lb. of kosher corned beef or sliced turkey or 1/4 lb. of salami is offered. Also included is rye bread, cole slaw, a pickle, mustard, potato chips, candy and a cake as well as other items not determined. Cost is \$16.50 per box.

Delivery throughout the North Shore and Northwest Suburbs as well as Chicago's Northside. For further information and to place orders, call (708) 786-3992.

patient Cancer Treatment Center. "We are extremely grateful for this outstanding gift," said James C. Gizzi, President and CEO. "It is the largest single donation St. Francis has ever received. The generosity of the donor will directly benefit our cancer patients by providing the center with the most advanced radiation treatment equipment."

The planned 15,234 square foot center will be easily accessible on the first floor of the St. Francis Professional Office Center, 800 Austin Street, Evanston. Radiation therapy and chemotherapy services will be offered in this one convenient location. Currently cancer treatment services are located in several locations throughout the St. Francis campus.

The new facility will also include a cancer resources and education center. Qualified nursing staff will link patients and their families with the latest cancer information through computer technology. Disease prevention and screening programs will also be offered.

Total cost of the St. Francis Cancer Treatment Center will be \$6 million. The hospital is currently awaiting certificate of need approval from the State of Illinois Health Facilities Planning Board. Construction is expected to begin in April with completion in January 1998.

formation through computer technology. Disease prevention and screening programs will also be offered.

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Resurrection Hospital, Chicago, IL

Exercise Daily!

A new CANCER treatment offers seeds for thought.

This year, 300,000 men will be diagnosed with prostate cancer. As they consider treatment options, one in particular will provide a seed for thought: **radioactive implant therapy.**

In this outpatient procedure, tiny radioactive seeds are inserted directly into the prostate. Because the seeds are implanted at the cancer site, surrounding healthy tissue is not affected. Patients need only a local anesthetic and return home the same day with minimal discomfort.

To learn more about radioactive seed implant therapy, call **Resurrection Health Care at 773-RES-INFO (737-4636)** or **St. Francis Hospital of Evanston at 847-316-6262** for a free informational brochure.



The Hope Cancer Network is a cooperative service of Resurrection Health Care and St. Francis Hospital of Evanston.

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With information on a physician's specialty, educational background, office location and hours, our referral counselors can help you find the doctor who best meets your health needs and participates in your health plan.

The next time you need to find a doctor, make this smart call: 773-RES-INFO (737-4636). Seven days a week, between 8 a.m. and 8 p.m.



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Our Lady of the Resurrection
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Women's News

Unicef/Chicago Gala Dinner Dance

The UNICEF/Chicago Gala Dinner Dance will be held Saturday, February 15, 1997 in the Grand Ballroom at the Four Seasons Hotel, 120 East Delaware Place, Chicago. The event celebrates the 50th anniversary of UNICEF (United Nations Children's Fund).

The exciting program for the Gala includes an international line-up of celebrities who have devoted years of effort to the cause of UNICEF, including distinguished actor and musician Harry Belafonte. Mr. Belafonte, who is a Goodwill Ambassador for UNICEF, will present the prestigious "World of Children Award" to Nana Mouskouri, internationally-renowned singer and UNICEF Envoy of Goodwill,

for her tireless work on behalf of children around the world.

Bill Kurtis, former WBBM-TV news anchor and award-winning producer of "The New Explorers" PBS documentaries, will emcee the event. Kurtis is a past recipient of the UNICEF "World of Children Award" given to him for his contributions to understanding and support of children of many different cultures.

Another highlight of the evening is a Silent Auction, featuring trips to luxury resorts in the United States, Europe and the Far East. One trip features round-trip airfare on British Airways Concord, a weekend in London at the Savoy, theatre tickets, Afternoon Tea for Two at the Ritz, dinner for two at actor Michael Caine's restaurant "Langan's", a weeks' car rental from Alamo Rent A Car, and five days of fly fishing on the River Test with elegant accommodations at the Lainston House Hotel in Winchester, Hampshire.

Other trips include seven nights in the deluxe Nusa Dua Beach Hotel, Bali, Indonesia, with airfare provided by Garuda Airlines; a golf trip to Gleneagles, Scotland, with airfare provided by British Airways; a week in Greece at the luxurious Astir Palace Hotel Vouliagmeni with business airfare provided by Swissair; a fabulous week in Switzerland with round-trip first-class airfare provided by Swissair, and Switzerland Tourism provides an eight day first-class rail pass, and three nights accommodations at the Palace Hotel in Lucerne; Charlie Trotter will provide a degustation dinner for ten in your home, and more.

For information on tickets for the Gala, call the U.S. Committee for UNICEF/Chicago office at: (312) 670-2379.

Women and Heart Disease seminar

Join the Women's Health Program at Rush North Shore Medical Center and the American Heart Association in celebrating American Heart Month with a Saturday morning seminar entitled, "Women and Heart Disease" on Saturday, Feb. 15 from 9 a.m. to 1:30 p.m.

Because heart disease is the number one killer of women in the United States and 10% of women aged 45-60 have some form of cardiovascular disease, this seminar will focus on how to evaluate your risk factors, how heart disease differs in women than in men, and the role of stress in heart disease.

Catherine Landers, M.D., internist, and Phillip Krause, M.D., cardiologist, both on staff at Rush North Shore Medical Center, will address the issues. This seminar will be held in the medical center's Sharfstein Academic Center.

The fee for the seminar and luncheon is \$10 and must be pre-paid. For more information or a reservation form please call the Rush North Shore Referral Line at (847) 933-6000.

The Woman's Club of Skokie

The Woman's Club of Skokie will host their annual "Games Day" luncheon/meeting on Wednesday, February 5th, at the Holiday Inn/Northshore, 5300 Touhy, Skokie, in the Devonshire Room.

Time to relax, catch up on members' recent holidays, trips, etc. Bring your friends and/or interested prospective members for a pleasant afternoon of cards (Canasta, Bridge, or a game of your choice). There will be prizes.

Reservations Required no later than Friday, January 31st. Call 675-5103.

"Widows and Orphans Fund" benefits paid

Thanks to a bill passed by the legislature and signed by Governor Jim Edgar last summer, all overdue workers' compensation payments due to recipients of the Rate Adjustment Fund have not been paid. The fund pays cost-of-living benefits to approximately 1,500 individuals who are either permanently and totally disabled or the survivors of fatally injured workers.

The fund has fallen millions of dollars in debt and months behind in payments, because collections had exceeded payments in almost every year since 1983. Various short-term solutions had been legislated over the years, but it became apparent that an increase in the fund's income was necessary.

The new law increases the assessments levied against insurance companies and self-insured employers from 1/2 to 3/4 of 1% of indemnity benefits paid in the previous six months. The new assessment level will bring \$3 million more into the fund each year, and should assure the fund's solvency to approximately 2006. With roughly 280,000 employers in the state, this represents an increase of \$11 per employer.

Representatives of both business and labor organizations supported the bill to increase the rates.

Ketura Hadassah meeting

An Ethiopian speaker will address Ketura Hadassah's monthly meeting at 12:30 p.m. on Tuesday, February 25, 1997 at Lincolnwood Jewish Congregation, 7117 N. Crawford, Lincolnwood. Coffee and dessert will be served. For information call (847) 674-4608.

TODAY'S NEWS

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Women's News

"A Floral Fantasy" at Glenbrook South

Spring is coming early this year to Glenbrook South High School, as the Titan Pom Booster Club presents "A Floral Fantasy," their annual fund raising flower show benefiting the Titan Poms. The show will take place Thursday, February 27, at 7:30 p.m. in the Glenbrook South High School Norman E. Watson Auditorium, 4000 W. Lake St. in Glenview.

Local florists from the Glenview area will demonstrate floral arranging "live" on the GBS stage. Hints on plant care and arranging will be offered, and over 100 plants and arrangements will be given away. Participating florists include Barbara's Oak Glen Florist, Suzy's Florist, Amling's Flowerland of Niles, Flowers by Addante of Winnetka, North Suburban Floral Service in Morton Grove, as well as other designers. The Varsity Poms will assist in ushering. Tickets are \$7 in advance and \$8 at the door.

The Titan Poms are a drill team that not only participate during high school functions but also have performed this year at the United Center at half time during a Bulls game, at Soldier Field at half time at a Bears game and for the past three years have participated in Walt Disney's "Festival of Lights" show and parade down Michigan Avenue.

Come for an enjoyable evening and support the TITAN POMS. For further information about this event or more information about the Poms, please call (847) 486-4671.

Parent tips for rearing healthy heart children

• Help your children develop good physical activity habits at an early age by setting a good example yourself. Practice good heart healthy habits.

• Limit the amount of television, movies, videos and computer games to less than two hours a day. Substitute the rest of leisure time with physical activity.

• Plan family outings and vacations so that they involve vigorous activities such as hiking, bicycling, skiing, swimming, etc.

• Give your children some household chores that require physical exertion, keeping in mind their levels of strength, coordination and maturity. Mowing lawns, raking leaves, scrubbing floors and taking out the garbage

"Women and Self-Esteem" discussion

Self-esteem means valuing yourself, valuing your ideas, and loving yourself as you are. On Monday, Feb. 3 at 12 noon, Sheila Kimmel, M.A. will help you discover new keys to self-confidence and teach you techniques on how to give your self-esteem a boost. This Brown Bag Luncheon discussion, "Women and Self-Esteem," is sponsored by the Women's Health Program at Rush North Shore Medical Center and will be held in the medical center's Sharfstein Academic Center.

For more information, or to make a reservation for the Brown Bag discussion, call the Rush North Shore Referral Line at (847) 933-6000.

not only teaches responsibility but can be good exercise.

• Observe what sports and activities appeal to your children, then find out about lessons and clubs. Some children thrive on team sports; other children prefer individual activities. Some activities, like tennis and swimming, can be enjoyed for a lifetime and are much easier to learn during childhood.

• If it is safe to walk or bike rather than drive, do so. Use stairs instead of elevators and escalators. Increase the distances you and your children walk.

• Stay involved in your child's physical education classes at school. At daycare, make sure the kids exercise at least 20 minutes a day. Ask about frequency of classes and activity, class size, curriculum (instruction in lifetime fitness activities as well as team sports should be emphasized), physical fitness assessments, qualifications of the teacher or should hold appropriate certification in physical education and be an appropriate role model for students). Physical fitness should be measured at the beginning and end of each year, and goals should be established for each child. Encourage your school board to put emphasis on skills students can use for the rest of their lives.

• Discourage homework immediately after school to allow children to find some diversion from the structure of the school day. Children should be active after school and before dinner.

• Choose fitness oriented gifts - a jump rope, mini-trampoline, tennis racket, baseball bat, a

youth membership at the local YMCA or YWCA. Select the gift with your child's skills and interests in mind.

• Take advantage of your city's recreation opportunities - from soccer leagues to fun runs. Check out the various camps or organi-

zations like the Sierra Club that sponsor outdoor activities such as camping, hiking trips and bird watching.

• Spring your infant from mechanical restraints as much as possible.

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Community Calendar

Country Crafts and Cards for your Valentine

Hearts are everywhere at Country Crafts and Cards in Oak Mill Mall, Milwaukee and Oakton, Niles. The shop is filled with special items that will please all your Valentines. We have a Valentine Tree filled with treasures to give and keep to commemorate the day.

Customers are treated to wonderful scents of potpourri and beautiful music from the cassettes and CDs sold at the shop. Customers are offered seasonal treats in case they need a little extra energy for their shopping trip.

You'll be glad you stopped in, with over twenty greeting card companies represented in the shop, you'll find just the right card for Valentines' Day or any day.

ARTS & CRAFTS

Fri., Feb. 7
ART AUCTION
The 13th Annual Shelter, Inc. Art Auction will be held Friday, Feb. 7, 1997, at the Marriott Hotel in Schaumburg, 50 North Martingale Rd. Proceeds from the Art Auction will benefit Shelter's programs of emergency and temporary care and housing for abused and neglected children in Chicago's northwest suburbs. The \$10 admission price includes a tempting array of hors d'oeuvres, wine and other beverages. Call Shelter at (847) 255-8060 to request specific pieces or to obtain additional information. Reservations are not necessary.

READ THE BUGLE

CHILDREN

Sun., Feb. 2
Ella Jenkins Concert
Oakton Community College's Kids' Club Family Program Series will feature renowned children's folk singer Ella Jenkins in concert on Sunday, Feb. 2 at 1 p.m. on the Mainstage of the Performing Arts Center at the Des Plaines Campus, 1600 E. Golf Road. This performance is sponsored by the College Program Board. Tickets are \$1 for children under 12, \$2 for Oakton students and \$3 general admission. Children wearing a Kids' Club T-shirt receive free admission to all Kids' Club performances. T-shirts are now available for only \$3 each. For information, contact the Oakton Box Office at (847) 635-1900.

ENTERTAINMENT

Fri Jan 31
Faculty & Guest Artists Recital
Friday, January 31 at 7:30 p.m. in Ganz Hall, Room 745, 430 South Michigan Avenue.

Chicago; Admission: free; Wheelchair accessible; Near public transportation; Call (312) 341-3780.

Beginning Jan 31
Pheasant Run Resort's Theatre
"GUYS & DOLLS" are checking into Pheasant Run Resort's Theatre to continue the tradition of the "oldest established permanent floating crap game." "GUYS & DOLLS" rolls the dice beginning January 31, 1997. Dinner and theatre performance times are Thursdays and Fridays at 7:00/8:15 p.m., Saturdays at 4:00/5:15 p.m., and 8:30/9:45 p.m. Sundays at 12:30 (Brunch)/2:15 p.m. and 5:45/7:00 p.m. Dinner and theatre tickets start at \$38; show only tickets start at \$20. Group, senior and children's discounted tickets available. Overnight packages are available and parking is free. Thursday Family Nights feature a smoke-free environment and rate specials. Tickets are now on sale. Call the box office at (630) 584-MEGA (6342) or TicketMaster at (312) 559-1212. For overnight packages or further information about the Resort call (630) 584-6300.

Jan. 31 - Feb. 1 & 2

Paramount Tall Club of Chicago
Come help celebrate our 51st Anniversary at our "M*A*S*H Reunion" Friday, January 31 from 8 p.m. to 1 a.m., D.J., open bar \$20 Costume Dance. Dress as your favorite M*A*S*H person. Hawkeye, B.J., Nurses, Klinger, etc...Saturday, February 1 from 10 p.m. to 1 a.m., live band "Pursuit", open bar \$20. Semi-formal at the DoubleTree Guest Suites, 1400 Milwaukee Ave., in Glenview (847) 803-9800. The above is just a few of events of our "M*A*S*H Reunion."
The official Hostess will be Miss Tall Chicago 1997 Laura Maze. Also attending will be Miss Tall International 1996 Norma Forrest.

Paramount Tall Club of Chicago is a social singles club for Taller than average people. Men must be 6'2" or Taller and women must be 5'10" or Taller in socking feet. All members must be 21 years or older. (312) 853-0183.

Paramount Tall Club of Chicago is a member of Tall Clubs International. Members from across the United States and Canada will be attending this weekend.

The club meets every second Monday of the month at the Sheraton Suites Hotel, 121 N.W. Point Blvd. in Elk Grove Village.

For more information: Diane Mathisen at (847) 823-5569.

Sat., Feb. 1

CRYSTAL HEART BALL
The Little Company of Many Hospital and Health Care Centers will host its seventh annual Crystal Heart Ball on Saturday, February 1 in the Grand Ballroom of the Sheraton Chicago Hotel and Towers in Chicago. The Ball is significant fund raising event for Little Company. Crystal Heart Ball tickets are offered at \$200 per person; \$100 of the ticket price is tax deductible. Grand Raffle tickets cost \$50 each or three for \$100. Winner need not be present.

For further information, call the Little Company of Many Hospital Foundation at (708) 229-5066.

Sun., Feb. 2

JAZZ BAND AT THE PARAMOUNT
Don't miss the rousing traditional sounds of New Orleans jazz when the Preservation Hall Jazz Band performs at the Paramount Arts Centre in Aurora on Sunday, February 2 at 3 p.m. Tickets are \$16.25 and may be purchased at the Paramount Arts Centre Box Office, 23 East Galena Blvd. in Aurora, by calling (800) 896-6666, or at any Ticketmaster outlet. Parking for the Paramount Arts Centre is available at any of three, secure, well-lit, multi-level garages located within 2-3 blocks of the theatre.

Dine & Dance

Community Calendar

ENTERTAINMENT

Sun., Feb. 2

TO ROME WITH LOVE
Symphony of the Shores presents "To Rome With Love" with guest soprano Angelina Reaux. Sunday, February 2, 1997 at 7 pm with reception following the concert at Pick-Staiger Concert Hall Morthwestern University Campus 1977 Sheridan Rd. Ample parking Handicap accessible. Two concert subscriptions (include June 8 concert) \$38/\$35. Single tickets \$22/\$20 in advance, \$25/\$23 at the door. Available from Symphony of the Shores, 847-869-3133.

Mon., Feb. 3

CMC Faculty Recital
Featuring Richard Ferrin, viola; Gregory Flint, French Horn; Stephen Lester, bass; Sharon Rogers, piano; Lorian Stein Schwab, soprano; Elaine Skorodin, violin; and Judy Stone, cello; Monday, Feb. 3 at 7:30 pm in Ganz Hall, Room 745, 430 South Michigan Avenue, Chicago; Admission: free; Wheelchair accessible; Near public transportation; Call (312) 341-3780.

Tues Feb 4

d.j. Bennett Lecture

d.j. Bennett is an experimental machine embroiderer with many credits to her name. d.j. Bennett will speak on "Basic Machine Embroidery" at the meeting of the North Suburban Embroiderer's Guild. The Guild meets at the village Presbyterian Church, 1300 Shermar Road, Northbrook. New members and guests are welcome. A \$3 fee is charged for visitors. For more information call Robbi Ekow at 847-223-0460.

Wed Feb 5

"THE HEIRESS"

"THE HEIRESS", by Ruth and Augustus Goetz, opens at Apple Tree Theatre on Sunday, February 9 at 7 p.m., Wednesdays at 7:30, Fridays at 8; Saturdays at 5:30 and 9; Sundays at 3 and 7. Preview Schedule is: Wednesday, Feb. 5 and Thursday, Feb. 6 at 7:30; Friday, Feb. 7 and Saturday, Feb. 8 at 8; Sunday, Feb. 9 at 3. Opening is scheduled for Sunday, Feb. 9 at 7. Tickets for THE HEIRESS go on sale Tuesday, Jan. 21 at 10 a.m., and are available by calling the Apple Tree Theatre box office at 847.432.4335. Ticket prices are: Wednesdays and Sundays - \$22 Fridays and Saturdays - \$16. Preview tickets are \$16. Group, student, and senior discounts are available.

Apple Tree Theatre is located at 595 Elm Place, Ste 210, Highland Park, IL 60035. Apple Tree Theatre is wheelchair accessible and free parking is available.

Feb. 5

CMC Chamber Music Recital
Featuring CMC faculty and students, Wednesday, February 5 at 1 pm in Ganz Hall, Room 745, 430 South Michigan Avenue, Chicago; Admission free; Wheelchair accessible; Near public transportation; Call (312) 341-3780.

Fri., Feb. 7

"Jazzin' Away Two"

Oakton's jazz faculty returns, by popular demand, with an evening of jazz improvisation and fun on Friday, Feb. 7 at 8 p.m. on the Mainstage of the Performing Arts Center at the Des Plaines campus, 1600 E. Golf Road. Tickets are \$10 general admission and \$7 for students, faculty, staff and seniors. For tickets, call the Oakton Box Office at (847) 635-1900. Plan an event fundraiser or celebrate an occasion using Oakton's Performing Arts group sales discounts. For information on group sales, call (847) 635-1901.

HEALTH

Jan. and Feb.

MASSAGE THERAPY

Massage therapy will be offered during January and February at Resurrection Medical Center, 7435 West Talcott Avenue. The therapy sessions, which are conducted by a certified massage therapist, are available by appointment on Mondays from 8 a.m. to 3 p.m. and Thursdays from 8 a.m. to noon. Appointments can be made by calling Resurrection's Fitness Center at (773) 774-8000, extension 5600.

Tuesdays and Thursdays

Quit Smoking Program

"Fresh Start" will be the title of a quit-smoking program to be offered at Resurrection Medical Center, 7435 West Talcott Avenue. The program will take place in the Health Management Department from 6 to 7 p.m. on Tuesdays and Thursdays, January 28 and 30 and February 4 and 6. Fee for the program is \$75. To register call Resurrection's Health Management Department at 773-RES-INFO (737-4636).

Sat., Feb. 1

Leukemia Research meeting

The Sherman Memorial Chapter of the Leukemia Research Foundation will hold its regular monthly meeting on Saturday, February 1, 1997 at the Morton Grove Community Church, Lake & Austin, in Morton Grove. A social hour will take place from 7:30 p.m. - 8:30 p.m. followed by general meeting at 8:30 p.m. For further information, call (708) 786-3992.

Feb 3, 4, and 5

Cholesterol Screenings

Cholesterol screenings will be offered at Resurrection Medical Center, 7435 West Talcott Avenue. The screen-

ings will take place on February 3, 4, and 5 from 8 to 11 a.m. in the Mother Hedwig Room located on the ground floor. The comprehensive screenings include measurements of total cholesterol, triglycerides, HDL "good cholesterol" and LDL "bad cholesterol" levels. Participants must fast for 12 hours prior to the screening. Fee for the screening is \$10. Registration is required. For more information or to register, call 773-RES-INFO (737-4636).

Tues., Feb. 4

YOUR CHILD'S HEART

Children's Memorial Hospital and The Evanston and Glenbrook Hospitals will present a free program for parents, entitled "Keeping Your Child's Heart Healthy: What You Can Do," on Tuesday, Feb. 4, from 7 to 8:30 p.m. at Children's Outpatient Services at Glenbrook Hospital, 2150 Pfingsten Road in Glenview. The program is free to the public, but registration is required. To reserve space, call 1-800-KIDS DOC.

ethical issues in health care.

The presentations are free and open to the public. No reservations are required. For more information, call the department of clinical ethics, (847) 723-7847.

TUES., FEB. 4 & 11

CHOLESTEROL AND DIETARY CHANGES IN CHILDREN

Dr. Gidding will speak on this topic, among others, on Tuesday, Feb. 4 from 7 to 8:30 pm at Children's Outpatient Services at Westchester, Westchester. The lectures are part of Children's "Ask the Experts" series.

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Community Calendar

HEALTH

Feb. 4, 11, 18
Stress Management Series

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- DOUBLE FEATURE -
HELD OVER Arnold Schwarzenegger
"JINGLE ALL THE WAY"
EVERYDAY: 3:25, 7:40 - Rated PG -
HELD OVER Sylvester Stallone
"DAYLIGHT"
EVERYDAY: 1:05, 5:20, 9:35 - Rated PG -13 -
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feel that stress is overwhelming them. The three-session relaxation training and stress management courses will be held from 7 to 8 p.m. Tuesdays, February 4, 11, and 18 in the Parkside Building basement, Neuroscience/Neuropsychology Center. The fee for the three-session series is \$50 and the class size is limited. For more information, call (847) 723-5483 to reserve a space.

Wed., Feb. 5
PRESSURE POINT THERAPY
Learn how to treat yourself for conditions including headaches, back pain, sinus, neck pain, carpal tunnel, PMS, low energy, joint pain. Wednesday, February 5, 1997 7 - 8:30 pm, Lutheran General Hospital 1775 Dempster Street Park Ridge. The cost is free, to register call (773) 763-2488. Limited to 20 people! Call now to register.

Wed., Feb. 5
PREVENTIVE HEALTH CARE
Mitchell King M.D., Medical Director of the St. Francis Hospital Family Practice Residency Program will discuss preventive medicine and suggest a schedule of regular checkups and screenings. Wednesday, February 5, 6:30 pm.

REUNIONS

High School Band
Remember freezing at the St. Patrick's Day parade? Remember marching at the Bears games? Remember the sweltering heat during Band Camp? Remember all the band competitions like Marion Catholic? How about the long bus trips to Florida? Why not relieve the old memories while catching up on the latest news? If you were a member of the NOTRE DAME/RESURRECTION HIGH SCHOOL BAND during the years 1987 to 1991 and you would like to help plan the reunion, please contact the following people: Laurie Amato 773-774-9471; Jeannie Fortini 847-823-3849. Hope to hear from everyone!

SCHOOL

Jan. 30, Feb. 6 & 13
OSHA CERTIFIED COURSE
The Residential Construction Employers Council is offering this OSHA Training Course on January 30, February 6 & 13, 1997 at the Hyatt Regency O'Hare in Rosemont from 3:45 - 8 p.m. This 3-session, 10-hour course will focus on "CONSTRUCTION SAFETY & HEALTH". For fee information and/or to register, call the RCEC office at (630) 990-3536.

SINGLES

Young Single Parents Winter Reunion Dance

The Northwest Chapter of Young Single Parents (YSP) will hold a Winter Reunion Dance with a "Mardi Gras" theme at 8:30 p.m. Friday, January 31 at The Thornwood Restaurant and Lounge. The Thornwood is located at 7 N 361 North Wood Dale Road in Wood Dale. Telephone number (630) 766-7734.

The YSP Mardi Gras Reunion will include dancing to a live DJ, cash bar, and food service available. All current and former members of the 25 year old organization as well as prospective members are invited. Cost is \$5 at the door.

Fri., Jan. 31
Aware Singles Dance
The Aware Singles Group and the Chicagoland Singles Association invite all singles to a "Super Dance" at 8 p.m. on Friday, January 31 at The Nordic Hills Resort, Route 53 and Nordic Road, Itasca. Live music will be provided. Admission is \$8. For more information, call Aware at (708) 632-9600. The Aware Singles Group is a not-for-profit organization concerned with the needs of singles, divorced and widowed people and is a member of the Chicagoland Association of Singles Clubs. (CLAS).

Fri., Jan. 31
Singles Dance Party
Singles Dance Party at Nordic Hills Resort, 21W240 Nordic Rd. (3/4 mi. N. of Lake St., 1/2 mi. W. of I-355), Friday, January 31 from 8 p.m. - 12:30 a.m. sponsored by ATTACHMENTS, INC. \$8, Super Dance, Live Band, Hotline (630) 584-1031 or (847) 604-2400.

Fri., Jan. 31
Chicago Suburban Singles
The Chicago Suburban Singles will sponsor a dance at 8 p.m. on Friday, January 31, at the Barn of Barrington Restaurant, 1415 S. Barrington Road, Barrington. DJ music will be provided. Admission of \$6 includes a buffet. For more information call: (847) 216-9773.

Fri., Sat., Jan. 31, Feb. 1
ST. PETERS SINGLES
All singles over 45 invited to these dances. Friday January 31 at 8:45 pm. Golden Flame 6417 Higgins and Sat. Feb. 1 8:45 pm Golden Flame 6417 Higgins. Both dances cost \$5.

Jan - March
Singles Dance Parties
1997 Winter & Spring Singles Dance Parties sponsored by Attachments, Inc.
• Every Sunday 7-11 p.m. Abilize 767 at Club Fever, \$6 showtime interactive DJ, free buffet, \$1 drinks
• Jan. 31 Fri 8-12:30 Nordic Hills Resort \$8, Super Dance, Live Band
• Feb. 7 Fri 8-12 St. Andrews C.C. \$6, DJ, free dance lessons
• Feb. 14 Fri 8-12:30 Hyatt Regency "Valentine's Day" Super Dance
• Feb. 21 Fri 8-12 Schaumburg Golf C. \$6, DJ, free dance lessons
• Feb. 28 Fri 8-12:30 Hyatt Regency \$8, Super Dance, Live Band
• Mar. 7 Fri 8-12 Schaumburg Golf C. \$6, DJ, free dance lessons
• Mar. 14 Fri. 8-12:30 Location Pending "St. Patrick's Day" Super Dance
• Mar. 21 Fri. 8-12 St. Andrews C.C. \$6, DJ, free dance lessons
• Mar. 28 Fri. 8-12:30 Location Pending \$8, Super Dance, Live Band
CLUB FEVER, 3201 Algonquin Rd. (1/2 mi. E. of Rt. 53), Rolling Meadows
ST. ANDREWS C.C., 3N441 Rt. 59 (1/2 mi. N. of North Ave.), West Chicago
THE DRAKE, 2301 York Rd. (3 mi. E. of I-355 Butterfield Rd. exit), Oak Brook
NORDIC HILLS Resort, 21W240 Nordic Rd. (3/4 mi. N. of Lake St., 1/2 mi. W. of I-355)
HYATT REGENCY, 1909 Spring Rd. (Across from Nordstrom's Oak Brook Mall)
SCHAUMBURG GOLF C., 401 N. Roselle Rd. (Between Higgins & Schaumburg Rds.)

Sun., Feb. 2
North Shore Jewish Singles 50 Plus
Sunday, Feb. 2, 1997, 11:00 a.m. Brunch at Sasha's. North Shore Hilton, 9599 N. Skokie Blvd., Skokie. Reservation call (773) 282-2407.

Fri., Feb. 7
North Shore Jewish Singles 50 Plus
Friday, Feb. 7, 6:00 p.m. Happy Hour at Matty's Wayside Inn., 1727 Waukegan Rd., Glenview. Reservation (773) 761-7573.

Community Calendar

SINGLES

Sat., Feb. 1
Chicago Metro Singles
The Chicago Metro Singles invite all singles to a dance at 8 p.m. on Saturday, February 1, at the Barn of Barrington Restaurant, 1415 S. Barrington Road, Barrington. There will be DJ dance music. Admission of \$6 includes a buffet. For more information, call (312) 509-5000.

Saturday, Feb. 1
"T.G.I.S. SINGLES
T.G.I.S. Singles will have a dance at 8 pm on Saturday, February 1 at The Glendora House, 10225 S. Harlem, Chicago Ridge IL. All singles are invited. Admission is \$5. Age group 27 and older. For more information call 708-579-7666.

Sun., Feb. 2
GOOD TIME CHARLEY SINGLES DANCE
There will be a Good Time Charley Singles Dance at 7 pm on Sunday, February 2 at BG FELLOWS, 8055 W. 111th St., Alsip, IL. Free buffet included. All singles are invited. Admission is \$4. Age group 27 and older. For mor einformation call 708-579-7666.

Sun., Feb. 2
Northwest Suburban Singles
The Northwest Suburban Singles invite all singles to a dance at 7 p.m. on Sunday, February 2, at the Barn of Barrington Restaurant, 1415 S. Barrington Road, Barrington. There will be DJ dance music. Admission of \$6 includes a buffet. For more information, call (708) 786-8688.

Sun., Feb. 2
North Shore Jewish Singles 50 Plus
Sunday, Feb. 2, 1997, 11:00 a.m. Brunch at Sasha's. North Shore Hilton, 9599 N. Skokie Blvd., Skokie. Reservation call (773) 282-2407.

Fri., Feb. 7
North Shore Jewish Singles 50 Plus
Friday, Feb. 7, 6:00 p.m. Happy Hour at Matty's Wayside Inn., 1727 Waukegan Rd., Glenview. Reservation (773) 761-7573.

WOMEN

Sat Feb 1
Women & Girls
Young American Miss International is proud to announce the Illinois Young American Miss Talent & Pageant preliminary showcase for the title of "Miss Magnificent Mile" Saturday, February 1, 1997, at the North Shore Holiday Inn - 5300 West Touhy Skokie, From 9 a.m. - 5 p.m. For information and to receive your registration package please contact Angelle Goitia at 773/583-3498.

Mon., Feb. 3
WOMEN AND SELF-ESTEEM
Self esteem means valuing yourself, valuing your ideas, and loving yourself as you are. On Monday, Feb. 3 at 12 noon, a Brown Bag Lunchtime discussion, at Rush North Shore Medical Center to be held in the medical center's Sharfstein Academic Center. For information call (847) 933-6000.

Wed Feb 5
Women's Health Events
Several women's health events sponsored by the Women's Health Connection (WHC) will take place in February at

Resurrection Medical Center, 7435 West Talcott Avenue. "Presenting a Professional Image" will be the title of a program on February 5 from 5:30 to 9 p.m. The fee, which includes dinner and program materials, is \$15 for WHC members and \$20 for non-members. A two-day workshop entitled "A Weekend of Reflection: The Enneagram - Exploring Your Spiritual Personality" will take place on February 7 from 6:30 to 9 p.m. and February 8 from 9 a.m. to 3 p.m. The workshop fee is \$15 for WHC members and \$20 for non-members. "Pressure Point Therapy" will be the next topic in the Stress Busters series on February 11 from 7 to 9 p.m. The program is free for WHC members and \$5 for non-members. Registration is required for each program. Call 773-RES-INFO (737-4636). For information on membership in the Women's Health Connection, call 773-545-8500.

Treat The Family To Dinner

A Belizian adventure awaits you

Explore the natural history, Maya heritage and cultural diversity of Belize, one of the most popular destinations in the Americas, on an educational tour sponsored by Oakton Community College. Three trips are scheduled: Feb. 15-23, March 22-30 and July 12-20. Almost three quarters of Belize is still covered by broad-leaf forests which are teeming with wildlife. Belize is also home to many important Maya sites, some of which are still undergoing extensive excavation. The untamed quality of these sites adds to this program's real adventure. Visit the ruins of Xunantunich and climb to the top of El Castillo, one of the tallest buildings in Belize, to enjoy a spectacular view of the surrounding countryside. Swim or snorkel in the crystal clear water above the Belize Reef, the longest coral reef in the Western Hemisphere. Explore the forests, caves and rivers of the Mountain Pine Ridge area of western Belize. Visit Altun Ha, a Maya site constructed over 1,500 years ago. An important stop on coastal trading routes for hundreds of years, Altun Ha was also a ceremonial center of great significance. All of Oakton's travel/study programs include in-country specialists who share their insights about the contemporary, natural and historical aspects of the destination visited. Learn more about this tour by attending a free preview session held on Wednesday, Feb. 12 at 7 pm at Oakton's Des Plaines campus 1600 E. Golf Rd. For complete itineraries and prices call Bea Cornelissen at (847) 635-1812.

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COMMUNITY DINING GUIDE

SPECIALS GOOD FROM ...
Thursday, January 30, 1997 to Wednesday, February 5, 1997

RESTAURANT	TYPE	LOCATION	THIS WEEKS SPECIALS
Chi Tung	Mandarin/Cantonese	8105 N. Milwaukee Avenue Niles, Illinois 60714 (847) 966-1145	Lunch Buffet (Monday - Friday) 11 A.M. - 2 P.M. - \$5.15 Weekend Buffet (Friday - Sunday) 5 P.M. - 8 P.M. - \$6.88
Father & Son Restaurant Pizzeria	Italian/American	5691 N. Milwaukee Avenue Chicago, Illinois 60648 (312) 774-2620	Everyday Pizza Special \$5.95
La Pasta Ria Ristorante & Catering	Italian/American	3711 Central Road Glenview, Illinois 60025 (847) 729-0084	(TUESDAY) ALL YOU CAN EAT RAVIOLI - \$6.95
Matty's Wayside Inn	American Cuisine	1727 Waukegan Road Glenview, Illinois 60025 (847) 724-1314	- Complete Dinners - Fresh Poached Salmon - \$15.95 Fresh Grilled Swordfish - \$15.95

Sports/Parks & Library News

Bring the past to life at the Morton Grove Library

February already claims Washington's and Lincoln's birthdays, so the Morton Grove Public Library offers History Week, February 16-22 with programs, a children's reading game, crafts and activities. During February, kids can read historical fiction, biographies of famous people of the past, or non-fiction books about important historical events and earn a prize for each book read.

On Sunday, February 16 at 2 p.m., meet a German yeoman's wife who has joined her husband in the Revolutionary War. Molly Hess carries authentic tools and wears clothing a Revolutionary

Daddy / Daughter Date

Put on your dancing shoes for an enchanted evening at the Howard Leisure Center Banquet Rooms. Dads, uncles and grandfathers are invited to bring their special date for music, games, dancing and refreshments at the Daddy/ Daughter Date Night on February 12 from 7-9 p.m.

"The Man Who Came to Dinner" in Wilmette

The North Shore Theater of Wilmette, a program of the Wilmette Park District, present "The Man Who Came to Dinner", a Kaufman and Hart comedy about the ultimate houseguest, at Highcrest Middle School, Hunter & Illinois Roads in Wilmette beginning Friday, February 7, 1997.

Other dates are Saturday and Sunday, the 8th and 9th; also February 14, 15, 16 and February 21, 22, 23. Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m. Tickets \$11; \$10 for seniors and students through high school. Call (773) 296-2196 for reserved seats. MasterCard and Visa accepted.

Preserve land management recommendations

Reinforcing his commitment to developing a cohesive land management program for the Forest Preserves, Cook County Forest Preserve District Board President John Stroger presented his recommendations to the Board of Commissioners for changes to the Forest Preserves' Ecological Restoration Plan.

The recommendations include changes and improvements to the current plan by instituting strict guidelines regarding volunteer supervision, public information, and land management techniques.

As part of the proposed plan, Stroger announced that he will be appointing the President's Community Advisory Council - a group composed of community members, a volunteer steward, and Preserve staff - to share input and make recommendations on the plan. Eleven residents throughout Cook County will be appointed to the Council, each serving terms of three years.

Practical Puppy Class

Are you a new puppy owner? The Morton Grove Park District is offering a class to aid new puppy owners. This class is open to puppies 7 weeks to 4 months. The class meets on Thursdays from 7 p.m. to 8 p.m. at National Park Fieldhouse for 5 weeks. It begins February 20 so register now at the Prairie View Community Center, 6834 Dempster Street, Morton Grove. For more information call 965-1200.

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Sportschannel Sports Awards

The March of Dimes Birth Defects Foundation, the number one voluntary organization dedicated to infant health, announces that the 10th anniversary of the SportsChannel Sports Awards dinner and telecast will take place Wednesday evening, February 12, 1997 at the United Center.

SportsChannel will have the delayed telecast beginning at 9 p.m. Among the honorees who will be attending is DENNIS RODMAN, selected as Bull of the Year. Others, also attending, include BRIAN McRAE, Cub of the Year; FRANK THOMAS, White Sox of the Year; ED BELFOUR, Blackhawk of the Year; and CURTIS CONWAY, Bear of the Year.

The March of Dimes is grateful to American Airlines for their support of the event. Tickets to the event are \$200 per person. Proceeds will support March of Dimes program for the prevention of birth defects and infant mortality.

For reservations or more information, call (312) 435-4007.

Travel with the Niles Park District

Have you traveled with the Niles Park District lately? Mature ladies and men are welcome to join in any of the popular Niles on the Go day trips scheduled between January and May of 1997. Travel is provided by a modern chartered coach bus which departs and returns at the Howard Leisure Center, 6676 Howard Street in Niles.

Upcoming trips include the Chicago Historical Society for the Pilsen/Little Village exhibition on Feb. 19th. Bus departs at 9:30 am and includes a delicious

lunch at the Big Shoulder's Cafe for \$26/31 per person.

On March 12th, we'll travel to the Fireside in Ft. Atkinson, Wisconsin to see Legends in Concert! A Las Vegas style performance so real you would swear Marilyn Monroe, Sammy Davis Jr., and Judy Garland were standing right in front of you. Trip fee of \$55/60 includes a buffet luncheon for Kings. Bus departs 8 am. Call (847) 967-6633 for more information on these and other exciting trips.

Youth Center basketball season

Maine Township's Youth Drop-In Center is seeking township youths and adult volunteers interested in participating in the coming basketball season.

The basketball leagues offer 5th- through 8th-grade boys and girls in the township a chance to develop their skills, learn sportsmanship and have fun. Participation is free. Basketball teams will be forming in January, and play is scheduled to begin Feb. 4. For more information, call Program Coordinator Tony Clesen at (847) 823-0630.

The Center is also seeking

adult volunteers to act as scorekeepers, time-keepers, referees and assistant coaches.

Located in the Stevenson School building at 9000 Capitol Drive in Des Plaines, the Drop-In Center is open from 7 to 9:30 p.m. Tuesdays and Thursdays for 5th- through 8th-graders, and from 6:30 to 9:45 p.m. Fridays for 8th- through 12-graders. The Center also operates a satellite program for 5th- through 8th-graders from 7 to 9:30 p.m. on the first and third Wednesdays of most school months at Washington School at 2710 Golf Rd. in Glenview.

Alumni Sport Night at Notre Dame

To help underwrite the cost of the Alumni Dinner Auction on Friday, April 4, a Sports Night will take place at Notre Dame High School for Boys on Thursday, February 20, at 7:30 p.m. Jim Flanigan, Chicago Bears Defensive Tackle, along with Bob Slowik, Chicago Bears Defensive Coordinator and Tracy Hayes, Miss Illinois 1995 will donate their time as guest speakers. Those attending will be able to get autographs, take pictures of the guests and receive a 1996

Bears Team Picture and 1996 Official Bears Yearbook. Bidding will take place during a mini auction on Jim Flanigan's autographed jersey from the Bear's 1996 season and a 1996 Bear's autographed football. You can also participate in several sports memorabilia raffles. The admission fee is \$5 for students and children, \$10 for adults or \$20 for families. For more information, please call Mr. Jack Burke, Alumni Director at (847) 965-2900, Ext. 246.

School News

District 207 to use distance learning

Maine Township High School District 207 has teamed up with area colleges and universities to use modern technology to enhance educational opportunities for both students and staff.

Maine East and Maine South High Schools since September 1995 have been hooked up to the two-way interactive video-network of the North Suburban Higher Education Consortium (NSHEC). Through distance learning, high school students have studied subjects such as Spanish, Accounting and Computer Science. Also through distance learning, students at both high schools have received advanced placement credit for completing Oakton Community College courses in Japanese I and II.

According to HSHEC Coordinator Patricia Widmayer, Ph.D., the Consortium is working with the Maine Township schools to secure funding for a distance learning lab at Maine West High School.

Don Kerr and Jim Loneragan are District 207's long distance learning system coordinators and also English teachers at Maine South. Interactive video "allows us to combine our best teaching resources to reach the most number of students at both high schools," says Kerr.

The new technology also has paved the way for special student projects. High school English students were able to participate via interactive video in a drama seminar from DePaul University the day after attending the production that was discussed in the seminar. High school French students have participated in a French professor's program at Oakton Community College.

High school Social Studies students at both schools conducted a mock trial on Christopher Columbus, complete with a judge, a jury, attorneys and witnesses.

The high school staff also benefits from distance learning, according to Loneragan. Several teachers have enrolled in a Type 75 certification program for school administrators, offered by Northeastern Illinois University at Maine South in the evenings on the NSHEC Network. High school counselors have taken part in information sessions on student scholarships, offered by the Illinois Student Assistance Commission.

Approximately 300 Maine Township high school students have had experience with distance learning to date.

Kerr and Loneragan plan to connect with other high schools

RDHS announce "B" Honors

Regina Dominican High School students achieved the status of "B" Honors by maintaining a solid "B" average across their course load. Fifty-five percent of the student body are currently on the "A" or "B" Honors lists.

On the "B" Honors list are Freshman Melissa Gurnan, Betty Navratil, Maegan O'Neill, Caryn Shaw and Kimberly Sheagan (Glenview), Suha Tabahi (Morton Grove), Melissa Henderson (Niles), Jeneca Jara, Esther Moreira, Joni Ricks and Jacquelyn Roque (Skokie), sophomores Sanaz Amiran (Des Plaines), Christy Artemakis, Jennifer Choe and So Eun Lee (Glenview), Allison Pawlicki (Lincolnwood), Winnie Ash, Meghann Seal and Megan Staff (Northbrook), Kathleen Steinfelds (Park Ridge), Joyce Varghese (Skokie), juniors Bridget Lawson (Des Plaines), Anjum Ameji and Michelle Eunjo Park (Glenview), Nicole Baker and Elvin Yavuz (Lincolnwood), Kristine Henderson, Hae-Lin Oh and Christy

Strand (Niles), Kerrigan McNulty, Stephanie Portle and Shannon Zorn (Northbrook), Carolyn Roque (Skokie), and seniors Jessica Graham, Jennifer Stavros and Katy Tapio (Deerfield), Mary Kelly and Sandy Vargas (Des Plaines), Katherine May

and Patty Navarro (Glenview), Ann Carrera and Louise Kuchuris (Lincolnwood), Julie Ann Barton and Stephanie Jost (Morton Grove), Michelle Collins, Elizabeth Cox and Tara Kim (Northbrook), Gina Knitter (Skokie).

Glenbrook grad completes NCAA soccer season

Tom Fischer of Glenview was among a solid group of first-year soccer players who logged considerable time at the varsity level this fall for Illinois College.

Fischer, a graduate of Glenbrook South High School, finished the 1996 season as one of the Blueboys' top reserves.

Head Coach John Mansholt said Fischer started two early-season games when injuries sidelined several regulars. The Glenbrook South grad operated at a midfielder's position on a limited basis for much of the season.

Manholt said Fischer is expected to challenge for a starting assignment in 1997.

A rash of injuries was cited as a chief factor in Illinois College's final mark of 3-11-2. But Mansholt is optimistic about the program's future, especially in view of the solid performance this fall of so many underclassmen.

Fischer, a history major, is the son of Gary and Marcia Fischer of 2111 Robincrest, Glenview.

Illinois College competes in the Midwest Conference against NCAA Division III colleges and universities in Illinois, Iowa and Wisconsin.

Professionals Guide

A directory of area professionals and services

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Financial Edition

A Quick Tax Reference Guide for 1996 and 1997

For investors, taxes are an important consideration in a financial planning strategy. The quick reference guide that follows provides an overview of current tax rates for 1996 and 1997 and was prepared in accordance with current federal tax legislation. (The 1997 figures are based on preliminary estimates that will be finalized in December 1996.) You should, of course, consult a tax professional before making any tax-related investment decisions.

1996-97 Quick Tax Reference Guide
Individual Tax Rates:
1996 and 1997 retain the same five individual tax brackets: 15%, 28%, 31%, 36% and 39.6%.
Exemptions:
\$2,550 per person for 1996;
\$2,650 per person for 1997.

Standard Deductions:
For 1996 -- Single: \$4,000;
joint: \$6,700; head of household: \$5,900; married filing separately: \$3,350.

For 1997 -- Single: \$4,750;
joint: \$6,900; head of household: \$6,050; married filing separately: \$3,450.

Capital Gains:
Long-term capital gains are taxed at a maximum rate of 28%; short-term capital gains are taxed at the same rate as ordinary income.

Capital Losses:
Capital losses can be used to offset capital gains, dollar for dollar. Up to \$3,000 of excess losses can offset ordinary income, with any balance carried forward indefinitely.

Deductible IRA Contributions:
If neither spouse is an active participant in a qualified retirement plan, IRA contributions are

deductible regardless of adjusted gross income (AGI). The contribution limit for 1996 and 1997 is \$2,000 for an individual IRA. In 1996, the limit is \$2,250 for a combination with a spousal IRA. The \$2,250 may be divided any way, provided no account receives more than \$2,000.

Effective for the 1997 tax year, the IRA contribution limit for non-wage earning spouses has been increased to \$2,000 (from \$250), which will allow spouses who do not work outside the home to increase their ability to build a source of retirement income. Therefore, in 1997, the combined IRA contribution limit for a married couple is \$4,000.

No contribution may be made to any IRA for a year in which the owner of that IRA attains the age of 70 1/2 or in subsequent years. But a contribution may be made to the IRA of that person's non-wage-earning spouse if the spouse is under age 70 1/2 and the first spouse is still working.

If either spouse is an active participant in a qualified retirement plan, then the following schedule will apply:

If you and your spouse are joint filers with AGI of less than \$40,000 (\$25,000 for single individual filers), your IRA contribution is fully deductible, up to \$2,000.

If you and your spouse's joint AGI is above \$50,000 (\$35,000 for single filers), your IRA contribution is not deductible.

If you and your spouse's joint AGI is between \$40,000 and \$50,000 (\$25,000 and \$35,000 for single filers), your IRA contribution is partially deductible and is phased out evenly. For exam-

ple, married couples with an AGI of \$45,000 would be able to deduct one-half of their IRA contribution. The annual IRA contribution limits described above are applicable, regardless of whether contributions are deductible or non-deductible.

Alternative Minimum Tax:
The alternative minimum tax (AMT) rate is 26% on the first \$175,000 of AMT income and 27% on the balance. AMT applies only if it exceeds the regular tax.

Itemized Deductions:
Mortgage Interest: Deductions on mortgage interest are limited to \$1,000,000 of debt. Deductions on home equity loans are limited to \$100,000 balances, with few restrictions on how you may use the proceeds of the loan.

Consumer Interest: Non-deductible.

Investment Interest: Generally deductible up to net investment income.

State and Local Income taxes and Real Estate Taxes: Deductible.

Charitable Contributions: Deductible, within percentage limits. Miscellaneous Expenses: Excess above 2% of AGI is deductible. Includes employee business and investment expenses.

Employee Deductions for Business Meals and Entertainment: Generally, 50% deductible in 1996 and 1997 and subject to miscellaneous expense floor of 2% of AGI.

Custodial Accounts: For 1997, unearned income of children under age 14 is taxed at the parents' marginal rate to the extent it exceeds \$1,300 (first \$650 is tax-

free, second \$650 is taxed at children's rate). This is the same as in 1996.

This article does not constitute tax advice. Investors should consult their personal tax adviser before making any tax-related investment decisions. Information and data in this report were obtained from sources considered reliable.

Data Processing courses

Data processing classes for business and non-business users are being offered by Alliance for Lifelong Learning (ALL), the continuing education program of Oakton Community College this winter.

Classes are held at the Des Plaines campus, 1600 E. Golf Road, and the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

Beginning, intermediate and advanced classes are offered in the following software packages: *Macintosh, Internet, WordPerfect 6.1 for Windows, Microsoft Windows 3.1, Microsoft Excel 5.0, Lotus 1-2-3, PowerPoint 4.0, Access 2.0, DOS, Microsoft Word for Windows 6.0, and WordPerfect 5.1 DOS.* Morning, evening, afternoon and weekend classes are available.

How to Get the Most Out of Your Computer, a series of lecture-only courses, designed to help you determine which software package is appropriate for you is also offered. Topics include: *Using Your Modem, Managing Memory, Using Utilities, Using Software and Using Your PC Functions to the Limit.*

Students who have registered for Oakton or ALL classes within the last five years and have a correct Social Security number on file may register using the Touch-Tone system by dialing (847) 635-1616. Registrations can also be taken via FAX at (847) 635-1448 in which case payment must be made by a major credit card (Visa, Mastercard or Discover).

For more class meeting times and dates, or a brochure listing these and other ALL classes, call (847) 982-9888.

For more information, contact seminar registration at (847) 635-1932.

Income tax preparation available

Tax Planning at Morton Grove Public Library

Now is the time to have all your tax questions answered at the Morton Grove Public Library on Wednesday, Feb. 5 at 7 pm. Jim Thomas, CPA with Clifton, Gunderson & Co., addresses basic income tax preparation, gift tax questions and minimizing estate taxes.

The Morton Grove Public Library is located at 6140 Lincoln Ave. For more information, or for mobility and communication access assistance, please call 847-965-4236, TDD 965-4236.

Professional Development Seminars at Oakton

The Institute for Business and Professional Development at Oakton Community College is offering seminars in business development during its winter term at the Des Plaines Campus, 1600 E. Golf Rd.

Customer Service Skills provides customer service essentials as well as ew solutions to old customer service problems. The seminar meets on Thursday, Feb. 20 from 8:30 am - 5 pm. The fee is \$225.

Introduction to Personal Computer Networking and Novell Netware 4.1 is an entry level examination of the structure, functions and administrations of personal computer networks and limited hands-on exploration of a typical Novell LAN (Local Area Network). The combination of lecture and use of the Oakton Community College LAN builds a clear picture of network basics: terminology, equipment, planning, administration, maintenance and human resource factors. The seminar meets on Saturday, Feb. 22 from 8:30 am - 5 pm. The fee is \$240.

Purchasing techniques for the newly appointed Buyer provides the newcomer with a clear overview of the mission and duties of purchasing today's business environment. Learn to identify and select quality suppliers as you establish an effective supplier management program. The seminar meets on Tuesday, Feb. 25 from 8:30 am - 5 pm. The fee is \$225.

Lotus 5.0 Introduction explores the basics of worksheet preparation, including controlling worksheet locations through pointer movement; entering labels, values, and formulas; printing and saving worksheets and basic worksheet design commands. The seminar meets on Wednesday, Feb. 26 or Thursday, April 3 from 8:30 am - 5 pm. The fee is \$240.

For more information, contact seminar registration at (847) 635-1932.

Sprint teams with industry

Sprint has joined with five other telecommunications companies in signing an agreement today which is a major step for Illinois Consumers in the development of number portability nationwide. Number portability will allow customers to retain their phone number if they change local phone companies.

The Illinois Commerce Commission (ICC) two years ago required the establishment of a telecommunications industry working group to develop number portability solutions. Last year, a task force of six industry members-- AT&T, Ameritech, MCI, MFS, Sprint and TCG -- selected Lockheed Martin IMS to provide a Number Portability Administration Center/Service Management System (NPAC/SMS). These six companies have signed a master contract with Lockheed Martin IMS.

Today, those six companies will sign individual user agree-

ments for access to the number portability database being developed by Lockheed Martin IMS.

This is a step toward the Federal Communication Commission (FCC) mandated implementation of number portability for the Chicago area by fourth quarter of 1997. The next crucial milestones are the system testing phase and the field trial required by the FCC in August of this year. Once these hurdles are crossed, many Chicago area customers will have the ability to change service providers while retaining their current telephone number.

"This agreement is a major step toward eliminating an obstacle to consumers who may wish to switch their local exchange carrier but who don't want to give up their current phone numbers," said Dan Miller of the ICC. "With effective number portability, consumers will be deciding carriers based on price and service, not on a phone number."

Financial Edition

Consolidate your assets to simplify your finances

In today's busy world, it makes sense to organize your life and your finances as much as possible. One way you can potentially gain more control over your finances is to consolidate your assets. Consolidating your assets can assist you in evaluating how your assets are allocated and in tracking the results so that you can be sure all of your money is working to help you achieve your financial objectives. An added bonus may be that less time spent on paperwork from multiple accounts means more time to pursue other interests.

Improving Your Record-keeping
Monthly recordkeeping becomes easier when you pull scattered assets together because you don't have to watch for several statements a month. Tax preparation may be easier too because you don't have to coordinate multiple statements at year end. Records of purchases, sales, dividends received and the current value of your holdings will all be together when you need them. Consolidation has another plus: your trades settle automatically since securities and cash required to cover transactions are held in your account.

Monitoring Your Investments
Consolidating your finances can also help you ensure that your investments are positioned to help you achieve your financial objectives. To ensure that your financial goals are being addressed, the investments you select must be constantly monitored and adjusted when necessary. This process will help you keep pace with your changing circumstances and the economic environment based on your individualized investment strategy. With your assets in one place, you and your financial adviser can more easily determine if your investments are properly diversified to meet your investment goals and risk tolerance.

An additional benefit of consolidation is that many full-service account executives offer complimentary asset allocation or lump-sum distribution analyses, which, when viewed in the context of your total portfolio, can aid in your decision-making process and help to ensure that your funds are appropriately invested. As you plan for the future, consolidation also can help with estate planning. If your assets are in one place, should the need arise, it will be easier for your heirs to put your estate in order if they don't have to search for scattered investments.

The Central Asset Account -- A Key Organizational Tool
To carry organizing your finances one step further, many financial institutions also offer central asset accounts. A central asset account is an all-in-one money management tool that typically combines all of your investment and savings activity, your checking and cash access card transactions, and an optional secured line of credit, into one central account.

Central asset accounts generally offer:
Automatic investment of idle cash in a money market account
Composite monthly statements as well as a year-end summary statement which can save you the time and effort in compiling information from dividend and in-

terest statements.
Checkwriting privileges against the assets in the account
A debit card

With so much to organize in life, consolidating your assets can help make focusing on your financial situation easier. Talk to your financial consultant about other ways you may benefit from consolidating your assets in one place.

With so much to organize in life, consolidating your assets can help make focusing on your financial situation easier. Talk to your financial consultant about other ways you may benefit from consolidating your assets in one place.

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\$25,000.00	5.50%	5.55%	6.50%	5.55%	2.75%
10,000.00	5.00%	3.69%	6.00%	4.69%	3.25%
5,000.00	4.25%	2.53%	5.75%	3.53%	3.50%
01	2.50%		5.50%		Savings Rate

In order to uncover the advantages of the Premium Rate Savings account, Park National Bank is offering a 1% bonus above our already competitive rate for six months on new deposits.

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The Premium Rate Savings Account pays higher rates than most money market accounts. Unlimited deposits and up to three withdrawals per month are permitted. Deposits up to \$100,000.00 are FDIC insured. This account is a tiered variable interest rate investment which is indexed to the prime lending rate at Park National Bank (currently 8.25%). The interest rate may change after the account is opened. Interest including the Bonus rate deposits is paid to the account on a monthly basis at the regular Premium Rate Savings Account rate. \$20.00 monthly fee if account falls below \$500.

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January 21 to February 1	Niles Office
February 3 to February 15	Mt. Prospect Office
February 18 to March 1	Arlington Heights Office

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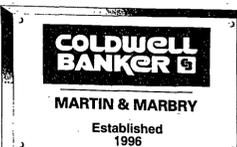
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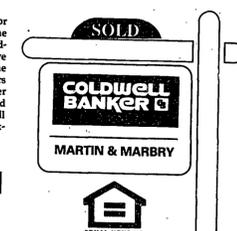


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USE THE BUGLE

Financial Edition

Consumer advisory regarding "The Stimulator"

The Better Business Bureau is issuing a national alert to advise consumers about the Stimulator, a pain killing device allegedly made from gas grill igniters, that is being marketed and distributed despite actions by the federal government to a prohibit further sales.

Marketed solely by Akron, Ohio companies, Universal Management Services, Inc. and Natural Choice, Inc. the Stimulator device delivers a high-voltage electrical spark by way of hand-held plunger. This device is a modified gas grill igniter. Its promoters allege it can relieve joint, muscle, sinus, and other types of pain.

The BBB advises consumers that neither the Stimulator nor an associated product, the Xtendor, have been approved by the Federal Drug Administration (FDA). In May 1995, Federal Marshals seized approximately 16,000 Stimulators from Universal Management Services as a result of a complaint by the FDA alleging that the device required FDA approval prior to being sold, but the approval had not been obtained.

The BBB estimates that 16,000 Stimulators and Xtendors are being heavily targeted and areas showing high sales of the two products include Florida and the

West Coast, according to calls the BBB. Consumers learn about the products through television commercials featuring daredevil Evel Knievel and actress Lee Merriweather, and advertisements in airline and other magazines.

The BBB reports numerous consumer complaints alleging non-delivery of the ordered product, non-receipt of refunds as requested, and ineffectiveness of the product. The Stimulator is sold with a 60-Day money back guarantee.

Wlaszyn noted that "although the company has responded to some of the complaints brought to its attention, the Bureau's file also shows a pattern of no response to other complaints.

Anthony G. Zambuto

Air Force Airman Anthony G. Zambuto has arrived for duty with the 14th Flying Training Wing at Columbus Air Force Base, Miss.

Zambuto, an air traffic controller, is the son of Vincent G. and Jane S. Zambuto of Des Plaines. He graduated in 1993 from Maine West High School, Des Plaines.

READ THE BUGLE

Secured Credit Cards

If you have no credit or a negative credit history, it can be difficult to obtain an unsecured credit card. But, what you may not know is that you may be able to qualify for a secured credit card, which can offer many of the same benefits as an unsecured card. A secured credit card is much like a secured loan. You are required to deposit money into a savings account or a certificate of deposit as collateral for a line of credit. The card has the same appearance as an unsecured card and can offer the same convenience and charging privileges as a traditional unsecured credit card.

While almost anyone can apply for a secured credit card, there are some limitations. Most issuers do not accept applicants that have been convicted of credit card fraud, have outstanding liens on their property, or are filing for bankruptcy.

Finding the best card for you requires research. You should determine what features are most important to your financial situation and spending style, measuring them against the costs associated with each offer. Factors such as application fees, annual fees, finance charges, accrued interest on the deposit, savings deposit, available line of credit and minimum savings deposit are some of the most important considerations.

In most cases, an application fee is required by the issuer,

which adds to the cost of obtaining a secured card. The fee is usually non-refundable, even if you're not accepted by the issuer. Once you're accepted for the card, you are required to make a deposit into a savings account or certificate of deposit as security. The average minimum deposit required can run around \$300. The amount of money you deposit should depend on your income and the line of credit desired. However, some issuers will offer credit the same or greater than the amount deposited; some others may offer a credit limit lower than the amount deposited.

Most issuers will pay you interest on your security deposited. The more money you wish to or are required to deposit, the more important it is to have a card that

offers respectable interest payments.

Like most secured credit cards, issuers of unsecured cards charge additional fees for use of the card and services associated with the card, such as, cash advances, late payment fees, and fees for charging over the limit or insufficient funds. Carefully review all information provided by the issuer to determine how and when such charges will be incurred.

If you wish to cancel your secured card, do so in writing. Credit card issuers have different policies concerning the amount of time before you receive your refund. Also, keep in mind that if you have an outstanding balance, most card issuers will use your security deposit to pay the remaining balance.

Republic Bank hosts Investment Outlook seminar

Insights into the current investment climate and a discussion of appropriate investment strategies for this year and beyond will be the focus of a special seminar, "1997 Investment Outlook: What Matters Most" at Republic Bank, 1510 75th St., Darien. The free seminar will be held Thursday, February 20 at 7 pm in the bank's main lobby.

Mr. Scott West of Van Kampen Capital will be the fea-



Scott West

tured speaker. West is one of the nation's most respected investment speakers. He will help seminar participants sort through the present market conditions and help identify short-term and long-term investment strategies.

Although the seminar is free, reservations are required by contacting Ken Koppitz at Republic Bank at (630) 241-4500. Refreshments will be served and, as an added attraction, one seminar participant will win a door prize of a FREE VACATION, for 4 days/3 nights at any one of several popular vacation destinations.

Greg R. Gusinde

Navy Lt. j.g. Greg R. Gusinde, son of Frank A. and Elinor M. Gusinde of Glenview, recently returned from a six-month deployment to the Mediterranean, Adriatic and Red seas serving with Strike Fighter Squadron 81, embarked aboard the aircraft carrier USS Enterprise.

The 1985 graduate of Loyola Academy of Wilmette, joined the Navy in August, 1992.

Financial Edition

Put Your Dividends To Work

One way to be sure that your dividends are never idle is by participating in a dividend reinvestment program. Instead of spending your stock dividends as you receive them (and later wondering where they've gone), when you enroll in a reinvestment plan, you know that your dividends have gone right back to work for you, automatically.

For participants in a dividend reinvestment program, any dividends and cash payments resulting from capital gains and return of capital distributions paid by the company are automatically used to purchase additional shares (or, sometimes a fraction of a share) of that company's stock. Even with modest accounts, reinvesting these dividends allows the power of compounding to its full effect on the investor's returns over time. In effect, your dividends are now earning dividends, keeping your money working for you, adding to your principal, and increasing the funds available for subsequent capital gains and distributions.

Many U.S. firms that issue stock have dividends reinvestment programs that you can participate in directly through the company. Many full-service brokerage firms also offer dividends reinvestment services. Typically, you may choose to reinvest dividends for none, some or all of the eligible securities in your account either for free or for a nominal fee for each transaction. Instead of separate confirmations for each reinvestment transaction, your month-end statement will show each dividend amount credited and reinvested, the cash purchase price, and number of new shares bought for each stock, including fractional shares.

Your financial advisor can help you learn which common and preferred stocks in your portfolio are eligible for such a plan, what fees, if any, apply and how this valuable investment service can help you achieve your long-term financial goals.

Motor fuel tax

Motor fuel tax funds are allocated monthly to the various municipalities in Illinois for their streets and highways. The monies allocated are computed on the basis of population.

The allotments to certain of the municipalities follow: Des Plaines, \$91,936; Glenview, \$66,157; and Niles, \$48,854.

USE THE BUGLE

Associated Bank Scholarship Program

Associated Bank, Gladstone-Norwood is pleased to announce its SEVENTH ANNUAL SCHOLARSHIP PROGRAM. Four \$1,000.00 scholarships will be awarded to June graduates. Two Eighth Grade Graduates and two High School Graduates will each receive \$1,000.00 scholarships, reveals Eugene P. Mroz,

President and CEO.

There are no balance or deposit requirements. The applicant must be a graduating eighth grader or high school senior and must be sponsored by a bank customer.

"We feel this is an excellent opportunity to invest in the community by providing, in part, for the educational needs of our

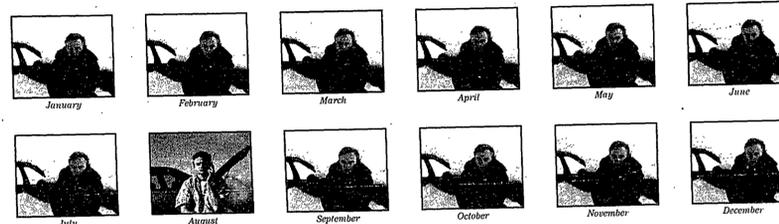
young people," Mroz said. In addition, the two \$1,000.00 eighth grade scholarships are unique and provide students with a choice of schools.

Since 1991, Associated Bank, Gladstone-Norwood has awarded \$25,000.00 in scholarships to area students.

Applications are available at

either Associated Bank locations: 5200 N. Central, Chicago, IL 60630 or 6355 N. Central, Chicago IL 60646 and must be at the Bank no later than April 5, 1997.

For more information, just call Barbara Aichinger (773) 594-5015 or Maria Vlahos Koumas (773) 594-5034.



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MEMBER FDIC

Police News

Widowed Persons volunteer training program

The Widowed Persons Service, (WPS) is a nationwide program which offers support services to newly widowed persons in over 230 communities. The Northwest Chicagoland Widowed Persons Service is a special project sponsored by Rainbow Hospice, Inc., the American Association of Retired Persons, Lutheran General Hospital, and Ballard A Healthcare Residence.

In the WPS program, trained volunteers, both male and female, offer supportive visits to the newly widowed persons in the northwest suburbs and northwest Chicagoland area. We are in special need of volunteers who have been widowed for one year or more, who are willing to visit newly widowed people in the northwest Chicagoland area. Other volunteer opportunities

with Rainbow Hospice, Inc. include: patient care volunteers, fund-raising, office support, community education, and lending professional expertise. Bilingual volunteers are also needed.

Rainbow Hospice, Inc. will provide a 10-hour WPS volunteer training program at their Park Ridge office February 22 - 26, 1997. Training entails one Saturday session from 9 a.m. - 3 p.m., and the following Monday and Wednesday evening from 7 p.m. - 9 p.m.

For those interested in the training program or information, please contact Brie Evans, Volunteer Coordinator at (847) 699-2000. Training participants must schedule an interview before February 14, 1997.

Taking care of tires in winter

Proper inflation is the key to maximum safety and performance from any tire, especially in inclement weather. Driving on tires that are not properly inflated increases your risk of an accident

by reducing the vehicle's traction and increasing wear and tear on tires. With the recent cold blast, many motorists may be riding on underinflated tires.

Q. Why do tires need more at-

ention during winter months?

A. Because air contracts in the cold, tires lose about one pound of pressure for every 10-degree drop in temperature. A tire properly inflated in warmer weather could be five pounds underinflated by midwinter.

Q. What are the dangers of im-

properly inflated tires?

A. When tires are underinflated or overinflated and you make an emergency stop, the tires are more likely to come off the rim. Overinflated tires reduce traction because the center is higher than the rest of the tire, making tires more prone to blowouts.

Q. How often should tire pres-

sure be checked?

A. Tire inflation is a do-it-yourself job and checking it weekly when you fill up your gas tank will ensure your tires do not get too low.

WATCH OUT FOR
 CLIPPER CROSS
 CHECKING & REPAIRS

Local students recognized by sheriff

The volunteer efforts of 211 area youth were recognized at Cook County Sheriff Michael F. Sheahan's 11th Annual Youth Service Medal of Honor Ceremony. Laurie Roch, Director of Community Services, described the award as an opportunity for Sheriff Sheahan "to give recognition to the young people who work hard at school, participate in extracurricular activities and still find time to do volunteer work in the community."

The medal of Honor recipients, their family and friends and com-

munity leaders gathered in the Assembly Room at the James R. Thompson Center to celebrate this special occasion. Each recipient had volunteered a minimum of 100 hours of community service during the past year. As a group, these youth contributed more than 35,000 hours to agencies throughout Cook County. Youth volunteers from this area included:

Niles
 Angelena Colon, Librado Colon, Tina De Sario, all of Resurrection H.S.

Police News

Indecent exposure

A 27-year-old Chicago woman who works as a travel agent at the travel agency in the 8500 block of Golf Road reported that while she was alone in the office talking on the phone around 6:20 p.m. Jan. 20, an unknown man in his 20s described as weighing 140 pounds and wearing a gray hood and green jacket stood in the window facing the victim with his pants down.

The victim shouted that she was going to call the police and the offender fled westbound. Fifteen minutes later the victim received an obscene phone call.

The victim said she could not identify the offender because he had the hood pulled down over his face.

Possession of cannabis

A 32-year-old Niles man is free on an \$8,000 bond after he was arrested Jan. 11 for possession of cannabis.

Police obtained a search warrant for the arrestee's residence in the 8000 block of Churchill Circle where they discovered a triple beam scale, two packages of rolling papers, a hand-held scale, a small smoking pipe, a box of plastic sandwich bags, a Cross B-B gun, \$79 in cash, three clear plastic bags containing approximately 389 grams of cannabis and another bag containing 25 grams of the illegal substance.

Recovered from the arrestee's garage was 440 grams of cannabis wrapped in two plastic bags. The arrestee was taken into custody and transported to the Niles Police Department. The offender said he had sold cannabis to friends from high school and other acquaintances on and off since 1986.

A 32-year-old Chicago man driving a 1991 red Ford Escort was stopped by police when he failed to signal. Police observed a strong odor of what appeared to be cannabis coming from the offender's car.

The officer directed the driver and his passenger, a 28-year-old Skokie man, to exit the car. Police obtained the driver's permission to search the car and his person. They found a plastic bag contain-

ing a green leafy substance that appeared to be cannabis.

Police took the driver into custody and transported him to the Niles Police Department. The car was towed to Skokie Automotive. The offender was given a Feb. 19 court date and paid a \$75 bond.

Traffic dispute

A 37-year-old Lake Zurich man and a 76-year-old Chicago man became involved in an incident around 12:29 p.m. Jan. 22 when the Chicago man was exiting the service station at Touhy and Lehigh avenues and made a right turn onto Lehigh cutting off the victim who was traveling southbound on Lehigh.

As both were stopped for the light at Touhy, the victim made a gesture at the offender, who then pointed something black at the victim. The victim, thinking the black object was a gun, called police on his cellular phone, giving locations of the offender to police.

The offender was finally stopped by police at Oak Park and Touhy avenues. A consent search of the vehicle and person revealed no gun but a black glass case. Both parties went on their way.

Theft of wallet

A 70-year-old receptionist reported that she was approached by an unknown woman in the supermarket in the 7900 block of Milwaukee Avenue around 3 p.m. Jan. 22. The woman asked the victim a question about a food item, while a male described as about 30 years of age, 6 ft. tall and wearing a tan jacket approached the victim's shopping cart where she was.

The man and woman both walked away quickly. When the victim checked her purse, she found it unzipped and the wallet and its contents missing.

The dark green wallet, valued at \$10, contained \$270 in cash, numerous credit cards and the victim's driver's license.

Burglary

A 26-year-old machine operator reported that he returned to his home in the 7800 block of Nord-

ca Avenue to find the blinds from his patio sticking out the patio door and the front door forced open by unknown offender(s) around 8:45 p.m. Jan. 22.

The offender(s) ransacked the victim's bedroom closet removing a brown wood jewelry box containing approximately \$1,400 in jewelry and a camera case containing a Canon "E" camera valued at \$1,000. No other area of the residence appeared to be disturbed.

A canvas of surrounding neighbors for witnesses produced negative results. A palm print and a pair of shoe impressions were inventoried as evidence.

Theft

The 38-year-old manager of the toy store in the 9500 block of Milwaukee Avenue reported that a woman described as being between 24 and 26 years of age and weighing about 125 pounds and being about 5 ft. 5 in. tall ran from the store carrying approximately 15 action figures valued at \$7.99 each. She then entered an orange "beater" type automobile of unknown make or year driven by a male subject and fled northbound on Milwaukee Avenue. No record of the license plates is on file.

The 25-year-old manager of the clothing store at 380 Golf Mill reported that two female subjects in their 30s removed 35 silk blouses valued at \$39 each from a display rack and exited the store without paying for them around 5:30 p.m. Jan. 18. The total loss was \$1,365.

Battery

A 48-year-old assistant technician at an animal hospital in the 8900 block of Milwaukee Avenue reported that she was pushed and slapped on two occasions while she was assisting a doctor at the hospital. The victim wishes the report to be a matter of record.

A 36-year-old DesPlaines waitress reported that the 28-year-old manager of the restaurant in the 9100 block of Golf Road became involved in an argument with her when she re-

fused to wait on some customers whom she disliked around 2:15 p.m. Jan. 18.

The offender grabbed the victim by the arms and began to shake her saying, "Listen to me. You have to do what I tell you."

The victim said there were no injuries caused to her but she was concerned about injuries to her 2-1/2-month-old fetus as a result of the offender's actions.

She was transported to Lutheran General Hospital but wanted this report as a matter of record.

Animal bite

A 25-year-old child care worker reported that she sustained scratches on her hands while she

handled a ferret that was in an open pen with other ferrets around 3:40 p.m. Jan. 18 in a pet shop in the 8300 block of Golf Road.

The victim, who transported herself to her own doctor for treatment, was concerned because there were no signs warning customers that ferrets bite or scratch on the open display which allowed customers to handle the animals.

Police advised the Animal Control Department of the incident.

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LEGAL NOTICE
NILES, ILLINOIS
NOTICE TO CONTRACTORS
 The Village of Niles will be accepting proposals for:
1996-97 Watermain Replacement
 and Anderson Building
EPDM Roofing System for Niles Pump Stations 1, 2, 3

General information, and specifications will be available Monday February 3, 1997, at the Office of the Purchasing Agent, Village of Niles, 1000 Civic Center Drive, (southeast corner Oakton and Waukegan), Niles, Illinois, (847) 588-8013.

Bids and drawings for the Watermain Replacement may be obtained by presenting a current Certificate of Eligibility from the Illinois Department of Transportation.

Sealed proposals will be accepted until 12:00 Noon, Thursday, February 13, 1997, at the new Village Hall, 1000 Civic Center Drive, Niles, Illinois, (southeast corner Oakton Street and Waukegan Road). Bids will be opened at 3:00 P.M., Thursday, February 13, 1997, in the Conference Room at 1000 Civic Center Drive, Niles, Illinois.

The Village reserves the right to consider such factors as time of completion of the work, materials and methods of construction, experience and responsibility of the bidder, and similar factors in determining which bid it deems to be in its best interests.

Nothing herein is intended to exclude any responsible firm or in any way restrain or restrict competition. All responsible and eligible firms are encouraged to submit proposals. The Village reserves the right to accept or reject any or all proposals, to waive informalities or technicalities in any bid and to accept the bid which it deems to be in the best interests of the Village.

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General News

County Fair at Navy Pier

Enjoy carnival rides in Chicago in February?

For the second year in a row, Chicagoans are going to have a chance to put a little summer fun into their winter at the Ameritech County Fair at Navy Pier.

The event opens on Valentine's Day, Feb. 14, and runs through Sunday, Feb. 23. The Fair opens at 11 a.m. each day and closes at 10 p.m. Monday through Thursday and Sunday, Feb. 16, at 10:30 p.m. on Fridays and Saturdays and at 8 p.m. on Sunday, Feb. 23.

Not only will there be 21 indoor carnival rides and attractions to beat back the post-holiday winter doldrums, but a complete county fair including county-fair type and 4-H Club

exhibits and demonstrations, country line dancing and live radio broadcasts. There also will be food booths, a giant video arcade, a petting zoo with free pony and camel rides and of course, the return of last year's most popular event, pig races.

The Ameritech County Fair at Navy Pier will take place in Festival Hall, the Pier's giant exposition hall that is almost three football fields long and 60 feet high, more than high enough to accommodate the Giant Wheel of Fire and 20 other popular amusement park rides.

"Ameritech is proud to be the sponsor of this great event," said Douglas L. Whitley, President of Ameritech Illinois. "We're pleased to have the opportunity

to present this fun-filled fair to the people of Chicago and to all its visitors.

"The Ameritech County Fair at Navy Pier is an element of the annual Winterbreak Festival, organized by the Mayor's Office of Special Events," said Andrew P. Kelly, show manager. "Along with our rides, we'll have an array of special events and a wide range of corporate exhibitors offering special sales just for fair visitors."

Tickets for the Ameritech County Fair at Navy Pier are \$12 and include free admission to all the carnival rides and the flea market. New this year is a special \$6 Walk Around fee for those who want to visit the Fair, but don't want to enjoy the rides. There's also a special discount admission rate of \$9 after 8 p.m.

"For people who want to make the Ameritech County Fair at Navy Pier part of a weekend getaway, we have arranged for a special hotel package price at our official hotel, the Sheraton Chicago," Kelly continued. "For information or to make reservations, the hotel number is (312) 464-1000.

Navy Pier can be easily reached by public transportation. To find the best route, call (312) 836-7000. Parking is available on Navy Pier and at nearby parking lots.

Kathryn Hastie

North Park College of Chicago has named Kathryn Hastie of Skokie to the Dean's List for the fall semester of the 1996-97 academic year. Hastie, a second-year student majoring in communication arts, is the daughter of Susan and Neil Hastie of Skokie.

Avenues To Independence

Going to the movies, out to dinner or shopping with friends is a welcome diversion for many of us.

Now, individuals with disabilities will have additional opportunities to explore these possibilities thanks to a partnership between Avenues to Independence, an organization supporting adults with developmental disabilities, the Maine Township High Schools, the Park Ridge Park District, and the Maine-Niles Special Recreation Association. The groups have come together to form COPE, Community Orientation for Personal Enrichment, which brings together community members, especially employees of local businesses and corporations, with

adults with disabilities.

Gina Ellinger, Avenues to Independence's Social Service Coordinator, is a member of the COPE team which was first organized last spring. She explained that volunteers are screened by COPE and then matched with adults affiliated with local service providers such as Avenues. Participants and volunteers plan outings about four times a year. "We can provide gift certificates, special passes and movie tickets for the groups to use," said Ellinger, "and all of these passes are donated. So far COPE has received donations from the White Sox, the Cubs, the Pickwick Theater, McDonald's and the Park Ridge Community Center.

"Currently, there is a waiting list for individuals who would like to participate. We need community volunteers to pair up with these individuals," said Ellinger. If interested in becoming a COPE volunteer, call her at (847) 541-5250.

Dean's List

The Kalamazoo College Dean's List for the fall 1996 quarter is:

Glennview: Megan Martin (Glenbrook South), freshman, daughter of Mr. James W. Martin and Ms. Elizabeth W. Martin, both of Glenview.

Lincolnwood: Michael S. Tsi-pursky (Niles West), sophomore, son of Mr. & Mrs. Semeon Tsi-pursky.

Skokie: Leah Sidell (Niles North), sophomore, daughter of Ms. Mary Ann Golden of Skokie and Mr. Steven Sidell of Evanston.

Auditions for the musical "Phantom" to be held

"Phantom" will be held February 11 and 12 at 7 p.m. at the Leisure Center, 3323 Walters Ave., Northbrook. Rehearsals begin Sunday, Feb. 16. All who audition must prepare a song with sheet music; taped accompaniment is not permitted. There will be a dance audition as well as cold readings from the script, please dress accordingly. Must be at least 16 years of age to audition. Rehearsals are Sunday, Tuesday and Thursday evenings from 7 to 10 p.m.

The performances are in Mid-April through May 3. Appointments are not being taken, please plan to arrive promptly at 7 p.m. For directions or information call (847) 291-2367 Monday through Friday, 10 a.m. to 6 p.m.

LEGAL NOTICE

NILES, ILLINOIS

NOTICE TO CONTRACTORS

The Village of Niles will be accepting proposals for:

1996-97 Resurfacing Project

General information, specifications and drawings will be available Monday February 3, 1997, at the Office of the Purchasing Agent, Village of Niles, 1000 Civic Center Drive, (southeast corner Oakton and Waukegan), Niles, Illinois, (847) 588-8013.

Bids for the Resurfacing Project may be obtained by presenting a current Certificate of Eligibility from the Illinois Department of Transportation.

Sealed proposals will be accepted until 10:00 A.M., Thursday, February 13, 1997, at the new Village Hall, 1000 Civic Center Drive, Niles, Illinois, (southeast corner Oakton Street and Waukegan Road). Bids will be opened at 11:00 A.M., Thursday, February 13, 1997, in the Conference Room at 1000 Civic Center Drive, Niles, Illinois.

The Village reserves the right to consider such factors as time of completion of the work, materials and methods of construction, experience and responsibility of the bidder, and similar factors in determining which bid it deems to be in its best interests.

Nothing herein is intended to exclude any responsible firm or in any way restrain or restrict competition. All responsible and eligible firms are encouraged to submit proposals. The Village reserves the right to accept or reject any or all proposals, to waive informalities or technicalities in any bid and to accept the bid which it deems to be in the best interests of the Village.

BY DIETER OFF
Special to The Bugle



FURNITURE MEDIC . . . Businesses Go Where The Customers Are

With so many people looking for ways to better manage their time, a number of businesses today are focusing on convenience. Mobile services can take care of car washes, oil changes and parking lot while the customer works. Need a loan? No need to wait in line, personal banker go to the customers location to meet with them about loans, new accounts, and other financial matters.

"Mobility is a precious advantage," said Dieter Off, owner of a Cook County location of Furniture Medic, a furniture repair and restoration service on wheels. "Furniture Medic's on-site furni-

ture restoration and repair service lends itself to both the residential and business communities which are both interested in saving time. I have lived in the Chicago area for 25 years, and I know that convenience is important to the many busy two-income families here who spend a significant number of hours each week just commuting to work."

Furniture Medic's growth echoes the consumer's approval of mobile services. Founded in metro Atlanta less than three years ago, more than 400 Furniture Medic franchises have popped up across the United States, Puerto Rico, Canada and France.

"The Chicagoland area has numerous hotels, restaurant, convention facilities and other commercial locations that need to maintain an attractive image," said Off. "Image is an important selling tool for these businesses. We can help them remain appealing to customers by maintaining the furnishings in their facilities conveniently at a fraction of the cost of replacement or conventional refinishing."

Along with commercial locations, Furniture Medic's mobile service is also a big advantage for Cook County homeowners who don't want to load heavy furniture and risk more damage driv-

ing it to a repair shop. We come to their home and their furniture is repaired on site and is ready to use within hours."

All kinds of damage from a scratch on a conference room table to a broken chair leg can be taken care of while the customer goes about his or her activities. When more comprehensive restoration is needed, Furniture Medic has a patented Restoration Refinishing™ process which allows the color of the finish to be changed if the customer desires. For example, an oak finish on a nightstand or kitchen cabinets can be changed to a cherry finish. Furniture Medic uses environ-

mentally friendly products to give the furnishing a new finish without stripping and without the odor, expense or inconvenience of conventional refinishing.

"It's exciting to be part of a company that is on the cutting edge," Off said. "Through Furniture Medic's international organization I have access to the latest, most advanced products and techniques which I can bring to my customers locally. And being mobile, I don't have to wait for customers to come to me. It's a truly proactive business."

For more information about Furniture Medic, please call (847) 967-1187.

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	Fixed	5%	30 Years	7.500	0.00%	7.869
	Arm	5%	1 Year	5.250	0.00%	8.100
	Balloon	10%	7 Years	7.000	0.00%	7.790
FIRST CHICAGO BANK PARK RIDGE One S. Northwest Hwy. Park Ridge, IL 60068 (847) 518-7100 (Lender)	30 Year Fixed Conforming	5%	30 Years	8.250	0.00%	8.250
	15 Year Fixed Conforming	5%	15 Years	7.800	0.00%	7.800
	7/1 Arm Conforming and Large	5% up to 350,000 20% over	30 Years	7.950	0.00%	8.364
	5/1 Arm Conforming and Large	10% up to 350,000 20% over	30 Years	7.750	0.00%	8.254
	3/1 Arm Conforming and Large	10% up to 350,000 20% over	30 Years	7.550	0.00%	8.324

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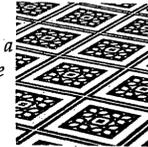
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Financial needs for disabled discussion

Smart money management is important for all of us, but those with disabilities often face special challenges in making sure their bills are paid, their medical expenses are covered and their long-term needs are taken care of. Finding the best ways to han-

dle those challenges will be the focus of next month's meeting of A-SCIP, Maine Township's support group for the disabled. The meeting is scheduled for 7 to 9 p.m. Thursday, Feb. 6, at the Maine Township Town Hall, 1700 Ballard Rd. in Park Ridge.

For more information, call Donna Anderson, the township's Coordinator of Disabled Services, or Barbara Winiacki, at (847) 297-2510, ext. 229, or at TTY number (847) 297-1336.

Leading the discussion will be Jeffrey Mackevich, who is Vice President of Smith Barney Inc. and has served as an Advisory Council member for Chicago Mayor Richard Daley's Office for People With Disabilities. Mackevich will discuss income tax requirements for those receiving Social Security Disability Insurance or Supplemental Security Income, as well as savings strategies for the disabled and the basics of investing. He also will answer questions from the audience.

Admission and refreshments are free. The program is open to all disabled individuals and their friends and families. The Town Board of Trustees will hold a public hearing on Monday, February 17, 1997 at 7:30 p.m. in the Board of Trustees Chambers Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois, to consider the following case:
CASE 1287
Requesting a variation from Section 6.2.7.2 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to allow for the construction of a handicapped accessible single-family residential structure with an attached garage:
Front Yard-Corner Lot:
Required - 21.22 feet
Requested - 15.22 feet
Variation Required - 6.00 feet
The parcel is located in the R-2 Single Family Residence District and is commonly known as 7929 Golf Road, Morton Grove, Illinois 60053.
All interested parties are invited to attend and be heard.
Lawrence M. Strybel
Chairman

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Additional information is available through the township's Hall is accessible to the disabled, and a sign-language interpreter will be available for anyone who needs one.
A-SCIP offers participants an opportunity to discuss and share disability-related problems such as employment, housing, health-related issues, relationships and other topics. Meetings usually are held on the first Thursday of every month.

Disability Services department, which provides referrals on services for disabled residents, a TTY telephone for communication with the hearing-impaired, transportation services, energy assistance and a guide to accessibility of commercial and public buildings in Maine Township. The department also helps organize an annual Job Fair for the Disabled and actively supports legislation to improve the quality of life for disabled people.

Artists, craftspeople & exhibitors wanted

Evanson's 25th Annual Custer's Last Stand Festival of the Arts will be held on Saturday and Sunday, June 21 & 22. Exhibitor applications are now being accepted in the following categories: Artists & Craftspeople in all media, Antique dealers, Food vendors and a limited number of commercial businesses. There are 450 Art & Craft exhibits from across America and 30 Antiques dealers. Thirty restaurants are featured at the Custer FoodFest.

The fair started 25 years ago in Custer Avenue, which was named after General George Armstrong Custer after the Civil War by the City of Evanston in gratitude for his heroism during the war. The Festival reflects the rich cultural heritage of Evanston, the beautiful North Shore city just north of Chicago. Each year 60,000 people attend this Evanston tradition. Custer's Last Stand was voted into the Illinois Festival Hall of Fame as one of the top festivals in Illinois. Admission is free to the public. Call or write for an application. John Szostek, Fair Director, (847) 328-2204 Fax (847) 328-2295. CUSTER STREET FAIR, Inc. P.O. Box 6013 Evanston, IL 60204-6013.

LEGAL NOTICE
PLEASE TAKE NOTICE -- THE MORTON GROVE ZONING BOARD OF APPEALS will hold a public hearing on Monday, February 17, 1997 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois, to consider the following case:
CASE PC96-8
Requesting a special use permit to allow for the operation of an Entenmann's Tri Bakery for the sale of packaged baked goods for off-premises consumption, in the Highland Square Shopping Center.
The parcel is located in the C-2 Service Commercial District and is commonly known as 7929 Golf Road, Morton Grove, Illinois 60053.
All interested parties are invited to attend and be heard.
Lawrence M. Strybel
Chairman

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Or Mail It: Personal Connections(BUG), 60 East Chestnut St, Chicago, IL 60611

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\$1.70 a min
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You Can Place Your Classified Ads by Calling 966-3900 or Come To Our Office In Person At: 8746 N. Sherman Road, Niles, IL. Our Office Is Open - Monday thru Friday, 9 A.M. to 5 P.M. DEADLINE FOR PLACING ADS IS TUESDAY AT 2 P.M. Certain Ads Must Be Pre-Paid In Advance: Business Opportunity, For Sale, Miscellaneous, Moving/Sale, Personals, Situation Wanted, Or If The Advertiser Lives Outside Of The Bugle's Normal Circulation Area.

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Starting Salary: \$9.05/hour
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Energetic, creative individual with experience in working with geriatric residents. Focused in music therapy, recreational therapy & plus. Convenient to public & private transportation. Excellent salary & benefits including 401K. Send or fax resume to:
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(847) 647-1539

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✓ HOME EVERY 7-10 DAYS?
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✓ Major medical, dental, 401K, paid vacation and paid holidays
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Is your check list complete? Do you have your own check list? Call our brand new recruiter and have your requests filled - Mike says that he aims to please, call and check him out!!
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Featuring: Mary Lou's Crystal Repair-Silver Plate Matching Service
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NORTH MALL
45 Tables
FRIDAY, JAN. 31, 10AM - 9PM
SATURDAY, FEB. 1, 10AM - 9PM
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Notre Dame High School Placement Exam schedule

Notre Dame High School for Boys announces its schedule of Placement Exams for students who were unable to attend the January 11th test day and have not tested at another Catholic high school. The application fee for the test is \$20. The test lasts approximately 3 1/2 hours and students are asked to bring two #2 pencils as well as their social security number. Reservations for the test dates are required and can be made by calling Mr. George Rattin, Director of Enrollment at (847) 965-2900, Ext. 227. The following dates have been set aside for testing:
Saturday, February 8, 8 a.m.
Saturday, March 8, 8 a.m.
Saturday, April 12, 8 a.m.
All testing will take place at Notre Dame High School, 7655 W. Dempster, Niles. This test is used as an indicator of the 8th grade boy's academic aptitude, and assists in placing the boy in the proper academic level for his freshman year at Notre Dame High School for Boys.
For additional information, please contact Mr. George Rattin at the school.

Scholarship deadline

High school students who are U.S. citizens and have a grade point average of "B" or better are eligible for a \$1000 college scholarship. To receive an application, send a request by March 15 to the Educational Communications Scholarship Foundation at 721 North McKinley Road, PO Box 5012, Lake Forest, IL 60045-5012; fax a request to (847) 295-3972; or e-mail a request to "scholar@ecsf.com".
All requests for applications must include the student's name, permanent home address, city, state, zip code, name of high school, approximate GPA, and year in school during the 1996-97 academic year.
Applications will be fulfilled by mail only, on or about April 11. One hundred and seventy-five (175) winners will be selected on the basis of academic performance, involvement in extracurricular activities and some consideration for financial need. A total of \$175,000 will be awarded.

Willows Dean's List and Honor Roll students

The Willows Academy, 1012 Thacker St., announced the following students were named to the first quarter Dean's List: sophomores Andrea Heckman, and Karen Weyna, junior Tara Finlay, eighth grader Alexandria Jarvis, all of Park Ridge, and junior Shilpa Noronha, Norridge, have earned places on the first quarter Dean's List.
To be eligible for Dean's List, a student must have a grade point average of 3.690-4.0.
The following Park Ridge students were named to the first quarter Honor Roll: Sophomores Erin Finlay, Rachel Spellman, Monica Wauk; freshman Katherine Murphy and Lisa Verhelst; eighth graders Karen Godfrey, Jacqueline Large, Kasia Pandrya, Melissa Waller; senior Jaime Madison and sixth grader Catherine Madison. Seniors Michele Kaspar, Norridge; junior Marian Fernandez, Skokie and junior Elizabeth Skora of Niles, also were named to the Honor Roll. A grade point average of 2.955 - 3.689 is required for Honor Roll.

The Willows, an independent college preparatory school for girls in grades 6 through 12, moved from Niles to its Des Plaines location this past summer to provide space for more students. For more information about The Willows, contact Admissions Director Gemma Creemers at (847) 824-6900.

College selection have you puzzled?

Need information about selecting a college or technical school? To check out the selection process and the financial aid available, contact your high school counselor or college financial aid administrator... or join in the activities of Financial Aid/Admission Awareness Month in February by calling in your questions to the Helpline, February 10-14... from 8 a.m. to 8 p.m. The Helpline number is 1-800-720-FAAM(3226). That's 1-800-720-FAAM(3226).

Moving day ...

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be relocated in the New Village Hall including the Mayor's Office, the Village Clerk's Office, the Finance and Code Enforcement Departments, The Management Information Systems and Personnel Departments will also be relocated to the new facility.

The following new phone numbers have been assigned to the new building:
Niles Administration Building: 588-8000
Information Line: 588-8411
Emergency: 911
(fire, ambulance, police)
Mayor: 588-8000
Village Clerk (voter registration): 588-8000
Village Manager: 588-8000
Telecommunication Device for the Deaf (TDD): 967-8840
Code Enforcement Department: 588-8040
Permits Licenses Inspections Finance Department: 588-8000
Animal License Special Assessments Vehicle Stickers Yard Waste Stickers Water Billing: 588-8030
A grand opening celebration is planned for the spring.

The library, however, will not move back to its permanent location for at least one year. During that time, major renovation will be performed at the existing facility, including expansion of the current 33,000-square-foot facility to nearly 60,000 square feet. The library computer lab will be increased from 13 to 28 stations, and seating capacity will increase from 160 to 228. Parking capacity will also be increased from 96 to 134 spaces. The addition of a large meeting room will provide space for classes and other programs.

The new expanded facility will also house a separate study room, separate areas for audio visual materials and a reader advisory section.
The population of the Niles Public Library District, which is made up of Niles residents and residents of unincorporated areas of Des Plaines and Glenview, is expected to grow from 54,338 to more than 59,500 by 2017.

The renovation project, which will cost \$8.87 million, was designed to meet the needs of the growing population as well as the demands for specialized services. All library programs and facilities will be completely accessible to those with disabilities.

Sheena Ninan

North Park College of Chicago has named Sheena Ninan of Lincolnwood to the Dean's List for the fall semester of the 1996-97 academic year. Ninan, a first-year student majoring in physical therapy, is the daughter of Parappattu and Mary Ninan of Lincolnwood.

Asian spice may help fight cancer

Anyone who has ever eaten Indian food has tasted the spice curcumin. Commonly known as turmeric, curcumin is not only used widely in Asia for cooking, but also to treat skin inflammations and ailments. Like many other common flavorings, including garlic, onions, parsley, and licorice, research studies are beginning to show preliminary evidence that curcumin, too, may have anti-cancer properties.

At the recent annual conference of the American Institute for Cancer Research, investigators summarized some small studies that have begun to experiment with curcumin's effect on skin, breast and colon cancers in laboratory animals and tissue samples:
Breast Cancer: In a study with breast cancer cells in petri dishes at Pennsylvania State University, researchers found that curcumin may inhibit the activity of certain proteins that play a role in cancer development. This study is ongoing and has yet to identify other key factors that may interact in combinations with the curcumin to affect cell proliferation.
Skin cancer: Researchers at Chiang Mai University in Thailand found that mice treated with curcumin before being exposed to carcinogens had significantly lower incidence of skin tumor formation and development than mice who did not receive the treatment. More research needs to be conducted in human.
Tissue Inflammation: Scientists from the State University of New Jersey found that curcumin suppressed inflammation caused by an enzyme called nitric oxide, which is produced by the body as an immune response to infections and to harmful substances. In this study, curcumin limited nitric oxide's effect to damage cells and possibly leading to cancer development.

Homework assignments are for parents too

Study after study show that kids perform better in school when their parents share in their education. Yet many parents are not sure how to get involved.
The support and encouragement that kids need to succeed can begin at home, said Lisa Woessner, University of Illinois Extension youth development educator.
"Too many parents leave the responsibility of educating their children to the schools," Woessner said. "What they don't realize is that they too can heavily influence their children's attitudes about school and how well they do in the classroom."
Helping kids with homework is a good way to get involved, she suggested. One purpose of homework is to extend learning outside of class. Parents shouldn't do their child's homework for them, but they can help establish a homework routine.
Set a time each day that your child agrees upon to spend with studies. The child can choose the place. The after-dinner hours are typically the best time to study because children need time after school to unwind.
Many children will procrastinate doing their homework, so it helps to have an incentive plan. Yelling at children will not work. Instead, let the child know that you expect homework to be done, and the consequences if it is not done.
For example, say, "If you do all your homework, I will (take you to the park, play a game with you,

etc.) if you don't finish your homework, you will not be allowed to (watch T.V., play, etc.)."

Offer praise when children do what is expected of them.
Woessner provided these additional suggestions on helping children with homework:
Make sure your child has all the supplies he or she needs to complete assignments.
Ask your child about the day's work in school.
Be available to answer questions and offer assistance, especially for children in grades 1-3.
Allow time for breaks.
Review the homework when it is finished.
Praise the things your child does well; don't dwell on shortcomings.
Help children learn where to find additional information, such as newspapers, magazines and books. Take children to the library to find new books on the topic of study.
Be persistent in your daily attention to your child's school work.
The Cooperative Extension Service of University of Illinois provides educational programs and unbiased research-based information to help Illinois residents improve their quality of life, develop skills and solve problems, by "helping you put knowledge to work."

Remember to Buckle Up!

Math Problem of the Month competition

Maine East's math department works hard to make math challenging yet fun for students; the department offers Problem of the Month competition. The November winner, according to Tom Mahon, Maine East mathematics department chairman was senior Claudia Constantinescu of Park Ridge. Senior Albert Myasein of Des Plaines came in second place. This is the second time Claudia has won Problem of the Month competition.
Math teachers consider this monthly contest another way to keep Maine East math students "motivated for math," expresses Maine East senior Megan Goodchild of Des Plaines.
Mr. Mahon explained that both the October and November problems were not restricted to upper-classmen; he urges all students to participate in next month's competition.

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Woman ...
Continued from Page 1
Any suspicious activity should be reported to the police via 911. Chicago Police Area 5 detectives have issued a community alert seeking information in Dziubak's death.
Anyone with information that may relate to the case is asked to call Area 5 detectives at (312) 746-8282 or 16th District Police at (312) 744-8286.



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