

## Open House for new administration building

The Open House to celebrate the dedication of the new Village of Niles Administration Building in May is fast-approaching, so be sure to mark your calendar so as not to miss this special event.

The first Open House celebration will take place on Thursday, May 15, from 5 to 7 p.m., and will be open to all Niles businesses. This event will include a welcome by Village officials and staff, tours of the building, and a cake and coffee fellowship. It should be noted that the date in

the Spring Progress Report, Friday, May 16, was changed to the new date of Thursday, May 15.

The second ceremony will take place on Sunday, May 18, from 11 a.m. to 3 p.m., and will be open to the general public. This celebration will be marked with a welcome by Village officials and staff, a ribbon cutting ceremony, the unveiling of the dedication plaque, tours of the building, presentations by Village departments, catering, and music.

## Ameritech to purchase Sprint/Centel

The latest chapter in the book of telephone changes is the friendly acquisition of Sprint, the former Sprint/Centel, which is currently providing service to a small portion of extreme north-west Chicago and 10 nearby suburbs, by Ameritech.

The suburban areas affected include all of Park Ridge and portions of Niles, Glenview, Mt. Prospect, Elk Grove Village, Northbrook, Prospect Hts. and Rosemont.

Under the terms of the agreement, Ameritech will purchase from Sprint some 136,000 resi-

dential and business customer access lines of 80,000 business and residential customers. The purchase price will be around \$160 million, if the deal is approved by the Illinois Commerce Commission and the Federal Communications Commission, according to Lisa Kim, Ameritech Media Relations Manager.

The transaction is expected to be concluded by mid-1997, and comes after almost five years of planning and more than eight months of actual negotiations.

The new service will get a new  
Continued on Page 47

## Temporary library site working well

With the exception of a slight drop in circulation, the temporary relocation of the Niles Library to 7400 Caldwell Ave. is working very smoothly according to District Administrator Cary Czarnecki.

The new phone number at the temporary site is (847)588-0500, Czarnecki announced.

Several factors made the move an easy pill to swallow. For one, people like the increased number of windows at the temporary facility, Czarnecki said. Parking is also easier at the Caldwell loca-

tion where 190 spaces are available to the public. The old library had only 100 spaces and will have 140 spaces after construction is completed.

No structural or building-related problems have surfaced since the vast collection of books and other materials was moved to the temporary space. Czarnecki credits the building owners with doing a good job preparing the building for the library's holdings.

Another plus is the fact that all  
Continued on Page 47

## Early travel in America

Want to be an armchair traveler? Want to hear how cars and traveling changed the face of our country?

The Niles Historical Society will present Norma Jacobson and a delightful slide and lecture program on "Motor Trails" beginning with the first touring cars (1896), famous road races, travel-

ing Route 66, and the "good old days".

Everyone is invited to share in a memory (adults) or look at "long ago" (children) on Sunday, April 27 as we participate in a nostalgic afternoon. Doors will open at 1 p.m. for socializing and a tour of the Museum with their  
Continued on Page 47

## Amendment to new amusement tax law excludes park and library activities

# Park, library excluded from new county tax

by Kathleen Quirsfeld

On February 1, Cook County residents started paying a 3 percent tax on all amusements they enjoy. This broadly included movies, concerts, sporting events and admissions to dinner/theatre packages, like Medieval Times.

One venue that will not be taxed, however, to the delight of Elaine Heinen, Vice President of the Niles Park District, are the activities prepared and hosted by the municipal Park Districts and Library Districts in Cook County.

These operations, such as Father Daughter Dances, Easter Egg Hunts, Teen Swim Nights and seminars or guest speakers, are now excluded from this extra assessment by an amendment made to the law last week.

Heinen, in her report to the Board at its March meeting, encouraged the Board to send thank you letters to Peter Sylvestri and John Daley, who she said were instrumental in securing passage of the amendment.

"It's families who are hit hardest by this tax," Heinen said. "This tax would be an extra burden on families."

Under the law, prior to amendment to exclude Park and Library Districts, all forms of entertainment in Cook County and suburbs will add the extra 3 percent

tax to its ticket prices. John Stroger, President of the Cook County Board, was quoted as saying that the tax was worth about \$11 million annually to the Cook County coffers.

What bothers some people is why the money is needed. Ac-  
Continued on Page 47

## MG man sentenced in mother's 1978 murder

David D'Autremont, who admitted last year that he suffocated his 59-year-old mother in her Morton Grove home in 1978, was sentenced to 25 years in prison April 9, according to the Chicago Tribune.

D'Autremont pleaded guilty to first degree murder in the Skokie Court after a childhood acquaintance told police he remembered D'Autremont as a youth talking about his plans to kill his mother

and then bragging about the grisly deed after he did it.

Until that break in the case, police were unable to prove D'Autremont's guilt, even though he was a prime suspect from the discovery of the crime.

D'Autremont was extradited from a Denver suburb after police tracked him down to a Wheat Ridge, Colo., service station which he managed.

## Lt. Pickup retires with 32 years of service



At the March 25 Village Board Meeting, President Blase (right) presented Lt. Richard Pickup with a retirement plaque for his 32 years of dedicated service with the Niles Fire Department. Richard holds the distinction of being one of the first seven Paramedics when the Paramedic Program began in Niles in 1974. During his career with the Village, Richard received five commendations.

**General News**

**Des Plaines Valley Geological Society meeting**

On Thursday, April 17, the Des Plaines Valley Geological Society will hold its monthly meeting. Ms. Rita Keefe, President of the Geological Club of Northeastern University, will present a slide program on the "Geology of Hawaii." She will tell those present

about her field trip to the Islands.

Monthly meetings of the Des Plaines Valley Geological Society are held on the third Thursday of each month at Our Lady of Ransom School, 8300 N. Greenwood Ave., Niles, at 8 p.m.

**Norwood Park Historical Society**

Norwood Park Historical Society presents miniature home builder Wednesday, April 23 at 7:30 p.m.

Bob Markovitz is a maestro of miniatures. The 78-year old Darien resident creates scaled-down versions of homes, individual rooms and house facades. At 5

feet 8 inches, he is Gulliver to the Lilliputian-size creations he renders in doll-house scale -- one inch to the foot.

A retired commercial artist and former teacher at the Tree Studio in downtown Chicago, Markovitz began building models of homes for architects who needed plans rendered into scale models for their clients.

From there, his work evolved into building home models for owners with a sentimental attachment to their abodes. He now crafts his work under the business name "Markmodels."

His creations are painstakingly accurate. Markovitz works from the blueprints of a home. When no prints are available, he makes his own, using photographs and meticulous measurements.

Using specialized hobby tools, tiny building supplies and a keen artist's eye, he then recreates a home in doll-house scale. The results are remarkable.

Markovitz goes to great lengths when building one of his models. Items not available in miniature size are created by the artist.

The homes are electrically lit and landscaping -- fashioned from lichen -- finishes the job.

Markovitz will display some examples of his work and give tips to those who want to learn to build a model of their own home.

Remember -- Wednesday, April 23, 7:30 p.m. at the Crippen House, 5624 N. Newark. Coffee and conversation will follow.

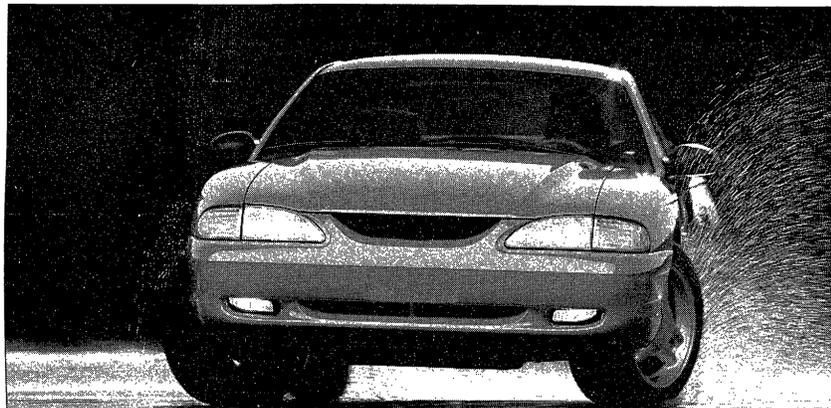
For meeting and membership information, call (773) 631-5663.

**Red Cross launches safe families promotion**

Spring is the time of year when severe weather, including floods and tornadoes, occurs more often. It is also the time when people begin to engage in more outdoor activities such as hiking, swimming and biking, which could result in accidents and injuries. Because of this, the American Red Cross is launching a safety education campaign to educate families of the Chicago metropolitan area how to keep themselves, their families, and homes safe when emergency situations arise.

The Mid-America Chapter feels that family safety education is especially important in our area of the country because of the high number of disasters that can occur in this part of the country. In April 1996, 46 tornadoes were reported in Illinois. Record-breaking rainfall during the summer months affected hundreds of families in the Chicago metropolitan area and even more across the state.

During this safety campaign, "Safe Families...Ready for Anything," the Mid-America Chapter and more than 1,000 Red Cross chapters and stations across the country will be educating families on how to develop a family disaster plan, as well as encouraging everyone to get training in first aid, CPR and water safety. Free "Family Disaster Plan" brochures and course schedules will be available at all Chicago-area Red Cross offices or by calling (312) 440-2021.



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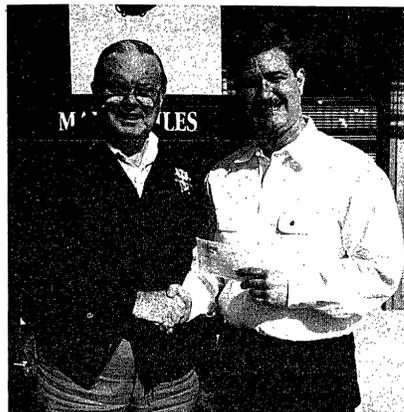
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**M-NASR receives donation**



In a continual show of support and community awareness, the Knights of Columbus North American Martyrs of Niles donated a check for \$1,500 to the Maine-Niles Association of Special Recreation (M-NASR).

The \$1,500 was raised through the Knights of Columbus Tootsie Roll Fund-raiser, a cooperative effort with the Knights of Columbus of Niles and M-NASR. A percentage of the money made from selling tootsie rolls goes directly towards helping physically and mentally challenged children and adults.

The check was presented by Ken Lee to Gary Koenig, Executive Director of M-NASR.

**New communication center opens**

Cook County Board President John Stroger, Sheriff Michael Sheahan and the Emergency Telephone System Board (ETSB) presided over the opening of a new communication center in March that will for the first time enable every resident of Cook County to have access to Emergency 911 telephone service.

Dispatchers from the Cook County Sheriff's Police officially began receiving 911 calls at 12:01 a.m. at March 13 at the new, state-of-the-art facility

housed at the Illinois State Police District-Chicago headquarters at 9511 W. Harrison in Des Plaines, Albert Pritchett, ETSB chairman, said. The 911 center will receive calls from more than 163,000 residents of unincorporated Cook County and six suburban municipalities who do not have 911 systems of their own.

The communications center will be operated jointly by the Cook County ETSB, the Cook County Sheriff's Office and the Illinois State Police.

**School as usual during Culver construction**

School will keep, as the saying goes, and it is keeping very well at the Culver School despite an extensive construction project that has been going on during much of this school year.

Principal Joel Cramas said March 31 that the school continues to run smoothly and praises students and teachers for their cooperation.

Cramas said they had to move just one classroom. Otherwise, the workers have worked around the students. Most of the construction is exterior to the existing building, Cramas said, al-

though workers had to install water and electrical wires in the ceiling of the old school building while classes were in progress.

During the Spring Break workers replaced the roof in the cafeteria, Cramas said.

The academic program is alive and well at Culver School, despite the construction work, Cramas said.

When the construction is complete, the present middle school facility will be expanded to accommodate all district students from kindergarten through eighth grade.

**Delay in car pickup results in theft**

By Rosemary Tirio

Like father, like son, as the saying goes, but sometimes such male bonding can backfire.

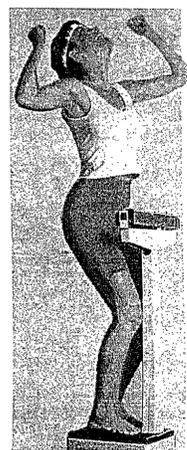
A 43-year-old chief financial officer apparently was too busy to pick up his 1985 tan Subaru from the transmission repair shop in the 7400 block of Milwaukee Avenue April 1, so he asked his 21-year-old son to do it for him.

The son, however, had to work later than the shop's closing time, so he called the shop to request that the auto be left with the keys in it outside the shop's gate to be picked up after he got off work at 10 p.m.

Neither the victim nor his son was able to go to the transmission shop due to work obligations until April 9, and neither advised the

shop that they were unable to pick up the car as originally scheduled.

On April 9, they both found time to go to the shop, but then they couldn't find the car. According to the shop's records, the car had been picked up as scheduled on April 1. A search of the premises revealed that the car was gone.



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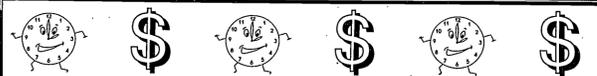
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### Letters To The Editor

#### Ode to the Supervisor of Maine Township

Rose are red, ballots are white. You won, but there was a good fight. What now? You want to relax? This voter says: Show me some class, address the issues - some are real - that the coalition party did reveal. Lower my taxes and most wisely spend. Keep our trust to the very end.

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Niles

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#### Maine Township Clerk thanks supporters

Dear Editor:  
I would like to take this opportunity to thank all of my constituents for their support in the township election on April 1. A special thanks to those who walked precincts, put up signs, stuffed literature, and made phone calls. I am extremely grateful to have the privilege to serve a second term as Maine Township Clerk.

Thank you to my excellent staff who makes sure that the Maine Township Clerk's office is as user friendly as possible. We have worked very hard together in trying to provide the best services for the community.

Thank you for your confidence and I am looking forward to serving you another four years in the great Township of Maine.



Gary K. Warner  
Maine Township Clerk

#### Niles cites flag display at post office

Dear Editor,  
Who is responsible for flying the United States Flag, at all United States Post Office facilities? United States Postmaster General Marvin Runyon or management who also take an oath of office to serve and protect the United States Constitution. None of the above seem to really care. Look at the Niles branch. The flag pole was removed for new construction, now it is in place with no flag proudly flying. There is no reason to talk with management for they were informed over a year and a half ago about rules and proper respect of our flag. The following letter was sent to Washington. Their reply was unacceptable and to this day they have not corrected any of their mistakes or management's lack of respect for the flag.

The following letter was sent to Mr. Runyon recently.

employees and the public. In our country's history, so many have suffered and died giving us freedom. As a citizen, veteran, retired Niles letter carrier, former scout and scoutmaster, I AM ANGERED by Ms. Dunn's attitude and remark.

An immediate response to this matter would be greatly appreciated. Needless to say, all offices under your jurisdiction should be notified. Flag laws and rules should be available in all offices, or from Congress.

Yours very truly,  
Clifford Drexler

All others who fly the United States Flag, 24 hrs. a day properly with respect, THANK YOU. But if it's tattered, faded, and not a storm flag, it's disrespectful. Yes, responsibility along with knowledge, for our country's flag, truly shoes pride and patriotism.

Clifford Drexler

#### Morton Grove Community Jazz Ensemble

The Morton Grove Community Jazz Ensemble will play classical and contemporary jazz selections, Sunday, April 20 at 2 p.m. at the Morton Grove Public Library. Ron Surace will conduct this ensemble of 18 jazz musicians as a closing tribute to National Library Week.

The Library is located at 6140 Lincoln Ave. For more information, or for mobility and communication access assistance, please call 847-965-4220, for TDD, call 965-4236.

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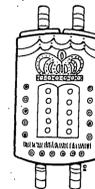
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PASSOVER GREETINGS

## Women's News

### Women Business Owners to host suburban seminar

The Chicago Area Chapter of the National Association of Women Business Owners (NAWBO) will host a breakfast seminar entitled, "Support Networks," on Wednesday, May 14 at 7:30 a.m., at Embassy Suites, 1939 Meacham Road, Schaumburg.

Janet Langenderfer of Vision Partners, Inc. will lead roundtable discussions on how to build support networks that will help small business owners overcome the stress of running a small business.

Cost is \$10 for NAWBO members, \$15 for non-members before May 7; and \$15 and \$20, respectively, after that date. For information or reservations, call NAWBO at (312) 322-0990.

### Bowling News

Catholic Women's League  
4-2-97

Skaja Terrace	62/29
Windjammer Travel	48/43
Classic Bowl	47/44
Candlelight Jewelers	38/53
T. Drozd, D.D.S.	36/55
Grand Nat'l Bank	35/56

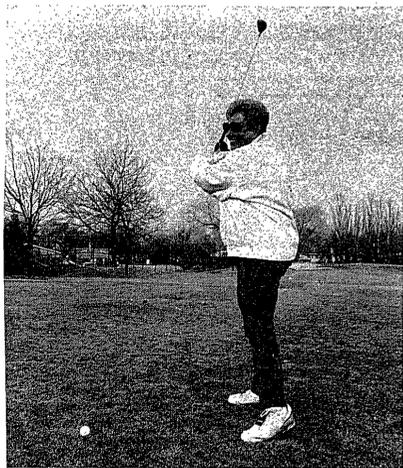
### High Series

Geri Kenny	570
Gertie Schultz	531
Debbie Hendricks	504
Carol Oetinger	496
Lois Selzer	492

### High Game

Geri Kenny	204
Carol Oetinger	191
Gertie Schultz	191
Millie Kroll	181
Lois Selzer	178

### Ladies' Golf League winner



'Tis the season for making a racket, especially at the Skokie Park District's Weber Park Golf Course, which is open right now. Swinging senior Mildred Becker of Skokie, winner of the 1996 Ladies' Golf League.

### More effective Pap test introduced at Loyola

A more effective Pap test for cervical cancer screening is now available to women in the Chicago metropolitan area that should give them greater confidence in their Pap test results. It's called the ThinPrep Pap Test and it is available through Loyola University Medical Center.

With the conventional Pap smear, the physician manually smears cervical cells onto a glass slide. With the ThinPrep Pap Test, the physician collects the cervical cell sample in the traditional manner, but rather than smearing it onto a slide, the collection device is rinsed in a vial of preservative solution. The cervical cell sample is then sent to a laboratory where the ThinPrep instrument disperses and filters the sample to reduce blood, mucus,

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### Holy Family's Auxiliary Spring Luncheon

Holy Family Medical Center Auxiliary invites you and your friends to attend its Thirty-Eighth Annual Spring Luncheon & Fashion Show, Tuesday, May 6, at Bristol Court Banquets in Mt. Prospect, Illinois. The social hour will begin at 11:30 a.m., lunch will be served at 12:30 p.m. This day is sure to be exciting, we

will be featuring the fashions of "Weekender" by Sheila Cohen. All proceeds will benefit the purchase of a new CritiCare Monitor System and Cataract PHACO Surgery Equipment. For further information or secure your reservation, please call the Development Office at (847) 297-1800 ext. 1118.

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## Women's News

### Business women lauded by small business organization

For business woman Wendy Posnock-Woock, competing successfully in the financial marketplace is literally a matter of making the right connections. Posnock-Woock is president of Acceptance-Corp., a 14-month old firm specializing in linking clients' funding needs to the funding source most suited to supporting the growth and ongoing viability of that business.

Posnock-Woock was recently honored by the National Association of Women Business Owners (NAWBO), Chicago Area Chapter with its New Venture Award which recognizes outstanding achievements of business owners with firms under two years old. The award was created to honor industry excellence, uniqueness, creativity, drive and marketing savvy.



Wendy Posnock-Woock

### NAWBO luncheon set

Doris Kearns Goodwin, who received the 1995 Pulitzer Prize for History for her book *No Ordinary Time: Franklin and Eleanor Roosevelt: The Home Front in World War II*, will be the keynote speaker at a Celebration of Achievement luncheon hosted by the Chicago Area Chapter of the National Association of Women

Business Owners (NAWBO) on Thursday, May 8. The event, to be held in the Grand Ballroom of The Palmer House Hilton, 17 E. Monroe, Chicago, will begin with a reception at 11:30 a.m. followed by lunch at noon, and a champagne and strawberries hour at 2 p.m. At the Celebration of Achievement

ment luncheon NAWBO's Chicago Area Chapter will also present its 1997 Woman Business Owner of the Year Award.

Individual tickets are \$60 per person, and a table for ten costs \$500. For information or reservations, call NAWBO at (312) 322-0990.

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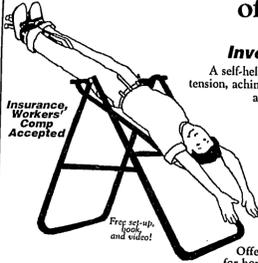
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## Health News

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### New rehab program opens at Resurrection

Outpatient rehabilitation services have expanded at Resurrection Medical Center, 7435 West Talcott Avenue, with the recent opening of a day rehabilitation program. The Resurrection Medical Center Rehabilitation Center of Chicago lets patients live at home while continuing intensive therapy at the hospital during the day.

The new rehabilitation program is designed for patients who have progressed enough to return home, but must continue a consistent regimen of therapy in order to fully recover. The daily therapy is an intermediate step in the

### Loyola offers a free cancer support program

A free program designed to help families and friends of cancer patients understand and cope with the disease will be held at the Cardinal Bernardin Cancer Center of Loyola University Medical Center, 2160 South First Ave., Maywood, on April 19, at 8:30 a.m.

The four-hour program, called Helping Hands, will feature separate presentations and discussions for children, ages 9 or older, and adults whose family members or friends suffer from the disease. Topics will include: caring for oneself, learning new ways to relax, discovering resources and support available in the community, and sharing new ways to care for a friend or family member with cancer.

A portion of the discussion will be devoted to questions and concerns about coping with the disease.

Registration is required on or before April 7.

For more information or to register, persons should call CAN HELP, Loyola's cancer center information line, at (708) 327-3500, or Mary Green, community programs coordinator, at (708) 327-2075.

rehabilitation process, taking place following discharge from the hospital and prior to less frequent outpatient therapy.

"Day rehab is another option during the recovery process," said Julie S. Manas, Vice President of Patient and Rehabilitation Services. "Many patients and their families appreciate being able to continue dedicated therapy during the day and return home at night."

Patients in day rehabilitation, who are often receiving a combination of physical, occupational and speech therapies, work with a multidisciplinary team of care givers. Just as with inpatient rehabilitation, the patient's care is coordinated by one of the center's six physicians specializing in physical medicine and rehabilitation. The rest of the team of care givers may include physical, occupational and recreational therapists; speech and language pathologists; rehabilitation nurses and assistants; social workers; psychologists; chaplains and dietitians.

Although therapy plans vary, the goal of day rehabilitation is to help the patient regain skills that were lost after their illness or injury. This may involve relearning how to speak, read or write, or it can include upgrading functional skills like swallowing, coordination and balance. This more intensive therapy, which takes place anywhere from two to six hours a day for three to five days a week, speeds the return of these skills.

"The center provides a broader continuum of rehab services. It makes the process of recovery more convenient and cost effective for the patient and family by shortening what can be a lengthy stay in the hospital," Manas said.

Several specialty clinics will also be part of the Resurrection Medical Center Rehabilitation Center of Chicago. The clinics will serve patients with Parkinson's disease, Alzheimer's, multiple sclerosis and amputations.

### Harlem Irving Plaza hosts Health & Community Expo

Harlem Irving Plaza sponsors its Health & Community Expo Saturday, April 26 from 10 a.m. to 6 p.m. The show is to be held at the center which is located at Harlem Ave., Irving Park Rd. and Forest Preserve Drive. Participating community organizations will be on hand to present information and answer questions regarding programs and services that they provide. Exhibitors include the Norridge Police Department and the Norwood Park Fire Department providing information on their services.

Health care information will be available from Service in the Neighborhood for Seniors (SINS Program) and Humana Healthcare. The County Sheriff's Office will be available from 10 a.m. to 3 p.m. to offer free fingerprinting of children (for parental use), tips on crime prevention, and a trained dog from the Sheriff's Canine Unit from 1-3 p.m.

Resurrection Medical Center will provide health information and blood pressure screening from 10 a.m. to 2 p.m. and Norridge Nursing Center will provide information and blood pressure screening from 2-6 p.m.

Other participants include: Our Savior Lutheran School and HIP retailers Star Vision and Plaza Health Food.

More information on the Expo is available by calling the Harlem Irving Plaza at (773) 625-3036 or (708) 453-7800.

### New Medical office opens in Niles

Dr. May Hashimi has opened her medical office for internal medicine at 8118 Milwaukee, Niles (847) 292-1559.

She is affiliated with Lutheran General Hospital and is board certified in internal medicine, medical oncology and hematology. She has been in clinical practice at Evanston and in internal medicine, oncology and hematology since 1989.

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Carmen Cohn, OTR/L  
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Resurrection Medical Center 7435 West Talcott Avenue Chicago  
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Call 773-RES-INFO (737-4636)

## Community Calendar

### BUSINESS

#### Tues Apr 29 Career Fair

Northwestern Business College is hosting Career Expo '97 on Tuesday, April 29, 1997, 2 to 5 p.m. at the North Campus 4929 N. Lipps Avenue. The fair is open to the public! Admission free!! Individuals attending should plan on bringing plenty of resumes and dressing professionally. Company recruiters are searching to fill key positions in many fields.

### CHILDREN

#### Sat Apr 19 Children's Health Program

"Fit and Fun Clinic for Kids" will be the title of a free community education program at Resurrection Medical Center, 7435 West Talcott Avenue. The program, designed for children age 6 to 12, will take place on April 19 from noon to 2 p.m. The program will be led by Resurrection's Jan Fortina, a registered dietitian, and Priscilla Roussis, an exercise physiologist. Through simple discussion, group activities and fun demonstrations, they will teach children the principles of fitness and healthy eating. Registration is required. For more information or to register, call 773-RES-INFO (737-4636).

**Sun Apr 20  
Kids Club**  
Animal Tales and Dinosaur Scales, Sunday, April 20, at 1 p.m. Thomas TenHoeve Center (Rooms 1604-10), Des Plaines Campus. Tickets are \$1 for children under age 12; \$3 general admission and \$2 for Oakton students. Kids wearing their Oakton's Kids' Club T-shirts get in FREE! T-shirts are only \$3 each! Contact the Oakton Box Office at (847) 635-1900 for more information.

#### Sat. April 26 PANCAKE BREAKFAST

Varblomman Pancake Breakfast Sat. April 26, 8 a.m. - noon at Ebenezer Lutheran Church, 1650 W. Foster, Chicago. Adults \$4.50; children under 12 \$2.50. Last Breakfast of season.

### 'The Hot Mikado'



The Company of the "Hot Mikado" at Drury Lane Theatre, Evergreen Park, are top row l to r - Yum Yum (Kathy Voytko); Nanki-Poo (Curt Dale Clark); Koko (Tom Mula); Katisha (E. Faye Butler). Second row from top - Peep-Bo (Erin E. Smith); Pooh-Bah in top hat (Scott Calcagno); The Hot Hot Mikado (Ron J. Hutches); Pitti-Sing (Anne Gunn). Third row from top - Gentlemen of Japan with fans: Kent M. Lewis, Gregory Johnson, Salvatore Inguigio, Gary Carlson, Todd Alan-Kersh. Bottom row - Ladies of Japan with fans: Sloan Just, Elaine McLaurin, Ariane Dolan.

Adults \$4.50; children under 12 \$2.50. Last Breakfast of season.

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### ENTERTAINMENT

**Thur., Apr. 17  
CRYSTAL CLUSTER**  
Des Plaines Valley Geological Society will meet on Thursday, April 17, at 8 p.m. at Our Lady of Ransom School, located at 8300 N. Greenwood, Niles. All ages are welcome. Refreshments will be served.

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## Community Calendar

### Final concert to be presented



**TNOS Music Director Alan Heatherington, Skokie, and volunteer Mary Jo Deysach, Evanston. Under the direction of Alan Heatherington, Johannes Brahms' Ein Deutsches Requiem and Antonin Dvorak's Te Deum (the final concert of an exciting season) will be presented by the 100 voices of The New Oratorio Singers (TNOS) and the ArsVival Orchestra. Soprano Diane Ragains and baritone Richard Cohn will be the featured soloists. Concerts are Friday, April 18 at 7:30 p.m. and Sunday, April 20 at 7 p.m. in the Divine Word Chapel, 2001 Waukegan Road in Techny (near Northbrook). Single tickets - preferred \$25 (includes preconcert lecture by Dr. Tom Brown, professor at DePaul University), regular \$18.50, students/seniors \$15. Free parking. Wheelchair accessible. 847-604-1067.**

### ENTERTAINMENT

**Fri., April 18  
JAZZ FOOD DRIVE**  
The Norris Theatre will present the NIU Jazz Ensemble with Louie Bellson on Fri., April 18 at 7:30 p.m. This will also be Ron Modell's final performance at the Norris Theatre as director of the NIU Jazz Ensemble. In conjunction with the concert, the Norris Theatre will sponsor a food drive to benefit the Bethlehem Center Food Bank. Those attending the concert or just interested in donating may give four canned goods and receive a raffle ticket for a chance to win a pair of tickets for a 1997-98 season show. Raffle tickets may also be purchased the night of the show.

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mance by **The Mingus Big Band** on Friday, April 18 at 8 p.m.  
Tickets: \$15-\$37; For group rates, please call (312) 294-3040. For all other information, please call PhoneCharge at (312) 294-3000 or stop by the Orchestra Hall Box Office, Monday-Saturday 10 a.m. - 6 p.m.; Sunday 11 a.m. - 4 p.m.

**Sun., Apr. 20  
ORCHESTRA CONCERT**  
Orchestra Concert on Sunday, April 20 at 3 p.m. at Preston Bradley Hall, The Cultural Center, 78 East Washington Street, Chicago. Further information can be obtained by calling: (312) 341-1521.

**Fleur de Lys Chorale**  
A 16-voice professional ensemble under the direction of Meg Hulley, Sunday, April 20, 3:00 p.m. Northfield Community Church, Willow Road at Wagner, Northfield a change of venue; easily accessible, abundant parking. \$15 in advance, \$17 at the door; \$5 student discount; reception follows.

**Thru June 15  
THE 'HOT MIKADO'**  
"Hot Mikado" at Drury Lane Theatre, 2500 W. 95 St., Evergreen Park thru Sunday, June 15. Wed. 2 pm, 8 pm; Thurs. 2 pm; Fri. 8:30 pm; Sat. 6 pm, 9 pm; Sun. 3:30 pm. Show only \$19 to \$25. Dinner & Show: \$31 to \$41. Senior discounts for matinees. Box office phone: 1-708-422-0404. Group sales: 1-708-422-0042.

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Esposito's is celebrating its 40th anniversary the week April 14 to April 19. Come and help us celebrate. We thank you all for your patronage.

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**10% SENIOR CITIZEN DISCOUNT**  
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## Community Calendar

### HEALTH

**Tuesdays**  
**Arthritis Support Group**  
An Arthritis Support Group meets on the fourth Tuesday of each month at 3:30 p.m., at

Rush North Shore Medical Center's North Dining Room. This support group is sponsored by the Senior Health Program of Rush North Shore Medical Center and includes problem sharing, exercises and speakers. For information call Mary Roth at (847) 933-6663.

### Wed. Apr. 23

**RELAXATION SEMINAR**  
On Wednesday, April 23 at 1:30 p.m., Norwood Park Home, 6016 N. Nina Avenue, will host a seminar by Joan Brosnan on relaxation techniques and biofeedback. Reservations are not required. Norwood Park Home hosts monthly seminars free to the public as part of its community outreach program. If you have a topic idea or would like additional information about the Home, please call 773/631-4856.

### Sun., April 27

**SCLERODERMA INFORMATION**  
"Overview of Scleroderma" is the subject of a public information meeting to be held at 1 p.m. on April 27, at Lutheran General Hospital, 1775 Dempster St., Park Ridge. Open to the public at no charge. For additional information write or call our office (312) 922-3532.

### REUNIONS

**JOHN MARSHALL H.S.**  
John Marshall High School Alumni Coalition is currently planning the Centennial Celebration of John Marshall High School in Chicago.

The celebration will be June 20-22, 1997 at the Chicago Hilton & Towers. All alumni, former teachers and principals are asked to call the "Alumni Hotline" at (773) 667-1751 as soon as possible so that we can send them registration materials.

### Sat Sept 6, 1997

**Prospect High School**  
The 1997 graduates of Mt. Prospect High School, Mt. Prospect, are planning their 20 year class reunion to be held on Sat Sept 6, 1997. For information, call (847) 229-1123 or write REUNIONS, LTD., P.O. Box 4641, Northbrook, IL 60065.

### SINGLES

### Friday April 18

**Chicagoand Singles Dance**  
The Chicagoand Singles Association and The Aware Singles Group invite all singles to a dance at 8 p.m. on Friday April 18 at the Nordic Hills Resort, Route 53 and Nordic Road, Itasca. DJ music will be provided. Admission is \$6. The Chicagoand Singles Association is a non-profit organization.

### Fri. April 18

**ST. PETER'S SINGLES**  
All singles over 45 invited to these dances. Casa Royale, 783 Lee/Mannheim DesPlaines at 8:45 p.m. Saturday April 19 at Enzo, 7151 W. Foster, Chgo at 8:45 p.m. Cost \$5.

### Friday April 18

**Singles Dance**  
There will be a Good Time Charley Singles Dance at 8 p.m. on Friday, April 18, 1997 at the Royalty West, 8675 Archer Ave., Willow Springs, IL. All Singles are invited. Admission is \$5. For more information call 708-579-7666.

### Sat. April 19

### Paramount Tall Club

Come join the Paramount Tall club of Chicago we will be holding our annual SPRING MEMBERSHIP DANCE on Saturday, April 19th. Dancing from 8 p.m. to 1 a.m. at Sheraton Suites Hotel, 121 North Point Blvd., (847-290-1800) (right off of Arlington Heights. Road between Higgins and I 90) in Elk Grove Village. Professional DJ "GALAXY", cash bar, \$5.

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

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

### Saturday April 19

### T.G.I.S. Singles

T.G.I.S. Singles will have a dance at 8 p.m. on Saturday, April 19, 1997 at Orland Chateau, 14500 S. LaGrange Road, Orland Park, IL. All singles are invited. Admission is \$5. For more information call 708-579-7666.

### Sat., April 19

### CHICAGO METRO SINGLES

The Chicago Metro Singles invite all singles to a joint dance with the Young Suburban Singles and the Northwest Singles Association at 8 p.m. on Saturday, April 19, at The Barn of Barrington Restaurant, 1415 S. Barrington Rd., Barrington. There will be DJ dance music. Admission of \$6 includes a buffet. For more information, call (773) 509-5000.

### Sat., April 19

### COMBINED CLUB SINGLES DANCE

All singles are invited to a Combined Club singles dance at 8 p.m. on Sat., April 19, at the Barn of Barrington Restaurant, 1415 S. Barrington Rd., Barrington. DJ music will be provided. Admission is \$6. The event is co-sponsored by the Northwest Singles Association, Young Suburban Singles, Singles & Company, and Chicago Metro Singles. For more information call 773-509-5000.

Continued on Page 17

## Community Calendar

### SINGLES

Continued from Page 16  
mation, call (708) 209-2066. All of the sponsoring groups are non-profit organizations.

### Sun., April 20

### Northwest Suburban Singles

The Northwest Suburban Singles invite all singles to a dance at 7:00 p.m. on Sunday, April 20, at the Barn of Barrington Restaurant, 1415 S. Barrington Road, Barrington. Admission is \$6.00 which includes a buffet.

### For more information, call 708-786-8688.

### Sunday, April 20, 1997

### "Intimate Gatherings"

"Intimate Gatherings", Sunday Evening Singles Parties for the 25+, invites you to the "The 905 Club", 9055 N. Milwaukee, Niles, Sunday, April 20 at 7 p.m. Music, dancing, appetizers, free valet parking, \$6, info? 847-470-1700. Your hostess, Geri Siegel (formerly Private Eyes - Hyatt Deerfield)

### Sunday April 20

### Singles Dance

There will be a Good Time Charley Singles Dance at 7 p.m. on Sunday, April 20, 1997 at BG Fellows, 5055 W. 111th St., Alsip, IL. Free buffet included. All singles are invited. Admission is \$4. For more information call 708-579-7666.

### Sun., April 20

### NORTH SHORE JEWISH SINGLES

Sunday April 20, 7:30 pm Rap session Topic: Should Dr. assisted suicide be legalized in USA as it is in the Netherlands? at Whats Cooking Restaurant lower level, Lincoln Village Shopping Ctr., reservation call (847) 675-5752. \$4 includes refreshments.

### Fri., April 25

### AWARE SINGLES DANCE

The Aware Singles Group and the Chicagoand Singles Asso-

### WOMEN

### Sat., Apr. 26

### WOMEN'S ISSUES

"Beyond Balance: Handling

What Life Throws at You...and Still Having Energy to Dance" will be the title of the Fifth Annual Women's Day sponsored by the Women's Health Connection of Resurrection Health Care. The event will take place on April 26 from 8 a.m. to 2 p.m. at Resurrection Medical Center, 7435 West Talcott Avenue.

Women's Day is free for Women's Health Connection members and \$10 for non-members. To obtain a free membership, call 773-545-

8500. To register for Women's Day, call 773-RES-INFO (737-4636).

### Sat., April 19

### WOMEN'S HEALTH SEMINAR

Swedish Covenant Hospital (SCH) will offer a women's health seminar titled "Helping

Yourself to Better Health" on Saturday, April 19, from 9 a.m. to 1 p.m. in the Anderson Pavilion (2751 W. Winona Ave., Chicago). The event includes refreshments and door prizes. A fee of \$7 will be charged. For a necessary reservation, call (773) 907-9880.

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**Church and Temple News**

**NTJC  
Passover Services**

Passover, an eight day holiday, celebrates the days when the Jewish people were freed from the slavery they endured in Egypt. Legend has it that because the Jews had to leave Egypt in a hurry, there was no time to bake bread, and they had to use instead dough that had not risen - what is called matza today - a flat hard, unleavened bread. During the Passover holiday observant Jews will eat only products that have no possibility of being leavened, including matza. Passover is also celebrated in the home with one or

two family oriented dinners, called seder (or sederim) during which the story of the Exodus is retold using a text called the Haggadah.

Passover services at Niles Township Jewish Congregation, will begin on Monday night April 21 at 6 p.m. with a brief service before the first Seder. Services on Tuesday and Wednesday, April 22 and 23 will begin at 10 a.m. with Rabbi Neil Brief and Hazzan Shlomo Shuster. There will be a 6 p.m. service on Sunday, April 27 and 10 a.m. services on Monday and Tuesday, April 28 and 29. Yizkor, prayers of remembrance for departed love ones will be recited during the April 29 service.

The public is welcome to attend all activities and services of the congregation. For further information, call the synagogue office at 675-4141.

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April 20, 27 & May 4  
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<b>SKAJA STANLEY FUNERAL HOME</b> 3060 N. MILWAUKEE AVENUE CHICAGO, ILLINOIS (773) 342-3330	<b>JIM SKAJA</b> <b>BUD SKAJA JR.</b> <b>JOHN SKAJA</b>
<b>SKAJA BACHMANN FUNERAL HOME</b> 7715 ROUTE 14 CRYSTAL LAKE, ILLINOIS (815) 455-2233	<b>BRIAN SKAJA</b> <b>ERIC SKAJA</b> <b>GORDON WOJDA</b> <b>MARK CIOLEK</b>

**Passover Seder**

Beth Hillel Congregation - Wilmette will be sponsoring a congregational second Seder led by Rabbi Stuart Altshuler and Cantor Eric Wasser. This Seder is open to the entire community. Tuesday, April 22. Services - 6:30 p.m. Seder - 7 p.m. Adults, \$32.50; children, \$15 (3 thru 12); children, \$7.50 (3 thru 7). For information, please call 256-1213.

**Passover Services at MTJC**

Passover services at Maine Township Jewish Congregation will be held on Tuesday and Wednesday mornings, April 22 and 23, beginning at 9:30 a.m. Rabbi Edmund Winter and Cantor Sandor Karzen will be officiating. Special prayers in commemoration of the holiday will be recited. Afternoon and evening services will be held on Monday, Tuesday, and Wednesday evenings, April 21, 22 and 23 at 7:15 p.m.

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**St. John Brebeuf sponsors 'Spiritual Assembly'**

The 17th annual Archdiocese of Chicago Holy Name Society, 'Spiritual Assembly' will be sponsored by St. John Brebeuf Holy Name Society, at St. John Brebeuf Church, 8305 N. Harlem Ave., in Niles, on Friday, June 13.

This renewal of spirit and dedication to the honor of the Sacred Heart of Jesus, will be the first time a Northwest Suburban Parish will host this celebration. We extend an invitation to all Holy Name Societies, Parish men clubs and Knights of Columbus

**NSJC services**

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, announces the following schedule for services during the week of Passover. Rabbi Daniel M. Zucker will conduct all services. Everyone welcome.

Monday, April 21, First Seder 6:45 a.m. Services 7:30 p.m. Ser-

**Communal Passover Seder**

Communal Passover Seder in English will be hosted at the Tannenbaum Chabad House - Northwestern Jewish Center, 2014 Orington in Evanston. Enjoy the opportunity to join together with Rabbi Dov Hillel Klein as he goes through the Passover Haggadah with its traditional, esoteric, and contemporary explanations followed by a full dinner replete with wine, matzoh and song. The Seder will take place on Monday evening, April 21 and Tuesday evening April 22 at 8:20 p.m. The cost is \$20 per evening. Everyone is welcome. For further information and reservations call (847) 869-8060.

Councils in the Archdiocese of Chicago area.

If interested we will be holding 3 general planning meetings scheduled on Monday, April 21, Monday, May 19, and Monday, June 2. All meetings will begin at 7:30 p.m. and are held at St. John Brebeuf Church in Flanagan Hall, 8303 N. Harlem Ave., Niles.

For more information, contact: Randy Greco, Chairman - 8503 N. Oriole Ave., Niles, IL. 60714 (847) 966-2713.

**Obituary**

**NELLO BROCCOLINO**  
Nello Broccolino, 74, died February 23. He was born December 12, 1922 in Chicago. Beloved brother-in-law of Consetta Broccolino. Funeral services were held February 25. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Mount Carmel Cemetery, Hillside.

**CORRECTION**

Last week's Bugle incorrectly stated Mr. Broccolino was female, we regret the error.

**RETIREMENT HOME AND NURSING HOME GUIDE**

**An Informational Guide**  
on Retirement Living, Facilities and Extended Care

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### St. John Brebeuf's Golden-Agers ready to spring into the season



Officers of St. John Brebeuf's Golden-Agers installed at the club's meeting on April 8 include: (left to right) Bob Bianchi, Chairman of the Board; Chester Bonk, President; Frances Pawelek, Secretary; and Steve Bochenek, Treasurer. Carl Ferina, the Vice President, was not present for the picture.

Even though the weather is still playing April Fool with the flowers and grass and birds and all other living and trying-to-live things, the members of St. John Brebeuf's Golden-Ager Club hope that soon the tide will turn and that the warmth will spring them into action.

At the KC meeting, Matt Araszewski was honored by the North American Martyrs Knights of Columbus for 50 years' membership. His earlier years were spent with the La Salle Council. Congratulations, Matt.

Anniversary wishes for March went to Joseph and Lorraine Paine. Congratulations again. The Golden-Agers Club will celebrate its 22nd anniversary with a party on May 6 at Brigante's.

Carl Ferina announced several trips that are coming up in the fu-

ture. The club's monthly Mass is held on the fourth Sunday of every month.

Charles Szatkowski gave a very comprehensive report on the meeting he attended with Bob Bianchi at the Chicago & Suburban Council of Senior Citizens. He does an extremely good job of keeping members informed on matters pertaining to seniors, such as prescription plans, home reassessment-lobby day, Medicare, Social Security. Keep up the good work, Charles.

Congratulations to Deb Lenart, daughter-in-law of Ted Lenart, who was appointed President of Ameritech New Media. She resides in Naperville with her husband, Joseph, and twins RJ and Taylor and Tari.

Jared Teschner, son of Lisa and Mike Teschner of Palatine,

played ice hockey on Sunday, March 2, for the Mite AA State Championship at Inwood Recreation Center in Joliet with the other members of the Northwest Chargers team. Doris and Bob Teschner of Niles are the proud grandparents.

The club lost one of its loved members, Florence Lencioni, on Easter weekend. She was a long-time member who brought sunshine to all of the members' lives. God is enjoying your sunshine now, Florence.

The installation of officers was presided over by Matt Araszewski. Chester Bonk, President; Carl Ferina, Vice President; Frances Pawelek, Secretary; and Steve Bochenek, Treasurer. Continued success to all of you.

April anniversaries are: Leonard & Jenn Arendt, Mike & Joan Provenzano, Bob & Shirley Bianchi, Bill & Mary Wasmund, Kenneth & Claire Lee, Joe & Grace Dunn, George & Maria Terdich. Maria treated us to sweet rolls for their 50th wedding anniversary.

Now that time has jumped forward, let's hope everyone will find a little extra bounce in their steps this season.

### Sheriff sponsors academy for seniors

Friday, May 2, at 1:30 p.m. the Cook County Senior Citizen Law Enforcement Academy begins at North Park Village, 5801 N. Pulaszki Rd., in Chicago. Sponsored by Sheriff Michael F. Sheahan, the Academy is held Friday afternoons through June 20.

The program educates senior citizens on personal safety, gang and drug awareness, police department operations, criminal and civil laws, county courts and other law enforcement issues pertinent to this age group.

To register or receive more information, call (773) 890-7725.

PUBLIC SERVICE ADVERTISEMENT



BY JEFFREY CARDELLA  
Special to The Bugle

### Edward Jones: Market Declines are part of the Landscape

A reporter once asked basketball player Vernon Maxwell, of the Houston Rockets, for a brief description of his paying that season. He answered, "Up and down."

Maxwell could have been describing the stock market, as well. The market doesn't always go up. Sometimes, it goes down. Every investor should understand and be willing to accept a certain level of risk, because history shows that the long-term direction of the stock market is up, even when we figure in the most severe periods of decline.

The American Funds Group

shared a few facts that might help put market declines in perspective. Since 1900, the stock market has had 318 "routine declines" of 5 percent or more, 106 "moderate corrections" of 10 percent or more, 50 "severe corrections" of 15 percent or more and 29 "bear markets" of 20 percent or more.

It's clear that declines are part of being in the market. And, believe it or not, they actually can be beneficial by helping you see how solid your financial program is. They can reveal whether you have a financial plan that will stand the test of time and help

you reach long-term goals.

Declines can cause unsettled investors to ask questions such as, "Should I hang in there or wait on the sidelines until it turns around?" but for people who have established a prudent, long-term financial program, market declines are of small concern. Seasoned investors even view them as an opportunity to add to sound investments at a bargain price. The following information illustrates the history of stock market declines. It may not satisfy your fear of risk, but remember what the pros say: Like the seasons, market declines are a

natural part of the landscape.

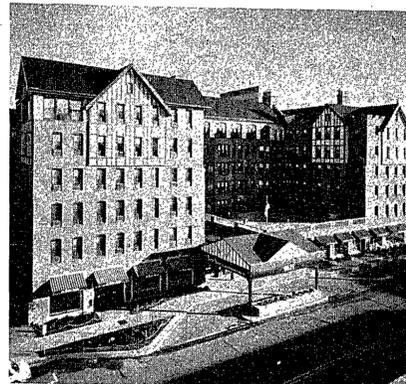
**A HISTORY OF DECLINES**  
This study shows how frequently declines in the Dow Jones Industrial Average have occurred since 1900. As you can see, they are regular events. Routine Declines (-5% or more) have happened 318 times since 1900, with an average frequency of about three times a year and an average length of 40 days. The last time it happened was July 1996. Moderate Declines (-10% or more) have happened 106 times since 1900, with an average frequency of about once a year and an average length of 109

days. The last time it happened was August 1990. Severe Declines (-15% or more) have happened 50 times since 1900 with an average frequency of about once every two years and an average length of 217 days. The last time it happened was August 1990. Bear Markets Declines (-20% or more) have happened 29 times since 1900 with an average frequency of about once every three years and an average length of 364 days. The last time it happened was October 1990.

Jeffrey Cardella can be reached at Edward Jones, 8141 N. Milwaukee, Niles, 470-8953.

## RETIREMENT/NURSING HOME

### Friendly Faces at The North Shore Retirement Hotel



Residents Sylvia Conroe, 81, and Abe Ackins, 82, came from different cities and led different lives. They never dreamed that when they moved into the North Shore Retirement Hotel, their paths would connect forever.

Sylvia Conroe moved into The North Shore Retirement Hotel in 1992. She had just left the house in New Jersey where she lived for 47 years and raised her four sons. Uncertain of what her new home would be like, Sylvia focused on the fact that she would have a fresh start in a new city. She was determined to make her new surroundings her own, so she immersed herself in the many social activities available, singing in the Chorale Group and participating in the Hotel's Inter-Generational Program with Chute Middle School in Evanston.

About a year later, native Chicagoan Abe Ackins arrived with his sister. Abe was used to keeping busy. He spent his early years raising two children with his first wife and running a printing business. When the hassles of keeping up a home became too much, Abe decided to move into The North Shore. An avid painter with a love of all for ms of art, Abe joined the hotel's drama group to meet new friends. He immediately noticed fellow-member Sylvia, but initially kept his feelings to himself.

As fate would have it, a staff member asked Sylvia to show Abe and his sister around the ho-

tel. Not long after their initial meeting, Abe asked Sylvia out on a date; their relationship soared.

Sylvia explained, "one evening we were eating a Chinese meal together, and I opened two fortune cookies. One read, 'your lover will never leave you.' The next one read, 'you'll be married within a year.' Abe must have taken those fortunes seriously."

Abe and Sylvia were married on June 5, 1995, at the Jewish Reconstructionist Congregation in Evanston. They had their reception at The North Shore.

"We took a gamble getting married late in life," said Sylvia. "But we knew right away that we were meant to be together."

Sylvia continues to stay active in the Inter-Generational Program with Chute School and sings in the Chorale Group. She also serves on the Dining Room and House and Grounds committees, which help to make sure the dining room runs smoothly and the grounds stay beautiful. Abe spends his free time painting with watercolors and acrylics, sometimes painting portraits of residents for special occasions. He also serves on the Concerns and Complaints Committee that works with resident and staff to make sure problems are taken care of within 24 hours.

"We celebrate our anniversary every month," says Sylvia. "We can't wait to celebrate our 50th together!"

### Recycler of the Year

Mr. Walter Parison of Niles has been named the "1997 Recycler of the Year" for the Reynolds Recycling center located on West Higgins in Chicago.

Mr. Parison, who is now retired, turned in about 2,000 pounds of aluminum cans for re-

cycling last year. That's equal to a mountain of cans -- more than 60,000 to be exact!

"I enjoy recycling," said Mr. Parison. "It's good to help keep my neighborhood and the town clean from litter."

### Home Delivered Meals are here

Norwood Park Seniors Network (NPSN), 6016 N. Nina Avenue, is proud to announce the newest addition to the quality services that NPSN provides, the "Home Delivered Meals" program.

NPSN is a specially designed program providing medical services, social outings and activities, professional financial advice, a home companion service, a referral service and now the new Home Delivered Meals service. Do you have difficulty shopping or cooking for your-

self? Do you have a special diet or need a specific nutritious balanced meal that's too complicated for home preparation? Maybe you take care of a loved one and you do not have the time or energy to prepare a meal? Have you just returned from the hospital and need some time to recover so you are temporarily unable to prepare your own meals at home?

The Home Delivered Meals program utilizes community volunteers to make one delivery of two meals per day, Monday

through Friday, to seniors in the comfort of their own home. "This assists today's seniors in maintaining their independence and carrying out the tasks of daily living", says Marcia Hagopian, Executive Director.

To find out more information about the Home Delivered Meals program, obtain Network membership applications, outing calendars or a NPSN information package, please call NPSN Director Linda Rasicio at (773) 631-4856.

## Regency Adult Day Care Center

### Does Your Loved One Suddenly Need Physical, Occupational or Speech Therapy?

Isn't it a relief to know that you don't have to take time off from work or family obligations, to transport and accompany your loved ones to prescribed outpatient therapy sessions?

Our clients can be picked up by our specially equipped busses. Spend a stimulating and active day in our beautiful adult day care surroundings and have their needed therapies attended to, during the course of the day.

## Regency Rehabilitation Services

For More Information Call Sue:  
**847-647-1511**

6625 N. Milwaukee Avenue • Niles, IL 60714

## RETIREMENT/NURSING HOME

### Senior Walking Club

Spring is a great time to start a walking program. Join the "Walkie Talkie" Walking Club at the Morton Grove Park District on Thursday, April 24 at 8 a.m. for breakfast and a presentation by Don Kim, Exercise Physiologist, who will speak about the importance of exercise for our physical and mental well-being. You are also invited to join the Walking Club which meets every Thursday to walk from 8-9 a.m. and then enjoy coffee and juice at Prairie View Community Center. The fee for the eight-week program is \$10/residents for first-time walkers and \$6 for returning walkers. For non-residents, the fee is \$12 for first-timers and \$7 for return walkers.

Please call Catherine at (847) 965-1200 for further information.

### SENIOR CITIZENS

**Shampoo & Set . . . \$2.50 & Up**  
**Haircut . . . \$3.00 & Up**  
 EVERYDAY EXCEPT SUNDAY  
 Sr. Men's Clipper Styling \$3.00 & Up  
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### Senior Fitness programs to begin at Resurrection

Two fitness programs for seniors are about to begin at Resurrection Medical Center, 7435 W. Talcott Ave.

"Senior Flex Ability" will meet on Mondays and Wednesdays from 9-9:45 a.m. beginning on May 5. The program, led by an exercise physiologist, covers the techniques of stretching. Regular stretching done properly can increase flexibility and reduce joint stiffness and the effects of arthritis. Fee for the program is \$3 per session.

"Senior Power" will meet on

Mondays and Wednesdays from 10-11 a.m. beginning on May 5. An exercise physiologist will lead participants through exercises specifically for older adults. The program is designed to increase muscular strength and endurance for the entire body, and is followed by a cool-down stretching period. Fee for the program is \$4 per session.

Registration is required. For more information and to register, call Resurrection's Health Management Department at (773) 792-5022.

### Lecturer speaks on Hong Kong's Cultural Heritage

Misty Sheehan, assistant professor, College of DuPage, will discuss *Hong Kong's Cultural Heritage* on Thursday, April 24 as part of the Culture's Connection to Foreign Relations spring lecture series sponsored by Oakton's Emeritus Program. All lectures are on Thursdays from 1-2:30 p.m. in Room A151 at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

Hong Kong's position as an economic and cultural center of Asia is derived from its South

China heritage and Cantonese culture. In this lecture, Sheehan will discuss how this mix set Hong Kong apart from its neighbors.

Dr. Bruce Cumings, director of the Center for International and Comparative Studies (CICS) at Northwestern University, will discuss Hong Kong's foreign relations on May 1.

The fee for each lecture is \$5 at the door. For more information, call the Emeritus office at (847) 635-1414.

### 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.

**YARN NEEDED**  
 The Senior Center is requesting any left over yarn or scraps of material (8" x 8" or bigger). Lap robes and shawls are made for veterans at Hines Hospital. Volunteer knitters and crocheters are needed also. If interested, contact Mary Vandenplas.

**MEALS DRIVERS NEEDED**  
 The Niles Senior Center is currently seeking volunteers to deliver meals to homebound older adults. Meals are delivered weekdays between 11 a.m. and 12:30 p.m. If you are interested in the program and can volunteer your time at least 2 times a month, contact Kelly Mickle at 588-8420.

**OFFICE RECEPTIONIST VOLUNTEERS NEEDED**  
 The Senior Center is currently looking for volunteers to help in the office answering phones and doing special projects. Call Mary Oleksy if interested.

**SHOWCASE VOLUNTEER NEEDED**  
 If you are interested in helping register and display gift items in the Senior Center showcase, contact Kelly Mickle.

**SHIP PROGRAM**  
 Volunteers from the Senior Health Insurance Program are available on Monday and Friday mornings to assist with Medicare and supplemental insurance questions. Call for an appointment.

**MEN'S CLUB SHOOT-OUT**  
 Men's Club Shoot-out is on Monday, April 21 at 10 a.m. All members are welcome to participate. Tickets are available now for an 18-hole golf outing scheduled for Chapel Hill on Friday, May 2. The price of \$24 includes golf and prizes. Tickets will be on sale for the May Tam outing on Wednesday, May 21 for \$12. Bristol Oaks 18-hole Golf on June 2 for \$33, Spring BBQ on Friday, June 6 for \$4.50 and Fireside trip on Friday, June 27 for \$43. Spring BBQ tickets and Fireside tickets will be available to all center members starting on April 28.

**WOMEN'S GOLF**  
 An introductory meeting is scheduled for April 18 at 10 a.m. to discuss the upcoming season. Newcomers are welcome.

**PINOCHLE TOURNAMENT**  
 The Pinochle Tournament will be on Friday, April 25 at 1 p.m. All card players are encouraged to attend. Seating is random. Registration is required. The cost per person is \$3.50.

**HEARING SCREENING**  
 A Hearing Screening will be provided by North Suburban Hearing Service of Niles on Friday, April 25 from 11 a.m. until 3 p.m. Appointments are required.

**WOMEN'S CLUB MEETING AND ICE CREAM SOCIAL**  
 "Bring on Summer," the Women's Club ice cream social will be on April 28 at 1 p.m. Come and enjoy an afternoon filled with games and music reminiscent of the 1940's. Price per person is \$3.

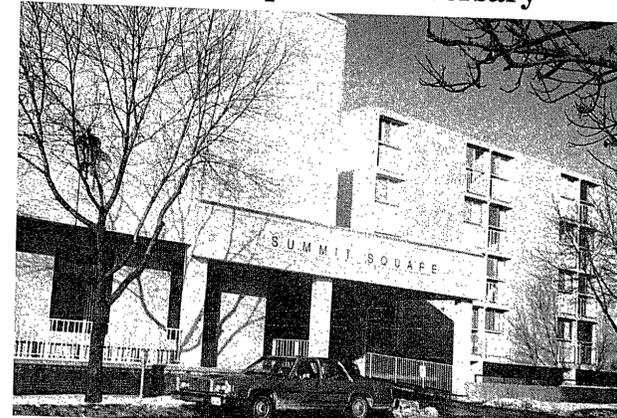
**HEALTHY WEIGHS PROGRAM**  
 Healthy Weighs Program is a competitive weight loss contest starting Thursday, May 1, at 2 p.m. to 5 p.m., with separate groups for men and women. Register by April 28. Cost is \$12. Call Terry Sprengel, RN, BSN for details.

**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.

**HOOKED ON FISHING**  
 Our first Hooked on Fishing outing is on Wednesday, May 14 from 9 a.m. until 1 p.m. at Busse Lake. Price per person is \$6 and includes bait, prizes and a two piece Brown's Chicken lunch. New "fisher people" always welcome. Car pooling is available.

## RETIREMENT/NURSING HOME

### Summit Square Anniversary



The residents of Summit Square in Park Ridge recently celebrated the fourteenth anniversary of the retirement community with a festive dinner and an evening of entertainment by Bill Bailey's Banjos. The building, once known as the Park Ridge Inn, has recently undergone a major renovation both outside and inside. The result is easier building access, an entirely remodeled lobby area and an overall updated look. Situated in the heart of Park Ridge, Summit Square has earned a superb reputation for offering seniors the best in services and value and providing a secure, comfortable and convenient place to call home.

### Norwood Park Home celebrates Gala 101

The Norwood Park Home, 6016 N. Nina Ave., will host its annual fund raiser, Gala 101, on Saturday evening, May 3rd at the Chicago Hilton and Towers.

Orion Samuelson, a nationally recognized broadcaster and journalist at WGN Radio, host of the daily radio syndicated "National Farm Report", regular columnist in the Farm Journal, and producer and host for the weekly television show, "U.S. Farm Report", will serve as the master of ceremonies. Cocktail hour with an open bar will begin at 6:30 p.m. Attendees will enjoy a full course meal including two specially selected entrees. During the event, Norwegian Consul General and Mrs. Per Bye Ohmstrom will present Norwood Park Home's first Dr. Larsandrew Dolan Award to former Board member John H. Hanson, Sr., for his outstanding contributions and long term dedication towards improving the quality of life for the residents. Dr. Larsandrew Dolan served the Home for over 35 years. He was first Medical Director and later served as the Home's administrator. The evening will also include a raffle of several items including two round-trip tickets to Norway courtesy of SAS Airlines. Music and dancing will be provided by the Orchestra 33, a six piece orchestra and two vocalists playing Big Band and oldies throughout the evening.

Proceeds from Gala 101 will

be put towards construction of a new Chapel for the residents of the Home. This Chapel will be larger and more accessible for those residents in walkers and wheelchairs and will allow them to fulfill the spiritual needs that are so important in the later stages of life. Gala 101 tickets are available through the Home at \$125 per person. Raffle tickets are also available at \$10 each or six for \$50. For more information about the Gala 101, please call (773) 631-4856.

### GEORGE J. GOLDMAN HOME

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 Niles, IL 60714-4562  
 (847) 647-9875

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 "The finest in nursing care since 1950"

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Plus, the added security of knowing that if your health needs change, your address won't—because The Manor at Lincolnwood Place is on the premises and provides:

- Assisted living, studio apartments
- Medicare approved skilled nursing services
- 24-hour licensed staff
- On-site rehabilitative therapies
- Full activities schedule

Together these two communities provide the services you want now and may need in the future. For more information, please call today. We'll be happy to answer your questions or arrange a personal tour.

(847) 673-7166

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LINCOLNWOOD Place

7000 McCormick Blvd. • Lincolnwood, IL 60645



### In. Out.

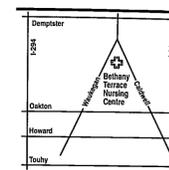
Now a person can be in and out of Bethany Terrace Nursing Centre in no time, because short-term stays have never been more convenient. For example, someone who needs temporary nursing care after extended hospitalization can recuperate at Bethany before returning home.

Bethany Terrace has expanded our specialized programming for those with early stage dementia. The activity-based program is designed to enhance a person's quality of life, and the staff have special training to meet the needs of those with dementia.

Respite care, which provides relief for primary caregivers at home, is another good reason to arrange a short-term stay at Bethany.

No matter what level of care is needed, or for how long, every Bethany Terrace resident receives the best professional services and personal attention, in a warm and inviting environment.

Insist on the best, check out Bethany Terrace.  
 For more information call (847) 965-8100.



Bethany Terrace Nursing Centre

8425 N. Waukegan Road  
 Morton Grove, IL 60053

## RETIREMENT/NURSING HOME

### Emeritus seminar focuses on best foreign films

Learn why award-winning foreign films are so critically acclaimed in The Best Foreign Films. This in-depth non-credit seminar, designed for older adults, is offered through Oakton Community College's Emeritus Program and will meet at the Ray Hartstein campus, 7701 N. Lincoln Ave., Skokie.

Explore the film industries of other countries via films such as Muriel's Wedding, an Australian film about a young, outcast wom-

an who makes a big impression, or the French trilogy of tragedy and love, Red, Blue and White by the late Krzysztof Kieslowski. Exact films to be announced, pending availability. The seminar meets for three Tuesdays, May 6, 13 and 20 from 9:30 a.m. to 12:30 p.m. The fee is \$20.

To register or for more information and a brochure on other Emeritus programs, call (847) 635-1414.

### Dentists think elderly have dental misconceptions

Chicago dentists believe their older patients have many misconceptions about dental care in the golden years, according to a new poll conducted by the Chicago Dental Society.

For example, 37 percent of area dentists agreed that "my older patients who wear dentures believe they must accept speech or eating difficulties associated with poor fitting appliances." Another 32 percent of dentists agreed that "my older patients who wear dentures believe they will last a lifetime."

"These myths are very hard to dispel," says Keith Suchy, DDS, a general dentist who practices in Westchester. "We always tell our patients who have dentures that they must continue their regular dental visits and that their dentures have a life expectancy, just like everything else. Yet these statistics show that older patients in Chicago are reluctant to do that."

Dentists also believe their older patients do not understand the importance of informing dental staff about medication use.

"Only 48 percent of dentists believe their older patients understand that drug interactions interfere with dental treatment," says Dr. Suchy. "Only 59 percent of dentists say their older patients report their medical at the time of their dental appointments."

On the other hand, says Dr. Suchy, there were some promising results from the study. "Seventy percent of dentists believe that their older patients understand that natural teeth can and should last a lifetime," he says.

### Morton Grove Senior Citizens 470-5223

#### MORTON GROVE HOMECARE SERVICE

The Morton Grove Homecare Service is a program offered by the Village of Morton Grove and funded by Cook County Community Development Block Grant. 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.

#### HOT LUNCHEONS

Hot, nutritious lunches are served at 11:45 a.m. every Monday, Tuesday, Wednesday, and Friday in the Flickinger Senior Center to seniors age 60+. The Community Nutrition Network Inc. operates the program, preparing lunches that are one third of a senior's recommended dietary allowance, and they're delicious too! The cost of a meal is by donation with a suggested contribution of \$2 to \$2.50. Up to 60 diners are served each day and reservations are required. For information about the lunches or transportation, call the Morton Grove Senior Hot Line at 470-5223.

#### DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin, slow healing of cuts and bruises, and drowsiness. Free diabetes screenings are available from 9 to 10 a.m. on Tuesday, April 22 in the Flickinger Senior Center. People coming in for the screening should fast from the evening meal of the night before.

#### MEDICINE CHECK-UP

On Tuesday, April 22 from 1 to 3 p.m., the Morton Grove Senior Center offers a free personalized check-up of their medicines. During this check-up, pharmacist Gene Bernstein, R.Ph. or Morton Grove visiting nurse, Donna Weiss, R.N. will review medicines and discuss individual medicine-taking routines. The conversation is private and confidential and there may be follow up with the individual's personal physician about serious concerns. Seniors also appreciate the chance to get about 20 minutes of undivided attention from a health professional - free of charge. Interested seniors should contact the Morton Grove Senior Hot Line at 470-5223 to make an appointment for the check-up, and bring all medicine in the original containers.

#### THE HOT MIKADO

This all new boogie-woogie adaptation of Gilbert & Sullivan's most popular operetta, "The Hot Mikado," swings with the Big Band sounds of the 40's set in the mythical kingdom of Titipu. It's a romantic tale of mistaken identities and hilarious improbabilities set against jumping rhythms reminiscent of Benny Goodman. The choice of entree at the lovely Martinique is Chicken Kiev or Baked Boston Scrod. The trip is scheduled to depart from the Prairie View Community Center at 10:15 a.m. on Wednesday, April 23 for the Drury Lane Theatre in Evergreen Park and return at 5 p.m. The cost is \$44 for residents and \$48 for non-residents. Register at the Prairie View Community Center.

#### MALL TRIPS

The Morton Grove Senior Center operates five days a week, transporting seniors free of charge to destinations in Morton Grove. On the last Tuesday of each month it makes two trips to Golf Mill Mall at 9:15 and 10 a.m. with return trips at 12:15 and 2 p.m. To reserve a trip on Tuesday, April 29 call the Morton Grove Senior Hot Line at 470-5223.

\*\*\*\*\*  
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.

## RETIREMENT/NURSING HOME

### Lucky Luncheons



Maine Township Trustee Robert Provenzano (right) presents Shameron Mally of Niles with a prize hat during the Maine Township Seniors' recent "Luck of the Irish" luncheons at Banquets by Brigante in Des Plaines. More than 3,800 residents are part of the Senior group, which is open to Maine Township residents ages 65 and up. Most activities are limited to members, but there's no cost to join and new members always are welcome. For a membership application, or for more information about trips and other activities, call Sue Neuschel, Director of Adult & Senior Services, at (847) 297-2510.

### Sheriff sponsors senior academy

Monday, May 5 at 2 p.m. the Cook County Senior Citizen Law Enforcement Academy begins at the Lawrence House, 1020 W. Lawrence Ave., in Chicago. Sponsored by Sheriff Michael F. Sheahan, the Academy is held Monday afternoons through June 30.

The program educates senior citizens on personal safety, gang and drug awareness, police department operations, criminal and civil laws, county courts and other law enforcement issues pertinent to this age group.

To register or receive more information, call (773) 890-7725.

### Regency Nursing Centre presents Debunking the Myths of the Aging Process

A new view of aging is emerging which recognizes the abilities and potential of the elderly individual and debunks the misconceptions of the aging process. While medical advances have greatly increased life expectancy, our society is now just beginning to recognize the vital need for improving the quality of our aging.

In this seminar, we will be examining the common myths on aging, including those regarding senility, personality change and functional decline. We will be looking at the many ways that

elderly people are remaining active and involved in life. The intent of this seminar is to show a different side of the aging process, one that contradicts the common view of the later years as something to be feared.

The workshop will be held Wednesday, April 30 from 7-8:30 p.m. It will be held at Regency Health Centre located at 6625 N. Milwaukee Ave., in Niles. Attendance is free of charge, but seats are limited, so call (847) 647-1116, ext. 246 early to reserve your seat.

### STAY HEALTHY & FIT



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### Stroke and Spasticity

The damage to the brain from a stroke essentially causes a "breakdown" in communication between the brain and the muscles. Messages sent to or from the brain are incomplete, causing the muscles to move too much or not at all. Because of this breakdown, the muscles may be overstimulated by the brain, or become weak or flaccid.

Spasticity occurs when muscles are in a constant, abnormal state of contraction or flexion. Muscle spasticity resulting from

**Stephen Talty, MD**  
Medical Director



Specializing in Movement and Mobility Disorders

stroke can include muscle tightness, rigidity, cramping, and pain. Besides being painful, spasticity can interfere with normal daily functions, such as dressing, eating, walking and personal hygiene. If left untreated, spasticity can cause further disabling condi-

tions, such as contractures and deformity.

Spasticity is a complex and challenging problem. There are numerous treatment options available to manage spasticity resulting from stroke and other disorders.

The **Movement & Mobility Center** has the clinical expertise needed to assist patients in choosing the best treatment options. For additional information, call the **Movement & Mobility Center** at 847-294-2475.

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## RETIREMENT/NURSING HOME

### LGH offers free courtesy van



Gary Brosky of Lutheran General Hospital's guest services assists Grace Lupino of Niles on the first day of the hospital's free courtesy van service for seniors age 55 and over.

To qualify for the service, riders must be easily transportable, meaning ambulatory or using cane or walker without assistance, or non-ambulatory in a wheelchair with ramp access in/out of residence.

For more information call 847-723-7008.

### Senior Mens Bowling

Week 28, 3-19-97	Skaja Terrace #1	38	46
Brunswick Niles Bowl	Remax All Stars	37	47
STANDINGS	Colonial Funeral	36	48
Dr. Bello	White Eagle Banquets	35	49
Callero & Catino	Jonathans Restaurant	34	50
Malec & Sons Funeral	Penny's Team	32	52
Park National Bank	Kristof's Entertain Cntr	27	57
Candlelight Jewelers			
Bowling Store	47.5	36.5	
North Shore Auto Repair	47	37	
State Farm Insurance	44	40	
Skaja Terr #2	43	41	
Monarch Alarm	43	41	
Windjammer Travel	41	43	
Heat Master	39	45	
Minelli Bros. Foods	39	45	
	HOT SHOTS		
	Larry Amato	629	
	Ted Stagg	591	
	Fred Spiezia	584	
	A. Digiovani	574	
	Wally Koziol	567	
	Larry Pasdiora	566	
	Art Hoegge	563	

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**FOREST VILLA NURSING CENTER**  
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### Lecturer speaks on Taiwan's Foreign Relations

Adam Arkel of the University of Chicago will discuss Taiwan's Foreign Relations on Thursday, April 17 as part of the Culture's Connection to Foreign Relations spring lecture series sponsored by Oakton's Emeritus Program. All lectures meet on Thursdays from 1-2:30 p.m. in Room A151 at the Ray Hartstein campus, 7701 N. Lincoln Ave., Skokie.

Taiwan today faces many foreign policy challenges. A newly democratized country, it struggles for international recognition while resisting pressures from its neighbor, mainland China. In this lecture, Arkel analyzes how Taiwan is making its way in a rapidly changing East Asia.

### ResCare 65 program helps seniors manage health care

ResCare 65, a free program to help seniors manage their health insurance benefits, is offered by Resurrection Health Care, 7435 West Talcott Avenue.

The program provides individual counseling to help seniors complete paperwork for insurance or Medicare claims and coordinate their health benefits.

Members also receive discounts on prescriptions, hearing aids and other hearing services at Resurrection Medical Center and Our Lady of the Resurrection Medical Center. A newsletter is sent to each member to provide information on health screenings, educational programs and various health topics.

For membership information on Resurrection's free ResCare 65 program, counselors are available at Resurrection Medical Center at (773) 792-5012 and at Our Lady of the Resurrection Medical Center at (773) 794-7681.

Misty Sheehan, assistant professor, College of DuPage, will speak about Hong Kong's cultural heritage on April 24.

The fee for each lecture is \$5 at the door. For more information, call the Emeritus office at (847) 635-1414.

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## RETIREMENT/NURSING HOME

### Seniors & kids team up to help needy



Children from Mark Twain School in Niles recently held a food drive to benefit Maine Township's Emergency Food Pantry, then joined forces with Maine Township Seniors to help pack food boxes for the needy at the township Town Hall. Pictured (left to right) are Tammy Sneed of Mark Twain School; Marsha Warwick, Maine Township's Director of General Assistance; Omar Alayli; Barbara Bullis of Mark Twain School; Katrina Williams; Nancy Herrera; Lucille Abt; and Paul Kim. The project was part of an ongoing intergenerational program in which Seniors and special needs children at the school work to reach out and help others in the community. "Everything we do is some kind of service to the community at large," said Bullis.

### Life saving medicine for seniors and the disabled

Senior citizens and the disabled living on fixed incomes will have greater access to prescription medication under legislation sponsored by State Senator and Assistant Democratic Leader Howard W. Carroll (D-8), that would raise the income threshold for participants in the Pharmaceutical Assistance Program.

The purpose of the Pharmaceutical Assistance Program is to provide seniors with limited incomes compensation for drug costs associated with chronic illnesses. When enacted in 1985, participants were required to have an income of no more than \$14,000 to be eligible for the program.

Carroll's legislation, Senate Bill 909, which passed out of the Senate would raise the income threshold for eligibility in the program to \$16,000. "This adjustment is necessary to meet the growing number of seniors and disabled individuals living on fixed incomes," said Carroll. "The rising costs of prescription medication and the rate of inflation make a \$14,000 threshold unacceptable."

A participant in the Pharmaceutical Assistance Program purchases a pharmaceutical card which costs between \$40 and \$80, depending on the participants' income. There is a monthly deductible which also varies depending on the participants' income. Claimants are liable for

20% of drug costs over \$800 for each fiscal year.

"Medication costs for the treatment of heart and blood pressure problems, diabetes and arthritis can be staggering," Carroll said. "By expanding eligibility, we can reach out to help thousands of additional seniors and disabled persons. This change is long overdue."

The higher income threshold also applies to the Circuit Breaker Tax Relief Program. This program was initiated to provide yearly property tax relief for low income senior and disabled residents, both for the taxes they pay directly and for those taxes they pay indirectly through rent or nursing home charges.

"By allowing the population these programs serve to remain in private or rental housing, we reduce demands on public facilities and hold down associated costs," Carroll said.

### Hearing screening at Niles Senior Center

There will be a free hearing screening at the Niles Senior Center on Friday, April 25 from 11 a.m. until 3 p.m. The screening will be provided by North Suburban Hearing Service of Niles. Appointments required. Open to Niles residents 62 and over and their younger spouses.

### Dudycz to host Health Fair for seniors

State Sen. Walter Dudycz (R-7, Chicago) will host a Senior Health Fair offering health screenings, information and refreshments free of charge to area seniors on Friday, April 18, 9 a.m. to 2 p.m. in the Learning Tower YMCA, 6300 West Touhy in Niles. Joining the senator at the event will be Maralee Lindley, director, Illinois Dept. on Aging. No reservations are required.

hospitals and organizations as well as state, county and local government agencies to participate. Secretary of State George Ryan's office will offer a drivers' review course from noon to 2 p.m. The Secretary's office will also issue photo I.D.s and provide vision screening throughout the fair hours.

Among the health screenings to be offered are blood pressure, glaucoma, cataract, hearing and cardiac risk assessment. Other

services of interest include advice on diet and senior safety.

Participating organizations include staff from Resurrection Nursing and Rehabilitation Center and Resurrection Medical Center; Lutheran General Hospital Older Adult Services; Rainbow Hospice; Niles Fire Dept. and the Village of Niles Human Services Dept.

For further information, phone Sen. Dudycz's office at (773) 774-7717.

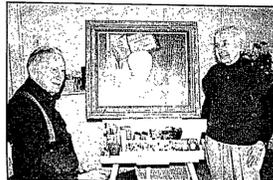
## The most interesting people...

Meet Sylvia Conroe and Abe Ackins. Sylvia and Abe came from different cities and led different lives. Little did they guess how fate, and the North Shore, would bring them together. Moving from New Jersey in 1992, Sylvia, 81, was determined to make her new surroundings her own. She immersed herself in social activities and took an active part in the Inter-Generational Program with Chute Middle School.

Abe, 82, was used to being busy. An avid painter, Abe joined the North Shore's drama group to make new friends. He immediately noticed Sylvia, and shortly after, asked her on a date. The relationship grew.

"One evening we were eating a Chinese meal together and I opened two fortune cookies. One read 'your lover will never leave you', the other 'you'll be married within a year'. Abe must have taken those fortunes seriously."

Abe and Sylvia were married on June 5, 1994. "We celebrate our anniversary every month," says Sylvia. "We can't wait to celebrate our 50th together"



You don't have to look far to find some of Chicagoland's most interesting people.

Just a few short blocks from the beautiful shoreline of Lake Michigan, in the heart of Evanston, there's a place that many of these folks call home. The North Shore, a luxury retirement hotel, has attracted countless interesting people since it opened its doors more than a quarter century ago.

Drawn to the North Shore's impressive list of amenities — including daily maid service, 3 delicious meals a day, a swimming pool, landscaped gardens and a full social program — our residents find a companionable atmosphere with a real sense of community and a skilled, attentive staff. Moreover, if the need arises for fully assisted living, that option is provided on-site with the highest degree of care and compassion by the staff of Evanston Hospital, our community's premier, tertiary medical center.

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## RETIREMENT/NURSING HOME

### Workouts can work wonders for seniors'

Although everyone can benefit from regular exercise, its positive effects are especially profound for older adults, who can exercise their way to improved health—and a longer life.

"Exercise really is the fountain of youth," says physical therapist Vonna Kozenko in the latest issue of *Synapse*, the patient publication of the Chicago Institute of Neurosurgery and Neuroresearch (CINN). "Even those who don't begin exercising until after they are in their 70s or 80s can reap the benefits of a well-rounded fitness program."

Many of the losses in physical and mental function commonly attributed to age are *not* inevitable, says Kozenko, who works with a team of physical therapists at CINN to create personalized exercise programs tailored to meet the needs of patients of all ages.

In fact, current research indicates that successful aging has less to do with genes and more to do with how people choose to live their lives.

**Exercise can reverse effects of aging.**  
"As we age, our bodies undergo quite a transformation, a process that is dramatically accelerated by an inactive lifestyle," explains Kozenko. Such inactivity can result in reduced muscle size, deconditioning of the heart, loss of bone density, loss of range of motion in the joints, and decreased muscle flexibility.

"The good news is," she says, "a balanced exercise regimen that includes cardiovascular conditioning, strength training and stretching can delay these changes and, in some cases, even reverse their effects."

Despite this fact, statistics show that only four out of 10 people exercise regularly.

"Often, the hardest part of an exercise program, especially for those in their golden years, is getting started—and sticking with it," Kozenko says. "The trick is to find activities you truly enjoy. That way, you'll actually look forward to your daily routine. After a few weeks, it may even become habit-forming."



Neil Santee of Park Ridge, goes through his strength training regimen on a weight machine.

A good place to start is with a gentle stretching regimen, she says. "This will help restore flexibility to your joints and allow you to move around more freely."

Kozenko recommends a series of easy stretching exercises that target the muscles surrounding the shoulders, hips, lower back, knees and ankles. These exercises, which Kozenko calls "Simple Stretches for Seniors," require no special equipment and can be done anywhere—at home or at work.

Before stretching, she suggests five minutes of light cardiovascular exercise such as walking or riding a stationary bike to get the muscles warm and help prevent injury. She also emphasizes the importance of proper breathing—and of taking it slow.

"As you begin a stretch, inhale, then exhale as you slowly stretch to the point where you feel resistance but not pain. Don't bounce," she says. "Once you can hold a stretch for twenty to 60 seconds, move on to the next one."

An illustrated sampling of Kozenko's "Simple Stretches" are attached, including step-by-step instructions.

**Cardio conditioning for a healthier heart**

In addition to stretching, Kozenko reminds seniors that a well-rounded exercise regimen

should include cardiovascular conditioning and strength training.

Experts agree that everyone should get a minimum of 20 minutes of sustained cardiovascular exercise at least three times a week. Among the many outdoor activities that accomplish this are walking briskly (at a rate of three to four miles per hour), biking and swimming. Indoor options include using a treadmill, ski machine or stationary bike; working out with an aerobics video; and doing chair aerobics, which involves moving your arms and legs while seated.

Of special importance, says Kozenko, is for each individual to stay within his 10-second target heart rate zone. To calculate the lower and upper ranges of your target zone, use the following formulas:

(200 minus your age x 50%)/6 = **Lower range**  
(200 minus your age x 75%)/6 = **Upper range**

So if you're 60 years old, your target zone ranges would be calculated like this:  
(200-60 x 50%)/6 = 13.3 **Lower range**  
(200-60 x 75%)/6 = 20.0 **Upper range**

"Your 10-second heart rate should fall between those two numbers," says Kozenko. For the above example, the target zone for a person age 60 would fall between 13 and 20 beats. "Be sure to check it periodically while exercising, and adjust your intensity level accordingly."

For more information or to speak to a physical therapist about developing a personalized exercise program, contact CINN's Department of Physical Medicine and Rehabilitation at (773) 388-7610.

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## RETIREMENT/NURSING HOME

### Intergenerational Programming at Glenview Terrace

The joy and acceptance that the very young and the very old share together is a remarkable bond like no other. They are able to talk to each other without common backgrounds or lifestyles but benefit greatly from each other's perspective and knowledge. Such are a few of the reasons that the Activity Department at Glenview Terrace Nursing Center invites the Glenbrook South High School's Key Club to be part of the programming for its residents.

"Intergenerational programming helps our residents feel vital and important by sharing their experiences and remembrances with another generation," says Erika Salmen, Director of Activities at Glenview Terrace. "Many of our residents may have grandchildren or great-grandchildren, but they live out of state and cannot visit often. These high school students from Glenbrook South help fill the void for those residents."

In addition to providing intangible benefits for both the students and the elderly, activities that include both age groups help keep residents abreast of current events through the eyes of the young. This type of programming also increases the awareness of the aging process for the student and dispels any misconceptions they might have had.

Such benefits were readily evi-

dent during a recent Key Club visit to Glenview Terrace. Josh Shmukler visits with Hannah Engstrom on a regular basis. Both know about each others families, friends and hobbies. Josh has already visited Hannah during school breaks; and both feel close to each other in a special way.

"The students that visit realize that someone can get older and re-

main active, interested in what is going on in the world and interesting to talk to," says Ms. Salmen. "And our residents really enjoy having the students round. They seem to light up from within."

Glenview Terrace is located at 1511 Greenwood Road in Glenview. For more information, call (847) 729-9090.

### Seniors invited to concert

The Young-at-Heart Social Club of Forest Glen invites other seniors groups and groups of seniors (age 55+) to a concert on Wednesday, April 30, at 2 in the afternoon, as they host a performance by the Brostoff Trio, an ensemble of musicians who are members of the Chicago Symphony Orchestra. The performance will take place in the sanctuary of the First Congregational Church of Forest Glen, 5400 N.

Lawler Ave. (at Catalpa), Chicago. The length of the concert will be approximately 45 minutes; refreshments will follow in Hazelton Hall, at the church. There is no charge for this event. Transportation can be arranged for those in need. RSVP, 773-777-4277.

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READ THE BUGLE

# RETIREMENT/NURSING HOME

## Norwood Park Home Gala 101

The Norwood Park Home, 6016 N. Nina Ave., will host its annual fund raiser, Gala 101, on Saturday evening, May 3 at the Chicago Hilton and Towers.

Orion Samuelson, a nationally recognized broadcaster and journalist at WGN Radio, host of the daily radio syndicated "National Farm Report", regular columnist in the Farm Journal, and producer and host for the weekly television show, "U.S. Farm Report", will serve as the master of ceremonies. Cocktail hour with an open bar will begin at 6:30 p.m. Attendees will enjoy a full course

meal including two specially selected entrees.

Gala 101 tickets are available through the Home at \$125.00 per person. Raffle tickets are also available at \$10.00 each or six for \$50.00. For more information about the Gala 101, please call 773-631-4856.

## Northwest Suburban Jewish Congregation

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, will hold Friday Evening Services on Friday, April 18 at 7 p.m. Saturday Morning Services begin at 9:30 a.m. Rabbi Daniel M. Zucker will conduct all services. Everyone welcome!

## Niles Senior Center Men's Club officers installed



The new officers of the Niles Senior Center Men's Club were recently installed. Standing left to right: President Adolph Foss, Second Vice President Art Scheel, Treasurer John Oldfield. Seated left to right are First Vice President Jerry Anderson and Secretary Joseph Young.

## Regency Adult Day Care Centre

Does your parent or grandparent need adult day care or rehab services?

Regency Adult Day Care Centre, a modern facility at 6625 N. Milwaukee in Niles has the answer.

Regency offers nutritious meals, lively discussions on community events, individual and group activities, two wheelchair accessible door-to-door pick up and full or half day rates.

And while your parent or grandparent is at the day care center, Regency Rehabilitation Services makes it possible for your loved one to have needed therapies through a comprehensive outpatient physical, occupational and speech therapy program customized by a licensed physical therapist. At Regency our clients are treated like royalty.

For further information or a tour of Regency Adult Day Care Center or Regency Rehabilitation, call (847) 647-1116, ext. 246, or stop in at 6625 N. Milwaukee Ave., in Niles.

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## Council for Jewish Elderly Assisted Living

Your mom is in her 80's and has been living alone since your dad died several years ago. She's been managing pretty well on her own until a fall in the bathroom left her shaky and needing some help with bathing. She won't move in with you because she doesn't want to be a burden. You've considered live-in help, but you're worried that her new condition will curb visits to friends and other pleasurable activities. Where should she live?

An assisted living residence might fill the bill - the newest type of housing for older adults who want to maintain their independence and social life. They may need some help with grooming and daily living tasks, but do not require a nursing home setting.

Mary Ann Manion is an expert on assisted living. She is director of the Harry and Jeanette Weinberg Community for Senior Living scheduled to open July, 1997 in Deerfield.

Developed by Council for Jewish Elderly (CJE), the Weinberg Community includes North Shore Place, an assisted living facility with 125 apartments, and The Bertram and Hannah Friend Center for Early Alzheimer's Care with 35 rooms.

Manion says: "Fortunately, there are many fine assisted living residences in the city and suburbs. Because the fastest-growing segment of the American population are those 85 or

older, and a good percentage are vital, savvy consumers, the housing industry is constructing facilities to satisfy this new demographic group.

"The new elderly and their adult children dislike an institutional and home-like facilities."

To help those contemplating a move to an assisted living residence, Manion poses these questions:

1. How do I know when it's time to look into assisted living? Perhaps an accident or surgery has made it more difficult for your older relative to get by on his or her own. Do they need reminders to eat nutritious meals or want peace of mind knowing that someone is nearby 24-hours a day?

"If you're concerned about maintaining healthy habits and personal safety, an assisted living residence is a good choice. The staff handles regular safety checks, medication reminders, and can help with grooming and other personal care chores," Manion says.

Council for Jewish Elderly is an affiliate of the Jewish Federation of Metropolitan Chicago. Since 1972, CJE has been meeting the growing needs of older people and their families across metropolitan Chicago. For more information on assisted living at North Shore Place, call (847) 374-0500.

## Equal pay for equal work

U.S. Sen. Dick Durbin today announced he is cosponsoring legislation to help close the wage gap between women and men. The announcement comes on National Pay Inequality Awareness Day -- the day on which women's earnings for the past 15 months catch up to men's earnings for 1996.

Noting that women earn only 71 cents for every dollar earned by men, Durbin said the Paycheck Fairness Act (PFA) would be a good step toward basic economic equal treatment.

The PFA would amend the Equal Pay Act and the Civil Rights Act of 1964 to provide more effective remedies to women who are not being paid equal wages for equal work. Currently, when employers violate the Equal Pay Act, women can only receive back pay awards which are too limited to act as a deterrent, Durbin said.

The PFA would allow women to collect compensatory and punitive damages and makes it easier to file class action suits against employers who violate the law. In addition, the bill would allow the Equal Employment Opportunity Commission (EEOC) to seek claims under the new damage provisions.

The PFA also would increase funding for the EEOC and reinforce a law that prohibits employers from penalizing employees who share information about their salaries.

"It shouldn't take a woman 15 months to earn what a man makes in 12," Durbin said.

## LEGAL NOTICE

FOR: PLAYGROUND EQUIPMENT

OWNER: NILES PARK DISTRICT

Notice is hereby given the Niles Park District will accept sealed bids for the purchase and installation of Playground Equipment, until 3:00 p.m., May 2, 1997, at the Howard Leisure Center, 6676 Howard St., Niles, Illinois 60714. Bids will be publicly opened and read aloud at the aforementioned time and place.

Bidding forms and specifications may be obtained from the Niles Park District at the above address. All inquiries should be directed to Michael R. Rea, Superintendent of Parks, at (847) 647-6777.

The Board of Commissioners reserves the right to accept or reject any or all bids and to waive any technicalities deemed to be in its best interest.

By Order of the Board of Commissioners  
**NILES PARK DISTRICT**

By: Rick Sheridan,  
Secretary

## YSP changes operation schedule

The Northwest Chapter of Young Single Parents (YSP) is changing its schedule of weekly activities to more closely meet members needs. Changing custody/visitation arrangements, needs for more family activities, and desires for more varied adult activities by members are all being addressed by these changes.

The first Friday of every month will be a Family Activity, organized for single parents and their children to have a fun, inexpensive evening together. Sites for these family activities will change each month.

The last Friday of every month will be Adult Activity-the YSP Dining Club. YSP will select a restaurant where members will

gather for a meal together. Afterwards, the group may go to a dance club, movie or play or comedy club. Members can choose to join in for dinner, or skip dinner and join the group afterwards for whatever activity is planned.

Information on monthly Family and Adult activities is available on the YSP Hotline at (847) 818-3339.

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**YES, I'M INTERESTED**, time to meet your ideal... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**IF YOU'RE A MAN**, who's looking for... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**LIFE IS GOOD AT 40**, who's looking for... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**PASSIONATE, LOVING, SEXY**, who's looking for... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**BE SUCCESSFUL IN BUSINESS**, who's looking for... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**BIG BEAUTIFUL BABE**, full-figured blonde... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**SWEET WITH A TOUCH OF SARCASM**, single... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**WELL-EDUCATED**, 40, blonde, single... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**BROWN EYED HALLMARK**, single, full-figured... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**DOWN TO EARTH WHITE FEMALE**, 5'7", 120 lbs... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**ATTRACTIVE WHITE FEMALE**, 40, blonde... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**BLONDE ROMANCE**, 40, blonde, single... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**CUTE AND AFFABLE**, 30 something, single... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**ATTRACTIVE JEWEL FEMALE**, 50, blonde... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**ARE YOU 30-40**, single, divorced... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**SOOTHY, CLEAN, BRUNETTE**, who's looking for... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**BRUNETTE BRUNETTE**, who's looking for... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**WILEY BEE FEMALE**, single, blonde... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**EXOTIC LOOKING**, mature, athletic... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**CORGIUS EUROPEAN BLONDE**, who's looking for... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**SINGLE JEWEL FEMALE**, 5'7", 120 lbs... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**JEWEL HEART**, who's looking for... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**ATTRACTIVE, SLIM, FIT WOMAN**, who's looking for... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

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**FOR SENTIMENTAL REASONS**, attractive... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**ATTRACTIVE, SHAPELY BRUNETTE**, 40... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

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**ATTRACTIVE ASIAN FEMALE**, 30... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**AXE MURDERER'S SISTER**, 30... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**CAPTIVATED BY HEART**, 30... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**REASONS WHY I'M SINGLE**, 30... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**WARM, DOWN-TO-EARTH WHITE MALE**, 40... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**VERY ATTRACTIVE**, single... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**TALL, ATHLETIC, EUROPEAN MAN**, looking for... 5'7", 120 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**FRANCE AREA**, single... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**ALWAYS THE REAL THING**, single... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**LOOKING FOR MY PRINCE**, female... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**ALWAYS THE REAL THING**, single... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**BEAUTIFUL BRUNETTE**, single... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

**EVERYBODY'S SPECIAL**, who's looking for... 5'6", 110 lbs, blonde hair, blue eyes, professional, seeking a close relationship. Like quiet, intelligent, successful men. Call me at 515-515-5155.

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## School News

### Notre Dame students compete in essay contest

Students from Notre Dame High School for Boys, Niles, compete in "Creating a Better World Youth Essay Contest" sponsored by The Way To Happiness Foundation. Since its inauguration three years ago, the "Creating a Better World Youth Essay Competition" has become one of the largest contests of its kind. Held in the Spring and Fall of each year, this wholesome educational activity reaches students from a wide range of religious and ethnic backgrounds.

The "Creating a Better World Youth Essay Competition" has six separate age divisions and engages students from the age of 5 up to the age of 18. With its aim of improving writing skills while teaching moral values, this competition gives students voice in solving some of today's most difficult social problems.

Each student's essay had to be titled after the chosen precept from "The Way To Happiness" book or after the theme of the contest which is "Creating a Better World". The essay should show how application of the chosen precept helps build responsibility in the neighborhood or community and promotes a better world. The following sophomore students from Notre Dame along with their titled essay received recognition:

Richard Lamorena - First place, Morton Grove "The American Gift" used three precepts in writing this essay "Take Care of Yourself", "Don't Do Anything Illegal" and "Set a Good Example".  
Joseph Jung - Fifth place, Niles "Whom Do We Look Upon" used three precepts in writing this essay "Take Care of Yourself", "Don't Do Anything Illegal" and "Set a Good Example".

### GCAG All-Academic Team



Good Counsel's GCAG All-Academic Team is represented by fourteen members of the Varsity Basketball Team. Their average gpa is 3.7134.0 and eight of the fourteen are members of the National Honors society. Pictured from left to right, back row: Amanda Marquez, Judy Cortes, Morgan Blaul, Lizette Hernandez, Katherine Cartwright, Reggie Cool, Natalia Fager, Linnette Morales, Erin Connelly. Front row, left to right: Bridget Carlson, Carrie Stewart, Camille Saidana, Maria Kelly and Samantha Manning.

### Niles West Music Dept. dishes up 'Pasta and Pops'

Tickets are on sale now for Niles West High School's 17th annual dinner concert, "Pasta and Pops," to be held Saturday, May 3 in the school's contest gym, 5701 Oakton Street in Skokie. A complete mostaccioli dinner will be served from 6:15-7:15 p.m., and entertainment will be provided by students in the bands, choirs, orchestras and color guard from 6:30-9 p.m. Tickets are \$9 each, and must be reserved by calling Susan Jafari at (847) 677-3523. Tables may be reserved for groups of ten or more. The reservation deadline is Wednesday, April 23. "Pasta and Pops" is the main fundraiser for the Niles West Music Parents Association. Funds are used for scholarships and for financial assistance to the music department to obtain items which the school budget does not cover. In addition, proceeds from a raffle held during "Pasta and Pops" are earmarked for the Niles West Music Parents Association Accolades Scholarship.

### 'What Parents Want' award for District 219

District 219 was recently named as one of only 1670 districts in the country as an 'Award-Winning School System' by SchoolMatch, an Ohio-based firm that provides school information to major companies that are relocating their employees. This honor, also called the 'What Parents Want Award', is based on seven factors: academic test scores, accreditation, national recognition of excellence, teacher salaries, above-average instructional expenditures, above-average expenditures on library/media services and class size.

### Jazz Band to play 'Just For the Fun of It'

The Niles West High School Jazz Band will host an evening of free jazz music at their fifth annual "Just For the Fun of It" concert beginning at 7:30 p.m. Friday, April 18 in Cafe West (the school's cafeteria) at 5701 Oakton Street in Skokie. The evening is devoted to the enjoyment of Big Band jazz music. It is not a contest but rather an event designed to let the participating groups simply go out and "strut their stuff." Refreshments will be available throughout the evening at a nominal charge.

For more information, contact Kathy Spreitzer or Niles West Jazz Band Director Bill Koch at (847) 688-3779.

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## School News

### What's Happening at Oakton Community College

A slide presentation featuring Modern art From Bayeux to Picasso will be held on Wednesday, April 23 at 1 p.m. in Room 2129 at Oakton Community College's DesPlaines campus, 1600 E. Golf Road. The event is free. For more information, contact Bob Stanley, professor of art, at (847) 635-1827.

The Shakespeare Project of Chicago presents a theatrical reading of Shakespeare's "Much Ado About Nothing," at 1 p.m. Wednesday, April 23 on the Mainstage of the Performing Arts Center at the DesPlaines campus, 1600 E. Golf Road. To obtain a ticket to the performance, contact the Oakton Box Office at (847) 635-1900 or drop by Room 1430 at the DesPlaines campus.

Misty Sheehan, assistant professor, College of DuPage, will discuss Hong Kong's Cultural Heritage on Thursday, April 24 as part of the Culture's Connection to Foreign Relations spring lecture series sponsored by Oakton's Emeritus Program. All lectures meet on Thursdays from 1-2:30 p.m. in Room A151 at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. The fee for each lecture is \$5 at the door. For more information, call the Emeritus office at (847) 635-1414.

The Oakton Community College Guitar Ensemble, accompanied by Flamenco Dancer and Monica Mazur, will perform at 8 p.m. on Thursday, April 24 in Room 115 at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie, and on Sunday, April 27 in Room 1361 at the DesPlaines campus, 1600 E. Golf Road. Admission is free. For more information, call (847) 635-1688.

Susan Salidor, Chicago songwriter/singer, will perform at Oakton Community College on Saturday, April 26 at 11 a.m. in the cafeteria at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. Tickets are \$3.50 per person; children under age 1 are free. For more information, call (847) 635-1441.

### Area student wins scholarship at Miami University

Arika J. Osacky, Morton Grove, has been selected to receive the Sidney W. Sowers Scholarship at Miami University for the coming academic year. For more information on Miami University-Alumni Scholarships, contact the scholarship area of Student Financial Aid, Miami University, Oxford, Ohio 45056, (513) 529-8757.

### Enroll in psychology course at Oakton

Looking for ways to express yourself and manage stress better? Register for a psychology class offered this spring through Alliance for Lifelong Learning (ALL), Oakton's adult and continuing education program. Classes are held at local high schools throughout the district.

So Your Baby's Changed Your Life (PSY B86 10, Touch-Tone 8267) features a discussion group for moms of babies and toddlers to look at, understand and cope with some of their feelings and changes in their relationships. The class meets for three Wednesdays starting April 16 from 7-9 p.m. at Niles North High School, 9800 Lawler Ave., Skokie. The fee is \$36.

Get Out of Your Own Way (PSY E30 10, Touch-Tone 2531) focuses on how to identify blocks and immobilizing fears as well as resistance to change. Learn to appreciate the strengths and resources you already have and realize staying safe is stifling, and that taking risks is exciting and encourages personal power. The class meets on Monday, April 21 from 7-10 p.m. at Niles North High School. The fee is \$30.

Getting What You Want Out of Life (PSY B83 10, Touch-Tone 8220) is designed to teach students how to take things in stride in the midst of normal stressors.

Discover four practical strategies to help you feel more in control, minimize your reactions and get more satisfaction out of each day. The class meets on Monday, April 28 from 7-10 p.m. at Niles North High School. The fee is \$30.

Learn how to express feelings, beliefs, and desires in honest, appropriate ways in an Assertiveness Training Workshop (PSY E25 10, Touch-Tone 2467). The differences between assertiveness, aggressive and non-aggressive responses and practical handling of typical situations are explored. The class meets on Tuesday, May 6 from 7-10 p.m. at Maine East High School, 2601 W. Dempster, Park Ridge. The fee is \$30.

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 information and a brochure on these and other classes, call (847) 982-9888.

### General Caucus for District 64 and 207

The General Caucus of School Districts 64 and 207 will meet on Tuesday, April 22, at Field School, 707 Wisner, Park Ridge. At this meeting which begins at 7:30 p.m., delegates from community organizations will be presenting candidates for endorsement for the Fall 1997 school board elections of Park Ridge School Districts 64 and 207.

The General Caucus has been seeking prospective qualified candidates from our community to recommend for service on our local school board. The Nominating Committee has spent the past

four months recruiting and interviewing interested candidates. Twelve possible candidates will be presented for endorsement. The committee needed to present at least 2 candidates for each vacancy to the entire caucus for its review.

The last Caucus meeting on June 3, starting earlier at 7 p.m., will consist of a debate format followed by an open question and answer period. The Caucus delegates will be voting that evening for 1 District 207 candidates and 4 District 64 candidates. The public is invited to attend.

**Fri., Apr. 18**  
**Friendship Concert Series**  
Alternative folk trio Sons of the Never Wrong and Stuart Rosenbergs & Friends will perform in the Friendship Concert Series on Friday, April 18, at 8 p.m. at the Friendship Concert Hall at Kolpin and Algonquin Roads in Des Plaines. Tickets are \$10 in advance, \$12 at the door and may be purchased in person or by phone from the Mt. Prospect

Park District, 411 S. Maple Street, Mt. Prospect, IL 60056. Call (847) 255-5380 for additional information.

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## Sports/Parks & Library News

### Final donation check presented



Knights presenting final payment to Niles Park District's Board of Commissioners.

In 1994 the Board of Commissioners of the Niles, Illinois Park District approached *Wall Beusse*, a past grand knight of the North American Martyrs Council 4338, Knights of Columbus, to discuss a serious problem they encountered. The Board needed financial assistance to replace some special playground equipment at the very popular Triangle Park on Milwaukee Avenue in Niles.

The members of the North American Martyrs agreed to provide all the funding for the removal of the old equipment, preparation of the area and installation of the state-of-the-art hand-capped accessible playground equipment. The knights were to provide the money over a five

year period, using various fund raising efforts.

On February 18, officers and members of the North American Martyrs took great pride in presenting the final installment, (two years earlier than agreed) to the Niles Park District Board of Commissioners. Total contribution for the park was \$17,628.

The officers and members of North American Martyrs Council 4338 are very proud to have donated the funds to this very worthy cause. We're very happy to help the people (and children) of our community. As a gesture of thanks, the Niles Park District has dedicated a special sign at Triangle Park as a commemorative to this tremendous act of charity.

### Take a swing at an old favorite

The Skokie Park District invites beginners and experts alike to take a swing at an old favorite. Golfing weather is upon us, so brush up your skills with golf clinics at the Weber Leisure Center (corner of Gross Point and Church Street).

**A Pre-Season Golf Clinic:** Held at noon on Saturday, April 19 this comprehensive three-hour clinic will encourage participants to sharpen their golf skills for the upcoming season. The clinic will follow a "stations training" approach covering woods, irons, chipping, putting and golf etiquette. The fee is \$10 per person.

**Golf Your Way:** On Tuesday, April 22, all skill levels are invited for a general discussion of golf activities, followed by a question and answer session at "Golf Your Way." From 7 to 9 p.m., participants will learn tips on how to make the best choices when it comes to selecting equipment as well as improving their game. The fee is \$6 per person.

For more information, call Joe Bottalla, (847) 674-1500, ext. 4370.

### Free jazz concert

The Morton Grove Park District Community Jazz Band will be performing a free concert at the Morton Grove Library at 2 p.m. on Sunday, April 20. This eighteen-member musical group performs big band classics from 1940 to the present. You'll be tapping your toes to the great tunes of Count Basie, Woody Herman, Benny Goodman and more. This concert is open to the public.

### Gale Sayers to host Marklund Golf Tournament

Legendary Bear's Running Back and Football Hall-of-Famer Gale Sayers will host Marklund's Fifteenth Annual Golf Tournament on May 12th at Indian Lakes Resort in Bloomingdale. A golf clinic will be held at 10 a.m. and a shotgun start at 11 a.m. Registration is \$300 per person, or \$1,200 per foursome, and includes green fees, golf cart, half-way house lunch provided by Outback Steakhouse, cocktails, dinner, and entry into the grand prize drawing for a trip for two anywhere in the continental U.S., courtesy of American Airlines.

"Our goal this year is to raise \$150,000 to benefit our infants, children and adults," said Lea Jackman of Marklund Charities, coordinator of the event. "Because of the generosity of our sponsors, virtually all of our expenses are covered, therefore, funds generated directly benefit those we serve."

Marklund is a not-for-profit network of services to help infants, children and adults with developmental disabilities reach their highest potential and live as full a life as possible. With locations throughout the Chicagoland area's northern, southern and western suburbs, Marklund has provided care to over 1,200 developmentally disabled infants, children and adults since 1954.

"Marklund is one of the most unique organizations that I have ever been involved with," said Gale Sayers. "The kids have a way of tugging at the heartstrings. Once you meet them, you never forget them." For more information or to make a reservation, please call (630) 529-2151.

### MWBA Midwest Basketball Association

Mid-West Basketball Association announces St. Joseph, MO, as site for boys and girls basketball tournament.

Boys and girls basketball teams from all over the mid-west will converge on the campus of Missouri Western State College, St. Joseph, MO. To determine the champions of this invitational tournament beginning June 30, 1997.

Age brackets for this boys and girls tournament are as follows:

10 & under, 11 & under, 12 & under, 13 & under, 14 & under, 16 & under.

Teams will be guaranteed six (6) basketball games. Pod play will qualify teams to play in championship or consolation brackets.

Individual teams who desire more information about participation can write to... Mid-West Basketball Association, P.O. Box 621, Excelsior Springs, MO, 64024 or call (816) 630-6422 or email-hbcrebb@giv.net.

### LEGAL NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, May 12, 1997, at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s):

- 97-ZP-10 Milorad Andelkovic 8115 Davis Street Niles, Illinois  
Requesting a change in zoning from B-2 to B-2 Special Use to open an automobile repair and service center in rear portion of building at 7136 Touhy Avenue.
- 97-ZP-11 Krzysztof Owa 4916 W. Byron Chicago, Illinois  
Requesting a change in zoning from B-2 to B-2 Special Use for a machine shop at 7438 Milwaukee Avenue.
- 97-ZP-12 Mark Culhane Northridge Preparatory 8101 Golf Road Niles, Illinois 60714  
Requesting a change in zoning P-1 to R-1 Special Use and variation to side (front) yard from 30' to 22' for gym and variation of rear yard from 30' to 7.22'. Also time extension to construct gym until 6-1-2000, for operation of elementary and secondary school for Northridge Preparatory School, at 8320 Ballard Road.

The Village of Niles to comply with the Americans with Disabilities Act by making reasonable accommodations for people with disabilities. If you or someone you know with a disability require accommodation for a Village service or have any questions about the Village's compliance, please contact Abe Selman, Village Manager, 1000 Civic Center Drive, Niles, Illinois, 847/588-8000.

## Police

### Theft

The 32-year-old manager of the paging company in the 5600 block of Touhy Avenue reported that 50 Motorola pagers valued at \$3,750 have been removed from the stock room by person(s) unknown between March 7 and April 3.

A 45-year-old Niles automobile salesman reported that he discovered that three of his watches, a Rolex submariner valued at \$1,930, a Rolex Daytona valued at \$2,400, had been removed from a case on the headboard of a bed in his master bedroom sometime between April 1 and April 9.

The victim believes the watches may have been taken by an invited guest who was visiting his 10-year-old son while he was home from school convalescing from an operation.

The victim will discuss the theft with his son and has requested a follow-up investigation.

A 70-year-old Niles woman reported that she opened an account with a well-known investment firm several years ago with her ex-son-in-law as the broker.

Sometime during 1996 the son-in-law withdrew between \$11,000 and \$12,000 from the account without the victim's authorization.

The victim requested a follow-up investigation and told police she will sign criminal complaints against the offender.

**Deceptive practices**  
A 44-year-old medical technologist reported that she received a credit report in the mail on March 7.

The envelope the report came in had been opened and was not properly sealed. On March 29 the victim received a phone call from Discover Card advising her that seven credit card transactions had occurred using the victim's card in Michigan. The purchases totaled \$3,638. She also learned that two emergency credit cards were sent to an Ann Arbor, Mich., address after Discover Card received a phone call requesting them.

When the victim contacted her other credit card companies, she learned that transactions totaling \$3,200 were made on her Ameritech Mastercard.

The victim is in possession of all her credit cards and is sure that someone viewed her credit report prior to her receiving it in the mail. All unauthorized transactions occurred out of state.

The matter is under investigation.

**Suspicious activities**  
Two hair stylists employed at the salon in the 8700 block of Dempster Street, one age 50 from Schaumburg and the other age 52 from Des Plaines, reported that they gave \$600 sometime in January to a 28-year-old woman employed by Bloomingdale's department store with the understanding that she would purchase clothing for them from the store.

To date the offender has not purchased the clothing nor has she returned the money to the victims.

The victims requested a follow-up investigation.

**Harassing phone calls**

A 42-year-old surgical technician living in the 8600 block of Milwaukee Avenue reported that she met a 50-year-old man through a dateline and spoke with him by phone numerous times before physically meeting him, March 31.

She decided that the man was not her type and broke off the short relationship when he mentioned marriage. Since then, the offender has been calling the victim at home and at work and has sent her letters at work. The victim refuses to answer the offender's phone calls and now is getting hang-up calls from the offender's home phone number.

The victim filed a report with the Park Ridge Police for calls she received at work.

Police spoke with the suspect and he agreed to stop calling the victim.

**Youth complaint**

A 17-year-old Chicago youth and his 45-year-old father lodged a complaint against a 200-pound 18-year-old Chicago man who is allegedly abusing the youth at the school in the 7600 block of Dempster street where both are students.

The victim alleges that the offender has been threatening to beat him up for the past year and that he once threw him into the lockers.

The victim reported the problem to the school counselor, but nothing has been done. A follow-up investigation was requested.

**Criminal damage to auto**

A 21-year-old Chicago stock clerk at the supermarket in the 5600 block of Touhy Avenue reported that an unknown offender or offenders used a BB-type projectile or a rock to shatter the rear cab hatch window of his 1997

Ford truck sometime between 6 a.m. and 11:30 a.m. April 13. The cost to repair the damage is estimated at \$200.

**Fire investigation**

A 44-year-old employee of a lower company in the 6300 block of Howard Street reported smoke in the building around 5:53 a.m. April 9 and contacted the Niles Fire Department who forced entry and found cardboard boxes smoldering near the center of the building.

The fire was extinguished by the building's sprinkler system. The Fire Department ventilated the building.

**Soliciting**

A 17-year-old Riverdale youth, reportedly a member of the Gangster Disciples, was observed selling candy in supermarket in the 7900 block of Milwaukee Avenue around 5:03 p.m. April 8.

The candy was confiscated and inventoried as evidence, and the offender was issued a P-ticket for soliciting without a permit. A gang contact sheet for leads was also filled out on the offender.

The cost to replace the glass was estimated at \$200.

A 48-year-old beverage company employee living in the 8400 block of Roseview and a 23-year-old neighbor reported that unknown offender(s) punctured the passenger side tires of two autos owned by the man and one auto owned by the neighbor, sometime between 11 p.m. April 6 and 5:30 a.m. April 7.

A 41-year-old Niles manager reported that he suspects the 38-year-old former boyfriend of his girlfriend of using an unknown object to smash out the two left door windows and the rear right door window of his 1993 Toyota Camry while it was parked in the 8000 block of Foster Lane between 10:15 p.m. and 10:30 p.m. April 9.

The victim believes the suspect is responsible for the damage to his car because he has been threatening him lately. The victim requested a follow-up investigation.

The 18-year-old daughter of the 60-year-old owner of a 1996 Hyundai Elantra reported that she found a hard substance on the hood that had eaten through the paint and dents and scratches on the driver's side door when she returned to the car around 12:30 a.m. after she had parked it at 298 Golf Mill Center parking lot around 7 p.m. April 8.

The complainant told police she suspects a former friend, a 17-year-old male, who told her and other acquaintances that he would damage her car.

The victim requested a follow-up investigation and a police interview with the suspect.

**Criminal damage to property**

Police observed damage to the front door of a pizza restaurant in the 9000 block of Greenwood Avenue around 12:30 p.m. April 9. When the owner arrived he observed a medium hole was placed in the upper right side of the door. The glass shattered and fell out indicating that no entry had been made.

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## Business News

### Nalco Foundation provides grant

American Chemical Society/Chicago Section in Niles received a \$1,000 grant from The Nalco Foundation to provide a scholarship award for the third place winner of the annual ACS chemistry exam competition. Each chemistry teacher in the metropolitan Chicago area is invited to nominate two students to take the exam.

In the first quarter of 1997, 47

nonprofit organizations were recipients of \$290,006 from The Nalco Foundation. Funding is made by The Nalco Foundation to organizations that provide services in the areas of culture and the arts, education, civic and community affairs, and health. Since its inception in 1953, The Nalco Foundation has made grants totaling more than \$30 million.

The Institute for Business and Professional Development at Oakton Community College is offering seminars in business development during its spring term at the DesPlaines Campus, 1600 E. Golf Road.

Negotiation Techniques for Buyers focuses on basic persuasion techniques and how to understand the other party's position in various types of negotiation. Additional topics include using limited authority to an advantage, conducting telephone negotiations, team negotiating, developing listening skills, handling concessions and more. The seminar meets on Monday, April 28 from 8:30 a.m. - 5 p.m. The fee is \$225.

Fundamentals of Manufacturing Resource Planning can help participants gain an understanding of the principles and techniques of production materials and inventory control. The seminar meets on Tuesday and Wednesday, April 29 and 30 from 8:30 a.m. - 5 p.m. The fee is \$335.

The New Supervisor covers how to make a smooth transition into management by understanding the role of a manager. Develop skills to effectively supervise people and improve your work. The seminar meets on Tuesday, April 29 from 8:30 a.m. - 5 p.m. The fee is \$225.

Introduction to Windows 3.1 focuses on how to navigate through this icon driven environment. Let personal computer management become easy and fun. Learn how to use a mouse to "click" your way through various applications. The seminar meets on Wednesday, April 30, Tuesday, May 13 or Monday, June 16 from 8:30 a.m. - 5 p.m. The fee is \$240. For information, call (847) 635-1932.

### Free reverse mortgage workbook

Senior homeowners can request a free workbook that describes "HouseMoney", a reverse mortgage plan that provides cash advances based on the equity in the home.

The workbook answers frequently asked questions about reverse mortgages and shows how seniors can use HouseMoney to meet financial and lifestyle needs. HouseMoney plans are designed for people age 65 and over who have a home valued at \$75,000 or more.

These plans are offered by Transamerica HomeFirst in California, Colorado, Connecticut, the District of Columbia, Florida, Georgia, Hawaii, Illinois, Maryland, Michigan, New Jersey, New York, Ohio, Oregon, Pennsylvania, Virginia, and Washington.

Seniors interested in obtaining a free copy of the workbook should call Transamerica HomeFirst toll-free at 1-800-538-5569, or write the company at 505 Sansome Street, San Francisco, CA 94111.

Transamerica HomeFirst is the nation's leading private reverse mortgage provider, offering a wider range of options than any other lender. The company is a unit of Transamerica Finance Group, the finance arm of Transamerica Corporation, one of the nation's largest financial service companies.

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## Business News

### A tax break you may not want to take

It isn't every day Congress hands taxpayers a tax break they may not want to take. But such is the case with the temporary suspension of the 15% tax on excess distributions from retirement accounts.

Before 1997, individual taxpayers who withdrew more than \$155,000 in a single year or \$775,000 in a lump sum (these numbers are indexed annually) from a retirement plan such as 401K or an individual retirement plan paid a 15% penalty tax on the excess above those limits. The tax was an addition to regular income taxes paid on the withdrawals, so the combination made for a pretty hefty tax bill. Most taxpayers, of course, either don't have that much money in their accounts or can spread out the withdrawals over the years to avoid the tax. However, taxpayers generally are required to withdraw at least a minimum amount annually, once they reach age 70 1/2. For retirees with large nest eggs, their minimum withdrawals could exceed the \$155,000 limit (you should see your financial planner to determine whether you may be liable for the tax).

But Congress has suspended the 15% excise tax on all withdrawals made in 1997, 1998 and 1999. So if you're fortunate enough to have so much money in your retirement accounts that even spreading out withdrawals over many years won't keep you below the limits, you may be tempted to make sizable withdrawals during these years to avoid the tax. Congress has made that temptation even stronger by

eliminating by the year 2000 the ability to elect five-year averaging, a method that can reduce the tax bite on lump sum withdrawals. But not so fast. The move could cost you money in the long run, not save it.

First keep in mind that if you withdrew a large amount of money during the next three years to avoid the excise tax, you may actually be pushing yourself into a higher income tax bracket, or at least exposing a greater chunk of your income to the high bracket you may already be in.

Second, the power of compounding your investments inside a tax-deferred vehicle such as a 401(k) may actually out-muscle the amount of money you lose to the excise tax. Let's say you withdraw a large amount these next three years to avoid excise tax. After paying income taxes, you reinvest a portion of the remaining amount (we'll assume that the rest goes to pay for retirement expenses). However, unlike the investment earnings inside the tax-deferred retirement account, you'll now have to pay taxes each year on the investment earnings, unless you invest in, say, a tax-deferred variable annuity. As you probably know, annual taxes on investment earnings can be a significant drag on your net return. The drag can be so great, in fact, that you may have been better off, even after taking into account payment of the 15% excise tax, to leave the money in the account to compound tax-deferred.

You'll need to sit down with

your financial planner to run the numbers on this. Whether it pays to pay to take the money out in the next three years will depend on several factors:

The amount of money in the account  
Your income tax bracket  
The expected tax-deferred earnings of the account (the higher the rate of return, the better it is to leave the money in the account)

How long you anticipate using the account. If you are nearing the end of your life expectancy or are in poor health, it may pay to take advantage of the excise-tax window.

That's because you won't have the time for the power of tax-deferred compounding to work its magic, and because the 15% penalty tax on excess accumulated funds passed on at the death of the account owner was not suspended for these three years.

Most taxpayers who reach age 70 1/2 may postpone taking minimum withdrawals from retirement accounts as long as they are still working (this does not apply to funds inside IRAs). Withdrawals aren't required to start until April 1 of the year following the year they retire. Consequently, more of the funds in your retirement accounts can continue to grow tax-deferred. This will mean a large retirement account when you retire. Your financial planner can help you determine whether the extra growth will more than compensate for any excise tax.

### Seminar on Irrevocable Insurance Trusts set

Two professionals combining insurance, banking, accounting and law expertise will cover all the bases in planning and administering irrevocable insurance trusts at the April dinner meeting of the Northwest Suburban Estate Planning Council (NWSEPC). Headlining the program, Thursday, April 24, at Rupert's Banquet and Conference Center, 1701 W. Golf Rd., Rolling Meadows will be: Robert C. Feitman, Vice President and Trust Officer, Harris Bank, Barrington and Thomas M. Stock, CLU, ChFC, who has been a special agent of

the Northwestern Mutual Life Insurance Company.

Their presentation, entitled "Irrevocable Insurance Trusts—Administration Issues and Application to Split Dollar Plans," is the fourth in a series of professional development seminars provided by NWSEPC in 1997.

Meeting registration begins at 6 p.m., with dinner served at 7 p.m. Advance member registration is \$25. The registration fee for nonmembers and walk-ins is \$30. To register or for more information, contact Eliot Rosenwald, (847) 982-0333.

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(THE BUGLE NEWSPAPERS)

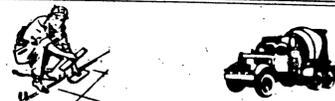
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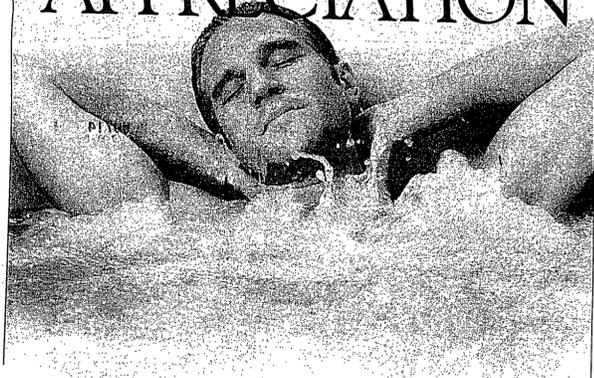
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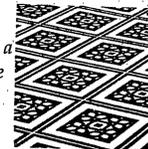
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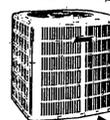


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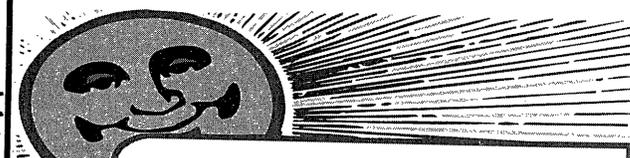
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<p><b>NEW RESTAURANT OPENING SOON</b></p> <p><b>Buca di Beppo</b></p> <p>Now Hiring:</p> <ul style="list-style-type: none"> <li>• Servers</li> <li>• Wait Assistants</li> <li>• Host Staff</li> <li>• Bartenders</li> <li>• Pizza Cooks</li> <li>• Pasta Cooks</li> <li>• Sauté Cooks</li> <li>• Pantry Cooks</li> <li>• Prep Cooks</li> <li>• Bakers</li> <li>• Dishwashers</li> <li>• Bookkeepers</li> </ul> <p>If you like work that's actually fun, apply in person btw 9AM - 7 PM at: 604 N. Milwaukee Avenue, Wheeling, IL</p>				
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<p><b>FOOD SERVICE</b></p> <p>Growing research company seeks person to cater to clients at our O'Hare office. Duties include food preparation, serving and clean up. Must be professional, energetic service oriented. Flexible schedule offers day, evening and weekend hours. Call Holly at: <b>(847) 390-8778</b></p>				
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<p><b>RETAIL INVENTORY</b></p> <p>Do You Enjoy Working Early Mornings Or Late Evenings? RGIS Is Now Hiring In The North Suburbs \$7.50/Hour No Experience Necessary Must Have Transportation! Call: <b>(847) 296-3031</b> EOE</p>				
<p>Find the help that you need in our classified section.</p>				
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<p>***** <b>TELEPHONE OPERATORS</b> ***** For Answering Service in Des Plaines, Part-Time, Mornings or Afternoons and Weekends. Call: <b>(847) 390-1789</b> *****</p>				
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<b>GENERAL MAINTENANCE</b>				
<p>Oakton Community College has an immediate position available on our Skokie campus for a General Maintenance person to perform routine maintenance duties and assist skilled maintenance staff in the repair of the building. Qualified candidates must have a high school education or equivalent and one year general maintenance experience. Interested candidates should send resume to: Human Resources, Oakton Community College, 1600 E. Golf Rd., Des Plaines, IL 60016. EOE M/F.</p>				
<b>DRIVERS</b>				
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## The Glory That Was Rome to be presented

The William Ferris Chorale celebrates the majestic sounds and profound spirituality of music written for the Church of Rome at their concert on Friday, April 25th in Mt. Carmel Church, 690 West Belmont Avenue, Chicago. Concert time is 8 p.m. The program features music by three of Italy's most distinguished liturgical composers, true heirs to Puccini's melodic legacy: Lorenzo Perosi, Licinio Refice and Pietro Yon.

## St. Haralambos Spring Bake Sale

The Ladies Philoptochos Society of the St. Haralambos Greek Orthodox Church in Niles, announces the dates of their annual Spring Bake Sale, Thursday, April 17 and Friday, April 18 from 9 a.m. to 6 p.m.

The Bake Sale will feature our famous Easter Tsoureski Bread and Koulourakia. Greek Pastries, such as Baklava, Diples, Galaktoboureko, Kataifi, Kourambietos and Melomakarouna for your holiday entertaining. A Coffee Shop will be available where you can sit and enjoy a pastry and coffee.

## Northwest Suburban AAUW Anniversary

An invitation to current and former AAUW members to join in the celebration of the 50th Anniversary of the Northwest Suburban AAUW Branch (DesPlaines, Mt. Prospect, Park Ridge, Prospect Heights). Come to lunch at the Park Ridge County Club on Sat. April 19 at 11 a.m. Join us to share experiences and reflect on our accomplishments.

## International Cultural Showcase

On Friday, April 18, the St. John Brebeuf Catholic Women's Club will host an INTERNATIONAL CULTURAL SHOWCASE. This event will be held in the school hall and gym, 8301 N. Harlem, from 6:30 p.m. to 9:30 p.m.

## Early travel ...

Continued from Niles Page 1 program starting at 2 p.m. The program will delight people of all ages - make it a family afternoon.

Come early, see friends, make new friends, tour the Museum, note the many changes, additions and improvements over the past year.

Admission and refreshments are free; donations will be accepted.

The Niles Historical Museum is open every Wednesday and Friday, 10 a.m. to 3 p.m.; other times, by appointment only. Call (847) 390-0160 for more information.

## Ameritech ... County Tax ...

Continued from Page 1

corporate name--Ameritech Illinois Metro but will eventually merge with Illinois Bell and so become one local telephone service for the area.

Officials of both companies emphasized that customers will experience no change in telephone, emergency long distance or calling card service as a result of the acquisition.

Douglas Whitley, Ameritech President, said at a recent news conference that the former Sprint customers will likely benefit by more favorable prices after the transition has been accomplished.

While some prices for certain services may go up, prices will generally be lower once the acquisition is established, Whitley said.

Whitley described the former Sprint exchanges as an excellent fit with Ameritech's existing communications business and an exciting growth opportunity in the local area where Ameritech's identity and reputation are already firmly established.

The agreement also jibes well with the goals of the two communications giants: Ameritech's desire to expand its basic phone markets and Sprint's desire to sell off its basic telephone business and expand its specialized personal communications services that include cellular, paging and customized business products.

Official approval is expected by mid-summer, but the actual transition will take a few months longer, company officials said.

Sprint employees, who number about 450, were informed of the acquisition April 8. Some of the present employees will likely lose their jobs, according to company officials.

## The Elephant Man -- auditions to be held

With the last show of its 51st season, the Des Plaines Theatre Guild will present the drama, *The Elephant Man*, to the community. Auditions are being held on Monday, May 5 and Tuesday, May 6 at 7 p.m. at the Prairie Lakes Community Center, 515 E. Thacker St., in Des Plaines. Call-backs are slated for Wednesday, May 7 at 7 p.m.

*The Elephant Man*, by Bernard Pomeroy, is about a monstrously deformed man who is rescued from the streets, taken into the London Hospital in Whitechapel, and becomes a celebrated curiosity for British society of the 1880s.

Auditionees are asked to prepare 2 dramatic monologues, 1 of a classical nature, not to exceed a total of 4 minutes.

The show will be presented in 12 performances on Fridays, Saturdays on Sundays, for four weekends beginning in July, 1997. Auditions are open to all; no appointments are required. Minorities are encouraged to audition. Resumes and/or photos are accepted but not mandatory. There is no pay.

of beer and wine on Park District property. O'Shanter's Restaurant and the Howard Leisure Center being the two exceptions.

Elsine Heinen reminded the Commissioners that the Village Board was not asking the Park District to permit them to serve alcohol, but was only asking to use Park District property for the picnic. She noted that the Village had already presented the letter from the Liquor Commissioner allowing them to serve liquor at their picnic.

Skaja admitted that a concession has been made for the Village each year for this, but worried that continued acquiescence of the request would create a "bad precedent." He said he was concerned that by permitting the Village to use the park to serve liquor at their picnic would be opening the doors up to other special interest groups to petition for similar access.

Attorney Dave Freeman, present at the Board's meeting, noted that the Board might consider getting a rider to their insurance policies for this event. He also suggested they include a "hold harmless" clause to prevent liability to the Park District. Under this type of clause, the Village would "pick up any costs or damages that would be held against the Park District," Freeman said.

Realizing that several issues remained unresolved, Commissioner Rick Sheridan asked that the discussion be tabled until the April Board meeting when all the documents could be prepared by the Village and presented to the Board for review. The Board agreed.

## Library ...

Continued from Page 1 of the routes for the Niles Free Bus stop at the new library location.

Czarnecki attributes the drop in circulation to the fact that the library was closed five days in February to effect the move, there was one fewer day in February this year as opposed to last year and the library is now in an industrial section of town and not near any school from which children might walk to the library.

Czarnecki also feels that patrons living in the northwest corner of the district may be using other closer libraries while the Niles Library is undergoing construction.

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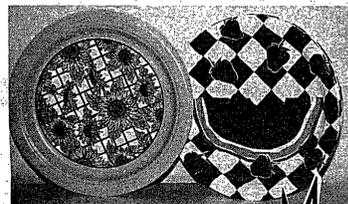


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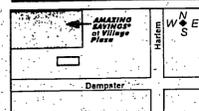
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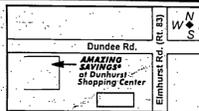
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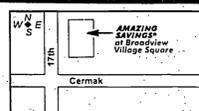
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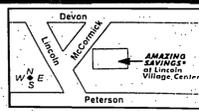
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