

Post Office removes six Niles mailboxes

by Rosemary Tirio

If you thought your eyes had gone bad because one day the mailbox you've been using for years had suddenly disappeared, not to worry. It's not you, it's the U.S. Post Office.

Selected blue mailboxes throughout the Chicagoland area have been removed as a result of a Post Office survey that revealed that those post boxes were receiving fewer than 25 pieces of mail per day. The program to remove underused mailboxes has been in progress for the last four to six

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847 users may get new area code by 1998

by Rosemary Tirio

State regulators are at it again. Fearing that they will run out of phone numbers in the 847 area by the second quarter of 1998, Ameritech and other local phone companies made two proposals to the Illinois Commerce Commission last week.

One proposal would assign yet another new area code to phone users in the eastern half of the 847 area. The other proposal would allow phone users to retain the 847 area code but would require the dialing of 11 digits (1 plus

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Maine teachers sign 5-year pact with Dist. 207

Representatives of the Maine Township High School District 207 and the Maine Teachers Association signed a five-year contract last week, the longest term contract in District 207 history.

After more than two months of friendly negotiations, Superintendent Steve Snider signed the

pact which was ratified by the District Board of Education May 5. The MTA accepted the contract a few days earlier.

Snider and MTA President Char Lobitz issued a joint statement outlining the terms of the contract that include salary im-

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Village to host open house for new building

by Kathleen Quirsfeld

The new Niles Village Hall stands imposingly on the corners of Waukegan and Oakton. From all angles, it is a beautiful building. But to only say that it is beautiful is not really doing it justice. And that description doesn't begin to consider all that went into the planning of its creation.

This building is more than bricks, mortar and glass to the Village Board members who labored and fretted about the details of the construction for many months.

They patiently accepted and analyzed bids, met with contractors and conferred with each other several times over the expenses. Time was spent during many of their Board meetings discussing the plans of the construction.

For them, this building is a monument to the "pull-togetherness" of the Village of Niles.

Mayor Nicholas Blase told the people gathered at the Niles Village Board meeting on March 25

that he was "very proud of the new building and the new facility."

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The Morton Grove Historical Society

The Morton Grove Historical Society's next meeting will be Tuesday, May 20 at 7 p.m. in the Baxter Room at the Morton Grove Public Library.

After a short business meeting, Mr. Eugene B. Lehman of Rolling Meadows will provide the program, entitled THE 1908 SEARS, ROEBUCK CATALOG. This will be a charming trip down memory lane and entertaining, too. Mr. Lehman will have us chuckling as we browse through the old catalog.

The general public is welcome to this nostalgic gathering. There is no admission fee and light refreshments will be available after the program.

Nine antennas to be erected on top of senior building

Zoners give nod to AT&T towers at The Huntington

by Kathleen Quirsfeld

In a striking departure from its last meeting with the Niles Plan Commission and Zoning Board, AT&T Wireless, through its attorney, Anthony Lello, of John Rily & Associates, was unanimously granted permission to erect 9 PCS Antennas at 9201 Maryland, Niles. This time before the Zoning Board, however, AT&T was not only welcomed to Niles, it was applauded for its "good neighbor" efforts.

The Plan Commission and Zoning Board had continued this matter for several months for various reasons, but primarily because the Board felt the petitioner had not complied with its engineering specification requests.

Armed with two letters, one from Alt Engineering, a construction engineering firm, with whom AT&T Wireless had consulted, and one from AT&T

Wireless, the Board was satisfied that the telecommunication company had complied with all its conditions.

The letter from Alt addressed the quality of the support materials and equipment Alt planned to

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MG officer cleared in squad car heist

The Morton Grove police officer whose car was stolen April 18 by a Chicago suspect the officer was chasing was officially cleared of any malfeasance in the incident.

Morton Grove Police Commander Garry Marta said that while normally an officer is expected to lock a police vehicle and keep the key in his possession, extenuating circumstances prevailed in the April 18 incident.

The officer spotted Robert L. Branlett, 33, of Chicago, near the

intersection of Marmora Avenue and Crain Street. Recognizing Branlett who was wanted by Chicago police, the officer parked his squad and got out to speak to the suspect.

When he went back to the squad to contact headquarters, however, Branlett bolted and ran. The officer gave chase, but Branlett doubled back and commandeered the squad. Two officers and a witness who saw the squad being taken later identified Bran-

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Mayor Blase and Trustees serving until 2001



At the Consolidated Election held on April 1, Mayor Nicholas B. Blase (10th term), Trustee Robert M. Callero (1st term), Trustee Louella Preston (4th term), and Andrew Przybylo (3rd term), were elected to serve a four year term of office. Mayor Blase and Trustees Callero and Przybylo were officially sworn in at the April Village Board Meeting. (Trustee Preston had been previously sworn in at the Village Hall). Each official was elected for a four year term ending April 30, 2001.

Maine Township Board OKs '97-98 budget

The Maine Township Board on Tuesday approved its budget for 1997-98.

The budget for the General Town Fund totals \$2,602,981, down 8 percent from \$2,825,632 last year. Spending in the General Assistance Fund also decreased, dropping 9 percent to \$386,100 from \$644,175 in 1996-97.

The 1997-98 fiscal year began

March 1, but the township has until May 31 to adopt the new budgets.

The board on Tuesday also accepted the 1997-98 Road and Bridge Fund budget, which totals \$1,379,750, up 7 percent over last year's appropriation of \$1,285,700.

Public hearings on the budgets were held Tuesday prior to the board's vote.

Drug Abuse and Addiction Town Meeting

The National Institute on Drug Abuse, National Institutes of Health (NIDA), will hold a community Town Meeting in Chicago on May 30, from 8:30 a.m. to 5 p.m. at the Hyatt Regency Chicago. NIDA Director Alan I. Leshner, Ph.D., will convene the Town Meeting on *Understanding Drug Abuse and Addiction: Myths versus Reality*. Scientists and community leaders will discuss the problem of drug abuse in the State of Illinois and in the Chicago area, and consider how the

results of research can be used to improve the response to the problem.

On May 29 from 7 p.m. to 9 p.m., Dr. Leshner will join parents, students, teachers, and community leaders at Glenbrook South High School in Glenview, Illinois for a discussion on *Drug Abuse and Our Youth*. The focus will be on the latest research about the consequences, prevention, and treatment of drug abuse and addiction among today's young people. Citizens con-

cerned about the problems of drug abuse are invited to participate.

The Town Meeting is cosponsored by the Office of Substance Abuse Policy - City of Chicago; the Office of the Lieutenant Governor/Partnership for a Drug-Free Illinois; the Illinois Department of Alcoholism and Substance Abuse; and the Illinois Society of Addiction Medicine. A \$25 registration fee covers the cost of the May 30 Town Meeting and lunch. Registration information may be obtained from the Mayor's Office of Substance Abuse Policy at (312) 747-2606. For information on the Glenbrook South High School event, please contact Carol Joy Cunningham at (847) 940-0202.

Members of the press who want to attend the Town Meeting or the Glenbrook South High School event, or arrange interviews, should contact the NIDA Press Office at (301) 443-6245.

Skokie Memorial Day ceremony

On Monday, May 26, in observance of Memorial Day, there will be an impressive ceremony at the Veterans Memorial in front of the Skokie Village Hall, 5127 W. Oakton, Skokie, at 10:30 a.m.

Participating will be the Veterans' Posts of American Legion Skokie Post #320, Jewish War Veterans Skokie Post #328, Niles Township Veterans of the Vietnam War Post IL #2, and Veterans of Foreign Wars Skokie Valley Post #3854.

The featured speaker will be the Honorable Jacqueline Gorell, Mayor of Skokie, with remarks also from designated speakers of all the Veterans' Posts. Wreaths will be placed at the Memorial, the VFW Rifle Team will fire a salute and the JWV Bugler will sound "Taps".

The public is invited and all are urged to attend. Show our respect and gratitude to our fallen warriors and our pride in Flag and Country.

Memorial Day Parade set by local legion

It may seem a long way off, but the Morton Grove American Legion Post #134 has already begun plans for their Memorial Day observance.

This year, the function is under the direction of past commanders Tony Carson, Roger Schmidt, John Slatter and member Earl Christiansen with past commander Mel Baitly serving as advisor. To participate, organizations may phone post commander Ken Fligelamm, 773-775-2665.

May is traditionally the month of honoring the men and women who served in the armed forces. The ceremonies have been set for Sunday, May 25.

The parade will step off at 1 p.m. from the Legion Memorial Home, 6140 Dempster, Morton Grove.



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Water Reclamation District finishes mining under the Des Plaines River for the Deep Tunnel

Terrence J. O'Brien, President of the Metropolitan Water Reclamation District of Greater Chicago, announced that boring of the final segment of the Deep Tunnel under the Des Plaines River has been completed. Excavation of the 8.7 mile tunnel segment was completed and the "holing out" took place when the contractor, a joint venture of Kenny/Kiewit/Shea, broke through the last 10 feet of rock.

This contract, having a value of \$141,121,000 is currently on schedule and consists of 6.7 miles of 22 foot diameter deep rock tunnel, 2 miles of soft ground tunnel, and 20 drop shafts. Now that the mining is complete, the contractor will begin lining the rock tunnel with one-foot thick concrete.

President O'Brien said, "By keeping pollution out of the waterways, the Tunnel and Reservoir Plan has dramatically improved the quality of the local waterways. Fish are returning now that the water is cleaner. Just as important, completion of this project is an important step toward flood relief on the Des Plaines River since these tunnels will eventually carry the combined sewer overflow to a future flood control reservoir."

The Tunnel and Reservoir Plan (TARP) called for three tunnels to be built under the Des Plaines River -- from 59th Street on the south to Prairie Avenue in Des Plaines on the north. The first two segments of the tunnel have been in operation since May 1993.

When completed in January 1999, this last portion of the tunnel will capture and store up to 110 million gallons of storm water mixed with sewage during any rain storm. After capture, the mixture will be temporarily stored and eventually pumped to an existing water reclamation plant for treatment before it is safely released into a receiving waterway. Before completion of the Deep Tunnel, such mixtures of raw sewage and storm water would spill, untreated, into the Des Plaines River at 33 locations. Parts of the communities of Niles, Morton Grove, Des Plaines, Park Ridge, Schiller Park, Franklin Park, River Grove, and Chicago will all directly benefit from this project.

Skokie Festival of Cultures this week end

The Skokie Park District, Skokie Human Relations Commission, Village of Skokie, Rotary Club of Skokie, Illinois Arts Council and community sponsors will hold the Seventh Annual Skokie Festival of Cultures on Saturday, May 17 and Sunday, May 18.

The festival will be held at Old Orchard Junior High School, 9310 Kenton, Skokie (one block east of Skokie Blvd. off of Gross Point Rd., across from Venture and Jewel Foods) from 11 a.m. to 8 p.m. Admission is free.

Ethnic arts and crafts, cuisine and entertainment are in store for all at the raved-about event that brings together more than 18,000 people.

For more information, to become a festival vendor or to become a festival sponsor, call event coordinator Elizabeth Kessler, Skokie Park District, (847) 674-1500.

Sheridan was hired by Todd Bavaro, director of code enforcement. Sheridan had served on the Park Board for four years along with Bud Skaja III and Myrna Breitzman, who also declined to run for reelection this year.

Sheridan is an experienced licensed electrician with many years of active membership in the Electricians Union, according to Selman.

"We've known Rick for a long time, and when Jerry LaCerra, our current electrical inspector, was going to retire, we decided to hire Rick Sheridan," Selman said.

"We're absolutely thrilled to have somebody of Rick's experience," Selman said. "Those people are hard to come by."

Sheridan was not required to take a civil servant examination for the job because it is not a civil servant position, according to Selman.

Read the Bugle

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Speaker offers parenting tips



Nationally known speaker and author Barbara Coloroso speaks to Maine Township parents during a recent presentation on "Kids Are Worth It! Parenting With Wit and Wisdom". The program was sponsored by MaineStay Youth and Family Services, and School Districts 62, 63 and 64. For more information on other MaineStay programs and services, call (847) 823-0650.

Senator Dudycz names Scholarship Committee



Illinois State Senator Walter Dudycz (R-7) has announced the appointment of seven local prominent citizens as his 1997 Scholarship Committee.

Committee members are John Beniaris (Norwood Park Twp), Jennifer Disselhorst (Chicago), Richard Karpas (Chicago), Cynthia Sipka (Niles), Peter Stachiw (Niles), Richard Welch (Chicago), and Alexandra Yurkiw (Park Ridge).

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Women's News

Early Childhood Centers programs

The Early Childhood Demonstration Centers of Oakton Community College are pleased to announce a new summer full day program for children two - five years of age.

Children may enroll for two days or four days per week. At the Ray Hartstein Campus in Skokie, children from 3 - 5 years old may register for Monday and Wednesday, Tuesday and Thursday or Monday through Thursday programs. The DesPlaines Campus Center offers the same two and four day options to families of children 2 - 5 years of age. The hours of the programs are from 7 am - 6 pm.

Oakton's professional early

childhood teachers will provide exciting outdoor activities, a variety of art and other forms of creative self-expression, and lots of other fun plans for young children.

The fee is \$80 for the two day programs and \$125 for the four day program. To register call site coordinators, Connie Porteous at (847) 635-1441 (Skokie) and Lisa Matanovic at (847) 635-1840 (DesPlaines).

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AFL-CIO officer to address Women's Career Fair

Linda Chavez-Thompson, executive vice president of the AFL-CIO, will be the keynote speaker when the Tradeswomen Advocacy Coalition holds its Women's Career Fair for Trades and Technology on Wednesday, May 21.

The fair's purpose is to raise women's awareness about the high-paying positions that exist in non-traditional areas of employment such as construction, machinery repair and automobile technology. The fair is also seeking to provide information on available training, education and placement assistance. During the fair, adult women and high school girls can find out about apprenticeships and other available on-the-job training options and meet with representatives from unions, companies and training programs.

The fair will have demonstration booths that will show participants how tools are used in various industries; hands-on activity booths that will allow attendees to perform some of the actual tasks done on the job, and the traditional booths that will provide information and have a representative available to answer questions.

Chavez-Thompson, who is the highest ranking woman in the labor movement and the first Hispanic female to hold an executive office at the AFL-CIO, will deliver her address during an awards ceremony to be held at 11:30 a.m. in the Illinois Institute of Technology's Auditorium.

The event will be held at the Hermann Union Building at the Illinois Institute of Technology, 3421 S. Federal Street, Chicago, Illinois from 9 a.m. - 3 p.m. Admission is free.

A proud artist from Central School



Candice Lauret of DesPlaines, grade 5 at Central School, was a proud participant of Oakton Community College's Kids' College Art Fair held in March at the DesPlaines campus, 1600 E. Golf Road. Over 200 pieces of artwork, both two and three-dimensional, created by students of local elementary schools, were on display. Students received awards and Kids' College caps, as well as a warm welcome from Oakton President Margaret B. Lee. Playing stringed instruments, students of Glen Grove and Hoffman Schools in Glenview, provided a musical interlude.

Famous Americans alive and well at Sacred Heart

Where can you meet Eleanor Roosevelt, Helen Keller and Maya Angelou? And then come back the next week to chat with Teddy Roosevelt, Cardinal Bernardine and Edgar Allan Poe? At Sacred Heart Schools on Sheridan Road, that's where.

The 10th annual Tea honoring

Notable American Women will be held May 23 from 1 to 2:30 p.m. at the corner brownstone, 6200 N. Sheridan Rd. In addition, the award-winning history/language arts project includes the boys from Hardey Prep. Their Second Annual Notable American Men's Program will be held the next Friday, May 31, at 1 p.m. in the school library.

Guests experience living history. Hillary and Bill Clinton will each head the receiving line of famous "Notables," who are historically dressed and carefully coiffed to "Be" the personages they represent.

At 1:45 p.m., each "Notable" will give a brief introductory speech in costume. The receptions are the highlight of an annual four month project in which each student also writes an annotated research paper and creates an historical poster.

This project is the brain child of faculty member Jody Stawicki. She was awarded the 1996 Adade Mitchell Wheeler Award for Teachers by the Chicago Area Women's History Conference based on her work with this project. It has also drawn the interest of the Smithsonian Institute, which has invited her to be a member of the Smithsonian's Friends of the First Ladies.

Women's News

Parents' unequal treatment of children

A parent's unequal attention to the children often is apparent to the kids, but it doesn't have to spell domestic trouble. When children understand what's going on - and why - family relationships are less likely to be strained, researchers say.

"Until now, research has assumed that parental differential treatment is harmful, and it has not addressed whether children make distinctions between times when it is appropriate for parents to engage in differential treatment, such as hugging one child more than the other when both accomplish the same goal, said Laurie Kramer, a University of Illinois professor of family studies.

Kramer and graduate assistant Amanda Kowal interviewed 61 children ages 11 to 13 and their siblings, asking them what they thought about parental treatment in different circumstances. The researchers reported that children recognized differential treatment in 35 percent of the situations they were asked about, and that it was judged to be fair 75 percent of the time.

Older children were more likely to view both their mother's and their father's actions with a younger child as justified, and, as a result of perceived fairness, they tended to report higher levels of warmth and closeness with their siblings.

"The inequality is acceptable to children if they see it as helping a sibling or as occurring as the result of one of their sibling's needs," Kowal said.

"Although parents may wish to treat their children equally, it is often appropriate and necessary to treat them differently because of differences in their ages, maturity levels and needs," Kramer said. "This study supports the view that children may not be ad-

versely affected by differential treatment if they have some mechanisms for interpreting these behaviors and finding ways to justify them. One way to convey the reason is simply to talk to the child whose needs aren't as great."

The research, funded by the U.S. Department of Agriculture and the U of I, looked at differential treatment in terms of parental strictness, punishment, blame and discipline. Other factors included parental pride, interest, favoritism, enjoyment and sensitivity. In measuring the quality of sibling relationships, Kramer and Kowal analyzed accepted scales of closeness and warmth, relative status and power, and sibling conflict.

In other findings, they found that children perceived that older siblings generally were the subject of more parental control than the younger kids and that the later-born children garnered greater affection.

In the eyes of the children, parents acted differently for several reasons: low self-esteem of a sibling; personality traits such as a talkative brother or sister; alliances or circumstances that put one parent with a sibling more often; a sibling's behavior; and more simple things such as age and gender.

"It may be legitimate for parents to place less pressure on themselves to treat their children exactly the same," Kramer concluded. The researchers' findings were published in the February issue of Child Development.

Women in Construction

The O'Hare Suburban Chapter #193 of the National Association of Women in Construction (NAWIC) will meet Tuesday, May 20, at the Avalon Restaurant, 1905 E. Higgins, Elk Grove Village.

Reservations for dinner at \$18 may be made with Jennie Oratowski, Enger-Vavra, Inc. at (847) 678-4200. Social Hour is at 5:30 pm, followed by dinner at 6:30 pm.

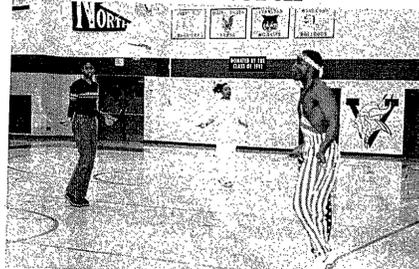
The Program for the evening will be presented by Dr. John Smith, District Director of the Small Business Administration. He will give an overview of the SBA with emphasis on Government contracts and loans. He will be available to answer questions. Questions can be transmitted in advance to Joyce DeLator, Fax #847-635-8529. A regular business meeting will follow the Program.

Guests and all women interested in construction are invited to attend. For membership information, contact Jackie Garvey at Marley Cooling Tower Co. (630) 574-9424 or Kris Contreras (312) 738-7233.

Ketura Group meeting

Nancy Weil will speak on News and Views: Keeping The World in Focus at Ketura Hadassah's monthly meeting on Tuesday, May 27, at 12:30 p.m. at Lincolnwood Jewish Congregation, 7117 N. Crawford, Lincolnwood. Coffee and dessert will be served. For information call 847-674-4608.

Olympic champ visits Niles North



Niles North High School students (from left) Melissa Anyetei and Sienna Stanley, both of Skokie, receive instruction on jumping rope from Anthony 'Buddy' Lee, a member of the 1992 United States Olympic Wrestling Team. Lee recently visited the school as part of the United States Olympic Committee's "Skip Over Drugs and Jump Into Fitness" program, which promotes youth fitness and a drug and violence-free lifestyle.

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ARTS & CRAFTS

Sat., May 17
ARTS & CRAFTS ADVENTURE
Paintings, pottery, woodcarvings, quilting and much more will fill the grounds of the Park Ridge Public Library, 20 S. Prospect, Park Ridge, during 6th ANNUAL ARTS & CRAFTS ADVENTURE, Saturday, May 17. The show will be held from 9am to 5pm. Additional information may be obtained from A.S.A. at 312/751-2500.

June 7 and 8
Des Plaines Art Guild
Des Plaines invitational fine arts fair: Saturday, June 7 & Sunday, June 8 from 10 a.m. - 5 p.m. Juried show set in library gardens featuring original works by area artists. Free admission, rain or shine, Des Plaines library grounds, 841 Graceland ave., corner of Graceland and Thacker/Dempster.

ENTERTAINMENT

Sun., May 18
ROMANCE OF A PEOPLE
The First 100 years of Jewish History in Chicago. A video presentation presented by The Chicago Jewish Historical Society. May 18 at 2 p.m., followed by a reception. Chicago Historical Society, 1601 N. Clark St. Admission Free (312) 663-5634.

Northwest Symphony Orchestra
The Northwest Symphony Orchestra's final concert of their 45th Anniversary Season, begins at 3:30 p.m. in the Maine West High School Auditorium

located at the corner of Wolf & Oakton Streets in Des Plaines. Tickets are available at the door or call (847) 317-9343. Ticket prices are \$10 for adults, \$8 for students and seniors. Children under 14 are admitted free with an adult.

Strings Young Artist's Concert
A 1994 winner of the Illinois Young Performers Competition and CSO soloist, 18-year-old INNA FALIKS will perform Mozart's *Piano Concerto No. 20 in D Minor, K. 466*, with the **HIGHLAND PARK STRINGS** under the baton of FRANCIS AKOS, at 3 p.m., Sunday, May 18, Highland Park High School, 433 Vine Ave., Highland Park. Admission to the family concert is free. For further information, call the Park District of Highland Park at (847) 831-3810.

Wed., May 28
EVENING OF JAZZ
North Central College's music department will present its first ever Student Jazz Concert on Wednesday, May 28. The performance, which the College hopes will become an annual spring event, will begin at 8 p.m. in Pfeiffer Hall, 310 E. Benton Ave. The public is invited to enjoy a

Silver Images Film Festival
The Silver Images Film Festival will be presented at the Mayer Kaplan Jewish Community Center in their theatre on Thursday, May 22, at 1:30 p.m. The movie to be shown is "Carpati: 50 Miles, 50 years". This is the story of Zev Godfinger who lives in the Ukraine and shares a special and harmonious friendship with his Gypsy neighbors, who have preserved traces of Jewish tradition in their music. Tickets may be purchased at the door, or by calling (773) 881-6940.

May 18 - 24
EMERGENCY MEDICAL SERVICES
Emergency Department personnel at Resurrection Medical Center, 7435 West Talcott Avenue, will celebrate National Emergency Medical Services (EMS) Week May 18 through 24 by delivering free pizzas to local fire stations. The pizzas will be delivered to stations in Chicago, Park Ridge, Schiller Park, Norwood Park & Rosemont.

Mon., May 19
MASSAGE THERAPY PROGRAM
"Massage Therapy -- Benefits and Techniques" will be the title of a free community education program at Resurrection Medical Center, 7435 West Talcott Avenue. The program will take place on May 19 from 7 to 8 p.m. in the Marian Conference Center located on the ground floor. Registration is required. For more information and to register, call 773-RES-INFO (737-4636).

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great evening of jazz. Admission is free. Pfeiffer Hall is accessible to persons with disabilities. For more information, call the North Central College department of music at (630) 637-5625.

FLEA MARKETS

Sat., June 7
Skokie Park District/M-NASR
The 1997 Flea Market/Craft Show will be held on June 7, at the extremely popular Oakton Park (Oakton Street & Skokie Blvd.), between 9 a.m. and 2 p.m. Admission for the public is free! If you are interested in becoming a vendor please contact, TJ (M-NASR) at 847-966-5522 or Howie (Skokie Park District) at 847-933-4543.

HEALTH

Mon., May 19
Liking yourself with a mended heart
The "Mended Hearts" Chapter at Rush North Shore Medical Center will meet on Monday, May 19, at 7 p.m. in medical center's Sharfstein Academic Center. The meetings, which are open to the public, are an education/support group arranged and run by the people who have been affected by heart disease. There is no charge to attend. For information or to make a reservation, please call Valerie Kramer in the medical center's Cardiac Rehabilitation Program at (847) 933-6175.

May 18 - 24
EMERGENCY MEDICAL SERVICES
Emergency Department personnel at Resurrection Medical Center, 7435 West Talcott Avenue, will celebrate National Emergency Medical Services (EMS) Week May 18 through 24 by delivering free pizzas to local fire stations. The pizzas will be delivered to stations in Chicago, Park Ridge, Schiller Park, Norwood Park & Rosemont.

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Tues., May 20
SINUS PROBLEMS
Chronic sinusitis will be the topic of a free community education program sponsored by the Women's Health Connection of Resurrection Health Care. The program will take

Community Calendar



Kayapo Imaging
Between 1985 and 1987, the Kayapo Indians of Brazil learned how to record their culture using videotape technology. Kayapo imaging is an insightful photographic exhibit that documents the cultural and social context in which the Kayapo videotaping process evolved. On display at the Field Museum now through July 6, 1997, the exhibit's 30 color photographs vividly capture many aspects of Kayapo life. Kayapo imaging is free with general Museum admission, and will be on display at the Webber Gallery.

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Tues., May 20
SINUS PROBLEMS
Chronic sinusitis will be the topic of a free community education program sponsored by the Women's Health Connection of Resurrection Health Care. The program will take place on May 20 from 6:30 to 8 p.m. at Resurrection Medical Center, 7435 West Talcott Avenue. Registration is required. For information and to register, call 773-RES-INFO (737-4636). To obtain a free membership in the Women's Health Connection, call 773-545-8500.

Wed., May 21
FREE HEARING SCREENINGS
In honor of "Better Hearing and Speech Month" in May, free hearing screenings for adults will be offered Wednesday, May 21, at the Ear, Nose and Throat Center, 444 N. Northwest Highway, in Park Ridge. Dennis Moore, M.D., Lutheran General Hospital, board certified otolaryngologist, will review results of the screening. Availability is limited. Call (847) 298-4237 to make an appointment.

REUNIONS

Fri June 6
Fire Survivor Reunion
The Our Lady of the Angels School Class of 1969 will hold a reunion dinner party on June 6, from 7-10 p.m., location to be announced. To attend, or to be put on our mailing list for future events, please contact either Mary Talerico-Gifford at (830) 717-0084, Theresa Vitacco-Straub at (847) 671-5466 or Linda Maffiolo at (708) 343-2758.

Fall 1997
Niles East H.S. Reunion
The Niles East High School Class of 1997, Niles, will celebrate its 20 year class reunion in the fall of 1997. For information, call (847) 229-1123 or write REUNIONS, LTD., P.O. Box 4641, Northbrook, IL 60065.

REUNIONS

Fri., May 16
ST. PETER'S SINGLES
All singles over 45 invited to

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Niles West H.S. Reunion
The Niles West High School Class of 1977, Niles, will celebrate its 20 year class reunion in the fall of 1997. For additional details and to update addresses, classmates are asked to call (847) 229-1123 or write REUNIONS, LTD., P.O. Box 4641, Northbrook, IL 60065.

SINGLES

Fri., May 16
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Tues., May 20
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Chronic sinusitis will be the topic of a free community education program sponsored by the Women's Health Connection of Resurrection Health Care. The program will take

these dances at 8:45 pm at Aqua Bella, 3630 N. Harlem & Sat., May 17 at 8:45 pm Franklin Park American Legion Hall, 9757 Pacific. Cost both dances \$6. For information call 312-337-7814.

Chicago Suburban Singles
The Chicago Suburban Singles will sponsor a singles dance at 8 p.m. on Friday, May 16 at the Barn of Barrington Restaurant, 1415 S. Barrington Road, Barrington. DJ music will be provided. Admission \$6 includes a buffet. For more information call, 847-216-9773. The Chicago Suburban Singles is a non-profit organization.

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Community Calendar

SINGLES

Fri., May 16

AWARE SINGLES DANCE

The Aware Singles Group and Chicagoland Singles Assn. invite all singles to a dance at 8 pm in the Penthouse Ballroom of the Ramada Plaza Hotel O'Hare, 6600 N. Mannheim Rd., Rosemont. Live music will be provided. Admission \$8. For information call 847-632-9600.

Saturday, May 17

T.G.I.S. Singles

T. G. I. S. Singles will have a

dance at 8 p.m. on Saturday, May 17, 1997 at The Chantilly Banquet Hall, 5412 S. LaGrange Road, Countryside, IL. All singles are invited. Admission is \$5. Age group 27 and older. For more information call 708-579-7666.

May 17

Annual Spring Conference

May 17 - \$8 includes symposium, mixer, buffet & dance 1 p.m. - 1:50 p.m.; "Dating Success Secrets" Dianna Bolen, M.A., L.P.C., (773) 327-9356, 2 p.m. - 2:50 p.m.; Finding the Love You Need - Strategies

and Tips for Singles Seeking Intimacy: Bonnie S. Zannini, M.S.W., L.C.S.W., (847) 741-3800, Certified Alcohol & Drug Counselor, Certified Relapse Prevention Specialist, 3 p.m. - 3:50 p.m.; "How to Talk to Anyone Anytime" Dr. Sally Witt, clinical psychotherapist and hypnotherapist (847) 394-2612 Counseling and Hypnosis Center, 4 p.m. - 4:50 p.m.; "Sex Therapy - What is It?" Ann Shannon - O'Connell, L.C.S.W., (708) 442-2899. Sexual therapist and counselor, 7 p.m. - 8 p.m.; Interactive singles mixer, led by speaker, 8 p.m. - 12:30 p.m.; Buffet and multi-group dance

Annual Spring Conference

Mid-America Assoc. of Singles Clubs ANNUAL SPRING CONFERENCE May 17, 1997, The Barn of Barrington 1415 Barrington Rd., (Just N. of Rt. 68-Dundee Rd.) 1 - 5 p.m. Seminar (Running concurrently with 1 - 5 p.m. Symposium for singles)

Combined Club Singles Dance

All singles are invited to a Combined Club singles dance at 8 p.m. on Saturday, May 17

-Operation of a singles club
-Legal considerations of operating a singles club
-Attorney and accountant available
-Organizing parties, trips, excursions, etc.
-Mechanics of running a singles dance or other event
-Publicity
-Ethical and legal considerations in dealing with difficult guests and/or members
-Open discussion

CHICAGO METRO SINGLES

The Chicago Metro Singles invite all singles to a Super Dance at 8 p.m. on Saturday, May 17, at The Barn of Barrington Restaurant, 1415 S. Barrington Road, Barrington. There will be DJ dance music. Admission of \$8 includes a buffet. For more information, call (773) 509-5000.

Combined Club Singles Dance

All singles are invited to a Combined Club singles dance at 8 p.m. on Saturday, May 17

at the Barn of Barrington Restaurant, 1415 S. Barrington Road, Barrington. DJ music will be provided. Admission will be \$8. The event is co-sponsored by the Northwest Singles Association, Young Suburban Singles, and Singles & Company. For more information call (708) 209-2066. All of the sponsoring groups are non-profit organizations.

Sunday, May 18

Singles Dance - Sunday

There will be a Good Time Charley Singles Dance at 7 p.m. on Sunday, May 18, 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.

NORTHWEST SUBURBAN SINGLES

All singles are invited to a dance at 7 p.m. at the Barn of Barrington Restaurant, 1415 S. Barrington Rd., Barrington. Admission \$6 and includes buffet. For information call 708-786-8688. Northwest Suburban Singles is a non-profit organization.

SPARES SUNDAY EVENING CLUB

The Spares Sunday Evening Club for widowed, divorced and single adults will sponsor a Special Spring Dance on Sun., May 18 at Morton Grove American Legion Hall, a 6140 Dempster St., Morton Grove. Dancing to the smooth music of The Melodians will be from 7:30-10:30 p.m. Members are \$5. Guests are \$6. For more information, call (847) 965-5730.

JEWISH SOCIAL SINGLES

Come join JSS Bowling League. Come bowl your way to some fun. Time to find out about our fall bowling leagues that start August 17. \$13 at Deerbrook Lanes, 10 S. Waukegan Road, Deerfield at 1:30 p.m. Call Howard for further information at (847) 699-1181.

Edison Park Lutheran Church to host Handbell Festival

Four handbell choirs will participate in a massed bell ring on Sunday, May 18, 7:30 p.m. at Edison Park Lutheran Church, 6626 N. Oliphant (at Avondale), Chicago.

The handbell choirs of Our Savior's Lutheran Church, Arlington Heights, Mark McClanahan, Director; Lutheran Church of the Cross, Arlington Heights, Bev Sheridan, Director; Hope Lutheran Church, Long Grove, Pat Avery, Director; and Edison Park Lutheran Church, Gordon McLean, Director, will each perform individually and en masse.

A reception will follow the concert. Free will offering. Edison Park Lutheran Church is accessible for the handicapped. There is a lift at the tower (corner) entrance to the church. For further information call the church office (773-631-9131).

Community Calendar

SINGLES

Sun., May 18

INTIMATE GATHERINGS

"Intimate Gatherings," Sunday Evening Singles parties for the 25+, invites you to "The 905 Club," 9055 N. Milwaukee, Niles, Sunday, May 18 at 7 p.m. Music, dancing, appetizers, free valet parking, \$6. For more information, call (847) 470-1700. Your hostess, Geri Siegel, formerly Private Eyes-Hyatt Deerfield.

Sunday May 18

Jewish Singles 39+

"BAGELS & MORE" is an informal group meeting monthly for Sunday morning brunch and conversation, and brainstorming about future 39+ events following brunch. Please join us. The cost for this event is \$4 for members and \$6 for non-members. Please R.S.V.P. by May 17, to Frank at 847/470-1877 or Ron at 847/824-2823.

Sun., May 18

North Shore Jewish singles (50+) 7:30 p.m. Rap session, "What's Cooking?" Restaurant lower level, Lincoln Village Shopping Ctr. Quiz on Israel. Participate or be member of the audience. Winning team receives prizes. \$4 includes refreshments. For reservation call 847-675-5752.

Wed., May 21

North Shore Jewish Singles (50+) 7:30 p.m. Ice cream social (Installation of Officers) at Congregation Beth Hillel, 3220 Big Tree Lane, Wilmette. For information call 847-359-3556.

Fri., May 23

CHICAGOLAND SINGLES DANCE

The Chicagoland Singles Assn. & The Aware Singles Group invite all singles to a Super Dance at 8pm at Hyatt Regency Oak Brook Hotel, 1909 Spring Rd., Oak Brook. Live music will be provided. Admission \$8. For more information call 773-545-1515. Chicagoland Singles Assn. is a non-profit organization.

WOMEN

Wed., May 21

Mammograms and breast cancer
Holy Family Medical Center's Breast Care Center will sponsor the lecture "Breast Care...for Life!" on Wednesday, May 21, from 7 - 8 p.m. in the Helen Summers Conference Room located at the Medical Center, 100 N. River Rd. in Des Plaines.

The first 100 people to register in advance for the lecture will receive a Breast Health Awareness Kit on the day of the lecture. The kit includes a tote bag, pink ribbon breast cancer awareness pin, breast

self-exam shower reminder card, and breast health information.

For more information or to register, call Holy Family's Breast Care Center at 847-803-3590.

Wed., May 21

CAREER FAIR

The Women's Career Fair for

'A Night on the Town'

Wayne Staley, Park Ridge resident, will direct and be featured soloist as the ELMWOOD PARK CIVIC CHORUS presents its spring concert, "A Night On The Town," accompanied by Mark Cappelli and the Just Friends Jazz Trio, at 8 pm, May 16 and 17 at the Elmwood Park High School auditorium, 8201 W. Fullerton Avenue, Elm-

wood Park. Staley, professional soloist and former member of the Lyric Opera Chorus, will sing, "One For My Baby," as the chorus and soloists perform in a nightclub format. Fred Wurzbacher, Niles resident, is a member of the chorus. Tickets are \$3 and available at the door. For further information call (708) 453-5847.

Share an evening with Captain James A. Lovell, Jr.

Circle 4 of the Oak Park-River Forest Infant Welfare Society is sponsoring an entertaining and informative evening with the distinguished American astronaut, aviator and author Captain James A. Lovell, Jr. Captain Lovell's speaking engagement will be held on Friday, May 23rd, at 7 p.m. at the Dominican University (formerly Rosary College) Lund

Auditorium located at 7900 Division St. in River Forest. The event will feature Mr. Lovell's lecture and a short film presentation followed by a question and answer session. Tickets for the event are \$20 in advance or \$25 at the door. Group discounts are available. Tickets may be ordered by calling (708) 771-0430.

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Matthew Perry
EVERYDAY: 1:05, 3:15, 5:25, 7:35, 9:45 - Rated PG-13

"JERRY MCGUIRE"
Tom Cruise
EVERYDAY: 1:40, 4:20, 7:00, 9:40 - Rated R

"MOTHER"
EVERYDAY: 1, 3:05, 5:10, 7:15, 9:20 - Rated PG-13

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1/4 ROAST CHICKEN	ITALIAN SAUSAGE with Spaghetti
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CHICKEN STIR FRY with Rice	CHICKEN BREAST MARSALA with Rice and Vegetable
JONATHAN'S CHICKEN BREAST with Rice and Vegetable	STUFFED CHICKEN BREAST with Asparagus, Spinach and Cream Sauce
CHICKEN OSCAR with Rice and Vegetable	CHICKEN BREAST PARMIGIANA with Spaghetti
CHICKEN BREAST GREEK STYLE with Greek Potatoes and Vegetable	CHICKEN DE JONGHE over Fettuccine
CHICKEN KIEV with Rice and Vegetable	CHICKEN ALFREDO with Fettuccine

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Community Calendar

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WOMEN

May 21 & 28

NOW

May 21: Gretchen Leppke will discuss her trip to Beijing for the NGO Forum on Women.
May 28: Joan Para will speak on "Women in Cuba" and will discuss her 12/86 trip to Cuba. She was one of 75 women from the U.S. with the mission to normalize relations between Cuba and the U.S. Both programs are from 7-9 pm at the Evanston YWCA. For more information call 475-0680. Both speakers will present slides and pictures.

The Stratford and Niagara-on-the-Lake Play Festival

Theater-lovers of all ages will enjoy seeing some of the finest productions of William Shakespeare and 20th century playwrights on a trip to the Stratford and Niagara-on-the-Lake Festival sponsored by Oakton Community College. Three tours are available for booking: June 24-28, Aug. 12-16 and Oct. 15-19.

Allen Schwartz, conductor of more than 80 tours to the Stratford and Shaw Festivals over the years, will discuss the plays and memorable Ontario.

The Stratford Festival travel study programs provide a rare learning experience combining enrichment, education and entertainment. Each tour includes shows, sight-seeing and ample leisure time for exploring, walking, shopping, dining and discovering out-of-the-way places.

The cost is \$595 for this five-day trip which includes five plays, coach transportation and accommodations. Single rooms and two extra plays are optional at an extra cost to the traveler.

For complete itineraries or more information, contact Allen Schwartz at (847) 966-4122 or Bea Cornelissen at (847) 635-1812.

READ THE BUGLE

Art Fair attracts national field of artists

More than 200 artists from all over the country will once again gather for the Springfield Old Capitol Art Fair (SOCAF) now in its 36th year. Artists representing approximately 25 different states will be on hand to exhibit and sell their works Saturday and Sunday, May 17-18. The site, the grand and historical Old State Capitol, is located in downtown Springfield.

This is one of the country's finest juried art fairs, and includes pottery, sculpture, oil/acrylic, photography, fabric, watercolors...over 20 media in all. The Fair presents a unique opportunity for people to meet and visit with the actual artists. Hours of

Grand Geneva Resort presents a "Military Salute"

The Grand Geneva Resort & Spa in Lake Geneva, Wisconsin, will host an elaborate tribute to veterans, Memorial Day Weekend, May 24-26. "The Grand Geneva Military Salute" will feature a wide variety of military exhibits and commemorative activities throughout the weekend. Currently being planned are living history campsites; tents featuring museum and documentary displays; and vintage military equipment including tanks, trucks and supplies.

Throughout the weekend, "soldiers" will camp in military style and hold a series of special events. Both indoor and outdoor displays are being planned, therefore regardless of weather, there will be many activities for families to learn from and enjoy. Living history activities are free to the public as a salute and remembrance of our veterans. A special Memorial Day service honoring veterans will be held on the site, Monday, May 26 at 10 a.m.

A fly-in of warbird and other planes is planned on Saturday, May 24 from 11 a.m. - 3 p.m. An

all-you-can-eat barbecue lunch including hot dogs, hamburgers, brats, potato salad, baked beans and potato chips will help celebrate the day. Children under 10 are \$4.50, adults are \$6.50. The first ten PIC's and Warbird pilots will receive a free lunch. The Grand Geneva Resort & Spa Airport will also feature a special on fuel of \$1.60 per gallon.

Sunday night from 7-10:30 p.m., the resort will host a special Memorial Day "U.S.O. Dance" with live music provided by the Airmen of Swing, a big band performing in the style of the 1940s and featuring fifteen musicians and two vocalists. The ticket price is \$5 per person and there will be a cash bar.

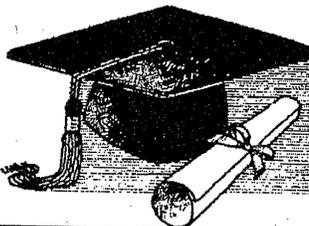
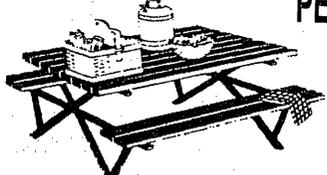
The Grand Geneva is owned and operated by Marcus Hotels and Resorts, a wholly-owned subsidiary of the Marcus Corporation, a New York Stock Exchange company located in Milwaukee. The resort is located at 7036 Grand Geneva Way at Highways 50 East and 12, Lake Geneva, WI 53147. For reservations and information, call (800) 558-3417 or (414) 248-8811.



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COMMUNITY DINING GUIDE

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Thursday, May 15, 1997 to Wednesday, May 21, 1997

RESTAURANT	TYPE	LOCATION	THIS WEEKS SPECIALS
Chi Tung	Mandarin/Cantonese	8105 N. Milwaukee Avenue Niles, Illinois 60714 (847) 966-1145	Lunch Buffet (Monday - Friday) 11 A.M. - 2 P.M. - \$5.15 Weekend Buffet (Friday - Sunday) 5 P.M. - 8 P.M. - \$6.88
La Pasta Ria Restorante & Catering	Italian/ American	3711 Central Road Glenview, Illinois 60025 (847) 729-0084	(TUESDAY) ALL YOU CAN EAT RAVIOLI - \$6.95

School News

Maine East Music officers



Maine East music students and Tri-M (Modern Music Masters) officers (from left) Barbara Getzoff of Niles, Jerry Lyubelsky of Des Plaines, Gal Bhudvanbhen of Des Plaines, and Alice Ra of Morton Grove cordially invite the public to attend Maine East's Band Concert on Tuesday, May 20; and Orchestra Concert on Wednesday, May 21. All concerts are FREE and begin at 7:30 p.m. in the Maine East auditorium.

Res students receive achievement awards

For outstanding academic achievement in specific fields, Purdue University has designated the following Resurrection High School students as Junior Scholars:

Debra DiMartino, English; Margaret Nguyen, Foreign Language; Debra DiMartino, Math; Jacquelyn Johnson, Science; and Jennifer Nelson, Social Studies.

Michael C. Cremins

Marine Cpl. Michael C. Cremins, a 1994 graduate of Notre Dame High School of Niles, recently received the Navy and Marine Corps Achievement Medal. He joined the Marine Corps in July 1994.

READ THE BUGLE

Dean's List

Erica M. Lauber of Niles, is one of seven hundred thirty-four students at Augustana College who have been named to the Dean's List for the winter term. Lauber, a first-year student, is majoring in general studies. She is the daughter of Mr. Helmut and Mrs. Carol Lauber of Niles.

DISTRICT 71 NEWS

Midwest Talent Search. A group of Culver Middle School 5th, 6th, 7th, and 8th graders participated in this year's Midwest Talent Search. Now in its 16th year, the Midwest Talent Search, conducted by the Center for Talent Development of Northwestern University - identifies academically talented students. These students qualified by attaining outstanding academic achievement in math and/or verbal areas. They took the College Board's Scholastic Assessment Test (SAT I) in January or the American College Testing Program's ACT Assessment in February, tests usually taken by high school juniors and seniors. The purpose of the ACT and SAT I is to provide more information about students' abilities. The students received certificates of recognition and a listing of summer and academic year programs designed especially for such high caliber students.

PTA General Membership Meeting and Recognition of the PTA's Teacher of the Year. The Niles Elementary Schools PTA will hold a General Membership Meeting on Monday, May 19th at 7 pm, preceding the Spring Concert, at Culver Middle School, 6921 W. Oakton Street in Niles.

At this year end meeting, the PTA will recognize this year's recipient of the Teacher of the Year Award: Christine Dworak. Mrs. Dworak earned her Bachelor of Music and Master of Music degrees from DePaul University. She has completed additional course work at the VanderCook College of Music and National Louis University. She is a Certified Orff Specialist.

Dworak began her teaching career in Niles Elementary School

participated included Gianluca Manno, Malha Darugar, Bryan Foley, Valerie Geer, Brian Kucha, and Semyon Shulberg.

Spring Concert. On Monday, May 19th, a Spring Concert - featuring the Beginning and Intermediate Orchestras and Bands and the 4th Grade Music Classes - will be held at 7:30 pm at Culver Middle School, 6921 W. Oakton Street in Niles. The public is invited to attend.

District 71 in 1985. She teaches General Music to students from kindergarten to 8th grade, and she also directs the district's choral program. She has consistently offered to help with special projects and activities, both during school time and outside of school. She has offered programs at a number of the district's family nights, found songs for the South School Variety Show, and brought the Lyric's Opera-in-the-Classroom Program to South School. She was extremely helpful in planning the PTA's 100 Year Anniversary Celebration, including the theme in her classes so that the children were able to apply their music education outside of the classroom. One parent stated that ever since her child learned the recorder, they now have live entertainment with every family gathering. Another parent stated that she is an outstanding instructor who lays the foundation for the district's music program.

Board of Education Meeting. The District 71 Board of Education will hold its regular monthly meeting on Tuesday, May 20th at 7 pm at Niles Elementary School South, 6935 W. Touhy in Niles. The public is invited to attend.

Register now for summer and fall classes at Oakton

Are you trying to decide which classes to take in the summer at Oakton Community College? Think fast and register early to secure a place in the class of your choice.

For your convenience, Oakton offers morning, afternoon and evening courses to fit your summer needs. Registrations are now being accepted for interim classes, held for three weeks beginning the week of May 20. Register also for classes offered during the eight and seven-week sessions, beginning June 2 and June 9. Students may register at the Des Plaines campus, 1600 E. Golf Road, and at the Ray Hartstein campus, 7701 N. Lincoln Ave., Skokie.

Open registration will be held May 28 from 9 a.m. to 7:30 p.m. Students may register in-person now through May 29, Monday-Thursday from 8:30 a.m. to 8 p.m.; Friday, 8:30 a.m. to 5 p.m. and Saturday, 9 a.m. to noon. Late registration for summer classes will be held Monday-Thursday, from 9 a.m. to 7:30 p.m., June 2-10. You must register by June 3 for the eight week session.

Once you have selected your summer classes, don't forget about fall. Registration for fall classes, which begin Aug. 25, is currently underway at both Oakton campuses. Students can register in person Monday-Thursday, from 8:30 a.m. to 8 p.m.; Friday, 8:30 a.m. to 5 p.m. and Saturday,

9 a.m. to noon. Both Oakton campuses are closed on Fridays during the summer term from May 20 through August 17.

Students who have applied and registered for Oakton classes since spring of 1994 may use the Touch-Tone Registration system Monday through Thursday from 8:30 a.m. to 8 p.m., Friday from 8:30 a.m. to 5 p.m. and Saturday from 9 a.m. to noon. To register by phone dial (847) 635-1616 and refer to the computer ID number listed by the course title in the Summer or Fall Credit Class Schedules.

Julia S. Molloy Education Center needs volunteers

The Julia S. Molloy Education Center, a public school serving students with mental retardation and multiple disabilities in the ages of 3-21, is currently seeking teenage volunteers to assist our certified staff during the 1997 summer program which will run from Monday, June 23 through Friday, July 25. Activities include water therapy, swimming, outdoor education and recreation at a nearby forest preserve, field trips and activities in the school building.

Interested volunteers may work one to five days per week and must plan to stay the entire day (9 am until 1 pm). Call the Molloy office at 847/966-8600 for an application.

School News

'A Kiss To Build A Dream On'



The class of '98 at Maine East holds its annual spring prom Saturday, May 17. Officers (from left) Jasmina Zec of Niles, Sabrina Rahman of Morton Grove, Jason Yi of Niles, and Monica Patel of Morton Grove organized prom committees early in the school year; this year's theme is 'A Kiss To Build A Dream On.'

Apollo Family Health Fair

Apollo PTA invites all District #63 families to the Apollo Family Health Fair on Saturday, May 17 from 12 noon to 4 p.m. at Apollo School, 10100 Dee Road, Des Plaines.

This wellness event, sponsored by the Apollo PTA for the community, features demonstrations, games, food and fun activities for children and families.

Health fairgoers can check their physical health through vision and hearing testing, blood pressure screenings, and dental information. They can learn more about dealing with physical emergencies through CPR and paramedic demonstrations.

There is also an opportunity to purchase a first aid kit for the home or a car.

Safety is highlighted with disaster information from the Red Cross. Fire prevention demonstrations, provided by the North Maine Fire Department, will feature the house trailer, fire trucks and fire prevention tips. Viewers will learn about water safety for favorite water recreational activities.

Roosevelt summer registration dates announced

Open registration for Roosevelt University's summer session will be held at the Albert A. Robin Campus in Schaumburg on Wednesday, May 21 from 10 a.m. until 6:30 p.m.

There will be four summer sessions. Session A begins May 27 and ends July 7. Session B begins July 8 and ends August 18. Session C begins June 9 and ends August 2 and session D begins May 27 and ends August 18.

Classes in more than 40 con-

centrations and families can have their bicycles safety checked and learn about bicycle safety. Minor bike repairs will be part of the Health Fair and families can purchase bicycle safety helmets.

Niles Police representatives will help fairgoers learn about house protection and community awareness. The Cook County Sheriff's Department will fingerprint those children who have signed parent or guardian forms and who have not been fingerprinted before. The department's Crime Trailer will alert viewers to safety in their communities.

Making good choices is part of a healthy lifestyle. Several community groups such as the Niles Library, Golf-Maine Park District, Maine Township Drop-In Center and DARE display will be on hand for fairgoers.

Special games and exciting activities are planned for the youngest fairgoer to the adult viewer at the Apollo Health Fair.

Good Counsel High School

The Good Counsel High School Music Department had competed in the annual Northshore Concert Band and Northwestern University Festival of Music on Saturday, March 22. The following girls had won in both the vocal and instrumental category.

VOCAL, First Place: Soprano - Thelma Aurelio, Sylvia Kociubinski, Meera Samuels, Michelle Velasco. Alto - Pauline Mulkerins. Second Place: Soprano - Kathleen Butler, Iguill Guillermo, Isabel Im-saih, Megan Mahoney, Valerie Rutkowski, Amy Weaver. INSTRUMENTAL, First Place: Caroline Benzing (flute), Tracy Heider (flute), Nicole Huber (clarinet), Stella Kong (flute), Ahreum Lim (trombone), Katie Mahoney (flute), Annabella Mendizibal (bari sax), Mary Beth Nickl (trumpet), Hilary Pavlock (flute), Carla Rivera (alto sax), Melissa Salgado (piano), Melissa Slarzynski (flute), Michelle Velasco (alto sax). Second Place: Patty Maris (clarinet), Nora Walsh (flute). Third Place: Janet Wong (euphonium).

The Music Department is presenting its Annual Spring Concert the weekend of May 3 at which time not only can these young leaders be heard, but the entire choral and instrumental group can be heard.

School News

Notre Dame junior to receive Xerox Award

Timothy Jarotkiewicz, a junior at Notre Dame High School, will receive the Xerox Award in the Humanities/Social Sciences, presented by Xerox Corporation.

Xerox Award winners are selected on the basis of scholarship in the Humanities or Social Sciences, leadership, and community service.

The Xerox Award in the Humanities/Social Sciences recognizes the academic achievements of outstanding students and seeks

to emphasize the importance of a broad educational background in preparing students for future careers. The awards program recognizes students at high schools in all 50 states.

Tim will receive his Xerox Award on Wednesday, May 21, during an all school awards assembly. Tim will also be eligible for a special Xerox Scholarship for the University of Rochester located in Rochester, NY.

Res student receives academic award

Senior Amy Anderson, Resurrection High School, 7500 W. Talcott, Chicago has been announced to the Chicago Tribunes Illinois High School All-State Academic Team. Each year the Tribune asks Illinois high schools to nominate an outstanding senior. The students are judged on academic credentials, honors, awards, extracurricular activities and community service. From 435 top seniors, a panel of educators selected the top 30 students

to be designated as the All State Academic 1st, 2nd, and 3rd team.

Amy's many accomplishments include National Merit Finalist, president of both National Honor Society and of her senior class, captain of the basketball and volleyball team, Student Ambassador, peer tutor, senior mentor and Eucharistic minister. Amy was selected 3rd team, she plans to attend The University of Notre Dame in the fall.

Notre Dame's 9th Annual Super Flea-Market

The Parents' Association Athletic Boosters from Notre Dame High School, Niles, is sponsoring its annual SUPER FLEA-MARKET, Saturday, June 7, from 9 a.m. - 3 p.m. in the school parking lot located at 7655 W. Dempster, Niles.

Proceeds will help support all

athletic activities. Anyone wishing to secure rental space for their own items or donate items to Notre Dame High School may contact Mr. Michael Hennessey, Director of Athletics at (847) 965-2900. The rain date is Sunday, June 8.

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Police

Traffic safety contest winners

Ten Illinois high school seniors were named winners of the 31st annual Illinois Editors' Traffic Safety Seminar essay contest.

The Seminar asked the question: "Will graduated driver licensing (GDL) save lives?" Of the nearly 1,000 high school seniors submitting essays in the competition, 82 percent answered "yes".

The 10 students received a total of \$7,000 in scholarship checks from the AAA-Chicago Motor Club. The first-place winner, Jeffrey Bekiars, of Champaign Centennial High School, was presented with a \$2,000 scholarship. Erin Blaszkowski, a student at Chicago's Good Counsel High School, received \$1,000 for earning second-place honors. The eight remaining students each were awarded \$500.

Under a GDL program, new licensing standards would be created and driving privileges would be phased in gradually. Earlier this spring, Secretary of State George Ryan announced a proposal currently being considered by the General Assembly to create a graduated licensing system for young drivers in Illinois. AAA-

CMC has joined other traffic safety organizations, law enforcement groups and lawmakers in support of the measure (SB 950).

Many student essayists wrote that at the time of licensure, they were not prepared to drive, needing more time behind the wheel before hitting the open road. The lack of "real" driving experience was a top concern, especially under inclement weather conditions and at night. Hundreds of those responding focused attention on their personal or peer experiences, where behavior, attitudes and responsibility had jeopardized traffic safety.

All too often, teen motorists in Illinois are simply not prepared for the responsibility, behavior and attitudes associated with safe driving practices, says the AAA-Chicago Motor Club.

Essays were judged for original, constructive, feasible and well-supported ideas as well as organization, spelling, punctuation and grammar. A panel of health and safety educators from the University of Illinois at Champaign selected the winning essays.

The 10 top winners are:

Jeffrey Bekiars, Champaign, Champaign Centennial H.S. (\$2,000); Erin Blaszkowski, Chicago, Good Counsel H.S. (\$1,000); Laura Guiri, Darien, Hinsdale South H.S. (\$500); William Jen, Schaumburg, James B. Conant H.S. (\$500); Susan Kim, Glenview, Regina Dominican H.S. (Wilmette) (\$500); Isabel Massih, Chicago, Good Counsel H.S. (\$500); Annie Matyasec, Bourbonnais, Bradley-Bourbonnais H.S. (\$500); Megan Nelson, Serena, Serena H.S. (\$500); Kristen True, Chicago, Good Counsel H.S. (\$500) and Nicole Seaton, Schaumburg, James B. Conant H.S. (\$500).

Sae S. Hong

Navy Hospitalman Recruit Sae S. Hong, son of Dong S. and Serg J. Hong of Des Plaines, recently graduated from the Basic Hospital Corps School with honors at Naval Hospital Corps School, Great Lakes. The 1995 graduate of Maine East High School of Park Ridge, joined the Navy in September 1996.

Des Plaines resident receives Sheriff's Medal



Des Plaines resident Jim Reilly (second from left) recently was among the Chicago-area volunteers awarded the Cook County Sheriff's Senior Medal of Honor during a ceremony at the Chicago Cultural Center. This is the fifth year Sheriff Michael F. Sheahan has recognized volunteers ages 60 and older for extraordinary service and dedication to their community. Also pictured are (left to right) Maine Township Trustee Robert Provenzano; Reilly's wife, Jo; Sheriff Sheahan; and Maine Township Supervisor Mark Thompson. A resident of Des Plaines for 47 years, Reilly works as a real estate agent at William L. Kunkel & Co., and has served on the Maine Township Town Board, the Des Plaines Economic Development Commission, the Des Plaines Library Referendum Committee, the District 62 School Board and the United Way. He also is active in the Des Plaines chapter of the Lions Club and the First Congregational Church in Des Plaines.

Skokie Citizen's Police Academy Alumni Association

The alumni of the two first classes of the Skokie Police Academy classes recently decided to create an association of citizens that will assist the Skokie Police in non-official duties. The Skokie Citizen's Police Academy Alumni will be comprised of citizens who either live or work in the Skokie area, and have completed the 10 night course given at the Skokie Police Headquarters.

The newly elected officials of the Academy Alumni are Laurie Geier, President; Vice Presidents Mort Berkowitz and Chuck Kohn; Secretary Susan Platz.

Their function, to be approved by Skokie Police Chief, William Miller, will be helping with non-

essential phone calls and surveys, assisting with an avalanche of never-ending paperwork, and also helping out with possible student finger printing.

In the very near future, the newly elected officials will be meeting with the Citizen Police Academy Alumni Association from Aurora, IL., one of the oldest associations in the state to see what programs the Skokie association should implement.

Skokie residents interested in attending the next free Citizen Police Academy are asked to contact either Skokie Police Officers Al Pecka or Jan Gillono at the Skokie Police Headquarters, (847)982-5919-5920.

"Swap Crews" cleaning up DesPlaines

Labor crews from the Sheriff's Work Alternative Program (SWAP) will be working in Des-Plaines on May 15 and 16, as a public service to the taxpayers of Cook County, according to the Office of Sheriff Michael F. Sheahan.

The SWAP Program is made up of non-violent offenders charged with DUI and other misdemeanor crimes who "swap" jail

time for a community service sentence. Under the supervision of specially trained sheriff's deputies, the crews work throughout the county on a variety of public works projects such as cleaning parks, viaducts and streets.

For further information about SWAP call (708) 865-4960.

Stop Crime!

Police

Theft by deception

The 38-year-old cashier at the service station in the 7600 block of Milwaukee Avenue reported that an unknown man between 30 and 40 years of age came in claiming to be from "Joe's Lights." The complainant questioned the man's identification and the offender said he was sent to check on broken circuit breakers and that he was in earlier and had spoken to the manager. The offender provided the complainant with the correct name and pager number of both station managers.

The cashier, convinced by the story, admitted the offender to the office area of the station, where he adjusted the switches in the circuit box and then phoned the manager. He told the cashier that the manager had agreed to the sum of \$174.20 for his services and said that he was to be paid at that time because items needed to repair the faulty circuits needed to be purchased with the money.

The cashier gave the offender \$175. He took the money, signed a receipt and left the station saying that he would return in one hour.

Hours later the cashier contacted the manager. Police spoke with the manager who suspects that a man who regularly supplies the station with rags may have overheard a conversation by the manager regarding the defective circuit breakers in the station.

Theft

The senior investigator of the bank in the 5600 block of Touhy Avenue reported that a 31-year-old Chicago man who worked the night shift at the bank obtained 20 money orders, printed various dollar amounts on them and started to cash them. As the non-funded money orders started coming in, an audit was done and the remaining money orders were cancelled.

It was later learned that the offender was distributing the money orders to various individuals to cash on behalf of the offender.

When interviewed by Niles Police, the offender admitted stealing the money orders because he was in debt. The total loss to the bank was \$3,375. The offender's position was terminated and bank officials said they would pursue a criminal complaint.

An 83-year-old retired man reported that unknown offenders dug up and removed three bushes valued at \$100 and removed four clay pots valued at \$70 from the rear yard of an apartment building in the 6900 block of Rosemary Drive sometime between 7 p.m. May 1 and 11 a.m. May 5.

Theft of wallet

A 67-year-old retired Chicago woman reported that after shopping in the food store in the 5600 block of Touhy Avenue between

noon and 12:30 p.m. May 8, she discovered her wallet missing from her purse when she went to pay at the check-out. The wallet contained \$120 cash, the victim's driver's license, assorted credit cards and other miscellaneous papers.

A 65-year-old Des Plaines teacher reported that after paying the cashier at the foodstore in the 8700 block of Dempster Street around 3 p.m. April 30, she walked out to her car, put her packages away and discovered that her wallet was missing from her purse.

Later that day she was notified that an unknown person had used her credit card to purchase gas at a station across from the food store.

Theft from auto

A 26-year-old engineer reported that two suspicious male subjects were looking into parked vehicles parked in the 9200 block of Woodland Drive around 5 a.m. May 5.

At 5:47 a.m. the complainant discovered a gray calculator valued at \$250 missing from his unlocked auto.

A Buffalo Grove man reported that unknown offender(s) entered his unlocked 1995 Ford van while it was parked in the rear of a store in the 8500 block of Golf Road and removed a Milwaukee drill kit valued at \$250.

An automobile dealer in the 5700 block of Touhy Avenue reported that sometime between 11 p.m. April 30 and 7 a.m. May 1, unknown offenders removed all four wheels from a white 1997 Nissan Maxima after breaking the rear passenger window to gain access to the wheel lock mechanism.

The auto was left on milk crates. The approximate loss to the dealer was estimated at \$1,500.

Officials of the guard company that patrols the lot until 6 a.m. said that the incident which had taken place after 6 a.m.

Burglary

The 24-year-old manager of a bedding store in the 8300 block of Golf Road reported that unknown offender(s) using a key or like means entered the store via the locked front door and proceeded to a rear stockroom area where they located a hidden bank bag containing \$771 cash and \$525.16 in checks that had been hidden under a stack of mattresses.

The offender(s) also removed a fax machine valued at \$325. Police said the two suspects were friends and past employees whose jobs were terminated for poor performance. The company had experienced prior thefts when the subjects were employees but were unable to prove their involvement.

Both subjects had keys to the store that they failed to return to the company upon termination, police said.

Criminal damage to property

A 35-year-old secretary at the school in the 8300 block of North Harlem Avenue reported that unknown offender(s) using a B-B type gun shattered an office window located at the north end of the school. It was the second time windows in the school were damaged. In another recent incident, four windows were damaged.

A 13-year-old male student who left the school on "unhappy terms" is a possible suspect, as damage began soon after his departure from the school.

A Park District employee reported that an unknown suspect described as being around 30 years old and standing six feet tall with brown hair and a ruddy complexion and wearing dirty clothing and a red baseball cap asked to use the men's room in the Park District building in the 6600 block of Howard Street. A short time later it was discovered that the door to one of the stalls had been broken off by brute force. The cost to repair the door was estimated at \$400.

A man of the same description entered the men's room in the Park District restaurant in the 6600 block of Howard Street and also broke off a door to one of the stalls. The cost to repair that door was estimated at \$1,200.

Accidental damage to property

A 66-year-old Park Ridge woman reported that a woman driving a 1995 Mercury Sable had parked her car in the space next to hers and that when she finished loading her groceries into the car, she pushed the cart into the victim's vehicle causing two scratches on the left rear side.

The offender backed out of the parking space and drove away refusing to stop or talk to the victim who was present for the entire time of the incident which occurred in the food store parking lot at 290 Golf Mill around 7:45 p.m. May 5.

At 9:25 p.m. police spoke with

the registered owner of the offending vehicle who said she did not push the cart into the victim's vehicle but that it was blown by the wind. According to the suspect, the victim began screaming at her and blocked her vehicle from leaving the lot and pounded on her car's windows repeatedly for 15 minutes before she was able to pull away.

Suspicious activities

A 37-year-old Niles shampoo assistant and receptionist reported that an unknown man driving a gray Chevrolet in "beater" condition yelled to her and asked if she wanted a ride while she was walking northbound on Cumberland Avenue toward Ballard Road to catch a bus at Golf Mill.

The victim refused the ride, but the offender insisted on giving her a ride and opened the car door and attempted to exit the car. The victim began to run northbound crossing Ballard. The offender closed the car door and turned westbound on Ballard.

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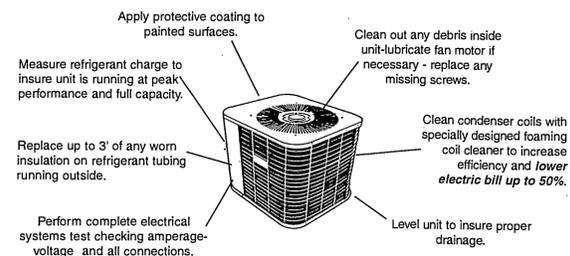
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Sports/Parks & Library News

Fitness questions answered at Exercise 101

What determines how fast a person can run? Why does your heart rate go up when you exercise? These questions and many others will be addressed and answered at the Skokie Park District's "Exercise 101" class which meets at 7 p.m. on Wednesdays from June 4 - 18 at the Weber Leisure Center, 9300 Weber Park Place in Skokie.

Here, participants will be able to find out all they need to know

about exercise, nutrition and overall physical well being. Questions on a variety of fitness topics will be answered by Northeastern University Professor Tim Sorenson.

Register now to find out all you need to know about fitness and exercise. The fee is \$15 for residents or \$10 for non-residents. For more information, call the park district at (847) 674-1500.

Adult Summer Leagues forming

Brunswick Niles Bowl located at 7333 North Milwaukee Avenue is now taking sign ups for summer bowling leagues. Men or women, individuals, couples or teams can sign up. Mixed leagues are Monday through Thursday at 7 or 7:30 p.m. Saturday and Sunday leagues also are available at 7 or 8:30 p.m.

Men's bowling summer leagues are available Tuesday or Wednesday nights at 7:45 or 7

p.m. Also Sunday night at 8 p.m. for doubles.

Ladies leagues are available Tuesday mornings at 9:30 a.m. and Tuesday nights at 7:30 p.m. All leagues start after May 10. Prize money and 1st place plaques are awarded. The leagues run 12 to 14 weeks. The cost is \$12 to \$18 a week. Call (847) 647-9433 for more details. Ask for Connie or Tim.

Sports Card and Comics Show

A Sports Card and Comics Show will be held at St. Juliana School Gym, 7400 W. Touhy Ave. (at Oketo), Saturday, May 31 from 9 a.m. to 3 p.m. There will be 40 tables available at \$20 each. For spaces call (847) 965-3227. Setup time is 7:30 a.m. Admission is 50¢, children under 7 are free. The rules of the church are: No gambling, dice, alcohol, grab-bags or machines, and no smoking in the gym.

Children's Bowling Leagues forming

Brunswick Niles Bowl is now signing up kids for their summer bowling leagues. Coke N' Hot Dog leagues bowl Tuesday afternoons at 1 p.m., Wednesday mornings at 9:30 a.m. or Thursday afternoons at 1 p.m. Kids ages 3 to 15 can sign up. Bumper bowling has 3 children per team.

Call (847) 647-9433 to sign up your child. Ask for Connie or Tim. Brunswick Niles Bowl is located at 7333 North Milwaukee Avenue in Niles, 1 block north of Touhy Avenue. Sign up today!

St. John Brebeuf 8th Grade Baseball

St. John Brebeuf 3 St. Cornelius 1

SJB won their 1st game behind great pitching and good defense. Joe Merkel pitched the 6 innings giving up only 3 hits and 3 runs, while striking out 13. SJB had only 3 hits, 2 singles by Derek Duszak, who also scored a run, and a triple by Steve Miszczyszyn. Sean McNeill caught a good game and walked twice. Also walking were Derek Morawa, Ryan Ullrich and Chris Jennings. Playing well were Tom Kopczyk, Mike Misek and Paul Kozela.

St. Cornelius played well, having a combined team of 6th-8th grade boys, and they also had 12 strikeouts.

St. John Brebeuf 12 St. Cornelius 2

St. John won after 4 innings, 12-2. Pitching was Steve Miszczyszyn who allowed only 2 hits and 2 runs, and striking out 8. Steve also had 2 singles and 2 RBIs. Leading the hitting again was Derek Duszak with a double and single, 1 RBI and 2 runs scored. Chris Jennings, Tom Kopczyk, Paul Kozela and Mike Misek each had solo singles and 1 RBI. Sean McNeill and Eric Hirtzig had solo singles and scored a run. Ryan Ullrich had 2 RBIs and Joe Merkel with a walk and 1 run.

St. Hilary 9 St. John Brebeuf 5

St. John's lost a tough game against a good St. Hilary team. Derek Duszak pitched well, giving up only 1 earned run in 6 innings, but 8 errors hurt the team. Derek gave up 5 hits and had 10 strikeouts. Leading the hitting again were Derek Duszak with a double and single, 1 run, and 1 RBI, and Joe Merkel with a double and single, 2 runs scored. Steve Miszczyszyn and Derek Morawa each with solo singles and 1 RBI. Ryan Ullrich, Chris Jennings and Mike Misek each with solo singles. Paul Kozela walked and playing well were Sean McNeill catching and Tom Kopczyk.

St. Hilary 7 St. John Brebeuf 3

SJB lost again with good pitching by Ryan Ullrich, 4 innings, giving up 3 hits, 5 runs and 2 strikeouts, and 1 inning pitched by Sean McNeill, allowing 2 hits, 2 runs and 1 KO. SJB only had 5 hits, solo singles by Derek Duszak, Tom Kopczyk, Joe Merkel, Mike Misek and Derek Morawa, who also caught well and threw out 2 runners. Walking were Ryan Ullrich and Paul Kozela. Playing well were Eric Hirtzig, Sean McNeill, Chris Jennings and Steve Miszczyszyn.

River Trail Nature Center

Spring is here and there's never been a better time to join Cook County Forest Preserve naturalists for walks and other programs at River Trail Nature Center, 3120 Milwaukee, Northbrook.

Discover an evening of clear spring air as the sun sets and stars and planets appear during our Sun, Moon and Planet program for families, Friday, May 16, 7:30 p.m. Adults (ages 12 and up) may enjoy a Quiet Walk on center trails, Friday, June 13, 8 p.m. Registration is Required for evening programs; donations for snacks are suggested for evening family programs.

Sunday afternoon programs for families will include: *Bird Song and Behavior*, May 18, an introduction to the songs and territorial behavior of nesting birds; *Naturalist's Choice*, May 25, topic to be determined by weather and the whims of the naturalist; a *Hand Lens Hike*, June 1, where we'll look for the wonder of tiny things; and *Croak, Hiss, and Slither*, June 8, an introduction to local reptiles and amphibians. Sunday programs begin at 1:30 p.m. A Memorial Day special will be *Critter Connections*, May 26, also at 1:30 p.m.

Early birders will see the birds on an *Early Bird Walk*, Sunday, May 18, or a *Bird Watch* at Lake Avenue East Woods, Sat-

urday, May 24. Each begins at 7:30 a.m. Please call to register and for directions to the watch on May 24; registration is not needed on May 18.

Children's programs include *Small Serendipity*, Wednesdays, May 14 & 28 and June 11 & 25, 11 a.m. For ages 3 to 5 with an adult, these programs include a story and activity. *Tales and Trails*, Saturday, June 14, 1 p.m. is for ages 4 to 7 with an adult, and may be a walk, story or other nature activity. Watch for *Discovery Days and Gone Fishin'* programs, later in June and July, for older children.

A limited number of canoes will be available at \$40 each for *Canoeing the Des Plaines*, Sunday, June 8, 9 a.m. Anyone with their own canoe is welcome to join the trip, which will be an all day tour from Pottawatomie Woods to Campground Road with a lunch break at River Trail Nature Center, at no charge, but registration is requested.

Programs are free unless otherwise noted; registration is required for some programs. Please call (847) 824-8360 for registration or more information. River Trail Nature Center is at 3120 Milwaukee Avenue, Northbrook.

SENIOR SEASONS

• AREA ACTIVITIES • SENIOR DISCOUNTS
SPECIAL SERVICES • SENIOR NEWS



The Bugle's Senior Guide

SENIOR SEASONS

Teaching older people skills made easier

The elderly can be taught new skills or enhance old ones more easily than previously believed, say researchers who adapted a variable-priority technique used by U.S. and Israeli fighter pilots in the last decade to heighten their abilities on multiple and often-times simultaneous tasks.

"This technique could become important as our aging society continues to grow, especially as baby boomers get older," said Arthur F. Kramer, a University of Illinois psychology professor. "The approach has shown promise with regard to improving skills needed for cognitive flexibility."

One place baby boomers are likely to be found is on the highways, where today's older drivers often complain of being overwhelmed by traffic congestion and related distractions, Kramer said. New training in which older drivers face varying challenges - even the use of new technologies

- in a simulator or with specially developed videogames could help stave off cognitive deficits, he said.

In experiments at the U. of I. Beckman Institute for Advanced Science and Technology, 52 young adults (ages 18-29) and 48 older adults (ages 60-75) were taught two simple computer-based tasks: tracking a moving cursor with a joystick and using four different keys to cancel lighted corresponding squares.

One group (made up of members of both age groups) used a traditional fixed-priority approach in which subjects learned the tasks with equal attention given to each. The other group learned with a variable-priority method; subjects were exposed to both tasks but asked to vary their attention to each based on different percentages. Both groups were then given new and more difficult tasks to perform.

Subjects using the variable-

priority were more effective in transferring their newly learned skills to new multiple-task situations. While the older subjects took more time to grasp the procedure, the end results for them were more adept at recognizing hidden patterns, Kramer said.

The age-related gap in overall performance was narrowed dramatically. The difference in abilities between young and old subjects declined by 29 percent for those using the variable-training technique, compared with a 13 percent decline by those in the fixed-priority group.

Kramer was joined in the research by graduate students John L. Larish, Timothy A. Weber and Lynn Bardell. The findings were presented in Israel last summer and will be published in early 1998 in Attention & Performance XVII, a book that is part of a series from the MIT Press.

Teflon Blood Vessels for Heart Bypass

When the blood vessels of a patient who needs bypass graft surgery can't be used to replace diseased heart vessels, an increasingly common problem as patients have more and more treatment for severe coronary disease, Dr. Robert March of the Rush Heart Institute uses an artificial vessel. As part of clinical trials of the Perma-Flow coronary bypass graft, March performed the first bypass using the artificial vessel in Chicago in late 1996. The 57-year-old female patient, who had had two previous bypass operations, needed another but all her available veins had been used in the earlier surgeries. Made from a teflon plastic material, the graft comes in 60-centimeter lengths and can be used for single

and multiple bypasses. It keeps blood flowing continuously with a narrowing-called a venturi valve-placed inside the graft and connected between the aorta and the caval vein.

"Early experience with the graft has been good. It may, in fact, represent the only alternative for patients who have no other vessels left," says March. "Our patient received two arterial conduits in addition to the Perma-Flow graft, and is free of angina after having been told in 1995 that she was inoperable." Patients who receive the artificial graft only need to take an aspirin a day to keep blood from clotting.

For more information, please call Donald Modica in Media Relations at (312) 942-5579.

Social Security easier to reach

If you need to call Social Security, it's now easier to get through its busy lines. Based on the latest access rate figures, approximately 90 percent of calls are answered within five minutes of the first try, according to Nancy Dowell, Manager of the Des Plaines Social Security office.

"Social Security's 800 number is the most active in the Federal government, and one of the world's largest 800 number networks. Because of the large number of calls, the number may be busy, but try again. You'll find it's quicker than you may have expected," he/she said.

"And you can help by calling us at our least busy times, late in the day, week and month or by using our new 24-hour automated services. When you do, it makes it possible for Social Security representatives to answer more calls each day."

"As a matter of convenience, most of our customers use the toll-free number, 1-800-772-1213. On an average day, Social Security receives between 250,000 and 300,000 calls. But on a busy day in January, we can receive over 1.5 million calls.

Dowell said Social Security has almost doubled the number of employees, nearly 7,800, to answer the volume of calls. Many Social Security matters can now be handled by our automated equipment. Callers can request an application for a Social Security card, a Personal Earnings and Benefit Estimate Statement, proof of a current benefit or directions to the local field office without having to speak to a representative.

Representatives are available on business days from 7 a.m. to 7 p.m. to take your calls. Automated services are available 24 hours a day, 7 days a week.

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BY JEFFREY CARDELLA
Special to The Bugle

Edward Jones: Savings for Retirement Especially Vital for Women

Despite much progress in the last decade, American Women executives still earn only two-thirds as much as men, according to a new study by the Korn/Ferry International executive search firm and the University of California-Los Angeles.

Although many forecasts suggest that pay parity is coming, the pay gap means that several generations of women, from those starting work today to those who have been working for 20 to 30 years, could find themselves short-changed in retirement income as well. Consider these

facts:

- Men's annual retirement income, including all sources, averages \$10,450 compared with just \$6,020 for women. Because women live an average of seven years longer than men, they're more likely to face the problem of outliving their assets - in fact, women are twice as likely as men to die poor.
- It can be more difficult for women to save for retirement because they earn less throughout their careers. Women have to save a higher percentage of their

income to ensure a comfortable retirement.

- Only 50 percent of working women have pensions. This is partly because women are more likely to work in smaller businesses that do not offer pension plans. Also, women often leave the work force when they have children and rejoin later, or move with a spouse, so they may not stay with one employer long enough to be vested in a retirement plan or to accumulate much in a company plan.
- At one time or another, 90

percent of women become wholly responsible for their own financial welfare.

- Nearly 75 percent of the elderly poor are women.
- Eighty percent of retired women are not eligible for pension benefits.
- Many older women are placed in financial jeopardy through widowhood or divorce.
- The average age of widowhood in the United States is 56.
- Despite these statistics, women can take control of their financial futures by implementing a

few basic strategies. These include developing a plan and sticking to it, paying themselves first, systematically investing for the long term, taking the time to learn about basic investments, sheltering their retirement dollars from taxes, diversifying their investment dollars and using professional advice.

The time to plan and invest for your retirement is now. Start today!

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

SENIOR SEASONS

Hands Across the Generations



Glenbridge Nursing & Rehab Centre ended their intergenerational programs - Hands Across the Generations, on April 26, with a Fun Fair. Forty-five children were in attendance to play the variety of games. Residents and families also joined in the fun. Seven volunteers came out for the event, along with the activity staff at Glenbridge.

Securing Social Security

a column by U.S. Senator Carol Mosley-Braun

I recently went to Springfield to lead a forum on the future of Social Security. I wanted input from people in Illinois whose lives will be affected by what we do or don't do in Washington to protect this vitally important program.

The time has come for us to begin an honest and open dialogue about the status of Social Security. We must think about where the program is headed, and what we as a society need to do to ensure that our elderly population retires securely.

We need to address this issue now, not because doing so will affect my generation, but because it will affect our children's generation and generations to come.

The Social Security program has been very successful. Created at a time when few people retired, and when America was just beginning to come out of the Great Depression, Social Security became a vehicle for America's strong working class to retire with dignity.

Initially, fewer people were entitled to receive Social Security benefits, since the retirement age was set at 65 and the average life expectancy was 61. As medical advances and living conditions improved, more workers became qualified for Social Security.

Over time, our nation saw a decline in poverty among the elderly. In fact, poverty among the elderly now is at its lowest level since we've been keeping statistics. The guarantee of Social Security has become the solid foundation of our retirement system.

In the past, even if a retiring worker did not have a pension fund or had not saved any money for retirement, she could be sure that she would receive Social Security.

The safety net that Social Security provided was generally seen as a "good deal" for work-

ers, a source of insurance for retirement and an income source that paid more than what the average worker contributed. And it is very efficiently run. Administrative costs are less than 1 percent of benefits paid.

Changes in our nation's demographics, however, are beginning to impact the program's future financial integrity. For starters, the life expectancy of Americans continues to rise. In 1930, the average American was expected to live only 61 years. Today, our life expectancy is 15 years longer. By the year 2030, the number of citizens over the age of 80 will be greater than the number of citizens we now have over the age of 60.

We can expect to see the number of Social Security beneficiaries start to swell in approximately 15 years, when the first wave of baby boomers begins to retire. Today, there are three workers for every beneficiary. By the year 2030, the number of workers will decline to two.

Many young Americans see these changes in our society and fear that Social Security will be less of a good deal for them than it was for their parents and their grandparents. The average worker who retires in 2025 could end up contributing far more to Social Security than they will receive back from the program when they retire.

Clearly then, our Social Security system needs revamping. The issue is how do we maintain the underlying system and, at the same time, make accommodations to meet our society's changing needs?

While the forum in Springfield helped me and I hope helped others who attended, we did not solve the problems of Social Security. I am confident that if we work together we can eventually work at fixing the program so that all of us, this generation and the next, can enjoy the benefits of Social Security.

Ameritech Senior Open to be held

Raymond Floyd has officially committed to playing in the Ameritech Senior Open, to be held May 26 - June 1 at Kemper Lakes Golf Course in Long Grove.

Floyd will face the hottest golfer on the Senior PGA Tour, Hale Irwin, and a growing field that now includes George Archer, Jim Dent, Jimmy Powell, Jay Sigel, J.C. Sneed, Dave Stockton, Tom

Wargo and Kermit Zarley. Wargo, who is from Centralia, IL, last played in the Ameritech Senior Open in 1994, when he tied for seventh place. Stockton placed fifth on the 1996 Senior Tour money list, earning \$1,117,865.

Tournament week festivities begin on Memorial Day. Fans can order tickets in advance by calling 1-800-SENIOR-1 or 847-GOLFITX. Daily tickets will

continue to be \$20 at the gate and \$17 in advance. Weekly badges are still \$50, \$45 in advance. The Pavilion Club will be back offering spectators access to a Pavilion tent containing a free lunch buffet and cash bar on Friday, Saturday and Sunday for \$33, \$30 in advance. A new ticket option this year is a weekly badge plus weekend Pavilion Club access for \$80, \$70 in advance.

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SENIOR SEASONS

Capparelli announces seniors agenda Legislation provides tax relief and better services

State Representative Ralph C. Capparelli (D-13), Deputy Majority Leader of the Illinois House, announced his top legislative priorities for senior citizens recently. The legislation, sponsored by the official "Dean of the House," includes major tax relief proposals and improved services and programs.

"Senior citizens have worked their entire lives providing for their families, our community and the country. Many are now living on fixed incomes and have a hard time making ends meet," said Capparelli. "This legislation gives them the added blanket of

security they need and deserve to make ends meet and remain independent, contributing citizens."

Capparelli's Senior Agenda includes:

- Lowering the age limit for eligibility for the Senior Citizens Assessment Freeze to 62 from 65. (HB 317)

- Providing that every citizen who qualifies for home delivered meal shall be provided such services. (Meals-On-Wheels, HB 1227)

- Increasing the qualifying income for the Senior Citizen and Disabled Person Property Tax Relief to \$35,000 from \$14,000 and lowering the age requirement from 65 to 62 years old. This program assists lower income seniors by paying their property taxes through a direct state grant. (HB 314)

- Adding senior companion services, money management assistance and emergency response services to the preventative services under the domain of the Dept. on Aging. (HB 1614)

- Providing a three month extension for the senior citizens assessment freeze application deadline

for those who are physically or mentally unable to file on time.

(HB 381)

- A tax credit for seniors that will lower the costs of Home Health Care and allow seniors to live at home instead of a nursing home. (HB 141)

- Requiring that all nursing homes are adequately staffed. (HB 47)

- The Managed Care Patient Rights Acts to protect participant's access to quality coverage. (HB 603)

- Addressing the needs of senior citizens must be a major component of the General Assembly's agenda this year. As the Dean of the House of Representatives, I feel it is my responsibility to make sure these items pass the General Assembly and are signed by the Governor," said Capparelli. "The seniors of Illinois deserve it after all they have contributed to society."

Learn the newest exercise around: REIKI

On Wednesday, May 21 at 1:30 p.m., Norwood Park Home, 6016 N. Nina Ave., will host a seminar by Roberta Naegel on REIKI - A Self-Healing Technique. Reservations are not required.

Ms. Naegel is a master of the REIKI technique. She teaches people how to restore wellness of the mind, body and spirit for those who feel they would like to heal themselves from outside stress and anxiety or people who just want to feel well. She also assists people about how to quiet your mind and relax your body as well as how to build self confidence and a positive self image. Ms. Naegel will teach several exercises in REIKI which attendees will be able to practice in their everyday life.

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.

Senior Summer Leagues forming

Brunswick Niles Bowl at 7333 North Milwaukee in Niles is forming summer senior bowling leagues for seniors 55 and older.

The leagues are on Mondays at 1 p.m. and start May 5. Also, Friday mornings at 9:30 a.m. starting May 23. Men and women can join. Individuals, couples or teams can sign up. Call (847) 647-9433, ask for Connie or Tim.

When you sign up for a summer league, seniors can open bowl for \$1.25 a game all summer. Sign up today!

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.

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.

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.

CALLING ALL FUN LOVING PEOPLE

If you are looking for a fun way to spend a few afternoons, come and join our Kitchen Band. We are looking for a pianist and other creative musicians! If you are interested, call Mary Oleksy.

WOMEN'S CLUB PRE-MEETING LUNCH AND MEETING

The Women's Club pre-meeting lunch is Monday, May 19 at noon. Lunch will be ham sandwiches and potato salad. Price is \$2. Entertainment will follow the 1 p.m. business meeting.

CLOSED MEMORIAL DAY

The Senior Center will be closed on Monday, May 26 for the Memorial Day Holiday.

SPELLING BEE

The third annual spelling bee is Wednesday, May 28 at 10 a.m. Each participant will receive a list of rules along with a study guide at the time of registration. The top two winners will be awarded prizes. So, if you enjoy a challenge, this contest is for you. We could use some enthusiastic people in the audience. Come and support your friends.

BOOK REVIEW

Book Review is Friday, June 6 at 10 a.m. The featured book is *Dead Man Walking* by Sister Helen Prejean. Come and pick up your book now. Cost is \$1 which includes refreshments.

"GOOD OL' SUMMERTIME" TRIP ADDED

Due to popular demand, a second "Good Ol' Summertime" trip has been added on Wednesday, June 18 from 9 a.m. until 5 p.m. The trip includes a guided tour of the Morton Arboretum with time to browse the beautiful surroundings and gift shop, followed by lunch at the Mill Race Inn for your choice of roast pork or chicken stir fry for lunch. After lunch, we'll stay in Geneva and enjoy the many vendors for Swedish Days. Price is \$20. Call for ticket availability.

DIABETIC SCREENING

A diabetic screening will be on Tuesday, June 17 from 9 to 11 a.m. If you are a diabetic or just looking to see if you have diabetes, make an appointment to have your blood sugar checked. Fast for 10 to 12 hours, water permitted. Hold your diabetic medications or any medications that should be taken with food. The fee is \$1. Registration is necessary.

OSTEOPOROSIS SCREENING

There will be an osteoporosis screening at the Senior Center for men 45 years of age and older and women 35 years of age and older, on Wednesday, June 25 from 3 p.m. until 9 p.m.; and on Thursday, June 26 from 9:30 a.m. until 4 p.m. The cost is \$25. Registration is necessary. Contact Terry Sprengel, RN, BSN, for more information.

HOOKEO ON FISHING OUTING

The Hooked on Fishing Outing is on Thursday, June 26 from 8:30 a.m. until 1 p.m. at Belleau Lake. The cost of \$7 includes a choice of ham on rye or turkey on a Kaiser Roll, bait and prizes.

SENIOR SEASONS

Morton Grove Senior Citizens 470-5223

THE FAMILY'S ROLE

A compassionate approach to caregiving with practical coping suggestions. This program, "The Family's Role," will be held at 9 a.m. on Saturday, May 17 at Summit Square, 10 N. Summit in Park Ridge. The presenter will be Dorothy Seman R.N., who has many years of experience working with older adults and their families. A free continental breakfast will be provided at 8:30 a.m. To register for this program, call Summit Square at (847) 825-1161.

PRIME TIMERS

The North Shore Prime Timers Club enjoys a variety of programs, dining out in new places and the theater as well as meeting people from surrounding suburbs. For more information about the Prime Timers, call Lee Lippai at 966-6959. Upcoming events are described below:

- Saturday, May 17, 2 p.m., "All Grown Up" production at Northwestern University.

- Thursday and Friday, June 6 and 7, "Guys & Dolls" dinner, theatre and overnight at Pheasant Run.

- Thursday, June 19, 7 p.m., "Enjoying Your Healthy Retirement" lecture/discussion at the Morton Grove Public Library.

GOLF LEAGUE

Get ready for some springtime fun with the Morton Grove Senior Golf League which meets each Friday at 9 a.m. beginning May 16 at the Weber Golf Course, 9300 Bronx Avenue in Skokie. The 9-hole par-3 course is open to all Morton Grove seniors. There is a one-time league fee of \$6, and the cost is \$5.50 for the weekly round.

VISUALLY IMPAIRED MOTIVATORS

Morton Grove's support group for people with visual impairments will hold their next meeting at 10 a.m. on Tuesday, May 20 in the Flicking Senior Center. Helpful information and supportive interaction will assist participants adjust to their impairments. For more information, or to arrange for transportation, call the Senior Hot Line at 470-5223.

COOK COUNTY CANINE UNIT

The Morton Grove Park District's "Take Time for Thursdays" series presents a special demonstration and program by the Canine Unit of the Cook County Forest Preserve Department of Law Enforcement at 1 p.m. on Thursday, June 19. Hear and observe how the dogs help police to keep law and order and investigate crimes. If weather permits, the program will be presented in the Prairie View Park adjacent to the Prairie View Community Center. This is a great program of experience with grandchildren, so please bring them along. The program is free, but reservations are required. Call Catherine Dean at 965-1200 to reserve a space.

MILWAUKEE PILGRIMAGE

Join the Prairie View Travel Club on Tuesday, June 24 as they experience the beauty and learn about the churches of Milwaukee. First, visit the Neo-Romanesque Holy Hill shrine and enjoy the breath-taking view of the Kettle Moraine countryside. Then, on to Milwaukee to see the Annunciation Greek Orthodox Church designed by Frank Lloyd Wright. The original St. Joan of Arc Chapel on the Marquette University campus, Old St. Mary's Church and St. Joseph's Church. Lunch at Maders with a choice of Bavarian-style sauerbraten with noodles, broasted chicken, or roast loin of pork. The bus leaves the Prairie View Community Center, 6834 Dempster Street at 7 a.m. and will return at approximately 7 p.m. The cost is \$50 for residents, and \$55 for non-residents. Register at Prairie View today. For further information, call Catherine Dean at 965-1200.

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 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.

Retirees honor students with scholarships

The Niles Township High Schools Retirees' Association has selected Niles North senior Paul Kim of Skokie and Niles West senior Kimberly Belluomini of Lincolnwood as the recipients of scholarships awarded to students who intend to become teachers.

These scholarships, each valued at \$1,000, were created

through contributions from former District 219 teachers, administrators and staff. By establishing this honor, the retirees hope to provide a means to express their gratitude for the opportunities they had to work with past students by assisting graduating seniors as they prepare to enter the teaching profession. The scholarships are awarded on an annual basis.



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North Shore Retirement Hotel residents enjoy On-Site Assisted Living Options

The 25-year old North Shore Retirement Hotel, at 1611 Chicago Avenue in Evanston, announces that professional home health care services are now offered to its residents through an exclusive arrangement with Evanston Hospital Corporation's Visiting Nurse Association (VNA) North.

"This is the first time that The Evanston Hospital Corporation has entered into an association with a retirement hotel," explains Marvin Cohen, Senior Administrator of the North Shore Retirement Hotel. "Naturally, we're thrilled with the liaison, and look forward to establishing long and valuable relationships between The Evanston Hospital Corporation, the VNA North, our residents and their families."

Residents can be assured that the VNA North is on-site twenty-four hours a day to monitor any health emergency. This, along with other more routine services such as health assessments and basic first aid, are offered to residents at no charge. And, residents placed under doctors' or-



At the North Shore Retirement Hotel, 1611 Chicago Avenue in Evanston, resident Esther Gerstein gets checked over by Barbara Galloway, RN from Evanston Hospital Corporation's Visiting Nurse Association North.

ders can rely on VNA North to provide Medicare-related services.

If seniors need special assistance in day-to-day living, the VNA North can provide a full range of support services on a fee

for service basis through the Assisted Living Options program. Services can include medication reminders, bath, personal hygiene and grooming assistance, weekly laundry services, wake-up care, meal escorts, scheduled spot checks and even around the clock companion care. The many resources of The Evanston Hospital Corporation are the ultimate complements to the retirement hotel's amenities and programs. To find out more about the new Assisted Living Options at the North Shore Retirement Hotel, call (847) 864-6400.

North Shore Prime Timers Club

North Shore Prime Timers Club will meet on Thursday, May 15 at 7 p.m. at the Morton Grove Library, Baxter Room, 6140 Lincoln Ave, Morton Grove.

Dr. Ira Chislof will offer a workshop on "Pressure Point Therapy." The workshop is designed to teach people how to

help themselves to relieve some of their health problems. The workshop is fun and the therapy is easy to learn and safe to use.

On Saturday, May 17 they will attend the WAA MU Show at Northwestern University at 2 p.m. at Cahn Auditorium, 1979 Campus Dr., Evanston.

North Shore Retirement Hotel hosts OWL benefit

As a benefit event for the Older Women's League (OWL) of Illinois, the North Shore Retirement Hotel, 1611 Chicago Ave. in Evanston, will host a screening of "A Midwife's Tale" in the Hotel's Grand Ballroom on Friday, May 23. The film, part of the 1997 Silver Images Film Festival, coordinated by Terra Nova Films, is adapted from the Pulitzer Prize winning book by Harvard Professor Laurel Ulrich, and based on the diary of mother, wife and midwife, Martha Ballard and documents life in New England from 1785 to 1812. Dessert will be served at 6:30 p.m.

The screening, which begins at 7:15 p.m., will be followed by a lively discussion with Laurie Kahn-Leavitt, producer and writer of the docu-drama. Admission is \$25. For more information call Marisa at (847) 864-6400.

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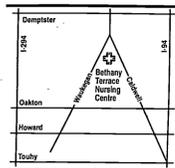
Bethany Terrace has expanded our specialized programming for those with early stage dementia. The activity-based program is designed to enhance a person's quality of life, and the staff have special training to meet the needs of those with dementia.

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SENIOR SEASONS

Wednesdays to become new Social Security check day

For future Social Security beneficiaries, Wednesdays will become one of the most important days in their lives. It's the day that their Social Security benefits will be delivered, according to Nancy Dowell, manager of the Des Plaines Social Security office.

"People who applied for benefits beginning May 1, will not receive their benefit on the third of the month as in the past. Instead they will receive it on a second, third, or fourth Wednesday of the month," Dowell said. Benefits received this June will be based on the new delivery schedule.

The change is expected to even out the workflow of the agency by avoiding the peak of telephone traffic that generally accompanies check deliveries on the third of the month. It is expected to help reduce telephone waiting times for all callers. Benefits to current Social Security beneficiaries will continue to be paid on the third. Benefits to current and future Supplemental Security Income (SSI) beneficiaries will continue to be paid on the 1st of the month.

"When you apply for benefits, the Social Security representative will tell you when to expect your benefit payment. The letter we send you notifying you of your benefit amount will also have this information," says Dowell.

"The day you receive your benefits will be determined by the birthdate of the person on whose work record the benefits are based," says Dowell. "This means that spouses who apply can expect to receive their benefit based on the birthdate of the working spouse."

Here's how it works: For workers with birth dates between the first and the 10th, benefits are paid on the second Wednesday; for birthdates between the 11th and the 20th, benefits are paid on the third Wednesday; and for birthdates between the 21st and 31st, benefits are paid on the fourth Wednesday.

"Adding new benefit payment days lets Social Security give better service to you and all other beneficiaries and callers," says Dowell. "This means your call to our toll-free number (1-800-772-1213) will be answered faster and your visit to our field office will take less time. In addition, calls and visits to report nonreceipt, to question the amount of a benefit payment, or to ask about other payment-related matters will be reduced."

Chautauqua excursion offered

Oakton Community College's Emeritus Program is proud to offer a trip to Chautauqua, August 17-22. Come see why President Clinton and legions of leaders, dignitaries, educators and thinkers before him selected this lake-front location in southwestern New York State.

This unique American institution offers lectures, seminars, operas, symphonies and concerts as well as golf, tennis and lake sports. Spend five exciting days helping presenters look at the following questions: What does it mean to live a quality life? What do environment, medicine, space, healthy eating, exercise, mental challenge, family and relationships have to do with quality?

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The unique American institution offers lectures, seminars, operas, symphonies and concerts as well as golf, tennis and lake sports. Spend five exciting days helping presenters look at the following questions: What does it mean to have a quality life? What do environment, medicine, space, healthy eating, exercise, mental challenge, family and relationships have to do with quality? The arena of health and wellness is exploding with resources and new findings. Come share some of the latest thinking with speakers and friends.

The approximate cost is \$990 per person (shared accommodations) and includes transportation, lodging and meals.

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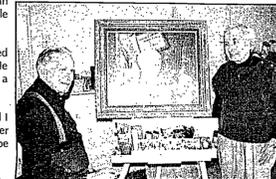
The most interesting people...

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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WASHINGTON'S BIRTHDAY, February 22
EASTER SUNDAY (variable)
MOTHER'S DAY, second Sunday in May
ARMED FORCES DAY, third Saturday in May
MEMORIAL DAY (half-staff until noon), May 30
FLAG DAY, June 14
INDEPENDENCE DAY, July 4
LABOR DAY, first Monday in September
CONSTITUTION DAY, September 17
COLUMBUS DAY, October 12
VETERANS DAY, November 11
THANKSGIVING DAY, fourth Thursday in November
CHRISTMAS DAY, December 25

Such other days as may be proclaimed by the President of the United States; the birthdays of States (dates of admission); and on State holidays.

Study shows fluoride levels in fruit juices are high

Fruit juices may contain more fluoride than is recommended, according to a new study that analyzed the fluoride levels in 532 juices.

The study, published in a recent issue of the *Journal of the American Dental Association*, asked manufacturers of ready-to-drink juices, frozen-concentrate juices, and juice-flavored drinks how much fluoride was present in their products. The authors determined that more than half of the products contained more fluoride than is recommended.

The recommended dose of supplemental fluoride is between 0.30 and 0.60 parts per million. The results of the study, however, show that about 43 percent of the fruit juices had concentrations above 0.60 parts per million, including 19 percent that had fluoride concentrations above 1.00 parts per million. Roughly 48 percent of the juices had fluoride concentrations below 0.30 parts per million, and 9 percent fell within the 0.30 to 0.60 range.

White grape juice had the highest concentrations of fluoride, with a mean value of 1.45 parts per million. The high use of fluoride in grape juices was attributed

to the use of an insecticide that contains fluoride. However, grape juices prepared from grapes after the skin had been removed contained no detectable concentrations of fluoride. The authors concluded that grape skins appear to have concentrated levels of fluoride.

Tea, prune, cranberry, pear, red grape, cherry and apple-grape juices had mean fluoride concentrations greater than 0.60 parts per million. Orange and pineapple juices, lemonades, and fruit nectars usually, but not always, had lower fluoride levels.

There were wide variations in fluoride concentrations, ranging from 0.02 to 2.80 parts per million. The fluoride content of most juices and juice-flavored drinks correlated with the amount of fluoride in the water used to make the product.

"The correct amount of fluoride prevents cavities, but too much fluoride can lead to fluorosis, which causes enamel to become discolored," says Jeffrey Socher, DDS, a general dentist who practices in Arlington Heights. Fluorosis typically is characterized by chalky white stains or darker brown stains.

Manufacturers do not provide fluoride levels of their products on their labels. In the future, dental associations may request manufacturers to list fluoride levels on their labels to prevent cases of fluorosis.

Iglesia ni Cristo blood drive

The *Iglesia ni Cristo*, one of the fastest growing churches in the world today, is conducting a nationwide blood donation drive.

In cooperation with the American Red Cross chapters in many parts of the country, various local blood banks, and the Canadian Red Cross, thousands of this Church's members are expected to participate in this life-saving project intended to benefit both members and non-members alike.

The massive blood donation will be held simultaneously in different locations within the Church's ecclesiastical districts in North America. The *Iglesia ni Cristo* (which is the Filipino name for Church of Christ) has established districts (each district comprises several adjacent local congregations and extensions) not only in the provinces of the Philippines where it began in 1914, but also in various areas of the world where it has extended. The blood drive is expected to last until July 27, 1997, the 83rd anniversary of the Church of Christ.

In the locale of Chicago, Ecclesiastical District of Midwest, Church members will donate at 6233 W. Fullerton Ave., Chicago. For information, call Oliver Canlas at (773) 622-7705.

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A clinical drug trial for stroke patients with arm muscle tightness is now taking place at a medical facility in your community.

As a part of this study, qualified participants will receive study-related medical care at no cost. The results of the study may lead to a new post-stroke treatment for arm muscle tightness and benefit society by advancing scientific knowledge regarding the post-stroke uses of this drug.

If you, or someone you know, meet the following criteria, you or they may be eligible to participate in the study:

- Are between the ages of 21 and 80
- Weigh at least 132 lbs
- Had a stroke at least 6 weeks ago
- Are experiencing increased arm muscle tightness
- Have not participated in another drug study within the past 30 days.

For more information about this study, please contact:

Rush-Presbyterian-St. Luke's Medical Center
University Neurologists/Movement Disorder Clinic
1725 W. Harrison, Suite 1118
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SENIOR SEASONS

Congratulations to Werner Sonne



Werner Sonne, pictured with Cook County Sheriff Michael Sheahan, was presented with the Sheriff's Medal of Honor at the Chicago Cultural Center in Chicago on Tuesday, April 22. Seniors are recognized for their volunteer service to their community. Werner was nominated by the Niles Senior Center for his volunteering to deliver meals, for running errands for the homebound and for serving as a friendly visitor to the homebound. Congratulations!

A Change in Living Arrangements May Affect SSI Benefits

By: Nancy Dowell Social Security Manager in Des Plaines

It's important that you tell Social Security when your living arrangements change so that you will receive the correct amount of Supplemental Security Income (SSI). Your monthly benefit may vary depending on where you live and whether someone else pays for your living expenses.

Generally, you can get up to the maximum SSI payment if you live in your own place, or you live in someone else's residence, but you pay the full cost of your food and shelter.

However, your SSI benefit may be reduced if:

- You live somewhere else and you pay only a part of your share of food or housing costs; or
- You live in a house, apartment or trailer, but someone else pays for your food, rent or mortgage expenses, and other things like electricity and garbage removal; or
- You're in a nursing home or hospital for the whole month and Medicaid pays for over one-half your bills.

Your SSI payment is based on your income, not on your expenses. However, the cost of living expenses such as food, clothing or shelter that someone else provides may be considered income to you and could reduce your SSI payment. Items you receive that cannot be used for food, clothing or shelter are not considered income and will not affect your SSI payment. For example, we don't count things like small kitchen appliances or a piece of jewelry of modest value that someone gives you.

If you are homeless, you may receive up to the maximum SSI amount payable. But, if you live in a public shelter, you can only receive SSI for up to 6 months out of any 9 months that you live there.

Contact Social Security for more information about living arrangements and how they may affect your SSI eligibility or monthly payment amount.

The Golden Days of Radio

Return to the golden days of radio with "The Norridge Those Were the Days Radio Players" on Tuesday, May 20 from 1-2:30 pm as part of Passages, the weekly lecture series sponsored by Oakton Community College's Emeritus Program. Lectures are held in Room A151 at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

Admission is \$1. For more information, call (847) 635-1414.

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SENIOR SEASONS

Elderhostel programs offered

The Jewish Community Centers of Chicago is offering two June sessions of ELDERHOSTEL, an international adult education program, at the Perlstein Resort and Conference Center in Lake Delton, WI, June 15-20 and June 22-27.

Available to people aged 55 and older, all ELDERHOSTEL programs feature a variety of college-level courses, entertainment, food, and lodging. The June 15 session courses include: Italian Opera: The Art Form That Never Sits Still! (taught by Babs Lieberman, Lyric Opera and San Francisco Opera lecturer); Jewish Ethical Choices: The Economics and Political Dilemma of

the Jew (taught by Oscar Miller, Economics professor at the Univ. of Illinois and former National Vice President of American Professors for Peace in the Middle East); and You've Got to Read This! (taught by Rachel Jacobson, author of the critically acclaimed *Reading Group Handbook* and facilitator for twenty-five Chicago-area reading groups). The June 22 session courses include: The Joy of Judaism: A Musical Journey (taught by Rabbi Reuven Frankel, spiritual leader of Congregation B'nai Tikvah in Deerfield); The History of Modernism: From the Counter Culture to the Present (taught by Marilyn Fellows, adult education

teacher at the Heller and Horwich JCCs); and On the Trail: Tucked Away Treasures in Tiny Art Museums (taught by Lindy Rubin, art historian).

For more information about ELDERHOSTEL, to request course descriptions and registration information, and to inquire about round trip bus transportation, please call Susan Kay at the JCC at (847) 675-2200, ext. 270.

Prostate cancer survivors needed

"Man to Man", the American Cancer Society's newly formed information and support group is in the process of identifying and contacting prostate cancer survivors to share their experiences with newly diagnosed prostate cancer patients, the key to the program is to attract a broad base of prostate cancer survivors which represent a cross section of age, geographic area and type of treatment received.

How does the program work? When a newly diagnosed prostate cancer patient contacts the American Cancer Society concerning the disease, he would be introduced to the program and asked if he would like to be contacted by a survivor who has experienced the same concerns.

If you would be willing to make a few phone calls each month and share your experience or would like to find out more about the American Cancer Society's "Man to Man" program, please contact Larry Washburn at the American Cancer Society at 847-358-3065 or Bob Chernesky, Volunteer Coordinator at 847-991-1099 or 847-358-7183.

Seniors and crime prevention



Cook County Sheriff Michael F. Sheahan addresses the graduating class of the Senior Citizen Law Enforcement Academy at the Bernard Horwich Jewish Community Center on Chicago's North Side. The seniors were honored recently after completing the eight-session program, designed to educate seniors on crime prevention programs and give them an in depth look at law enforcement throughout Cook County. After completing the academy, seniors may choose to join a neighborhood watch program or form an advisory board in their community. The Sheriff's Office is currently scheduling Senior Citizen Law Enforcement Academies throughout the county. To receive more information, call (773) 890-7725.

Osteoporosis affects the mouth too

Translated literally, osteoporosis means "porous bone." Not only does osteoporosis increase the likelihood of bone fractures—typically in the wrist or hip—but it affects the jawbone as well, resulting in loose teeth and dentures.

For that reason, a dentist may be the first to identify symptoms of osteoporosis during a routine examination of a patient's mouth.

"A dentist can benefit a patient greatly by making a referral to a physician for early diagnosis when osteoporosis is suspected," says Cheryl Watson-Lowry, DDS, a general dentist who practices on Chicago's South Side. "A woman with osteoporosis may not come to a physician's attention until she has slumped a few inches due to collapse of vertebrae, or suffers from a fracture.

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SENIOR SEASONS

Silver Images Festival of Films

Karol Verson, Oakton Emeritus professor, will lead the *Silver Images Festival of Films* sponsored by the Emeritus Program on Wednesday, May 21 from 1-4 pm in Room A151 at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

This special program features unique documentary films that beautifully capture the positive aspects of aging throughout various cultures with a loving and humorous touch.

The following films will be shown:
Roam Sweet Home, using a humorous approach as its primary method, takes the myths of growing older and turns them on their head. The director and her dog join an adventurous community of aging roamers on wheels (vintage Airstream trailers) who live on the road full time. On this trip our canine narrator tells his tale (from a dog's point of view) while sharing his thoughts on America's smells, the foibles of humans as well as his view of aging as another journey. The journeyers sing, paint and talk their way down the road to a better life.
Happy Birthday, Tutu Ruth is a Hawaiian film which chronicles

the life, times and triumphs of Ruth Kaholoa, a 90 year old taro farmer, ophi picker and great-grandmother. Mother of thirteen children, Tutu Ruth also cared for a sickly husband and performed daily back-breaking work. In *Happy Birthday*, Tutu Ruth goes back to her beloved Waipo Valley for a day of heartfelt memories that provide the viewer with a window to the Hawaiian experiences as well as presenting a role model about aging that is unbelievably strong and undaunted.

The Bear Stands Up is a documentary about a 76 year old Tlingit (Alaskan Indian) elder, Ester Shea. It aired on Alaskan Public TV in December 1994. In this film, we see Ester as the tribal elder preserving and passing on the language, customs and wisdom of the culture to younger people. At the same time, Ester earns her degree from college and is able to embrace two cultures. In her dedication to preserving the culture, we see her as a role model for generational continuity.

The fee is \$3 payable to Terra Nova Films. For more information call (847) 635-1414.

Summit Square program on older adults issues

If you are either worried because your mother spends so much time alone, perhaps feeling guilty that you are not doing enough for your aging parents, maybe sad to see your uncle becoming so forgetful, or just confused by the alternatives for services available for older adults, you can be sure that you are not alone.

To help you sort out some of these very relevant concerns,

Summit Square will sponsor an informative program titled, "The Family's Role." The program will be presented by Dorothy Seaman R.N. who has many years of experience working with older adults and their families. The program will be free of charge at Summit Square (Touhy and Summit, Park Ridge) on Saturday, May 17, 8:30 a.m. -- Continental breakfast, 9 a.m. -- Program followed by discussion.

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Free Seniors Workshop



"When Our Loved Ones Grow Older - Senior Options" - this special workshop is offered for older adults as well as for those who love them and have responsibility for their care. Providers of senior services will be on hand to answer your questions and both nursing and human service professionals will present an informative talk.

This is a great opportunity to learn just what options are available to our seniors and how they may be accessed.

The workshop, co-sponsored by St. Catherine Laboure Parish and Catholic Charities, will be at St. Catherine Laboure, 3535 Thornwood Ave., Glenview on Sunday, May 18, 1 to 3 p.m.

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SENIOR SEASONS

Early surgery effective in prostate patients

Men who initially undergo surgery to correct enlargement of the prostate have fewer symptoms and do better overall in the long term than patients whose problem is simply monitored or who are sent to surgery only after their condition worsens, said researchers in the Veterans Affairs (VA) Cooperative Studies Program at the Edward Hines Veterans Affairs Hospital in Hines, IL.

"After five years of followup, men who initially received surgery for correction of benign prostatic hyperplasia, which results in enlargement of the prostate, had significantly fewer symptoms and a higher, objective urinary flow rate than patients who were treated without additional treatment," said Dr. Robert Flanigan, chief of urology at the Hines VA Hospital.

Surgery, however, was less effective in patients who were monitored at first, but later required the procedure, known as TURP, or transurethral resection of the

prostate, after their symptoms worsened, Flanigan said. Up to 40 percent of all men over the age of 50 develop some degree of benign prostatic hyperplasia. Symptoms include an increased need to urinate at night, feelings of urine retention, a decreased urinary stream flow and difficulties in starting and maintaining the stream.

Growth of tissue inside the prostate is responsible for benign prostatic hyperplasia. Surgical correction involves shaving away some of this internal tissue.

Of those patients in the "watchful waiting" category, 76 later required surgery, but with results less effective than what immediate surgery offered. "We are not sure why this is so. Immediate surgery may be more effective in general than delayed surgery, or, perhaps, those requiring later surgery had a more treatment-resistant form of prostatic disease," Flanigan said.

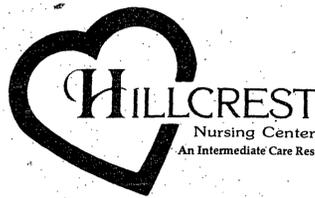
China's Foreign Relations lecture

Shishun Shen of Chicago's Chinese Consulate concludes the Culture's Connection to Foreign Relations spring lecture series with a discussion of China's Foreign Relations on Thursday, May 15 from 1-2:30 pm. The lecture is sponsored by Oakton's Emeritus Program and will be held in Room A151 at the Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie.

Will China's relationship to other Asian nations change politically after July 1? In this lecture, Shen will discuss China's future leaders' outlooks on international relations and the especially complicated U.S. relations.

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

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Child, elder abuse is grisly job for dentists

Because most abuse occurs to the face, neck and head areas, dentists are among the first health care professionals to detect it and report it to authorities.

"Children and the elderly share many traits that make them susceptible to abuse," says Alexandra Artisuk, DDS, a general dentist who practices in Park Ridge. "They are weak and cannot fight back. Children and many older adults are dependent upon their abusers for basic needs, afraid of being left alone, and in the case of older adults, terrified of being placed into a nursing home. Both children and adults may be confused and embarrassed to admit that a loved one gave them a black eye or locked them in their rooms."

An alert dentist may see some of the following indications of abuse: bruises on lips or cheeks; burns; eye injuries; trauma to the lips; fractured teeth; skull, hand or finger fractures; fractured jaws; even bite marks.

Dr. Artisuk says that subtle, psychological signs of abuse can be apparent to the dentist. "When a previously happy, older person-for no apparent medical reason-appears depressed, withdrawn, weepy or is reluctant to discuss problems, the observer might suspect abuse by the caregiver. Implausible stories, denials and hesitation to talk openly are other signs."

According to Dr. Artisuk, there are several forms of physical abuse.

"Physical abuse is the infliction of physical pain or injury, forced confinement or violent punching.

"Psychological abuse is the infliction of mental anguish, intimidation or threatening harassment. "Material or financial abuse is the illegal or unethical exploitation of funds, property or assets belonging to children or the elderly.

"Active neglect--the intentional failure to fulfill a caregiving obligation--includes deliberate denial of food or health-related services, withholding dentures or eyeglasses, or deliberate abandonment.

According to the Center of Elder Abuse, about 1.5 million elderly Americans are the victims of abuse each year. A 1994 poll of 473 dentists conducted by the American Dental Association and Colgate-Palmolive found that 33 percent of dentists reported making the first diagnosis of child abuse during routine examinations, an increase from 19 percent in 1993.

Illinois is one of 42 states that require healthcare professionals, including dentists, to report suspected child and elder abuse.

Controlling Abnormal Drooling

A new procedure that reroutes salivary ducts so that saliva enters in the back of the mouth rather than pools in the front is proving to be a successful option in the management of abnormal drooling in children, according to health care providers at Loyola University Medical Center, Chicago.

The technique, which is done from inside the mouth so that no visible scarring occurs, involves repositioning the salivary ducts in the floor of the mouth.

"The salivary glands in the floor of the mouth are responsible for about 70 percent of a person's resting saliva production," said Dr. Albert Park, assistant professor of pediatric otolaryngology, who performs the surgery.

Forcing the saliva to the back of the mouth prevents the liquid from spilling onto the child's clothes, toys and other items in the home and school, Park stated.

The procedure is performed only in children who are 6 years of age or older and have undergone extensive evaluation by a team of health professionals, including physicians, dentists and speech pathologists.

Abnormal drooling can occur in developmentally-challenged children. In fact, 10 percent to 15 percent of children with cerebral palsy experience some degree of the problem.

"The dripping saliva may require the parents to change a child's clothes up to 90 times or 100 times a day. The liquid falls on computer keyboards and other items the child must use at school and at home," Park said.

"The drooling can even lead to facial disfigurement by excoriating the skin or causing a rash to develop, Park indicated.

A team of Loyola health care providers examines each child to determine the optimal modes of treatment.

"Sometimes, improving the child's oral motor skills and strengthening the oral muscles will alleviate a drooling problem," said speech pathologist, Risa Krupoff. "Simply having a parent push on a child's cheek can enhance certain oral muscles."

Drooling may be a result of dental disorders, involving the gums, teeth or the child's bite, said Dr. Diane Talentowski, chief of the section of dental medicine at Loyola. "Treatment of these oral problems may correct the drooling," she said.

Medications are available to reduce saliva production, although the medications can have some significant side effects and

must be taken on an ongoing basis to prevent the return of the drooling.

Repositioning the salivary glands that are under the jawbone is considered when other options have failed or proven inappropriate. Children undergoing the surgery must be able to swallow their own secretions and be free of lung-related problems, Park said.

The success rate of this procedure is about 80 percent. This rate is based on a large number of children who were followed for approximately six years, he stated.

Park added that the procedure could also prove helpful to trauma patients who have sustained severe head or central nervous system injuries that affect their ability to retain saliva in the mouths.

Senate committee approves measure to help Maine Township

Local taxpayers would not have to pay more for a flood control plan in Maine Township may soon have the funding they need at no additional cost to taxpayers, under a measure sponsored by Senator Marty Butler and approved 6-2-0 by the Senate Local Government and Elections Committee today.

Butler says House Bill 1250 will help fund a three-phase flood control plan developed by the Farmers/Prairie Creeks Steering Committee to address problems with flooding in the area.

"Flooding has been a problem in this area and several local communities would benefit from the plan. Funding is the major hurdle to getting this plan off the ground," said Butler (R-Park Ridge).

The measure would allow Maine Township to transfer money from the road and bridge fund to pay for flood control projects.

Currently, funds cannot be transferred. Consequently, critical needs such as flood control are often unmet until other moneys can be raised.

The final project will be a coordinated effort on the part of DNR, DesPlaines, Park Ridge, Maine Township; the Cook County Forest Preserve and Illinois Department of Transportation.

Plans for the flood control include construction of a 100-year frequency flood protection flood-wall along the east bank of the DesPlaines River, realignment of several roads, earthen berms, pumping stations, channel improvements and a reservoir near the confluence of Farmers Creek and Prairie Creek.

USE THE BUGLE

Business News

First Chicago recognized by United Way



Linda Larson (center), president of The First National Bank of Chicago's branches on Euclid Rd. and in Randhurst Mall in Mount Prospect receives the United Way's Paul Carlstedt Award for 1996 Outstanding Contributions. First Chicago's four Mount Prospect branches raised over \$22,840 in employee and corporate contributions. Presenting the award was John Tofano (left), president of the local United Way. Also on hand at the ceremony were First Chicago employees Elaine Carver (left), account executive, Ralph Steiner, vice president, and Jim Carver, vice president. First Chicago is a subsidiary of First Chicago NBD Corporation, the nation's 9th largest bank holding company with assets of \$109.1 billion. It is the Midwest's number one provider of financial services to consumers, middle market companies and large corporate customers.

Senate committee approves election reform measure

An effort to reform state and local elections in Illinois gained unanimous approval of the Senate Local Government and Elections Committee according to Senator Marty Butler who sponsored the measure.

"This makes campaign practices in Illinois more fair," Butler said. "By tightening up deadlines for filing, this measure brings the State Board of Elections up-to-date with current election practices. It takes a close look at some of the problems with our elections and finds the most effective ways to address them."

Among other provisions, the measure also requires all political committees that dissolve or cease receiving contributions or making expenditures to include a

Ameritech sponsors Young Artists' Fiddler on the Roof

Ameritech (NYSE:AIT) presented a \$5,800 grant to sponsor this year's Young Artists' musical production of Fiddler on the Roof to be held July 25 and 26 during the Firefly Festival for the Performing Arts in South Bend, IN. Brian Balint, area market manager for Ameritech, presented the check to Helen V. Hepler, president of the Firefly Festival Board of Directors, and Carol Weiss Rosenber, executive director of the Firefly Festival.

Illinois Insurance Hotline

I received an offer in the mail for a health policy that will pay me \$100 a day while I'm in the hospital. It seems like a good deal. What can you tell me about this kind of coverage?

A. This type of policy is called a hospital income policy. These policies pay a daily cash benefit you can use to replace income lost while you're hospitalized - to help meet deductible and coinsurance requirements of your health insurance plan or to simply keep as additional income. (A health insurance deductible is the amount you must pay out of your own pocket before your insurance company will pay on any claims for the year. Coinsurance is what you're expected to pay on each claim after the deductible is met.)

You should check to see when the hospital income policy's benefits would begin. Some policies pay benefits only after you have been continuously hospitalized for 3 or 4 days. Shorter hospital stays may not qualify for any benefits.

Keep in mind the average hospital stay has declined as more procedures are done on an outpatient basis. Even if the policy you're considering pays benefits from day one, consider how likely it is that you'll spend more than a few days as an inpatient. As with any restricted policy, hospital income coverage should not be viewed as a substitute for a comprehensive health insurance plan. Call the Hotline at 1-800-444-3338 for more information.

Q. The house next to our apartment building caught on fire. My car was parked close to the house and was seriously damaged from the fire. I sent the repair bill to the homeowner's insurance company but they denied the claim. Can they do that?

A. Yes. Unless the homeowner was negligent in causing the

fire, his/her insurance company is not legally responsible for the damage to your car. You could get a copy of the fire report to determine the cause of the fire. If there was no negligence on the part of the homeowner, file your fire damage claim under the com-

prehensive coverage of your own auto insurance policy (assuming you have comprehensive coverage on the damaged car and that your damage exceeds any deductible you have). For more information, call the Hotline at 1-800-444-3338.

Accounting completed in two semesters

Accounting majors and others whose career interests require that they take these courses can complete two semesters of accounting this summer at Oakton Community College.

Principles of Financial Accounting (ACC 143 IE) is offered during the interim between the spring and summer sessions, May 20 - June 9. Principles of Managerial Accounting (ACC 154 701) can be completed in the seven week summer session. Day

and evenings classes are available. Both courses are transferable to four-year colleges and universities.

Other courses in small business, cost and tax accounting are offered during the seven-week summer session starting June 9.

For more information about these or other accounting courses, contact Michael Milstein, chairperson, Accounting Program, at (847) 635-1778.

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<p style="text-align: center; font-weight: bold;">LUBE, OIL and FILTER</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">\$19.95</p> <p style="font-size: 0.8em;">Includes: 5 quarts of Motor Craft Oil & Filter and 15 point service inspection. One coupon per customer. Not valid with any other offer. Excludes sales tax. Offer expires 5/31/97. (Page 31)</p>	<p style="text-align: center; font-weight: bold;">ALL SPARK PLUG WIRE SETS NOW 15% OFF!!!</p> <p style="font-size: 0.8em;">One coupon per customer. Not valid with any other offer. Excludes sales tax. Offer expires 5/31/97. (Page 31)</p>

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Business News

First of America Bank among top SBA lenders

First of America Bank - Illinois N.A. was listed among the top Small Business Administration (SBA) lenders in Illinois for the year ending September 30, 1996. According to figures released by the SBA, First of America Bank's 69 loans totaled \$6,890,627, which makes the bank the top lender in the number of loans

done, both with Illinois banks and with lending organizations including non-bank lenders. By dollar amount, First of America was second among Illinois banks and fifth among lending organizations including non-bank lenders. In 1995, First of America was also named the Top SBA Lender of the Year in Illinois.

Illinois One-Call System

JULIE, Inc. the Illinois One-Call System, has announced that it has become the first one-call system in the U.S. to process over 100,000 utility locate requests in a single month. As part of its not-for-profit mission to protect buried utility lines and excavators across the state, JULIE handled 100,548 requests in April.

JULIE works closely with over 760 member utilities representing electric, gas, telephone, cable-TV, water, sewer and inter-

state pipeline facilities, to ensure that utilities, excavators, and property are not damaged by excavation projects.

Illinois law requires all owners of underground utility facilities to participate in the Illinois one-call system and further requires owners, to contact JULIE at least two working days prior to the start of a digging project. JULIE provides a toll-free number (1-800-892-0123) for the free loca-

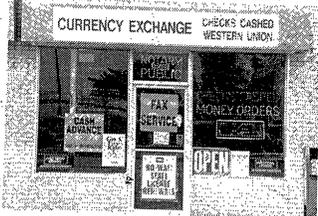
tion service. Utilities will respond to the locate within two working days and mark the approximate location of their facilities.

The record month of April highlights a strong first quarter, which is 13.7% ahead of 1996's record pace of over 810,000 requests during the year. On April 28, JULIE also established a single day record of 5,719 locate requests.

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Business News

When To Sell A Stock

The key to success in owning equities is to base your investment decisions on factual information—not on your emotions. That is why you should talk to your broker and review appropriate print materials (such as corporate annual reports and articles in the financial press) whenever stocks you own undergo a significant rise or fall in price. These sources will generally provide the information you need to help decide whether or not it is time to sell.

When Is It Time To Reevaluate?

There are several indications that a stock may be ripe for selling, not the least of which is a sharp rise or fall in the price or price-to-earnings (P/E) ratio. Also, unusually strong buying volume can mean that a stock is approaching its high. Moreover, if you find yourself with a stock that everyone wants, consider selling it to them. "Winning streaks" of good news rarely last forever.

Some investors decide when they're going to sell before they've even bought by selecting a target price and reevaluating when the stock price reaches that level.

A more subtle sign that it could be time to sell is when the stock price does nothing for a long period of time. Although you've incurred no losses other than commission costs, you have foregone potentially higher returns from other investments. Perhaps the rapid growth that the company expected didn't materialize. Stagnant investment funds are a good reason to take another look at your holdings.

As a rule of thumb, ask yourself "If I had the money right now, would I buy this stock again?"

Signals That It May Be Time To Sell

- A cut in the dividend
- Quarterly earnings that are 10% or more below analysts' expectations
- A slowdown in the growth of trailing 12-month earnings.

How Do I Know If the Company Is in Trouble?

Once you've decided to review your investment, the next step is to determine whether your original premise for buying the stock remains intact. Looking at the company's "Four-Ms" can help you decide.

- **Merchandise.** Has the nature of the company's product or service changed? Has a new technology been developed that may render their product obsolete?
- **Market Share.** Has a new competitor entered the marketplace? Has a substitute for the company's product been introduced that is more cost-effective or convenient?

• **Margins.** What has been driving earnings growth—efficient operations that enable a greater percentage or revenue to make it to the bottom line, expanding market share or price increases? Are these trends sustainable?

• **Management Strategy.** Has

the company launched an advertising campaign geared toward children when historically it targeted adults? Has it been attempting to penetrate the Northeast market when its past success have been in the Southwest? Has it changed its image from lower cost to higher quality?

ty?

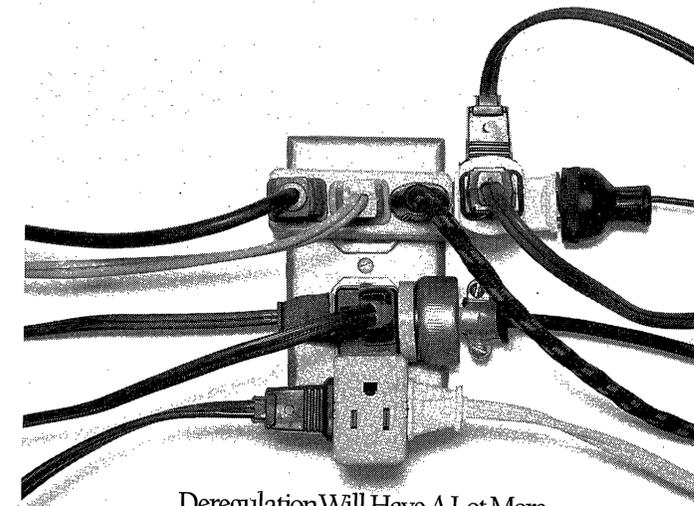
Although changes in these factors do not necessarily mean trouble, they could explain weakness or strength in the stock.

If you have questions, call your broker. You can even call the company. Most have investor

relations specialists who can provide timely information.

The Most Important Rule To Have A Rule

Perhaps the most important rule in deciding when to sell is to have a rule. The more you lose on an investment, the more you will have to recoup just to break even.



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Business News

To refinance or not to refinance

If you're on the fence about refinancing your mortgage, you should consider both the financial and tax aspects before making a decision, according to the Illinois CPA Society. Don't be misled by the old rule of thumb that you should refinance only when you can lower the interest rate on your current mortgage by two percentage points. Whether or not it makes sense for you to refinance depends on how much you'll save, what the refinancing

costs are, and how long you plan to stay in your home. **TRY SOME SIMPLE ARITHMETIC**
Doing some simple arithmetic can help determine how you will fare financially. First, add up the costs. Refinancing expenses typically include points, an application fee, a title search, insurance premiums, a new appraisal, and attorneys' fees. Next, determine the amount of your new monthly payment. Factors that will influ-

ence that amount include the rate of interest on the new loan, the duration of the loan (for example, 15, 20 or 30 years), and the amount of the loan that you refinance. Your banker or CPA can help you with this calculation. Subtract your new monthly payment from your current monthly payment to see how much you'll save each month. Then, divide the total cost of refinancing by your monthly savings. This calculation will show you how

many months it will take you to break even. If you plan to stay in your home beyond that point, it probably makes sense to refinance. On the other hand, if your family is outgrowing your present home, or if you see a job transfer on the horizon, keeping your present mortgage might make more financial sense. **CONSIDER TAX ISSUES, TOO**
If you refinance the balance of your mortgage, the interest on the

entire amount is tax deductible. Also, you can generally deduct the interest on up to \$100,000 borrowed against your home (\$50,000 if married filing separately). However, certain income limitations do apply.
Points are another tax issue to consider when refinancing. Unlike the points you paid to acquire your original mortgage, which were deductible in the year paid, points paid to refinance a mortgage generally must be deducted over the life of the loan. However, if you use part of the funds for home improvements to your principal residence, IRS rules allow a deduction for a portion of the points allocated to the improvements.

Here's an example: suppose this year you refinance an existing mortgage with a new loan of \$100,000, of which you used \$75,000 to pay off the balance of the old mortgage and remaining \$25,000 for home improvements. You pay \$4,000 in points. Because you are using 25 percent of the loan proceeds for improvements, you can deduct \$1,000 (25 percent of \$4,000) on your 1996 tax return. The remaining \$3,000 in points must be written off over the life of the loan. If you sell your house and pay off the loan, the remaining portion of the points is deductible at that time.

Keep in mind, however, that if you refinance to secure a lower interest rate, you also reduce your mortgage interest deductions. That reduction may result in an increase in your taxes; nevertheless, the bottom line should result in cost-savings. **MAXIMIZE OTHER ADVANTAGES**

While a desire to reduce monthly payments may be what motivates most homeowners to refinance their mortgages, CPAs say refinancing can help you achieve other important financial objectives as well. If you took out an adjustable rate mortgage (ARM) when rates were high, you may want to refinance to switch to a fixed-rate mortgage with predictable payments.

If you've built up equity in your home but need cash to pay tuition bills or consolidate debt, refinancing allows you to remove your equity and receive cash. Another advantage to refinancing is the opportunity to move to a shorter-term mortgage. When rates fall, you may be able to get a 15-year loan for a monthly payment that is not much more than a longer-term one. With a 15-year mortgage, you can save thousands of dollars in interest costs while building your equity at a faster pace.

SHOP AROUND FOR THE BEST LOAN
First, check with your present lender about refinancing options. Some offer special refinancing

(Continued on Page 39)

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A directory of area professionals and services

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Business News

Pace Northwest Division reaches out to local community



Pace Dispatch Supervisor Mike Strauss presents a \$100 check to Michal Ann Luncsford of the Hastings YMCA on April 24 at Pace's Northwest Division in Des Plaines. Pace employees raised the money to help an underprivileged youth attend camp this summer. Also pictured are Hastings Camp Director Jim Scherer (left) and Pace bus driver Al Hanrahan.

There's more to Pace Northwest Division than simply providing dependable bus service every day in the northwest suburbs. The Des Plaines garage has

Two simple options for paying your natural gas bill

Northern Illinois Gas offers customers two options to simplify their natural gas bill payments. With the Convenient Payment Plan, customers can start building a credit now that will help cushion the impact of next winter's heating bills. The Convenient Payment Plan helps out your payments year-round and simplify your budget. Customers who sign up for the Convenient Payment Plan will receive a recommended monthly payment amount, which is based on their natural gas use from last year. By making payments at the recommended amount through the spring and summer, a customer would have a credit balance that will help keep payments down during the winter. Spring is the best time to sign up for the Convenient Payment Plan since it allows you more time to build up a credit for the winter heating season.

Customers can save on postage and reduce check writing charges by using electronic funds transfer (EFT). With two flexible options for EFT, customers can have their monthly natural gas bill payments transferred automatically. Customers who are participating in the Convenient Payment Plan can choose a fixed transfer amount. Or, choose a variable amount to pay your entire natural gas bill on the bill's due date.

By signing up for the Northern Illinois Gas electronic funds transfer option, customers also have the opportunity to share the warmth of natural gas with others. The Sharing program is a

through a raffle of Chicago Wolves hockey tickets at their division. The money was donated to the Hastings YMCA, for the not-for-profit organization to use as a scholarship in signing up a Des Plaines-area youth for a one- or two-week stay at Hastings Lake in Lake Villa.

At the camp, which is celebrating its 75th anniversary this year, children participate in swimming, boating, arts and crafts, horseback riding, archery, team sports, nature appreciation and much more, said Michal Ann

Luncsford, who is on the Hastings YMCA Board of Directors. In the future, the Humanitarian Team at Pace Northwest expects to hold more fundraisers to collect money for various organizations and less fortunate individuals in the northwest suburbs.

For more details on Hastings YMCA programs or its 75th Alumni Weekend Celebration, call the organization at (847) 356-4001. To get information on Pace, call Pace Passenger Services at (847) 364-PACE or the RTA Travel Information Center at 836-7000, city or suburbs.

Refinance

(Continued from Page 38)
deals to current customers or may agree to waive a new appraisal or title insurance. But don't limit yourself. Today, banks, savings and loans, mortgage companies, and even most brokerage firms offer mortgages.

The Illinois CPA Society is the state professional association representing 26,000 certified public accountants throughout Illinois.

For information on Illinois CPA Society programs, events, products and services, individuals can visit the Society's Web site at <http://www.icpas.org>

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Area News

Donate Children's books to Maryville



Hyatt Regency Chicago, 151 East Wacker Drive, will serve as a drop-off site for donations of new and slightly used children's books for Maryville Academy, 810 West Montrose, through May 31 for their "Operation: Catch a Rainbow". On June 1, Hyatt's managers will plant flowers outside Maryville, create a library for the shelter and host a day of activities for the kids, including a barbecue with games and activities. For more information on book drop-offs, phone 312/616-6933.

Pictured L to R: Jerry Lewin, Hyatt's Vice-President and Managing Director, Noreen Heron, Hyatt's Director of Public Relations, and Allan Farwell, Hyatt's General Manager.

BY JOSEPH ZURAWSKI
Special to The Bugle

Exploring Niles' History: Niles Historical Society eager to fulfill mission for Centennial

The Niles Historical Society has somewhat altered its focus during the past year. Since the centennial of Niles will be observed in 1999, the society is already making preparations for that event.

"We are in touch with the mayor's office," says Marilyn Brown, society president. "We are developing several proposals and would like to get some indication which projects Niles will pursue for its centennial celebrations."

The Niles Historical Society is also launching initiatives it believes will be significant in gathering materials for the centennial. Elementary schools are forming history clubs to pursue studies and research the history of Niles. Artifacts and other memorabilia from the early history of Niles are being organized for future exhibits and displays.

Most importantly, an intensive effort is underway to acquire any items related to the history of Niles that are still in private ownership. Several major deposits have recently been made. These are now being identified and will be added to the permanent collections of the society.

Organized in 1970 The Niles Historical Society was established in September 1970 as an affiliate of the Niles Women's Club. The Historical and Art Society, as it was then called, wanted "to build a historical and cultural center in Niles."

"The second floor will contain a history of Niles and artifacts from our villagers and duplication of rooms in the early homes of Niles," proclaimed some of the society's early literature. The first floor was set aside for exhibits and other current, changing activities.

In November 1971 the society adopted its own constitution. The stated purpose was: "To provide the opportunity to those persons interested in history to participate in the history of the village of Niles."

The major function of the society was, "To discover and collect any material which may help establish or illustrate the history of the area: its exploration, settlement, development, and activities in peace and war; its progress in population, wealth, education, arts, sciences, trade, and transportation. It will collect

Vendors sought for Skokie Sidewalk Sale

The Downtown Skokie Merchant's Association is seeking vendors to participate in the "Sell it on the Streets" sidewalk sale, to be held July 18-20, 1997.

For information on reserving a 15-foot space (\$50 for all three days), contact Jim B. at (847) 537-1831.

Rawhide Boys Ranch seeks vehicle donations

The Rawhide Boys Ranch in New London, Wisconsin is currently holding their annual Vehicle Donation program. The unique fundraising program depends on donated vehicles, real estate and boats to provide valuable job training opportunities for the court-referred teenage boys who live at the ranch.

The Vehicle Donation program is a year-round program that is supported by the Chicago Automobile Trade Association. Many Illinois car dealers provide collection sites at the dealership for Rawhide donations. Donors receive a full tax benefit. Call 1-00-RAWHIDE for further information and donations.

Salvation Army 'Donut Day'

The 60th Salvation Army Donut Day is Friday and Saturday, June 6-7. The annual tag day is held throughout northern Illinois and northern Indiana.

The Salvation Army has been serving the needs of the people in this area since 1885. The organization conducts 35 major programs locally in its continuing efforts to assist others. The goal for Donut Day is to raise \$300,000 to help support these programs.

In 1996, emergency lodging, food, clothing, and utility and rental assistance, as well as medical and/or health care was provided for some 35,000 individuals throughout the Chicago suburban area. Average daily cost: \$75 per family, \$25 per individual.

Also last year, The Salvation Army sent more than 150 youngsters to a seven-day camp at a daily per-child cost of \$36 or \$252 per camping session. Several hundred children are expected to attend this season.

According to Lt. Colonel Kenneth Baillie, Divisional Commander for The Salvation Army in this area, "People who receive assistance from The Salvation Army never expect that they will

need such help. Disaster emergencies can happen at any time and without warning!

"The Salvation Army is always there whenever there is need. I hope our good citizens will remember this when they make a donation on Donut Day! We ask that they give their dollars to donuts because every dollar counts."

For the sixteenth consecutive year, Chicago-area Dunkin' Donut Shops will again join The Salvation Army in promoting "Donut Day".

For a limited time, a customer can receive six free donuts at Dunkin' Donuts when they purchase one dozen at the regular price just by turning in their paper donut.

Epilepsy Foundation of Greater Chicago

Have Epilepsy? Need help finding a job? Call the Epilepsy Foundation of Greater Chicago at (312) 939-8622, TDD (312) 939-1117.

printed materials such as histories, genealogies, biographies, descriptions, gazetteers, directories, newspapers, pamphlets, catalogs, circulars, handbills, programs and posters; manuscript materials such as letters, diaries, journals, memoranda, memorabilia, rosters, service records, account books; and museum material such as pictures, photographs, paintings, portraits, scenes, aboriginal relics."

The constitution also stated that the society "will provide for the preservation of such material and its accessibility...and will arouse interest in the past."

The site selected for the building to house the society was the former Tam O'Shanter Country Club, west of the Chicago River, south of Howard Street, on 1.5 acres of land. Some said the area was a flood plain. Other opposition developed.

By 1973 Mandy Honold, who was spearheading in the building project, decided: "To go ahead and build our center on this site, in the face of so much opposition; would be foolhardy." The society owned the Kadlec home in 1972. It was the oldest

home in Niles. Some considered it as a possible site for the Niles Historical Society. However, the home, located at 7254 N. Milwaukee, was subject to the road widening to six lanes. Another site had to be selected.

Eventually agreement was reached and the Niles Historical Society took over the facilities of the Cook County's Sheriff's office in 1985. This site at 8970 N. Milwaukee opened to the public the following year and today is the present home of the Niles Historical Society.

"At no time in our history..."

In its early development the Niles Historical Society would frequently stage theatrical productions to raise funds. In 1971, a press release of the society announced the staging of "The Merry Widow." The following observations were made explaining the need for an historical museum.

"Unfortunately life is not thoroughly understood and evaluated by objective standards alone. But, by contrast, we must try to explain the individual to himself so that he can create his own culture, a set of personal rules that provide a basis for historical evaluation for morality and

positive modes of perception. At no time in our history has there been such a desperate need for individuals with a sense of their individuality, aware of their humanity and prepared to cope with the chaos and absurdities of modern life."

With these words the Niles Historical Society repeated a truism spoken through the ages: The best prophet of the future is the past. Today, 25 years later, we cannot escape often-repeated comment on the moral vacuum of contemporary society, the search to identify values, and the urgent need to establish a value structure.

"At no time in the past," is the past of all times, the future waiting to happen again and again. George Orwell put it in other words when he wrote about those who "spend time looking forward to the past."

Donated historical items to the Niles Historical Society that pertain to the past of Niles will make possible an accurate and more complete observance for the Niles Centennial.

Should you have any questions about making donations of items, please call the Niles Historical Society at (847) 390-0160.

Letters To The Editor

Nilesite questions park rates for resident grandparents

Dear Editor:

With the changing times and lifestyles, even the President of the United States, Bill Clinton, has implemented a summit for The Youth of America's Future so that people can volunteer and be mentors to youngsters. Niles Park District... get with it! This is the 90's and more grandparents are taking on the responsibility of helping to raise their grandchildren while parents are working.

My three grandchildren are coming to live with me for their summer vacation. I went to register them for one session - 4 weeks of Day Camp and was extremely disappointed to be treated as a non-resident, who had to pay \$17 more money than a resident. I am and have been a resident living in Niles for 42 years and have

paid my taxes. Not to mention the extra amount of taxes that were incurred because of an error made by the Niles Park District. Does this make sense? I don't think so!

When our children were growing up, they didn't have the facilities that we now have in Niles. Who do you think helped pay for all these pools and parks our Park District now enjoys? We the residents of Niles paid and will continue paying. Now the Niles Park District tells us, when we are seniors on fixed incomes, that we can't get a resident fee for our grandchildren for the summer. Trying to keep children supervised, occupied and safe is not an easy job. In my case it was quite a costly gift of \$1,212.

If there are other Niles resi-

dents with registration grievances and that includes purchasing pool tokens for your grandchildren, I urge you to write your newspaper about this issue. I need to hear from you. Maybe together we can make ourselves heard and make a difference. I called the Howard Leisure Center to complain and asked to speak with Ron Mrowiec, Director of Finance/Assistant Director many times. He never returned my calls.

As a matter of fact, I could have gone to Park Ridge, Morton Grove or Des Plaines Park Districts and be treated as a non-resident. This does not make any sense at all. NILES PARK DISTRICT... SHOW ME THE MONEY! You owe me \$117 and an apology because I'm very proud to be a Niles resident, not a non-resident.

Disappointed Grandmother,
Jean Stanley
Niles, Ill.

Do Not Disturb Wildlife Offspring

Illinois Department of Natural Resources Director Brent Manning cautioned individuals against moving or interfering with young wildlife they may encounter outdoors.

"Well-intentioned people believe they are helping an animal when they remove it from the wild, especially when they think it has been abandoned by its mother," Manning said. "In reality, mothers have to leave their offspring occasionally to forage for food and will return."

John Buhnerkempe, wildlife programs section head for the Department, said removing an offspring from its natural environment is oftentimes a death sentence.

"Many young animals die within a few days because people have no idea of their nutritional requirements," Buhnerkempe said. "Those that survive often are deposited back into the wild without having had the chance to acquire the skills their mothers would have taught them."

Wildlife also should be left in their natural environment because of the diseases they can transmit to humans and domestic animals. For instance, raccoons may be infected with roundworm that is dangerous to humans. Some wild animals can carry rabies (a viral disease that attacks the central nervous system) and tularemia (a bacterial disease carried by infected rodents). Wild animals also may be infected with ticks, fleas, lice or other parasites.

Buhnerkempe explained that nature protects young animals by camouflaging them with mottled coloring and giving them little or no scent that predators can detect. The white-tailed deer, for example, has a spotted coat

for camouflage, a fawn gives off very little scent, and will lay motionless if it notices any movement. Nests of baby rabbits include the mother's underbelly fur to help make them less visible. Baby raccoons wait until a certain age to emerge from their nesting cavities in trees.

Individuals who come across injured wildlife should leave the animal alone and let nature take its course.

Chicago celebrates Bike Week

The City of Chicago will host a Bike to Work Day Rally for cyclists on Monday, May 19. Held at Daley Plaza at Clark and Washington Streets from 7:30 to 9 a.m., the event will offer a free breakfast for participants, a raffle, bike registration with the Chicago Police Department, free blood pressure screening and the newest line of bicycles from bike manufacturers.

The newest addition to Chicago Bike Week is Mayor Daley's Lakefront Bike Ride, taking place on Friday, May 23 at 6 p.m. Riders will gather at Queen's Landing at Congress and the lake and ride south along the lakefront to Promontory Point in Hyde Park. A fee of \$5 will be charged for this 13.5 mile ride that includes a t-shirt, entertainment and food at the tour's end in Grant Park.

For more information, call the Mayor's Office of Special Events Hotline at (312) 744-3370. Additional details on Chicago Bike Week available on the World Wide Web at: www.ci.chi.il.us/WMSpecialEvents.

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Q. I'm 27 years old and about to buy my first car. A friend said I may have trouble finding insurance now. How will insurance companies determine if they will insure me?

A. Most insurance companies have an underwriting staff responsible for determining who the company will insure. And, most companies will follow a basic insurance principle that past experience indicates what will happen in the future.

Most companies consider such factors as: 1) the number of years you've been driving, 2) the number and type of tickets, accidents and insurance claims you've had, and 3) the make and model of your car. Insurance companies will also consider who else will be driving your car regularly and who lives with you since most policies provide coverage for those individuals.

"Virtual Field Trip" at Edison Conference

Participants at a Thomas Edison sesquicentennial conference in New Jersey next summer will tour Edison's reconstructed Menlo Park Laboratory in Michigan without leaving their auditorium seats. The "virtual field trip" comes courtesy of William Pretzer and John Bowditch, Edison experts at Henry Ford Museum & Greenfield Village in Dearborn, Michigan, where the Menlo Park reconstruction is located.

The two Edison experts will make the presentation during a three-day conference, June 25-27, at the Edison National Histor-

Illinois Insurance Hotline

Some insurance companies do not want to take the risk of insuring someone with an unknown driving record. And, since you have been without insurance, your record cannot be tracked. For example, if you had accidents for which you received no traffic tickets and/or insurance claims for which you were responsible filed on other people's insurance policies, the company would have no way of knowing unless all applicants provided this information.

There are companies that will insure you—particularly if you've been driving for a number of years and your driving record is good. If you have difficulty finding coverage, ask an agent to help you get into the Illinois Automobile Insurance Plan. This is an assigned risk pool in which all insurers licensed in Illinois must participate. The rates are general-

ly higher than average. However, if you maintain a good record while in the Plan, you should be able to find a standard company to insure you.

By the way, you should get insurance quotes before you decide on which car to buy because rates are higher for models which are more: 1) vulnerable to theft, 2) likely to be damaged in an accident, and 3) costly to repair or replace. Call the Hotline at 1-800-444-3338 for more information.

Q. We plan to buy our apartment when our building is converted into condominiums. We have a renters insurance policy so we're set with insurance, correct?

A. No. When you rent, any part of the apartment other than your personal property it is the responsibility of the landlord. However, when you own a condominium, items such as bathroom fixtures, kitchen cabinets and ad-

ditions or improvements made to the interior of the apartment are your responsibility and need to be protected. You should talk with your agent about a condo policy. Call the Hotline at 1-800-444-3338 for more information.

Puppydog Allstars K-9 Games

Dog lovers can teach an old "dad" new tricks this Father's Day Weekend at **The Puppydog Allstars K-9 Games** on Saturday, June 14 & Sunday, June 15, at the Odeum Sports & Expo Center in Villa Park.

Each day from 10 a.m. to 4 p.m., two thousand spectators are expected to turn out for **The Puppydog Allstars K-9 Games** to watch teams of dogs -- Terriers, Golden Retrievers, German Shepherds, Labradors, Poodles, Beagles, mutts and more -- and their human companions com-

pete in a dozen fast-paced contests. Hilarious events including the "Doggy Dash", "Musical Chairs", and the "Woof Relay" will demonstrate fun, dog-friendly training techniques and entertain the whole family.

Clubs may participate in a unique fundraising opportunity at the K-9 Games' **Puppydog Flea Market**. For \$25, clubs may set up a booth at the K-9 Games to sell, exchange or barter dog-related merchandise. Clubs may also showcase their well-socialized dogs to educate the public about breeds. For exhibitor information call (707) 745-4237.

Admission fee: \$5 per person. Children under 12 and seniors (over 65) are free. The Odeum Sports & Expo Center is located at 1035 N. Villa Avenue in Villa Park.

For information contact the K-9 Games at 1-888-K9 Games; Web Site: <http://www.puppyworks.com>.

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General News

Lira invites all to join summer tour of Poland



The Board of Directors of the Lira Ensembles - which works to bring the best of Polish culture into American life - is organizing its fourth tour of Poland, this time to central and Northern Poland. The tour emphasizes Polish music, folklore, traditions, and history and like Lira concerts, is designed to be enjoyable as well as informative. Members of past Lira tours have praised them for being far more than the usual tourist experience.

This year's tour departs Sunday, June 29 from Chicago or Newark on non-stop LOT Polish Airline Boeing jets to Warsaw. The tour includes guided tours of Warsaw, Gdansk, Gdynia, Sopot, Poznan, Torun, Gniezno (where Poland was born), Malbork Castle, the Baltic Coast, as well as concerts, folk performances, and many surprises. Included in the tour price are all transportation and admissions, first class hotels, three Polish meals a day (except for lunch on your own on two days), and the most modern motorcoach with bathroom on board.

Lira tours are personally escorted by Lucyna Migala of WCEV Radio, who is co-founder, artistic director, and general manager of the Lira Ensemble.

The cost of the Lira tour is \$2,679 per person, plus tax, for double occupancy. Single rooms are available for \$300 more. De-

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D042218 on the May 06, 1997 Under the Assumed Name of THAT'S KIDSTUFF! with the business located at 809 RIDGE ROAD, SUITE 206, WILMETTE, IL. 60091. The true name(s) and residence address of the owner(s) is: DAVID L. LEWIS, 675 SUMAC, HIGHLAND PARK, IL 60035, SCOTT M. PEIFFER, 635 MAYFAIR, BUFFALO GROVE, IL 60089.

Hundreds get ready to Save a Life this Summer

With summer quickly approaching, it's time to start thinking about water safety again and that means it's time to start thinking about the American Red Cross. The Mid-America Chapter of the American Red Cross will kick off its summer water safety campaign, *Save-a-Life Summer*, at its seventh annual Aquatic School. More than 300 people will learn life-saving skills at this series of trainings to be held at Harper College in Palatine, Tuesday, May 27 through Sunday, June 1.

The Aquatic School, the largest training of its kind in Chicago, offers six days of classes where participants can earn one or more certificates in Red Cross Lifeguarding, Water Safety, First Aid, CPR and many other courses, taught by 75 volunteer instructors. Often graduates use their training to lifeguard at local beaches and pools and to teach Red Cross swimming and water safety courses, thus spreading the word about water safety and saving countless lives. Anyone interested in registering for courses at the Aquatic School should call the Red Cross at 1-800-33-SAFETY.

Michael S. Tsipursky

Michael S. Tsipursky was named to the Kalamazoo College Dean's List for the winter 1997 quarter. To achieve the honor, students must earn a 3.5 grade point average or above on a scale of 4.0.

LEGAL NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, June 2, 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-13 | Evangeline B. Pintang
7814 Churchill
Morton Grove, IL | Requesting a change in zoning from B-2 to B-2 Special Use to open an adult day care center for 10 senior citizens at 7900 Milwaukee Avenue. |
| 97-ZP-14 | Dilip Danawala
8518 Clifton
Niles, IL | Requesting a change in zoning from B-1 to B-1 Special Use to rent videos and movies at Satyam Global Sales of Illinois, 9024 Milwaukee Ave. |
| 97-ZP-15 | Yun Chung-Lyu
Lakeview Korean
Presbyterian Church
8257 Harrison
Niles, IL | Requesting a change in zoning from R-2 to R-2 Special Use to operate a child day care center at 8257 Harrison Street. |
| 97-ZP-16 | Fu M. Tse
8992 Kennedy Dr #1A
Des Plaines, IL | Requesting a change in zoning from B-1 to B-1 Special Use to open a sit down restaurant at 8922-1/2 Greenwood. |

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.

"Rock for Asthma" concert

"Rock for Asthma" is a special benefit concert to raise money for the American Lung Association of Metropolitan Chicago (ALAMC). The concert is in tribute to Renee Kazmierowski. Renee died of asthma April 24, 1995, at the age of 28.

David Hawkins, of the band "Hawk", has put this event together in tribute to his girlfriend Renee. Hawkins, and co-sponsor "Uncommon Ground" Coffee House, have brought five bands together for this special benefit concert. The bands playing that night include: Dolly Varden and Tom Murray (Planet Warehouse), Hawk, Doug, Hoekstra Combo, Andrew and the Tree and What about Zoe?

The concert is Thursday, May 29, at the Double Door, 1572 N. Milwaukee. Tickets can be purchased at the door for \$8 or through Ticketmaster (312) 559-1212. The price includes a vegetarian buffet from 7 to 8 p.m., provided by Uncommon Ground.

Michelle M. Lim

Navy Seaman Recruit Michelle M. Lim, daughter of Jaime D. and Ester N. Lim of Glenview, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. She is a 1995 graduate of Glenbrook South High School.

Whole Foods Market, and Amity. The first 100 people to arrive get the new Hawk CD, "Always Now."

Proceeds from the concert help support lung disease research and education programs. These include a camp for severely asthmatic children, a school-based asthma education program, clean air initiatives to reduce air pollution, a common asthma trigger and research on treatment alternatives for asthma.

For more information, call the American Lung Association of Metropolitan Chicago at (312) 243-2000.

LEGAL NOTICE

NOTICE OF NONDISCRIMINATION POLICY AS TO STUDENTS
Nicolaus Copernicus School of Polish Language in Niles, Illinois admits students of any race, color, national, and ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its education policies, admission policies, scholarship and loan programs, and athletic and other school-administered programs.

LEGAL NOTICE

VILLAGE OF MORTON GROVE
Cook County, Illinois
1997 LOCAL STREET PATCHING PROGRAM
INVITATION FOR BIDS

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Cook County, Illinois, that sealed bids will be received for the "1997 Local Street Patching Program."

Bids will be received up to the hour of 10:30 a.m. Local Time, on the 12th day of June 1997, at the office of Director of Community Development, in the Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois, and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Director of Community Development, Village of Morton Grove, Illinois, upon payment of the sum of Twenty and 00/100 dollars (\$20.00) which is not refundable. Bids must be submitted on the forms provided.

The Director of Community Development has the right to refuse to issue Specifications and Proposals to any person, firm, or corporation that he considers to be unqualified.

All bids offered must be accompanied by a bid bond, cash or certified check made payable to the President and the Board of Trustees of the Village of Morton Grove in the amount of not less than five percent (5%) of the aggregate of the bid as a guarantee that if the bid is accepted, a contract will be consummated.

The right to waive any irregularity and to reject any or all bids is reserved to the President and Board of Trustees of the Village of Morton Grove.

Dated at Morton Grove, Illinois, this 15th day of May 1997.

Spiro C. Hountalas
Finance Director
Village of Morton Grove

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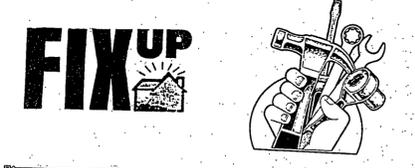
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DEADLINE FOR PLACING ADS IS TUESDAY AT 2 P.M. Certain Ads Must Be Pre-Paid In Advance: Business Opportunity, For Sale, Miscellaneous, Moving/Sale, Personal, Situation Wanted, Or If The Advertiser Lives Outside Of The Bugle's Normal Circulation Area.

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
ADMINISTRATIVE ASSISTANT Solid, 109-year-old service company requiring a take-charge, assertive person to join our team. Responsibilities include coordinating customer inquiries and processing administrative functions—all in a fast-paced casual environment! Knowledge of Word and Excel for Windows, dependability, and drive to please our customers required! In return, we offer a competitive wage, benefits, bonuses, and variety—plus good people to work with. O'Hare area. Fax resume to 847/455-0059, or call 847/455-0043 with questions.	RECEPTIONIST Progressive growth oriented public company, headquartered near O'Hare, is in search of a reliable individual with poise and professionalism to manage our high profile reception area. Responsibilities will include, heavy volume phone calls and greeting visitors. Please send resume to: Bugle Newspapers P.O. Box BD1215 8746 N. Sherman Rd. Niles, IL 60714	**RECEPTIONIST** Full-time receptionist, good phone skills, computer knowledge helpful. Will train, great working conditions, good benefits. Please call: (773) 973-0086	CLERICAL/OFFICE OPPORTUNITIES	MEDICAL/HEALTHCARE
BANKING OPPORTUNITIES	ACCOUNTS PAYABLE \$11-\$12 Per Hr. Call management company located near Glenview is currently recruiting for an accounts payable clerk. Qualified candidate should have prior A/P experience, be a team player, and very energetic! Spreadsheet and Platinum software experience a plus. Please contact Kimberly Jean at (847) 914-0229 Serious inquiries only. EOE	MARKET RESEARCH \$\$\$ EARN \$\$\$ EXTRA MONEY Market Research Company Needs MALES & FEMALES of all ages To Participate in TASTE TEST on an "as is needed" basis. CALL: PERYAM & KROLL 6323 N. Avondale (6300 North - 7300 West) (773) 774-3155 Ask For Jack	CNA's Long-term care facility has full-time CNA positions available for the following shifts: • 6:00 a.m. - 2:30 p.m. • 6:45 a.m. - 3:15 p.m. • 2:45 p.m. - 11:15 p.m. • 10:45 p.m. - 7:15 a.m. Current Illinois registry, status and competency examination required. Recent experience preferred. Candidates may apply in person or fax resume to: Human Resources BETHANY TERRACE NURSING CENTRE 8425 Waukegan Road Morton Grove, IL 60053 Fax 847-965-8104 equal opportunity employer	NURSES Norwood Park Home, Serving the Community for over a century as a Long Term Care Facility, is seeking qualified nurses for all shifts. Must have basic computer skills. We offer competitive salary and excellent benefits. To apply Mon.-Fri. 9:00 A.M. - 4:00 P.M. at NORWOOD PARK HOME 6016 N. Nina, Chicago, IL 60631 (near NW Hwy & Raven by Metro) 773-631-4856 FAX 773-631-4850 EOE
TELLER Part-Time 20 Hours Per Week 11AM-2PM Mon-Tues & Thurs 11AM-7:30PM - Every Friday Including Every Sat.-8:30AM-12:30PM Typing Required-Cashiering Background A Plus Call Jeffrey Nawocwicz: (708) 456-0100 FAIRFIELD SAVINGS BANK 8301 W. Lawrence-Norridge	CASHIER Full Time w/Benefits or Part Time Available 3:00pm-11pm Amoco Service Station 8801 Waukegan Rd., M.G. Apply in Person Ask for Erminio or Pat READ THE BUGLE	HEALTH/FITNESS Energize Your Career Bally Total Fitness, the leader in the health and fitness industry is seeking enthusiastic individuals for key positions within our MORTON GROVE club. • Receptionist The successful applicants must be able to handle diversified functions, including customer inquiries, greeting and helping our discerning members as well as possess computer savvy and a pleasant telephone manner. Full Time and Part Time schedules available. Work behind the scenes of this innovative company. Assist in maintaining the cleanliness of our facility. Full Time and Part Time schedules available. We reward your hard work and dedication with a competitive salary and use of the Bally Total Fitness facilities. If you are ready to run with a leader, please stop by our facility and fill out an application today. Bally Total Fitness is committed to a drug-free environment. BALLY TOTAL FITNESS 6821 W. Dempster Morton Grove Join Our Winning Team EOE M/F/D/V Find the help that you need in our classified section.	RESEARCH NURSE RN Needed For A Full-Time Research Position In The Park Ridge & Skokie Areas. A Background in Psychiatric Nursing Or Cardiology Is Required. Advantages Include: Reimbursement For Parking & Mileage, Flexibility And A Generous Benefits Package. Fax Resume To Paige Pfenniger At: (312) 563-2205	CLERICAL/OFFICE OPPORTUNITIES
ACCOUNTING ASSISTANT Small Medical Manufacturing Company in Niles seeks an organized, efficient person for computerized accounting. Experience in A/R, A/P, Payroll and General Ledger preferable. Working knowledge of spreadsheet applications a plus. Position offers growth potential, with benefits. For consideration, please fax your resume to: (847) 966-6168	ACCOUNTING / OFFICE OPPORTUNITIES	CLERICAL / OFFICE OPPORTUNITIES	CLERICAL / OFFICE OPPORTUNITIES	CLERICAL / OFFICE OPPORTUNITIES
DATA ENTRY Full Time For large physicians billing group located in Lincolnwood affiliated with Rush Presbyterian St. Lukes Medical Center. Person must have strong ten key touch and minimum 50 wpm typing skills. Required background and drug screening for position. Full benefits package. Call Pam at (847) 679-6363 Or Fax Resume to (847) 679-0551	WARD CLERK Norwood Park Home is seeking an experienced ward clerk with excellent communication and computer skills. Must be able to prepare nursing staff schedule, assist in the day-to-day recording and charting of medical and administrative information. We offer excellent benefits and competitive salary. To be considered qualified applicants apply in person Mon.-Fri. 9:00 a.m. - 4 p.m. at NORWOOD PARK HOME 6016 N. Nina, Chicago, IL 60631 (nr. NW Hwy & Raven by Metro) FAX 773-631-4850 EOE	CLERICAL / OFFICE OPPORTUNITIES	CLERICAL / OFFICE OPPORTUNITIES	CLERICAL / OFFICE OPPORTUNITIES

CLASSIFIED ADVERTISING

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
MEDICAL / HEALTHCARE	PROFESSIONAL OPPORTUNITIES	RESTAURANTS / FOOD SERVICE	RESTAURANTS / FOOD SERVICE	RESTAURANTS / FOOD SERVICE
MARKETING / PR POSITION Long-term health care facility located in Niles, Illinois. Seeking an individual who likes to interact with the elderly. DTP experience. Ability to design advertisements, write copy develop newsletters and articles, excellent proofreading skills, secretarial background. Experience with Word Perfect 6.0 for Windows, and Pagemaker 6.0. Send resume and salary requirements to: MARKETING DEPARTMENT ATTN: LINDA DICKSON VICE PRESIDENT OF DEVELOPMENT 6625 N. Milwaukee Avenue, Niles, IL 60714 or FAX resumes to: (847) 588-1330	AUDITORS Part-Time RGIS The Nation's Largest Inventory Service, Is Now Hiring People To Work In The North Suburbs. Must Have Transportation And Flexible Availability We Train - Call: (847) 296-3031 EOE	Restaurant • WAITSTAFF • BUS PERSONS Full and Part Time Private Country Club on the North Shore is Now Hiring and Training for Full & Part time Positions. Day and Evening Hours Available. Experience Not Necessary. Call Liz: (847) 729-6500	Restaurant • HOSTESS • WAITRESS Part-Time or Full-Time VINCE'S RESTAURANT (Harlem & Lawrence Area) (708) 867-7770	Restaurant • WAITSTAFF Full-Time • BARTENDER Part-Time • GREETER Part-Time • RIGGIO'S 7530 OAKTON (At Milwaukee)-Niles (847) 698-3346 (Ask For Kerry)
NURSES Norwood Park Home, Serving the Community for over a century as a Long Term Care Facility, is seeking qualified nurses for all shifts. Must have basic computer skills. We offer competitive salary and excellent benefits. To apply Mon.-Fri. 9:00 A.M. - 4:00 P.M. at NORWOOD PARK HOME 6016 N. Nina, Chicago, IL 60631 (near NW Hwy & Raven by Metro) 773-631-4856 FAX 773-631-4850 EOE	Leaning Tower YMCA is now accepting applications for the following positions: • Administrative Assistant • Desk Attendant/Hotel • Day Camp Counselors Contact: Jim Kindle (847) 647-8222 x.2225 EOE	SALES SALES Salesperson To Sell Landscaping For North Shore Landscaping Company. Experienced Only. Call: (847) 724-1734	SALES Join our friendly team! Full time positions available for energetic, conscientious person. Knowledge of paint and walkcoverings a real plus. Benefits package includes 401k, health insurance, paid vacations. Apply in Person J.C.Licht 5945 W. Dempster Morton Grove	SALES We are a 110-year-old family owned jeweler dedicated to spoiling the customer. We provide complete training for jewelry enthusiasts willing to work full-time flexible schedules. An attractive compensation package, including medical insurance, 401k plan and opportunity for accelerated compensation, awaits those daring to pursue a career in fine jewelry. For an interview call: R. Rosenthal (847) 982-1913
RNs/LPNs Chinle, AZ Chinle Nursing Home on all Maricopa nursing home is presently in need of RNs & LPNs w/a genuine interest in caring for the elderly & handicapped individuals. New grads welcome, all shifts avail. We offer exc. sal./bens incl'dy vac & sick leave, 401k insur & housing also avail. Send res. & copy of lic. to: Ann Carlson RN/DON, Chinle Nursing Home, P.O. Box 910, Chinle, AZ 85502, 520-674-5216 or Fax: 520-674-5218. An Equal Opportunity & Indian Preference Employer.	GOOD MONEY! Apply in Person 2045 S. Arlington Hts. Rd. #107 Arlington Hts., (847) 427-9090	RESTAURANTS / FOOD SERVICE	RESTAURANTS / FOOD SERVICE	RESTAURANTS / FOOD SERVICE
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Home & Energy

Everyday window cords can spell infant tragedy

Believe it or not, child safety experts say that the common window cord accounts for at least one accidental death every month. In fact, more than 100 infants and young children have accidentally strangled in the looped cords of window blinds and shades since 1990. Both government and industry officials agree the key to reversing this tragic trend is to make sure parents know how to check and childproof their window blinds, shades and draperies. Most cord entanglements occur to children between the ages of eight months and three years. Usually the cord loops are within reach of a child's crib or dangling near a window that the child reaches by climbing on low furniture. Consequently, the first rule for cord safety is to move cribs and furniture away from windows. Beyond this, most window-cord hazards can be fixed by cutting the cord loop just above the pull tassel, and then placing separate tassels at the ends of the resulting two cords. The Window Covering Safety Council (WCSC) - a coalition of major U.S. firms that manufacture, import and sell window coverings - offers consumers free tassels and tie-down devices for reducing looped-cord hazards through a toll-free hotline at 1-800-506-4636. WCSC officials also offer the following advice for childproofing the most popular window covering styles:

- **Two-corded horizontal blinds:** Cut the cord loop just above the tassel, remove the equalizer buckle, and place separate tassels on the two resulting cord ends.
- **Two-corded pleated or cellular shades:** Leave the cord-stop near the headrail in place, cut the cord loop just above the tassel, and attach the new tassels. Because another loop will appear above the cord-stop when the shade is raised, make sure the cord ends are secured beyond the reach of children.
- **Vertical blinds, traverse rods, etc.:** For window coverings that need a continuous loop to operate, secure a cord tie-down device to the floor, wall or window jamb. This pulls the cord loop taut and reduces the chance of entanglement.

Many newer window coverings have incorporated design changes that reduce or eliminate the potential hazards of a looped cord. For example, all horizontal blinds manufactured since Jan. 1, 1995 are without a looped pull cord. In addition, WCSC recently announced a series of additional design changes to improve the safety of cord configurations on

Job easier, faster, safer, better with right pliers

Ever try working hard to get areas found on electronic gadgets with slip joint pliers when what is needed is a pair of long nose pliers? Anyone who has is a firm believer that one pair of pliers is not enough. The Hand Tools Institute (HTI), a national association for manufacturers of hand tools, points out that there are many types, sizes and shapes of pliers, each designed and manufactured for a specific use. Some pliers are used for gripping, others for turning and bending and still others for cutting, each to be used within the intended manufactured limitations. Selecting the correct plier and knowing how to use it properly and safely is what counts. Some important points to remember are:

- Slip joint pliers are for gripping, turning and bending.
- Flat nose pliers-ideal for gripping in close space areas such as electronic gadgets, typewriters, telephone and other.
- Utility pliers-pliers commonly widely used by plumbers, electricians, auto mechanics to grip round, square, flat hexagonal objects.
- End cutting pliers-designed for cutting wire nails, rivets, etc. close to work.
- Diagonal Cutting Pliers-designed for electrical, electronic, telephone, automotive, and general work of cutting and skinning wire. They can also be used to remove cotter pins.

Since one plier is not enough for all jobs, here are some important safety rules to follow:

- No. 1 Don't use pliers for cutting hardened wire unless specifically manufactured for this purpose.
- No. 2 Always cut at right angles, never rock from side to side or bend the wire back and forth against the cutting blades.
- No. 3 Never use pliers as a hammer on the handles. They may crack or break, or blades may be nicked by such abuse. Copies are available at the price of \$3 each from the Hand Tools Institute, 25 North Broadway, Tarrytown, NY 10591. Payment must accompany order.

Cutting grass at 200 mph

Have you ever lived through or witnessed the results of a hurricane or tornado? The high winds can be extremely frightening and dangerous, reaching speeds of 150-180 mph. The destruction these storms leave behind can be devastating. No one would argue that tornadoes and hurricanes should not be taken seriously. Well, did you realize that the tip of your mower's cutting blade can average speeds of 200 mph? That's faster than a typical tropical storm. That's why mowers should be considered serious cutting tools that should be treated with respect. And regardless of how long you've been mowing, it's important to consciously think about measures you can take to ensure your safety. Safety measures and mowing techniques vary depending on the type of mower you have, but there are some things that always remain the same. Like proper clothing - always wear long slacks, sturdy shoes with traction soles and tucked-in shirts. Mow across slopes with a walk-behind mower. That way, if you slip and fall, the mower will be less likely to tumble on top of you. Mow up and down slopes with a riding mower for greatest stability. Hills too steep to mow safely shouldn't be mowed at all. Add a decorative groundcover or plant the area in native wildflowers. Steer clear of embankments and drop-offs.

THE READERS WRITE
The Bugle urges all its readers to submit Letters to the Editor pertaining to local issues or in response to editorials appearing in the paper. All letters must be signed and contain the name, address and telephone number of the writer. No letter will be printed in The Bugle unless this information is furnished. Of course, this information will not be printed if the writer requests same to be withheld. Also, no pre-written form letters of any kind will be published.



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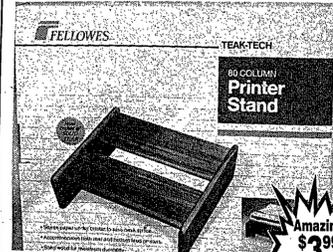
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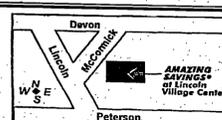
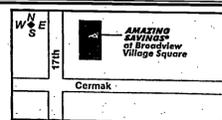
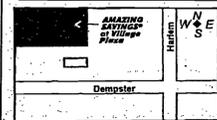


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