



### Few surprises in area school board elections

Results of the recent school board elections had few surprises as incumbents hung on in most districts.

**Oakton Community College**  
The two seats on the Oakton Community College board of trustees went to top vote-getters incumbent Joan B. Hall, who garnered 15,739 votes, and newcomer Jean Kriechbaum, who tallied 10,008 votes, narrowly outdistancing incumbent Marvin Walker's 9,738.

**District 207**  
Three incumbents and one newcomer will be serving in Maine Township District 207. Oscar Marquis will return to fill the two-year vacancy of a retiring member. Incumbents Ralph Johnson and Iris Friedlieb will be joined by newcomer Jeffrey Bergen in four-year terms.

**District 219**  
Incumbents knocked out challengers for the three vacancies in Niles Township District 219, as Board President Sam Borek and board members Gail Stone and Robert Silverman will return for four additional years of service to the district.

**District 63**  
One of the few controversial

traces involved a write-in campaign in District 63 by several candidates knocked off the ballot on pre-election technicalities.

Mary Pat Jordan garnered 181 write-in votes to win the two-year vacancy, while Steven Levy gained 103 votes to win the other write-in seat.

District incumbents Jane Wojtkiewica, Karen Dimond and Nancy Morton will return for four more years on the board.

**District 64**  
Three incumbents and one challenger will fill the four open positions in District 64. Jane Curry, Martin Joyce, and John Pierce will return and Dean Krone will join the board of trustees for the first time.

**District 67**  
In the uncontested race in District 67, Donna Motzny, Julie Higgins, Richard Lieber and Donald India will fill the four-year vacancies.

**District 71**  
Three incumbents and one challenger will fill the four vacancies in District 71. Newcomer Mary Krueger will join Clifford Drexler, John Lombardi and Veronica Meyer for a four-year term.

**Building not to open on time with no penalty clauses for contractor; A.B. Dick buys temporary building, may evict library; Library paying \$40,000 per month rent!**

## Taxpayer disaster at Niles Library!

Worse has definitely come to worst over at the Niles Library.

Housed in a building at 7400 Caldwell Avenue since Feb. 1, while construction proceeds on a total "make-over" of the former library building, the library has been delivering superb service to patrons from Niles and throughout unincorporated Maine Township, according to Library Administrator Cary Czarnecki.

The problem is that the general contractor, the Broadway Construction Company of Chicago, is way behind schedule. The way it looks right now, they will not have completed enough of the construction to make it possible for the library to move back into the usable space available by the Feb. 1, 1998 end of their lease in the Caldwell Avenue building.

by Rosemary Tirio

To further complicate matters, the Caldwell building, which was previously managed by the Rose Group of Morton Grove, was purchased last week by the A.B. Dick Company, which intends to move its corporate headquarters

**Niles pioneer Dorothy Schreiner dead at 80**

by Rosemary Tirio

Dorothy Schreiner, nee Mezykowski, passed away Nov. 8 at the age of 80.

Mrs. Schreiner, who was an active member of the senior clubs of Niles, was the widow of Louis Schreiner who for many years served as a member and president of the Niles Park District. The gymnasium in the Grennan Heights park was named after Mr. Schreiner.

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**Police uncover burglary ring in L'wood home**

Chicago police have apparently cracked what they believe to be a national burglary ring that has operated for many years in Illinois, Wisconsin and Georgia.

Garage sales featuring high-end merchandise such as nearly new designer clothing, expensive furs and rare antiques that were frequently held in a two-story home at 6741 N. Central Ave., Lincolnwood, aroused suspicions

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### Construction of fitness center, park under way

by Rosemary Tirio

Hang on, health fans, the new Niles Family Fitness Center is less than a year away. Ground was broken earlier this year and the center is expected to be completed by September or October of next year, according to Village Manager Abe Selman.

Right now workers are placing up steel to enclose the structure before the snows fly.

The center is expected to attract young families to the Niles area, Selman said. The village un-

**Budget increase approved for District 63**

The school board in the Des Plaines-based East Maine Elementary District 63 agreed to a possible 5 percent increase in the student instructional budget Oct. 28.

The budget for the 1998-99 school year may be increased by about \$127 per student in kindergarten through 6th grade, and by \$148 per student in 7th and 8th grades.

Although the increases are estimates at this point, principals will have a general idea of the money they will have to work with next school year, District Business Manager Walter Korpah said.

### Niles Historical Society Victorian Tea

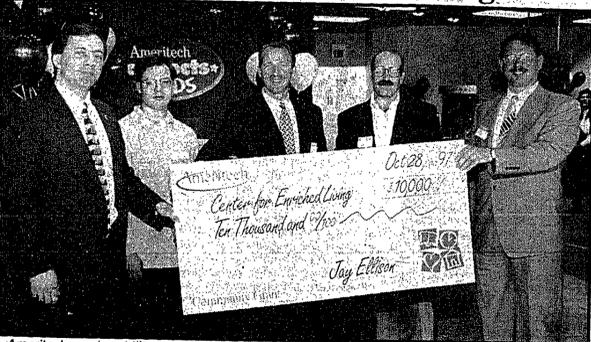
On November 15 and 16, at 2 p.m., the Niles Historical Society will serve Victorian Tea. There will be fun, friends, music, and a display of Victorian secrets from more than 25 years ago. The entire museum will be open for tours and socialization.

The Victorian Tea is for everyone and a great way to spend an afternoon before the hustle and bustle of the holidays are upon us.

If you have not made your reservations, call (847) 390-0160 and leave a message. Seating is limited so reservations are a must. Hats and gloves are optional but requested.

The Niles Historical Museum is open every Wednesday and Friday, 10 a.m. to 3 p.m. Other times by appointment only.

### The Center for Enriched Living receives Ameritech Hometown Partner grant



Ameritech representatives present a \$10,000 check to the Center for Enriched Living. CEL was recently named an Ameritech Hometown Partner and will use the grant money to establish "The Ameritech Club," a hands-on program that will teach technology skills to those with developmental disabilities. (Pictured from left: David McAloon, Ameritech Communication Center Manager/Niles; Jeff Swartz, CEL member; Rick Bakosh, General Manager of Ameritech Cellular Services/Illinois; Ed Swartz, Jeff's father; Kent Weimer, CEL Executive Director of Strategic Development).

The Ameritech Hometown Partners program awards grants of up to \$10,000 to nonprofit organizations in communities where Ameritech is either opening new or remodeling existing retail stores. A check presentation ceremony was held at the newly remodeled Ameritech Cellular Center located at 9635 N. Milwaukee Avenue.

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**Donation to be used  
for equipment**



Niles Park District Board receives a donation from The Knights of Columbus at the October 21 Board Meeting. The money will be used to install additional handicap accessible equipment at Triangle Park. (From left: Commissioner Val Engelman, Mr. Ken Lee of the Knights of Columbus, Commissioner Bill Terpinas, Vice-President Elaine Heinen, Mr. Walt Beusse of the Knights of Columbus, and Commissioner Jim Hynes).

**Niles resident honored  
for volunteer efforts**



Ameritech has contributed to five different organizations to honor Ameritech employee Robert Galassi's volunteer efforts and dedication to each. Galassi (center) of Niles presented checks for \$1,000 each to Lois Kozeny of St. John Brebeuf GLADD Tidings () and Conrad Wojnar of the Women's Centers of Greater Chicagoland at a reception honoring Ameritech volunteers held at the Ameritech Center in Hoffman Estates.

BY JOSEPH ZURAWSKI  
Special to The Bugle



**Exploring Niles' History:  
Milwaukee Avenue's tolls bring about Chicago last 'Indian' uprising-Part III**

An interesting account of travel on the Northwestern Plank Road, today's Milwaukee Avenue, is given by Mrs. Mary Ann Calef, grandmother of a future Mayor of Niles. Eckhoff writes that Mary Ann came to Niles in 1848 from Scotland with her parents. She describes an incident in 1867.

"I had driven to Chicago early in the day and spent a considerable time at Smith's and Harvey's and Potter Palmer's stores and when I started for home my horse was eager to get there and set off at a brisk trot. We came to Fullerton and Milwaukee Avenues and I tried to rein him in to stop at the toll gate, but the harder I pulled the faster he went, and we not only did not stop to pay the toll but took a part of the gate with us, for which my husband was re-

quired to settle later. We generally rode to Chicago in the bus driven by John Huntington. He charged a fare of thirty-five cents each way, and as a toll for one horse and buggy was twenty-five cents one way, there was not much saved by driving."

Travel to Niles, particularly on week ends, proved to be extremely popular. Records indicate that gates which normally took in \$400 on a week day, would average over \$700 on week ends when used by picnickers and saloon guests to Niles and visitors to St. Adalbert's Cemetery.

Costs for freight passage, several authorities state, averaged about \$10 per ton for each 20 miles.

The murder of Amos Snell in 1888 proved to be quite a sensa-

tional news story. His nephew, Willie Tascott, was the prime suspect. The search lead detectives to all areas of the country and then to Europe. Tascott was never apprehended.

As the case dragged on, grumbling about the excessive toll fees charged by Snell was heard more frequently. There even was some speculation that Snell's murder was a result of a disgruntled user of Snell's toll road. Many tried to avoid paying a toll by driving around a gate.

In 1890, the plight of angry toll users was dramatically illustrated. Farmers dressed as Indians raided the Fullerton Avenue toll gate. They chased away the toll keeper and set the gate and his house on fire. The Chicago Tribune of May 3, 1890 quoted a

bystander saying the fire was started "from spontaneous indignation." Police were called but did nothing. Only one toll gate collected tolls through 1891. In 1882 the toll-road system was abolished.

The Niles Historical Museum is collecting photos, written materials, and all historic items which provide an insight into how Niles developed during its existence. The village will be 100 years old in 1999. However, settlers were in the area since the 1830s. Should you have any items relating to the history of Niles, do call the Niles Historical Museum about making arrangements to deliver items. Should the item have sentimental or personal value, please consider loan-

ing it to the museum for the centennial year. The museum is located at 8970 N. Milwaukee Avenue. It is open Wednesday and Friday from 10:30 a.m. to 3:30 p.m. You may also call (847) 390-0160 for further information.

Might you have...  
a photo of the day your grandfather moved into Niles?  
an old cemetery deed for St. Adalbert's?

a 1990 (or earlier) report card from a school in Niles?  
an old map of the Niles area?

a Niles traffic citation from the 1920s?

a Niles telephone book published before 1950?

program booklets of handbills from theater productions in Niles?

**Niles makes a difference  
in toy/food drive**

The Village of Niles held a non-perishable food and toy drive to benefit two Chicago area philanthropic organizations during the week of October 20-24, 1997.

The Village would like to thank everyone who donated items to this charitable event. The overall contributions from community groups, individual residents, as well as village employees, was greatly appreciated by the two recipient organizations. The food items collected were donated to the United Way of Skokie Valley, while the toys benefited the Little City Foundation, which provides a home for developmentally handicapped children.

The event was a great opportunity for individuals and groups in the community to come together through the simple act of donating items that benefited both

adults and children throughout the Chicagoland region," stated Ghida Martorano, Assistant to the Village Manager.

While the national "Make a Difference Day" was only scheduled for Saturday, October 25, the Village of Niles expanded the timeline for the event to four days. "By having four days in which people could participate, as opposed to just one, it gave more people the opportunity to be a part of the event," said Chris Bethel, Administrative Intern for the Village.

The nationwide "Make a Difference Day" event was spearheaded by the Points of Light Foundation in Washington D.C. and was endorsed by Illinois Governor Jim Edgar as well as municipalities, businesses, and community organizations from across the United States.

**DesPlaines votes for  
more cable channels**

The DesPlaines City Council voted to give its residents a choice of cable TV services.

The council approved a 15-year cable TV franchise agreement with Ameritech New Media, which plans to begin building its enhanced cable TV system in DesPlaines next year.

"We commend the city government for giving DesPlaines residents the opportunity to enjoy the benefits of competition, including improved service, rate stability and greater programming choice," said Donna Garofano, vice president of public affairs for Ameritech New Media. In addition to 5% of its gross

revenues, Ameritech will provide DesPlaines an additional 1% of revenues and \$20,000 in cash for community use.

Ameritech New Media will compete against incumbent provider TCI in DesPlaines.

Ameritech's enhanced cable TV service, called americast (R), offers more than 90 channels of video programming including local broadcast, expanded basic and premium cable channels, and its new express cinema (TM) service. In DesPlaines, four public, educational and government (PEG) access channels will be available.

**Trooper killed in copter  
crash grew up in MG, Skokie**

by Rosemary Tirio

State Trooper Erin Hehl of Chicago who was killed last week in a helicopter accident grew up in Morton Grove and moved to Skokie when she was in eighth grade. She was a 1981 graduate of Niles West High School.

According to a family friend, the former Erin Sweeney decided in high school to pursue a career in law enforcement and obtained an associate degree at Oakton Community College in 1983. She then went on to Southern Illinois University in Carbondale where she received a bachelor's degree in justice administration.

Hehl, 34, had been an Illinois State Trooper for 11 years, holding several different posts including working in the Marine Unit and regular patrol. She underwent training as a helicopter pilot last year and was the first female state trooper to have such training. She obtained her pilot's license in September.

Funeral services for Hehl, which were held at Chicago's Holy Name Cathedral, were at-

tended by police officers from throughout the country.

Hehl was killed along with civilian pilot George Kurelic, Jr., during a training flight. The cause of the accident is under investigation.

Hehl is survived by her husband Robert, a Chicago police officer, and a son, Brendon, 3.

**MTRRO meeting  
to be held**

The Maine Township Regular Republican Organization will hold its 2nd Thursday monthly meeting November 13 at Maine Township Hall, 1700 Ballard Rd., Park Ridge at 7:30 p.m.

The organization will host primary candidates running for the spring '98 election. County and state candidates will be invited.

The public is invited. MTRRO is comprised of Republican precinct captains headed by Committeeman Marty Butler. For further information call (847) 823-1736.

**Oakton begins restoration of the  
Des Plaines River**

Oakton Community College's Streambank Restoration Project, which involves restoring portions of the Des Plaines River that runs through the main campus at 1600 E. Golf Road, is now underway. The project is funded by a \$153,016 grant from the Illinois Environmental Protection Agency (IEPA).

Over time, the configuration of the river has changed as a result of indirect and direct modifications to the landscape. To restore the river to its original state, Oakton has hired an environmental consulting firm to conduct a study of the riverbank. The firm has identified three areas that have been greatly affected by the erosion and has made recommendations for restoration.

First, the river bank along the western border of the access road to the College from Golf Road needs to be regraded. The sides will be capped with clay and covered with a stabilizing blanket of plantings that are natural to the area. A sewer is needed to handle stormwater runoff and to safely direct the flow of the river away

from the bank. The other two areas require selective cutting and clearing of nonnative plant life such as the Buckthorn and Black Maple and reseeding of native ground cover.

Oakton's Streambank Restoration Project combines the practical work of using ecologically sound river bank restoration and stabilization techniques with the opportunity for students and community residents to learn more about the Des Plaines River and the latest methods for controlling its erosion.

"We are environmentally conscious of Oakton's unique location which is surrounded by the Forest Preserve," said Oakton President Margaret B. Lee. "As a community resource and educational institution, it is our goal to enhance the environment and to create a living laboratory to allow students to relate classroom studies to real life situations."

As part of the project, science faculty will incorporate various phases of the project into Oakton's courses including geology, biology and environmental stud-

ies. Additionally, students who are interested in careers in environmental studies will be introduced to the various jobs available and have the opportunity to hear from experts in the field.

To keep the community aware of the progress of the Streambank Restoration Project, video documentaries will be prepared by Oakton's audio and visual studio. These videos will capture various phases of the project and will be featured on Oakton's cable channel (channel 15), and on the Oakton Impact Show, aired on WMAQ radio on Sunday mornings at 6 a.m.

For more information about the Streambank Restoration Project, contact Marilyn Appelson, director of college development, at (847) 635-1893.

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## Church and Temple News

### NSJC presents "Action" Auction '97

As part of an ongoing effort to successfully continue the many fine religious, education and free programs for the community, Northwest Suburban Jewish Congregation (NSJC) will hold its annual Goods and Services Auction on Sunday evening, Dec. 14.

The Synagogue welcomes the entire community to join them for an evening filled with good food, shopping, friends, music and fun.

### Nicholas L. Piekos

Navy Seaman Recruit Nicholas L. Piekos, son of Lawrence and Jean Piekos of Niles Terrace, Niles, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes.

He is a 1997 graduate of Niles West High School of Skokie.

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### OBITUARIES

#### ADELE HOFFMAN

Adele Hoffman, 79, of Morton Grove, died October 31. She was the beloved wife of the late Valentine. Beloved mother of Kenneth and the late Howard Hoffman. Grandmother of 15. Great-grandmother of 25. Sister to William and Quinten Hinnenkamp, Josephine Welle, and Anna Faber. Services were held November 3 at St. Martha Church, Morton Grove. Arrangements handled by Simkins Funeral Home. Interment was at Queen of Heaven Mausoleum, Hillside. Memorials to St. Martha Church, 8523 Georgian Ave., Morton Grove, IL, 60053.

#### GRETCHENE KRIESE

Gretchen E. Kriese, 92, of Morton Grove, died November 5 at Lutheran General Hospital, Park Ridge. She was the beloved wife of the late John Kriese. Beloved mother of Richard Kriese and Shirley Gabel. Grandmother of 8. Great-grandmother of 11. Sister to Elizabeth Seratzki and Mary Seratzki. Services were held November 8 at St. Martha Church, Morton Grove. Arrangements handled by Simkins Funeral Home. Interment was in All Saints Cemetery, Des Plaines. Memorials to: American Cancer Society or Heart Association.

### Vitali F. Zagalskiy

Marine Pvt. Vitali F. Zagalskiy, son of Felix M. Zagalskiy and Tatiana V. Zagalskaya of North Lavergne, Skokie, recently completed basic training at Marine Corps Recruit Depot, San Diego.

He is a 1996 graduate of Niles North High School.

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### NSJC Sabbath Services

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, will hold Sabbath Services on Friday Evening, November 14 at 8 p.m., at which time, Beth Schneider, daughter of Jerold and Ronna Schneider, will be called to the Torah in celebration of her Bat Mitzvah.

Saturday Morning Services will begin at 9:30 a.m. Rabbi Kenneth S. Cohen will conduct all services. Everyone is welcome.

### St. John Brebeuf School computer lab dedication



St. John Brebeuf School proudly ushered in the new school year with the dedication of its new computer lab.

The new lab features IBM Computers which are networked, two laser printers and a scanner. Intermediate and Junior High Classrooms will also be connected to the network.

Future plans call for networked computers in each classroom and access to the Internet in each room.

With all students in attendance, the new lab was blessed by Fr. Andy Barczyk. Numerous other dignitaries were present including Mayor Blase of Niles and Joe LoVerde (left), President of Niles Park District.

### Saint Wenceslaus Latin Mass

Sunday, November 23, the feast of Christ the King and the final Sunday of the liturgical year, will be observed with fitting solemnity at St. Wenceslaus Church, 3656 W. Roscoe St., Chicago with a sung Latin Mass at noon. Mass will be offered according to the Order of Mass as restored by the Second Vatican Council. Music for this special feast will include Mozart's Sparrow Mass and the motet Laudate Dominum, Gregorian Chants

and the hymns proper to the day.

St. Wenceslaus Church is conveniently located at the intersection of Roscoe St. (3400N) and Lawndale Ave. (3700W), three blocks south of the Addison St. exits of the Kennedy Expressway and the O'Hare "Blue Line" and within walking distance of both the Belmont and Addison St. buses. For more information and travel directions, please call (773) 588-1135.

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Foster tells everyone she meets

about her canes. The response to this 'Senior Super Saleswoman' has been so great that Plastigage even offered her the use of their own Toll Free telephones, to handle inquiries and orders. So, anyone can call (888) 768-9280 or (888) 547-6240 for information. She will even consider a few dealers.

Her canes are 32, 34, and 36 inches, and can easily be cut shorter, by removing the tip.

When asked why she wanted roses inside, Foster said: "Women like roses the best. When a husband wants to make his wife smile, he doesn't bring Dande-

lions, he brings roses. And, for their own use, men can replace the roses with fishing lures, shotgun shells, or other sport things."

Some of her customers told Foster about taking nasty spills, when not using their hospital cane that made them look old and infirm. But, they used Foster's cane all the time, because it looked so cheerful, and people they met seemed to begin treating them differently.

Foster plans to make her canes available to children, with little dolls or toys inside. She feels that an interesting cane could keep other children from teasing her,

when they have to use a cane.

When Foster was told that a bunch of her fans were going to make her "World Famous," she told them that wasn't necessary, and then added, with a twinkle in her eye, "But, if you want Me to read about it, you had better get going, because I'm 93, you know!"

Foster says that her cheerful looking canes may prompt folks to use a cane earlier, when they first need one. "But," she adds, "even if my experience just inspires older people to get going after their dreams, as I did, that will be reward enough for me."



Thirty years after her retirement, Florence Foster, of Jackson, Michigan, has taken a firm grip on the business world, with her invention of a new and cheerful plastic walking cane.

While she was planning a hiking trip into the Arizona mountains, for more of her prize winning photos, Foster realized that she needed a stronger cane for more stability. So she designed one, which even had colorful flowers inside to, as she put it "replace that dreadful looking hospital cane that made me look old."

Then, she went to the big Plastigage Corporation plant in Jackson and asked them to make her a cane. Everett Scott, their Superintendent, admired her enterprise. So, he located just the right tube,

### Depression linked to chronic facial pain

The 50 million Americans who suffer from chronic facial pain, including temporomandibular disorders (TMD), are also likely to suffer symptoms of depression, reports the Academy of General Dentistry. TMD, a condition that describes the muscles and joints associated with chronic facial pain, is often treated by dentists. The most common symptoms patients report are fatigue and insomnia. If you experience facial pain and jaw muscle soreness in combination with depression, contact your dentist.

### Sensitive teeth? Check your toothpaste

Using tartar-control toothpaste may cause some people to experience increased tooth sensitivity, reports the Academy of General Dentistry. The good news is that when people stop using these toothpastes, the sensitivity goes away. Tartar-control toothpastes greatly reduce tartar build up, yet 10 to 20 percent of people complain of tooth sensitivity. The Academy suggests discontinuing use of these toothpastes if you experience increased sensitivity.

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## Health News

### New fall fashion may be 'Cappuccino Teeth'

As the coffee and tea craze continues, and consumption during fall and winter increases, connoisseurs may also get stained teeth, reports the Academy of General Dentistry. The tannic acid, or "tannins", found in these liquids etch into the surface of the

tooth's enamel, producing a rough, stained surface. To reduce staining, try drinking coffee or tea through a straw -- the liquid only touches a targeted area. Also, after drinking coffee or tea, brush your teeth or rinse your mouth with water.

### Wearing braces? Here's a tip

To help prevent cavities, adults and children who wear orthodontic braces should decrease consumption of carbonated beverages, reports the Academy of General Dentistry. Soft drinks, such as soda pop, easily adhere to the tooth surfaces of orthodontic patients. In order for the brackets

and bands to be bonded to teeth, the patient's teeth surfaces are etched -- which removes the tooth's protective outer enamel. Without the outer enamel, teeth are placed at the mercy of soda's sugary acids. Orthodontic patients should drink soda in moderation and brush their teeth after drinking.

### High-sugar infancy can mean adult sugar dependency

A high-sugar diet during infancy can lead to an adult sugar dependency, reports the Academy of General Dentistry. Dental habits start forming at four months, at the time when the baby switches from milk to infant formula and other foods. During this time, primary teeth erupt and foods introduced at this time can affect a lifetime of dental health. Remember -- the earlier an infant gets used to sugar, the easier it is for them to get hooked on sugary snacks, making them more susceptible to cavities.

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### Barriga photograph permanently displayed at Children's Memorial



Leo Barriga, pediatric cancer survivor and Kathleen A. Casey, Executive Director of Bear Necessities Pediatric Cancer Foundation, Inc. stand in the forefront of the new photography exhibit permanently installed in the pediatric cancer center at Children's Memorial Hospital. Bear Necessities funded the photography exhibit.

To learn more about Bear Necessities, volunteer, contribute or to discuss your fundraising ideas, call (847) 516-4081. Bear Necessities Pediatric Cancer Foundation, Inc. receives no federal or state funding.

### Losing Weight: Is the Secret in a Bottle?

Is weight loss easier with weight loss pills, teas or supplements? Recent health advisories about certain products and an examination of the weight loss claims associated with them has prompted many researchers to emphasize an overall healthy lifestyle instead of other treatments.

Several weight loss products marketed as "dieter's teas" contain strong herbal laxatives and diuretics. Any weight loss that occurs by using these products is usually water loss and not fat. Not only is this an ineffective solution to being overweight, it can also be dangerous. The Food and Drug Administration (FDA) has received increasing reports in recent years of bad reactions to these products, including abnormal heart beat and even death. Since herbal products are marketed as supplements and not medicine, there is little or no review by the FDA of their safety or effectiveness.

Other "natural" weight loss remedies claim to increase energy and boost metabolism. Many of these products include ephedrine, which is commonly listed on labels as ma huang. Since 1993, the FDA has received and investigated more than 800 reports of problems with the use of such supplements, including increased blood pressure, abnormal

heart rhythm, heart attack and death.

Even prescription drugs used to lose weight can have unforeseen side-effects. In September, two of the most widely used weight control drugs were pulled off the market - dexfenfluramine (marketed under the name Redux) and fenfluramine (half of the popular combination nicknamed the "fen-phen plan") after they were linked to valve damage. Phenentermine, the other half of the popular diet drug combination, has been approved in the U.S. for short time use. As a stimulant, it can raise blood pressure and heart rate. Despite these risks, research has confirmed these drugs confer a weight loss benefit of only an extra "fraction of a pound per week," before a plateau is reached and the drug is supposed to be discontinued.

Losing Weight: Is the Secret in a Bottle?

In a recent review of weight loss strategies, John Foreyt, Ph.D., one of the leading researchers in weight control, acknowledges that medication can help in some cases. However, he insists that lifestyle modification, including regular physical activity, problem-solving to deal with emotional and social barriers to a healthy lifestyle, and good social support are far more accurate predictors of weight loss success.

Foreyt also encourages shifting emphasis from weight to health. Rather than focusing on exercise as a temporary punishment to take weight off, regular physical activity should be viewed as a key to good health and stress relief for people of all weights. The American Institute for Cancer Research's recent report with new recommendations to lower cancer risk names activity as one of the most important steps an individual can take. Foreyt notes that learning to eat according to hunger, and not stress or desire, is another critical goal.

If you would like to lose weight, instead of browsing the rack of pills and teas, try learning the guidelines for healthy living. With the new recommendations from AICR, including a focus on good health and well-being, your body will find a healthy weight all on its own.

For a brochure with hints for a healthy weight that will help lower your cancer risk, write the American Institute for Cancer Research, Dept. HW, P.O. Box 97167, Washington, DC 20069-7167.

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## Health News

### New Emergency Department opens at Resurrection Medical Center



Michael Rosenberg, M.D., Medical Director of Emergency Services at Resurrection and Our Lady of the Resurrection Medical Centers, explains the features of a cardiac-system monitor used in the new Emergency Department at Resurrection Medical Center to Resurrection Health Care employees Tom Capobianco and Charrise Coulombe.

The first phase of renovations to the Emergency Department at Resurrection Medical Center, 7435 W. Talcott Ave., was completed with the opening of the department's new treatment area in October.

The new Emergency Department features 17 private and semi-private rooms and a four-bed observation room. Several of the rooms are designed for patients with special needs, such as cardiac resuscitation, trauma, orthopedic, pediatric and obstetric and gynecology patients. Two negative air pressure rooms are now available for patients with infectious diseases. Less serious patients have separate rooms for diagnosis and treatment of their

conditions. The observation room allows physicians to monitor patients for a longer period of time prior to their release. Two dedicated x-ray rooms are located in the department and are used specifically for emergency patients.

Every patient room features a cardiac system that provides continuous patient-monitoring capability. An intercom system lets patients communicate directly with the nursing station.

Future renovations, scheduled for completion early next year, will bring new registration and waiting areas, dedicated cast rooms and an ear, nose and throat treatment room.

### Fifth annual Men's Day Program at Oakton

Men from all walks of life can examine the pertinent issues facing them today at the fifth annual Men's Day program at Oakton Community College on Sunday, Nov. 23, from 8:30 a.m. to 5 p.m. at the Des Plaines campus, 1600 E. Golf Road.

Participants will share ideas and hear professionals and peers discuss the various stresses men face as they learn ways to effectively cope with emotional issues. Topics to be covered include men's support groups, male spirit, friendship, fathering, retirement and male sexuality.

The keynote address, "Male Friendship: An Odyssey of Self," will be presented by Kevin Fitzpatrick, MSW, and Paul Kachoris, whose eight-year-long friendship has allowed each man to grow personally. In the speech, Fitzpatrick and Kachoris will describe their unique developmental model of male friendship, as well as other models they have researched.

Fitzpatrick is a psychotherapist and consultant with more than 20 years experience in the mental health field. Kachoris is a psychiatrist and a board member of the Chicago Men's Network.

Men's Day at Oakton is designed for men, but women are welcome. However, in keeping with the spirit of the day, we ask that you bring a man along: husband, father, son, friend, brother, relative or any other significant male in your life.

The cost to attend Men's Day is \$25 and includes lunch (if you pre-register by Nov. 18). Registration at the door is \$30 and may not include lunch. For more information, call Steve Schada at (847) 635-1874.

Interested men (and women) can attend the At-Home Dads Convention being held at Oakton in conjunction with the Men's Day program on Saturday, Nov. 22 from 9 a.m. to 5 p.m. at the Des Plaines campus. Please contact Robert Frank at (847) 657-7811 for more information about the At-Home Dads Convention.

### Diet pills curb appetite, endanger teeth

In addition to curbing appetites and controlling weight gain, appetite suppressants can also endanger healthy teeth, reports the Academy of General Dentistry. Diet pills decrease the amount of saliva, nature's natural defense

for teeth, and cause dry mouth. Dry mouth puts people at risk for developing cavities, gum disease and causes discomfort. The Academy recommends increasing brushing time and flossing twice a day for patients taking

diet pills. Drinking extra water will also help prevent dry mouth.

USE THE BUGLE

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This offer is our way of saying thanks for 75 years of being good neighbors and great customers. So be sure to stop by for your ATA discount tickets. With a little help from Northwestern Savings, we think you'll fare quite nicely.

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- Zone 5-\$425 Roundtrip HAWAII: Honolulu, Maui

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## Women's News

### Bowling News

Catholic Women's League  
10/15/97

Classic Bowl	W/L
Grand Nat'l Bank	30/12
T. Drozd, D.D.S.	26/16
Candlelight Jewelers	24/18
Skaja Terrace	21/21
Windjammer Travel	18/24
	7/35

#### High Series

Geri Kenny	526
Dorothy Kaufmann	490
Jan Repel	485
Phil Drozd	474
Gertie Schultz	446

#### High Game

Geri Kenny	188
Jan Repel	181
Phil Drozd	181
Dorothy Kaufmann	174
Fe Febunan	173

### Miss Illinois Woman of Achievement Scholarship Program, Inc.™

This is an "OPEN" Pageant. Therefore participants may reside anywhere within the state of Illinois.

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• The Miss Illinois Women of Achievement Scholarship Program also requires each contestant to choose a platform issue she can exemplify through her year of service as Miss Illinois Woman of Achievement, 1998.  
Winner will receive a scholar-

ship award to the accredited school of their choice.

The 1998 Miss Illinois Woman of Achievement Scholarship Program will be held on Saturday, March 7, 1998 at the Harold Washington Library Center in Chicago.

There is no entry fee. Contestants are responsible for their own talent, interview, opening number, fitness wear and evening wear attire.

The Miss Illinois Woman of Achievement Scholarship Program™ is a volunteer, not-for-profit organization whose sole purpose is to provide College Scholarship Awards to young women.

Call (847) 854-2826 to receive an information packet.  
Deadline for completed paperwork is Feb. 1, 1998.

### Morton Grove Woman's Club

Morton Grove Woman's Club will hold their monthly meeting on Thursday, November 13, at the Fireside Restaurant, 9101 Waukegan Road, Morton Grove at 12 noon. Cost of luncheon is \$12.

After a short business meeting, humorist Joe O'Rourke will give a motivational speech. Reservations: call 965-5764 or 965-2382.

### League of Women Voters of Morton Grove/Niles

Are you confused about the recent changes in immigration laws and the long term consequences of high levels of immigration in the U.S.? On Thursday, Nov. 20, Joseph L. Daleiden will speak at a public meeting of the League of Women Voters of Morton Grove/Niles.

The public is invited to this important meeting on Thursday, Nov. 20, from 7:30 to 9 p.m. at the Morton Grove Public Library, 6140 Lincoln Ave.

The League of Women Voters is a grass-roots, non-partisan, national organization committed to promoting citizen participation in government. For more information on this meeting or membership in the League call 966-7743.

### Drug researchers focusing on diseases of women

Not too many years ago, women had no effective treatments for osteoporosis and little relief for their other debilitating diseases of aging.

Today, pharmaceutical companies are developing 27 new medicines for osteoporosis, 18 for diabetes, 18 for Alzheimer's disease and 55 for arthritis and related disorders. The news about new arthritis medicines is important: more than 23 million women suffer from arthritis, including half of all American women 65 and older.

A number of drugs have already been approved for these diseases. For osteoporosis, which afflicts one out of four women and is four times more common in women than men, a medicine that builds bone mass by up to 10 percent. Estrogen replacement treatment, which costs \$3,000 over 15 years, can now

prevent hip fractures caused by osteoporosis, which cost about \$41,000 per fracture.

Overall today, 144 U.S. pharmaceutical and biotechnology companies are working on 373 new medicines to meet the special needs of women for innovative treatments. The drugs target diseases that affect only women, affect women disproportionately or are among the top 10 killers of women.

The focus on the ailments of women has picked up dramatically in recent years; 43 more new drugs and 37 more companies are listed in a 1997 "New Medicines in Development for Women" survey. The previous survey was compiled by the pharmaceutical industry in 1994.

To get copies of the 1997 "New Medicines in Development for Women" survey, please write to the Editor, "New Medicines in Development," Communications Division, PhRMA, 1100 15th Street, N.W., Washington, D.C. 20005.

The survey may also be found at PhRMA's Internet site: <http://www.phrma.org>.

### Women in Construction

The O'Hare Suburban Chapter #193 of the National Association of Women in Construction (NAWIC) will meet Tuesday, November 18, at the Avalon Restaurant, 1905 E. Higgins Road, 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 p.m. followed by dinner at 6:30 p.m.

The Program for the evening will be presented by Lyman Shepard as "FRANK LLOYD WRIGHT - A DRAMATIC IMPRESSION".

Guests and all women interested in construction are invited to attend. For membership information, contact Shari Rafish at (312) 908-4765 or Lauren Roberts (847) 742-4550.

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## Women's News

### How to plan the perfect party

Factory Card Outlet, one of the nation's oldest and largest discount chains for party supplies, greeting cards and special occasion merchandise, has been helping people across the country plan parties for the last decade. They offer the following tips to ensure your party is perfect down to the last detail.

1. Start your planning early. In order to avoid running yourself ragged right up to the minute and dragging yourself through your own party, begin your planning two months before the party date.

2. Plan your guest list. Make a list of all people you intend to invite, and send the invitations at least two weeks in advance to allow enough time for mail delivery and for people to respond.

3. Make lists. Keep your guest list handy to keep track of all RSVPs. And don't forget to make a supply list of all food, beverage and party goods you will need.

4. Plan a menu. When mulling over the menu, remember these tips: food served in molds are easy to make and can be pleasing to the eye. Consider an optional vegetarian entrée. Don't forget to garnish, and have a sugar substitute ready.

If you're having a potluck dinner, make sure guests know that they're expected to bring something by noting it on the invitation.

5. Serve food buffet-style. If you choose to serve food so that everyone helps themselves, select items that are fresh and colorful with varied textures. Do not serve sauces at a buffet, and separate the hot and cold dishes.

6. What (and how much) to buy. The following is a general rule of thumb when determining portion control:

- four ounces of meat per person
- one-half cup of vegetables per person
- one-half pound of coffee serves 24 people
- allow for one bottle of wine for every two guests
- one pound of ice per person
- four ounces of dessert per person
- two and a half pounds of nuts per 50 people
- one and a half pounds of mints per 50 people
- one 750 ml (25.4 oz.) bottle of wine will provide five 5 oz. servings
- allow two drinks per person per hour
- plan for 7 hours d'oeuvres per person
- serve appetizers and drinks (2 per person) at least 45 minutes before serving dinner.

7. Creative decorations finish off the festivities. Think of a party as a gift to your family and friends - you'd wrap a gift,

wouldn't you? If the party is not for a national holiday like the Fourth of July, consider a theme party - a sports, "fiesta" or rock n' roll theme are ideas you can weave into everything from food planning to decorations.

8. Don't forget the little extras. Fold napkins in a unique way with unusual napkin holders, give a party favor to each guest such as potted flowers or lottery tickets, use place cards or name-tags for large groups, and provide soft music.

9. Take time to relax before the party. If the host or hostess isn't

relaxed, the guests won't either. Take a soothing bath or catnap before the party. Allow ample time to get ready before the guests arrive.

10. Helpful hints your mother never told you: Forget to chill the wine? Put it in your freezer for 18 minutes. Remember: people tend to eat more when parties are outside. Let cheeses stand at room temperature (covered) for full flavor. Do not dilute punches by keeping them cold with ice cubes; instead use scoops of sherbet, ice cream, or frozen juice cubes.

### Bowling News

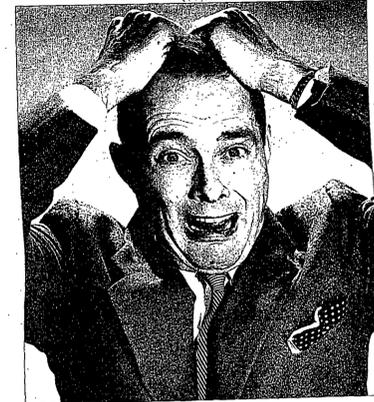
Catholic Women's League  
10/22/97

Classic Bowl	W/L
Grand Nat'l Bank	32/17
Candlelight Jewelers	31/18
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Skaja Terrace	26/23
Windjammer Travel	18/31
	12/37

#### High Series

Geri Kenny	496
Dorothy Kaufmann	476
Millie Krull	467
Lisa Vanco	465

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### Women's News

#### Patrick S. Kelly

Marine Pfc. Patrick S. Kelly, son of Michael J. and Madge A. Kelly of Rusty Dr., Des Plaines, recently was promoted to his present rank while serving at School of Infantry, Camp Pendleton, Calif. He is a 1995 graduate of Maine West High School.

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#### Selecting a pediatrician that you and your baby will be satisfied with

It's one of the more important and long-lasting relationships you and your baby will form. And if done properly, it will probably last about 18 years.

Choosing your pediatrician is not a decision to be made lightly. More than just browsing through your insurance plan's physician guidebook the first time your baby gets sick, you need to begin your selection process while your baby is still in utero.

Ask around. Check with friends whose opinions you respect. Ask your gynecologist for recommendations. Start developing a list of potential pediatricians about mid-way through your pregnancy. In a high-risk pregnancy, with known birth defects, you may want to begin your search even earlier.

Once you have developed an initial list, call and arrange a "get acquainted" meeting with the various pediatricians. This will provide you with a chance to be one-on-one with the doctor to ask any questions you might have regarding care, office procedure, insurance technicalities and more. More than anything, the meeting will give you the chance to find out the doctor's philosophy on caring for your children. Remember that you will be relying on this pediatrician's advice for many years to come, so a cer-

tain comfort level with the doctor and his staff is essential. Ask to meet the staff. Find out which nurses would be working with you. Many times through the years you will communicate with the nurses and nurse practitioners on calls and during visits. If the pediatrician and staff listen to your questions and concerns at this "get acquainted" meeting you can be assured that your problems will be handled in a professional manner.

Your goal should be to find a pediatrician who will make you part of the health care team that treats your child. Find out from the prospective pediatricians what their philosophy is on the topics you are most concerned with. Prior to your visit write down any concerns or questions you have. Naturally, this is the most efficient way to discuss your concerns and leaves little room for omitting anything.

Some questions to keep in mind when talking with the pediatricians:

- Discuss office hours and what happens after hours? How quickly is the response time when calling with a sick child? If your doctor is not on call, who will take the call?
- What is the doctor's philosophy on prescribing medications?
- Does the office have a rela-

tionship with a nearby children's hospital? Are there any nearby medical schools that use your doctor's office as part of its internship programs. If so, will you feel comfortable with a medical student or intern looking at your child, along with your pediatrician?

Find out what is covered by your insurance plan. Well baby care can be expensive if not covered to some degree by insurance. If not, review immunization check-up costs and figure out what the amount is you will have to pay.

Ask about your baby's first 18 months of general care. Familiarize yourself with the immunization schedule. On average, you visit your pediatrician every two to three months during the first year and a half of your baby's life. This is in addition to the many after-hours calls with symptoms you've never seen before. First-time parents can become frenzied when confronted with their first 103 degree fever with their 4 month old. And, as luck would have it, many parents feel their children wait until 5:01 p.m. on purpose just to drive them crazy.

Find out whether or not your pediatrician has a monthly newsletter or handout that are available to patients and their families.

Most important, always remember that you're not signing a life contract with your pediatrician. You may find that once your baby arrives, and you have a chance to actually work one-on-one with your pediatrician that you still don't feel comfortable. Don't despair. Never feel uncomfortable about changing pediatricians until you find one that works well with you and your baby.

#### NPHS looking for homeowners

The Norwood Park Historical Society is looking for homeowners who have completed special projects on their homes and/or property. We are interested in homes particularly in the Chicago area known as Community Area 10, which is bordered by Cumberland (west), Foster (south), Nagle (east), Devon (north), and up to Albion east of Harlem.

Nominations can be made for: painting, siding, additions, porches, fences, and various landscape projects. Homeowners are welcome to nominate their own project.

Please submit all entries to the Norwood Park Historical Society by mail at 5624 N. Newark Ave., or phone us at (773) 631-4633 no later than December 31. Awards will be given at the February 28, 1998 meeting.

**Celebrating Our 25th Anniversary**

**Give a Gift Certificate of Health & Beauty**

from the only facility in the Midwest featuring both Beauty Salon & Health Club with Swimming Pool

IMAGE CONSULTING SERVICE AVAILABLE  
FIND YOUR MOST FLATTERING HAIR COLOR & STYLE

CALL FAUST  
NEW EUROPEAN TECHNOLOGY  
For Faster and Better Perms & Color.

Our Beauty Salon features an Award Winning Staff and is for both men and women...

Service includes:

- European Permanent Waving
- European Hair Color
- Hair Shaping
- Hair Styling
- Skin Care
- Make-up
- Manicure
- Pedicure
- Massage
- Facials
- Body Waxing

Now is the Time To Shape Up For '97

**Our Health Club for Women Only**

Featuring:

- Swimming Pool
- Sauna
- Steam Bath
- Whitening
- Exercise Equipment
- Treadmill
- Life Cycles

**ANNUAL MEMBERSHIP**  
Reg. \$250 NOW \$198

**3 MO. MEMBERSHIP**  
Reg. \$75 NOW \$60

**NEW SUPER BEDS**  
with 2 Face Towels each.  
10 Visits \$50  
20 Visits \$85

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**London Fog® Luggage**  
Pilot Bag with adjustable handle  
Retail Price \$89.00 & \$119.00

Amazing Prices \$29.99 to \$39.99 Everyday

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Package of 4 Exciting Cars  
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**Big Yank® Classic Collection Men's Socks**  
Retail Price \$4.00

Amazing Prices 99¢ Everyday

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Fine Tinted Porcelain Bisque  
Stands 24" High  
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**Nivea®, Max Factor®, L'oreal® & more!**  
New Shipment  
Great Assortment of Brand Name Cosmetics  
Retail Price \$3.99 to \$12.95

Amazing Prices 99¢ to \$4.99 Everyday

**Satin Bed Pillow by East Rest®**  
Standard size 20" x 26"  
Non-Allergenic  
Made in U.S.A.  
Retail Price \$15.00

Amazing Prices \$3.99 Everyday

**New Brand Name Merchandise Arrives Daily at Amazing Prices Everyday!**

**Extended Holiday Shopping Hours: Monday-Friday 8-10pm • Saturday 8-8pm • Sunday 10-6pm**  
Not responsible for Typographical errors and while supplies last!

**Amazing Savings®**  
Village Plaza  
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(847) 965-2929

**Amazing Savings®**  
Dunhurst Shopping Center  
on Dundee Rd. west of Elmhurst Rd. in Wheeling!  
(847) 537-1700

**Amazing Savings®**  
Broadview Village Square  
17th & Cermak  
in Broadview  
(708) 343-8080

**Amazing Savings®**  
Lincoln Village Square  
McCormick at Lincoln Ave.  
in Chicago  
(773) 539-4000

**New York Chicago Detroit Baltimore Miami Cleveland**

## Community Calendar

### CHILDREN

**Thur. Nov 20**  
**Developmental Screening**  
 Infants & toddlers  
 birth-33 months only  
 Thursday, Nov. 20  
 8:30-11:30 a.m.  
 Molloy Education Center  
 8701 N. Menard  
 Morton Grove  
 Call 965-9040 to schedule.  
 Free to Niles Township resi-  
 dents

### CONVENTION

**Sat., Nov. 22**  
**AT-HOME DADS CONVENTION**  
 Oakton Community College will  
 sponsor the **Second Annual**  
**At-Home Dads Convention:**  
**Bringing At-Home Dads To-**  
**gether** from 8:45 a.m. - 5 p.m.  
 at the DesPlaines campus,  
 1600 E. Golf Road. This pro-  
 gram provides an opportunity  
 for primary caregiving dads  
 from across the country (and

their wives) to share their expe-  
 riences as parents. The At-  
 Home Dads Convention is held  
 in conjunction with Oakton's  
 Fifth Annual Men's Day which  
 is held on Sunday, Nov. 23  
 from 8:30 a.m. - 5 p.m. at the  
 DesPlaines campus. Men's  
 Day offers an opportunity for  
 men to examine, discuss and  
 evaluate the pertinent issues  
 facing them today. Participants  
 will share ideas and hear pro-  
 fessionals and peers address  
 the various stresses men face  
 and learn ways to effectively  
 cope with these issues. For  
 more information or to register  
 for Men's Day, contact Steve  
 Schada at (847) 635-1874. For  
 more information, call Dr. Robert  
 Frank, Ph.D., coordinator of  
 the At-Home Dads Convention,  
 at (847) 657-7811.

much more. Located in Naperville  
 at 30 N. Brainard, the  
 Merner Field House, North  
 Central College. (630) 420-  
 6010.

**Danville Kennel Club Dog Show**  
 This dog show is nothing to  
 bark at. Presented as one of  
 the largest dog shows in cen-  
 tral Illinois, the show offers all  
 breeds, shows, demonstra-  
 tions, and vendors. Located at  
 the David S. Palmer Civic Cen-  
 ter. (217) 431-2424.

**November 15**  
**Holiday Open House**  
 Ring in the holiday season in  
 Galesburg's historic district,  
 Seminary Street. Cheer as San-  
 ta Claus arrives, sit back and  
 enjoy horse drawn carriage  
 rides, and munch on the sam-  
 plings and tastings in Seminary  
 Street shops. Enter to win a  
 \$500 shopping spree. Shops  
 will donate 10 percent of day's  
 sales to United Way. (309) 343-  
 1194.

### Fri Nov 21

**Living Together**  
 Join Sundance Productions,  
 Trinity Irish Dance Company,  
 and Natyatalalayam Dance  
 Company as they explore three  
 distinct expressions of dance -  
 African, Irish, and East Indian -  
 highlighting their similarities as  
 well as their differences. This  
 extraordinary evening takes  
 place in the James Simpson  
 Theater at The Field Museum  
 on Friday, November 21 from 8  
 p.m. - midnight. Cost is \$25  
 per participant (\$20 per Mu-  
 seum member), with refresh-  
 ments included.

### Nov. 21 - Dec. 14

#### THE DOLL HOUSE

The Doll House by Henrik Ibsen  
 will be performed at the  
 DesPlaines campus of Oakton  
 Community College, 1600 E.  
 Golf Road, in November and  
 December. Performances are  
 scheduled for the Mainstage of  
 the Performing Arts Center at 8  
 p.m. Friday, Nov. 21, Dec. 5  
 and 12; 8 p.m. Saturday, Nov.  
 22, Dec. 6 and 13; 3 p.m. Sun-  
 day, Nov. 23, Dec. 7 and 14;  
 and 2 p.m. Wednesday, Dec.  
 3. Tickets are \$10 general ad-  
 mission; \$7 for students, facul-  
 ty, staff and seniors. To order  
 tickets, call the Oakton Box Of-  
 fice at (847) 635-1900. For  
 group discounts, call Toni in  
 Group Sales. (847) 635-1901.

**Nov. 21-22**  
**Springfield Holiday Market**  
 Happy Holidays! Lincoln Me-  
 morial Gardens offers a culmi-  
 nation of the year's work by the  
 gardeners' talented craftworkers,  
 and features a wide selection  
 of handmade natural decora-  
 tions for the holidays. (217)  
 529-1111.

**November 21-23**  
**Rock Falls Hometown Holidays**  
 Catch the holiday spirit and get  
 started on your gift shopping  
 while strolling through Rock  
 Falls viewing living window dis-  
 plays and browsing at the  
 crafts show. Bring the whole  
 family for Saturday's parade  
 with floats, marching bands,  
 and Santa and Mrs. Claus!  
 (815) 626-3138.

**November 22-30**  
**Springfield Festival of Trees**  
 Springfield's premiere holiday  
 event includes over 70 beauti-  
 fully decorated trees and  
 wreaths, children's craft area,  
 holiday gift shop, live entertain-  
 ment and concessions. Locat-  
 ed at the Illinois Building at the  
 Illinois State Fairgrounds. (217)  
 788-3293.

**Nov. 22-Jan. 2**  
**Gingerbread Walk, Belleville**  
 Four blocks of storefronts dis-  
 play some of the most elabo-  
 rate and delicious gingerbread  
 creations including an alp, rein-  
 deer, penguins, tighouses,  
 cars, three-level dollhouses,  
 and more. Also learn to  
 make your own gingerbread  
 creations, take a weekend car-

Continued on Page 15

**SHINJUKU** Sushi & Japanese Restaurant  
 10% OFF ANY DINNER WITH COUPON  
 OFFER EXPIRES 11-30-97  
 Carry Out & Catering  
 5711 W. Dempster  
 Morton Grove, IL 60053 (847) 583-8282

**RINGLING BARNUM & BAILEY**  
 SEARS  
 NOW THRU SUN. NOV. 16  
 ROSEMONT HORIZON  
 TO BUY TICKETS:  
 Ticket Centers including  
 Dominick's and Carson Pirie Scott or  
 www.ticketmaster.com  
 BY PHONE: (312) 559-1212  
 FOR GROUPS OF 20 OR MORE CALL:  
 (847) 671-9800  
 ALSO PLAYING: NOV. 18-30  
 UNITED CENTER  
 Come one hour before showtime and be  
 part of the action. It's our outrageous!

**THREE-RING ADVENTURE**  
 \$9.50 - \$16.50  
 Special VIP seats available whenever tickets  
 are sold. Service and handling charges apply.  
 No service charges at box office.

### ENTERTAINMENT

#### Fri., Nov. 14

##### FRIENDSHIP CONCERT

The novel and quirky, contem-  
 porary-folk trio Sons of the  
 Never Wrong will highlight me-  
 terial from their new CD re-  
 lease along with the Kairos  
 String Quartet at Friendship  
 Concert Hall, Kolpin and Algon-  
 quin Rds., DesPlaines at 8  
 p.m. Tickets are \$8 on ad-  
 vance, \$10 at the door and  
 may be purchased in person or  
 by phone from the Mt. Pros-  
 pect Park District, 411 S. Ma-  
 ple St., Mount Prospect. Call  
 (847) 255-5380 for additional  
 information.

#### November 14-16

##### Antique Show

Authentic antiques will be pre-  
 sented by over 50 dealers in  
 addition to food, a country  
 store, dried flower dealer and

**NOW OPEN!**  
**WORLD BUFFET**  
 Oriental Cuisine  
 Lunch Buffet... 8.99 per person  
 Mon.-Fri., 11:30 to 3:00 pm  
 Dinner Buffet... 12.99 per person  
 Everyday 4:00 pm to 10 pm  
 Featuring  
 Buffet & Charcoal Cooking... 15.99 Per Person  
 10% service charge  
 Cook At Your Table! Ribs, Steaks, Shrimp and more  
 \*10% OFF SENIOR DISCOUNT - ANY TIME  
 Buffet includes:  
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 • Salad  
 • Entree  
 • Beverage  
 • Dessert  
 Over 100 items to choose from  
 Serving..Korean, Japanese & Chinese Cuisine  
 Golf-Milwaukee Plaza  
 8526 Golf Rd., Niles • 847-583-1700  
 Just West of Venture Department Store

## Community Calendar

### ENTERTAINMENT

Continued from Page 14  
 riage ride and visit Our Lady of  
 the Snows Way of Lights, famo-  
 us for its 1 million lights dis-  
 play. (800) 677-9255.

#### Barbershop Harmony

Edge O' Town Sweet Adelines  
 Chorus presents an afternoon  
 of Barbershop Harmony "Just a  
 Little Bit Country" on Sunday  
 November 23, at 2:30 p.m. at  
 the Irish American Heritage  
 Center, 4626 N. Knox (Edens  
 and Wilson exit) Chicago.  
 Adults \$10, children under 12,  
 \$5. Special guest quartet will  
 be the hilarious, talented  
 "Chordiac Arrest" of television  
 and commercial fame. For in-  
 formation call 773-478-9553.

#### First Orchestra Concert

Sunday, November 23, Time: 3  
 p.m., Place: Grand Ballroom  
 Navy Pier, 600 East Grand Ave-  
 nue, Chicago. Tickets are  
 available at \$15 General Ad-  
 mission and \$5 for children un-  
 der 12. For further information,  
 please call: (312) 341-1521.

#### HANS BRINKER

New Tuners Theatre skates into  
 the season with its fourth  
 annual presentation, Hans  
 Brinker, the sparkling holiday  
 musical, in the cozy confines of  
 The Theatre Building (1225 W.  
 Belmont) on Sunday, Nov. 23  
 at 5 p.m. Hans Brinker \$15 pre-  
 views begin 11/15, 11/16, 11/  
 22: 5:30 p.m., and 11/21: 7  
 p.m. Opens Sunday, 11/23, 5  
 p.m. @ The Theatre Building  
 (1225 W. Belmont). Through 1/  
 4/98. Ticket prices are \$22/  
 adult; \$16/children through age  
 12. Regular performances run  
 Sat./Sun., 2 & 5:30 p.m. Added  
 performances: 11/28: 2 & 7  
 p.m.; 12/22, 12/23: 7 p.m.; and

### EXHIBITION

**Wed., Nov. 26**  
**WORLD'S LARGEST OFFICE PARTY**  
 Over 5,000 partygoers are ex-  
 pected to attend this year's  
 World's Largest Office Party/  
 Winter Zazz Bash, benefitting  
 the Chicago Sun-Times Charita-  
 ble Trust, on Wednesday,  
 November 26 from 4 p.m. to 11  
 p.m. Admission is \$8 at the  
 door. Partygoers are encour-  
 aged to spend the night. Ac-  
 commodations are available at  
 Hyatt Regency Chicago on No-  
 vember 26 at a discounted rate  
 of \$59 per room, plus tax. A  
 special parking rate of \$11 is  
 also available for the evening.  
 Hyatt Regency Chicago, the  
 largest hotel in Chicago with  
 2,019 guest rooms, is located  
 at 151 East Wacker Drive. For  
 more information about Hyatt  
 Regency Chicago's World's  
 Largest Office Party/Winter  
 Zazz Bash, call 312/946-  
 WLOP.

### FORUM

#### Fri Nov 21

##### Ask the Lawyer

Marc J. Lane will be featured  
 at the Center for Urban Busi-  
 ness' November Forum, "Ask  
 the Lawyer," at the University  
 of Illinois at Chicago on Friday,  
 November 21, at 322 South

### HEALTH

#### Sat., Nov. 15

##### OSTEOARTHRITIS

The Arthritis Foundation, Great-  
 er Chicago Chapter, and Lu-  
 theran General Hospital, will  
 present a free seminar on "New  
 Treatments for Osteoarthritis"  
 from 10 a.m. to noon Sat., Nov.  
 15. Continued on Page 16

### EXHIBITION

#### Nov 21, 22, and 23

##### Stamp Show

CHICAGOPEX '97, the 111th  
 Annual National Stamp Show  
 of the Chicago Philatelic Socie-  
 ty, will be held on the weekend  
 of November 21, 22, and 23, at  
 the Rosemont Convention  
 Center, 5555 North River  
 Road, Rosemont. Admission  
 is Free! Hours of the show  
 are: Friday - 10 a.m. to 6 p.m.;  
 Saturday - 10 a.m. to 6 p.m.;  
 and Sunday - 10 a.m. to 4 p.m.  
 Meetings of the Chicago Phila-  
 telic Society are held on the 1st  
 and 3rd Thursday of each  
 month at the Midland Hotel,  
 172 West Adams Street, in  
 downtown Chicago, at 7:30  
 p.m. Visitors are always wel-  
 come! For information regard-  
 ing CHICAGOPEX '97, P.O.  
 Box A-3953, Chicago, IL  
 60690-3953.

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 COUPON  
 PRE-CHRISTMAS SALE!  
**20% OFF** with coupon  
 ALL CHRISTMAS ORNAMENTS  
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 Party Supplies • Silk Flowers • Balloons  
 Baby & Bridal Shower Favors, Custom Orders Taken  
 Collectible Dolls • Decorative Banner & Flags  
 Greeting Cards • Handmade Baby Blankets  
 Gift Baskets, Ready Made & Custom Made  
 Gift Wrapping • UPS Shipping service  
**847-933-1970 - 888-356-4626**  
 3934-38 W. Touhy, Lincolnwood, IL.  
 We speak Polish - Delivery Available  
 Come & Have Coffee With Us

## Community Calendar

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**Nov 21, 22, and 23**  
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 15. Continued on Page 16

**Minato** JAPANESE RESTAURANT  
 We do not use instant sauces nor MSG  
 Our outstanding sushi chef creates "Edible Art"!  
 Our diverse menu offers a variety of selections & beverages for the whole family to enjoy  
 "Minato is the right place for your party, celebration or business meeting"  
 Lunch Tues.-Sat. 11:30am-2:30pm; Daily Lunch Specials  
 Dinner Tues.-Thurs. 4:30-10:00pm; Carry-out available  
 Fri. & Sat. 4:30-11:00pm; Sun. 4-10:00pm; Beer, Wine & Spirits  
 Closed Monday.  
 4026 W. DEMPSTER • AUSTIN-DEMPSTER PLAZA • MORTON GROVE • (847) 965-6888  
 Plenty of free parking

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 Let Esposito's Cater Your HOLIDAY PARTY!  
 In Your Home or At Your Office  
 Featuring:  
 Italian Specialties,  
 Pasta, Pizza, Antipasto,  
 Salad, Soup, Italian  
 Beef and Sausage,  
 Seafood, Deluxe  
 Sandwiches, Steak,  
 Ribs, Chicken  
 and many  
 Italian Favorites.  
 Please Ask For A Catering Menu!  
 9224 Waukegan Rd.  
 Morton Grove  
 847-965-3330  
 Dine-in • Take-out • Delivery

## Community Calendar

### HEALTH

Continued from Page 15  
 15, in the Olson Auditorium. Registration for the seminar is required. To sign up, call (312) 616-3470. Lutheran General Hospital is located at 1775 W. Dempster St., Park Ridge.

**Sat., Nov. 15**  
**COCHLEAR IMPLANTS**  
 A free educational forum about cochlear implants will be offered from 9 to 11 a.m. at the Woodfield Hilton, 3400 W. Euclid Avenue, Arlington Heights. Registration begins at 8:30 a.m. Cochlear implants are electronic devices that provide

partial hearing to people with severe-to-profound hearing loss who do not understand speech with conventional hearing aids. For more information about the forum, call Tanja Jacobsen at (800) 678-2575 (voice) or (800) 678-3575 (TDD).

**Tues., Nov. 18**  
**Alzheimer's Support Group**  
 The meeting is designed for family members who care for Alzheimer's sufferers, and will include information on disease specifics, current research, practical care techniques and community resources. It will be held at The Wealshire, 150 Jamestown Lane (West on 22, North on Milwaukee), Lincolnshire on Tuesday, Nov. 18 at 7 p.m. Call (847) 893-9000.

**Thur., Nov. 20**  
**HELP FOR SMOKERS**  
 "Celebrate the Great American Smokeout" will be the title of a free community education program at Resurrection Medical Center, 7435 West Talcott Avenue. The program will take place at noon in the Mother Hedwig Room on the ground floor. The program will examine how to make a permanent break from cigarettes. Topics will include withdrawal symptoms that can be expected and how to control the urge to light up again after quitting. Registration is required. For more information and to register, call 773-RES-INFO (737-4636).

### MEETINGS

**Wed., Nov. 19**  
**Norwood Park Historical Society meeting**  
 Please note the regular monthly meeting will be held one week earlier, because of the Thanksgiving holiday. Our speaker is Robert Arnold, a life-long Chicagoan and historian. Please join us on Wednesday, Nov. 19, at 7:30 p.m., at the Crippen House, 5624 N. Newark. Coffee and conversation with Mr. Arnold will follow.

**Thur., Nov. 20**  
**GEOLOGICAL SOCIETY**  
 The next monthly meeting of the DesPlaines Valley Geological Society will be on Nov. 20. "Agate - That Beautiful Lapidary Material", a slide presentation covering the theories of their formation, their history, composition and locations will be given by Doris Kemp. Monthly meetings of the Des Plaines Valley Geological Society are held on the third Thursday of each month at Our Lady of Hansson School, 8300 N. Greenwood Ave., Niles, at 8 p.m. Refreshments will be served and all ages are welcome.

**Thurs., Nov. 20**  
**LUTHERAN GENEALOGY RECORDS**  
 Elizabeth Wittman, director of archives for the Evangelical Lutheran Church, will discuss genealogical resources in the archives at the Nov. 20 meeting of the Northwest Suburban Council of Genealogists. This meeting, which is open to visitors and prospective members, begins at 7:30 p.m. in the former library at Forest View Educational Center, 2121 S. Goebbert Rd., Mt. Prospect. For more information, call (847) 399-1894, or (847) 255-0039.

**Fri., Nov. 21**  
**CARING FOR CANCER PATIENTS**  
 "Caring and Coping: Aspects for Cancer Patients and Their Families" will be the title of a free community education program at Resurrection Medical Center, 7435 W. Talcott Ave. The program will take place on November 21 from 11 a.m. to noon in the Mother Celine Room on the ground floor. Nurses and occupational therapists on staff at Resurrection will lead the program. Registration is required. For more information and to register, call 773-RES-INFO (737-4636).

**Sun Nov 16**  
**New Facilities**  
 Resurrection High School, 7500 West Talcott Avenue, will be celebrating a liturgy for the re-dedication of the school on November 16 at 1 p.m. The re-dedication marks the completion of the \$11 million expansion and renovation project at Resurrection High School.

**Sat., Nov. 15**  
**Open House**  
 Columbia College Chicago will host an open house on Sat., Nov. 15 to address new and prospective students' questions concerning academic pro-

**Mon Nov 17**  
**Book Signing**  
 Ann Kerr will speak at North Park University on Monday, November 17, at 7:30 on the theme of her book "Come With Me From Lebanon." Ann Kerr

Continued on Page 18

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**"THE GAME"** - Michael Douglas  
 EVERYDAY: 1:50, 4:25, 7:00, 9:15 - Rated R  
**"GEORGE OF THE JUNGLE"** - Walt Disney  
 EVERYDAY: 1:25, 3:25, 5:25 - Rated PG  
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**Sat., Nov. 15**  
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## School News

### Notre Dame New teaching positions

Notre Dame High School For Boys is pleased to announce that four new teachers and three staff members have recently been named to its facility. Also, four current teachers and one staff member will take on new responsibilities.

The Religious Studies Department welcomes Ms. Wende Foht and Mr. Joseph Tremblay.

The English Department welcomes Mr. Todd Ruder.

The Mathematics Department welcomes Mr. Andrew Kaim. Notre Dame is especially pleased to note that Mr. Kaim is a graduate of Notre Dame High School. Mr. Timothy Dohr, a member of the Math Department has been appointed the new Department Chairperson.

Mr. William DeBates, has been appointed the new Social Studies Department Chairperson. A 1960 graduate of Notre Dame High School, Mr. DeBates is beginning his 31st year at Notre Dame. Mr. Kurt Jennings, has been named the new Director of Curriculum and Sr. Carole Cierniak, OSF, has been named the new Director of the Br. Andre program. In addition Mrs. Theresa DeSario will assume the duties as Bookstore Manager.

Office of Institutional Advancement is pleased to announce the appointment of Mr. Robert Schmiege as Director of the Office of Institutional Advancement (Development). Mr. Schmiege is a 1959 graduate of Notre Dame High School. With the recent announcement of the retirement of Mr. Jack Burke, as Director of Alumni Relations, Notre Dame is pleased to announce the appointment of Mr. Michael Russelle as the new Director of Alumni Relations. Mr.

Russelle is a 1991 graduate of Notre Dame High School. Joining the secretarial team in the Advancement Office is Mrs. Kathie Lesniak. Mrs. Lesniak will be serving as Enrollment Office secretary.

### Alumni return as coaches

The Notre Dame football program is making some noise in the Catholic Metropolitan Conference this year. From the varsity on down to the freshman squad, the ND Football Program is returning to play-off form. The success comes from a multitude of angles, the most prominent being that of the players dedication, hard work, and over-all team camaraderie. In addition, the motivating force comes from its head coach, Mike Hennessey, and his 18-member staff.

### Niles West selects Homecoming King and Queen



James LaBoy (left) and Lorena Marino, both of Skokie, reigned as King and Queen, respectively, over the recent Niles West High School homecoming celebration. In addition to leading a gala parade through Skokie, the couple also appeared at the football game and dance which were held as part of the annual homecoming weekend festivities.

### Winter safety for schools

Children can be especially susceptible to the dangers associated with winter weather. Their youthful enthusiasm often takes over when common sense and safety should prevail. Even if they are cold, wet, or exhausted they often are not conscious of the potential detrimental impact these conditions could pose.

School administrators and principals need to be aware of the dangers winter weather poses to children and be prepared. Emergency plans and procedures need to be established before the onset of the winter season. When formulating a winter weather safety plan consider the following:

- The best source for the latest information is the National Weather Service (NWS). Most counties are within the coverage area of NOAA Weather Radio. Commercial radio and television are also sources of winter weather conditions. Arrangements can be made with the county sheriffs' offices to have critical weather forecasts they receive from the NWS, relayed to the school.
- All schools need to have a plan and procedures regarding closures or early dismissal due to snow, ice, or extreme cold.
- During the winter months, guidelines need to be established regarding children's outdoor activities. Temperatures and wind chills should be monitored and established guidelines implemented to ensure children's safety.
- School bus drivers should receive defensive training on driving during winter conditions. Snow and ice can often accumulate quickly and unexpectedly on roads creating dangerous driving conditions.
- To allow extra travel time for parents and guardians, it may be necessary for some children to be dropped off at school earlier than usual. Schools should make the necessary provisions.

### Oakton

#### Physical Therapist Assistants course

Advanced Clinical Topics: Joint Mobilization (PTA 240 050), a sixteen-week, two credit hour course, will be offered during the spring semester at Oakton Community College. The class and accompanying laboratory session meet on Wednesday evenings, Jan. 21 through May 13, from 4:30-7:20 p.m. at the Des Plaines campus, 1600 E. Golf Road.

The course offers students an introduction to joint mobilization for the clinical practice of a Physical Therapist Assistant (PTA). Teaching the class is Barb Carrington, a certified physical therapist, orthopedic clinical specialist, manual therapist and facility manager for HealthSouth Physical Therapy in Des Plaines. Enrollment is limited, so register early. Registration for spring classes begins the week of Nov. 17.

For more information, contact Mary DeNotto, chairperson, PTA program, at (847) 635-1857.

### Regina

#### Babes in Toyland

Regina Dominican High School's fine arts department announces the cast for the musical Babes in Toyland to be presented November 20-23. The turn-of-the-century operetta features Mother Goose characters who struggle to save Toyland from the evil villain Barnaby. The 94 actors include: Stacy Sublette of Chicago-Peterson Park who plays Hilda, the maid of the Piper house. Andrew Bussa of Wilmette will portray Jack, a member of the Piper household with Jennifer Swanson of Mount Prospect as his sister, Jill. Katie Brennan of Arlington Heights will play Bo Peep, the carefree shepherdess.

#### Open House

Regina Dominican High School, located at 701 Locust Road in Wilmette, will host its Open House for prospective students and their parents on Sunday, November 16th from 11 a.m. until 3 p.m. Faculty, staff, counselors and students will be available to answer questions about the Regina Dominican's single-gender, college preparatory program including college level studies and advanced placement in 15 subject areas.

### District 71 News

#### Board of Education Meeting

On Tuesday, November 18 at 7 p.m. at South School, 6935 W. Touhy Avenue in Niles, the District 71 Board of Education will hold its regular monthly meeting. As always the community is invited to attend.

#### Parent/Teacher Conferences

On Wednesday, November 19 and Thursday, November 20 from 6:30-8:30 p.m., South School and Culver Middle School will hold Parent/Teacher Conferences. All parents/guardians are urged to attend.

#### Girls Basketball

The 1997-'98 Girls' Basketball season has begun. The members of the Girl's Junior Varsity (JV) Team are Maryann Arsenjevic, Graze Balingit, Melissa Barker, Lindsay Brei, Jeanne Chiu, Jodi Henriksen, Renee Krolczyk, Lisa Miszczyszyn, Courtney Molina, Emily Schieler, Andrea Sidselsky, and Lisa Swymnyk.

The Girls' JV Team will play at Old Orchard Junior High School on Thursday, November 13 at 4 p.m. They will play at Golf School on Tuesday, Novem-

ber 18 at 4 p.m.

The members of the Girls' Varsity (V) Team are Julie Thomas, Sara Ryan, Julia Krzyzik, Arshia Ali, Jenny King, Milena Nititi, Nicole Speropoulos, Lucy Komorowski, Jelena Gasic, Anne DiMaria, Maliha Darugar, Karen Ymen, Valerie Geer, and Julia Dvoretzskaya.

The Girls' V Team played a home game against East Prairie on Wednesday, November 12. They will play at Park View School on Friday, November 14 at 4 p.m.

#### Northridge Prep

##### Open House

Officials at Northridge Preparatory School will be opening the doors to their new home at 8320 Ballard Road in Niles at 7:30 p.m. on Friday evening, November 14. The school is inviting local community members and interested families to come see their newly remodeled facilities and learn more about Northridge's outstanding college preparatory program for junior and senior high boys. The evening entails a guided tour of the building and brief presentation in the school gym, followed by refreshments.

Northridge, located in Niles, is an independent school of Catholic philosophy for boys in grades 6 through 12.

chasing the two-acre building and grounds from the Village of Niles. The 40,000 square-foot building houses some 20 classrooms, a library, computer and science labs, a chapel, and one existing gym with plans for another bigger gym to be built.

Northridge's high academic and character tone attracts students with diverse racial, economic and religious backgrounds from some 52 different communities. The school presently serves 206 students and welcomes any further inquiries at the Open House or by phone at 847-375-0600.

#### Commended Students

Mr. Robert Pasquese, Headmaster of Northridge Prep in Niles, has announced that two of the school's thirty-five seniors, Eric Johnson of Glenview and Thomas Lechner of Deerfield, have been named Commended Students in the 1997 National Merit Scholarship Competition. Commended students scored at or above the 95th percentile out of the more than one million students who took the qualifying test nationally last fall.

Northridge, located in Niles, is an independent school of Catholic philosophy for boys in grades 6 through 12.

### OCC appoints new director of Educational Computing

Oakton Community College officials have appointed Bonnie Lucas of Lincolnwood, as director of Educational Computing and End User Services. In this newly-created position, Lucas will provide computer support to Oakton's faculty and staff, including instructional programs and/or office applications.

Prior to accepting her new position at Oakton, Lucas served as director of information services at Niles Township High Schools in Skokie, where she was responsible for planning and overseeing the development and support for the use of computers and various software programs. She worked with senior staff to develop com-



Bonnie Lucas

puter systems and to integrate new technology on campus, including administration, capacity planning, training and technical support.

### District 63

#### Abuse prevention program held

How does a child learn whether the way he or she is being treated by others is safe or not? The Child Assault Prevention Program (C.A.P.) was brought to Washington School to help its first and second grade students answer this question. C.A.P. seeks to prevent child abuse by providing trained facilitators to lead classroom workshops and

informational sessions for teachers and parents.

In the classroom, students are taught to recognize and deal with potentially dangerous situations. Michele Augustine, a trained facilitator, used a series of role-plays to focus on situations children might encounter. Group discussions help students identify what options they have to protect themselves. The strategies include self-assertion, peer support and telling a trusted adult.

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Northridge Prep on Friday, November 14, 7:30 P.M. - 9:30 P.M.

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## Sports/Parks & Library News

### LaSalle Bank donates to park district



Niles Park District Board receives donation from LaSalle Bank at the October 21st board meeting. Pictured above (left to right) Commissioner Bill Terpinas, Commissioner Jim Hynes, Vice-President Elaine Helnen, LaSalle Bank Assistant Vice-President and Branch Manager Mike Kelly, and Commissioner Val Engelman. NPD would like to once again, thank LaSalle for all their contributions, they are greatly appreciated.

### Book Discussion Group at Morton Grove Library

Thinking Out Loud, the Morton Grove Public Library's book discussion group, meets Tuesday, Nov. 18 at 7:30 p.m. to discuss *A Civil Action* by Jonathan Harr. This thrilling courtroom drama of two major corporations accused in the deaths of children

in Woburn, Massachusetts reveals a justice system gone awry. The Morton Grove Public Library is located at 6140 Lincoln Ave. For more information, or for mobility and communication access assistance, call (847) 965-4220, TDD 965-4236.

### Amistad lecture at Morton Grove Library

The slaves on board the ship Amistad staged a bloody rebellion in 1839. But when the slaves were put on trial for murder, the abolitionist movement helped them gain freedom. The Lyric Opera of Chicago is staging Amistad to sold out performances. Hear Ruth Zuckerman discuss Anthony Davis' Amistad on Sunday, Nov. 16 at 2 p.m.

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

### Celebrate Children's Book Week

Celebrate Children's Book Week (November 17-23) at the Morton Grove Public Library. Anytime during the week, kids can stop at the Children's Desk to tell us what your favorite book is and your favorite time to read. Then take home a "Read Together, Grow Together" door hanger and sticker. Parents can pick up an "Anytime is Book Time" tip sheet.

Join thousands of other families across the state for Family Reading Night on Thursday, Nov. 20. Check out a stack of library books and make a special point of spending time together that night. Reading non-fiction books for "Explore the Numbers!" earns you book bucks which you can use to purchase items from the "Library Store." Then join others for the first program of the school-year reading game on Saturday, Nov. 22 at 2 p.m. when The Puppet Place presents *The Magic Onion*, a hilarious fairy tale. Register now at the Children's Desk for the reading game.

### Township officials discuss local issues



Maine Township Trustee Robert Provenzano (right) with U.S. Sen. Trent Lott (R-Mississippi) during the recent National Association of Towns and Townships convention in Washington, D.C. Maine Township officials were able to discuss many local issues with Lott and other Washington representatives during the convention, including the need for more federal support of flood prevention efforts.

### Hunter's Moon Walk

Step back into the past on a Hunter's Moon Walk, Friday, Nov. 14 at the Cook County Forest Preserve's River Trail Nature Center.

In times past, when many people lived more rural and self-sufficient lives, the full moons of autumn had special meaning. Because there was much work to be done as days grew shorter, farmers would often work into the night when the moon provided light. Thus the mid-fall full moon came to be called the "harvest moon." Then, as winter began to set in and crops were laid away, was a good time for hunting game, and the next full moon gained the nickname of the "hunter's moon."

Though times have changed for all of us, farmers and city folks alike, and the lunar cycle has much less meaning, you can enjoy the beauty of the forest under the Hunter's Moon on a walk at River Trail, Northbrook, beginning at 7:30 p.m. on Nov. 14. Hot drinks and snacks will be available after the walk, for a suggested donation of \$3/family, and we'll share stories of the moon and its meaning in people's lives. Space is limited; please register in advance by calling River Trail at 847/824-8360. No organized groups please! Group leaders may call for specific program information.

### Dress up the holidays with new dishes

The holiday season is right upon us and the Skokie Park District wants to help you decorate your holiday dinner table with some new and exciting dishes.

Prepare fish and seafood with ease. Thursday, November 20, 7-10 p.m., wipe away your hesitations about fish and seafood. In this class you will learn how to properly grill, sear, stir fry, poach, steam and plank roast these underwater delights. You'll also learn how to select and store fish and seafood.

Holidays gifts from your kitchen. Gifts are at their best when they're made especially for you! On Tuesday, November 18, 7-10 p.m. learn how to make thoughtful gifts from your very own kitchen. This hands-on class will teach you techniques for

making vinegars and oils, dried fruit, nut granola, spicy glazed nuts, vanilla and candied gingered shortbread and much more!

The fee for each class is \$40 for residents or \$50 for non-residents and includes all the ingredients and supplies needed. The only things that you'll have to supply are an apron and an appetite. A generous sampling of all recipes prepared come with the fun!

For more information, call the park district, (847) 674-1500, ext. 4531.

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# SENIOR SEASONS

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## The Bugle's Senior Guide

## SENIOR SEASONS

### Resurrection program helps seniors manage health care

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

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

To help members keep track of their medical history, ResCare 65 provides a personalized laminated emergency health care card.

The wallet-sized card contains information that can expedite care in an emergency situation. A piece of microfilm on the card gives medical personnel information such as whom to notify, personal physicians, past and present medical conditions, medications, allergies, insurance and other information.

Members also receive discounts on prescriptions, hearing aides and other hearing services at Resurrection Medical Center

and Our Lady of the Resurrection Medical Center. A newsletter is sent to each member to provide information on health screenings, educational programs and various health topics.

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

### Taffy Apple time for seniors



Maine Township Supervisor Mark Thompson helps distribute taffy apples to guests, including Marjorie Ring of Niles, during a recent Maine Township Seniors luncheon at the Crystal Palace in Des Plaines. More than 3,800 residents are part of the Seniors group. Most activities are limited to members, but there's no cost to join and new members are always welcome. To join, you must be at least 65 years old and live in Maine Township. For membership application, or for more information about trips and other activities, call Neuschel at (847) 297-2510.

### Local agencies receive funds for senior services

To promote the continued independence of older persons in suburban Cook County, the Suburban Area Agency on Aging, Oak Park, allocates funds to local agencies to provide community based support services. For its Fiscal Year 1998, the Area Agency awarded funds to sixteen (16) organizations in north suburban Cook County to provide a wide array of senior services which include home delivered meals, housekeeping help, case management and transportation services. The following listing includes the name of the organization funded, the area the agency serves, the services offered and the monies awarded by the Area Agency. It is important to note that funds supplied by the Area Agency constitute only a portion of the support the local service agencies receive. Funding for senior services also comes from local United Ways, municipalities and townships, and contributions for services offered.

**• The Center of Concern,** Barrington, Elk Grove, Evanston, Hanover, Maine, Niles, Palatine, Schaumburg and Wheeling Townships: Housing Assistance. Total Award: \$22,150.

**• Council for Jewish Elderly,** Villages of Morton Grove and Skokie: Kosher Home Delivered Meals, Dietician Services and One-Time Equipment. Total Award: \$44,629.

**• Maine Township,** Maine Township: Information & Assistance. Total Award: \$23,000.

**• Metropolitan Family Services of Evanston & Skokie Valley,** Evanston and Niles Townships: Information & Assistance. Total Award: \$20,214.

**• North Shore Senior Center,** Evanston and Niles Townships: Case Management, Case Advocacy & Support and Respite. Maine Township: Case Management, Case Advocacy & Support and Respite. New Trier and Northfield Townships: Information & Assistance, Case Management, Case Advocacy & Support and Respite. Total Award: \$403,335.

### Free counseling

The DesPlaines Chamber of Commerce & Industry in conjunction with S.C.O.R.E. (Service Corps of Retired Executives Association) will provide free counseling on Friday, November 21 from 9 a.m. through 12 noon in the Chamber's Conference room, 1401 Oakton Street, DesPlaines.

SCORE counselors are retired executives whose collective experience spans the full range of American enterprise, who donate their time to share their management and technical expertise. They provide confidential one-on-one counseling without charge to owners and operators of small businesses and to those seeking to open a small business. SCORE members do not try to replace the advisory relationships business people should have with accountants, bankers, lawyers, professional business specialists.

SCORE is a national voluntary not-for-profit association sponsored by the U.S. Small Business Administration (SBA). To reserve your FREE counseling time call the DesPlaines Chamber of Commerce & Industry at (847) 824-4200.

## Niles Senior Citizens 588-8420 - 588-8000

**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 Oleksy.

### MEN'S EXERCISE INSTRUCTOR NEEDED

The Senior Center is looking for a part-time men's exercise instructor. Interested persons should contact Mary Oleksy at the Senior Center.

### S.H.I.P. APPOINTMENTS AVAILABLE

Senior Health Insurance Program appointments are available. Call and make an appointment if you need help with hospital or doctor bills or information on supplemental insurance.

### KITCHEN BAND

**SUBSTITUTE PIANIST NEEDED**  
The Kitchenaires, the Niles Senior Center Kitchen Band is looking for a fun loving person to help out occasionally. If you'd like to join a group of people who like to have fun and can play the piano, call Mary Oleksy.

### INCOME TAX VOLUNTEERS NEEDED

Income tax volunteers are needed to assist seniors in completing simple tax forms in February, March and the beginning of April. A minimum of 4 hours of your time per week is required. Training is provided. For more information, contact Mary Oleksy.

### NOVEMBER LITE LUNCH AND MOVIE

November lite lunch and movie is on Friday, Nov. 21 at noon. Enjoy mostaccioli followed by the new version of *Evita*, starring Madonna. Price is \$1.75.

### HOLIDAY CAKE DECORATING

Holiday Cake Decorating class is on Friday, Nov. 21 from 9 a.m. until noon. Learn how to decorate cakes in the shape of either a gingerbread house, or Christmas tree. Price is \$24. Registration required.

### HOLIDAY DECORATING PARTY

The Holiday Decorating Party is on Monday, Dec. 1 at noon. Enjoy a pizza lunch and then help us decorate the Senior Center for the holidays. Registration required.

### MEN'S CLUB PLANNING MEETING

Men's Club planning meeting is on Monday, Dec. 1 at 10:30 a.m. All members are invited to plan events.

### WOMEN'S CLUB PLANNING MEETING

Women's Club planning meeting is on Tuesday, Dec. 2 at 1:30 p.m.

### CHRISTMAS IN THE COUNTRY II TRIP

A second Christmas in the Country trip has been scheduled for Wednesday, Dec. 3 from 10 a.m. until 6 p.m. Enjoy a luncheon at the Grand Geneva Resort followed by a joyful celebration of the holiday season in the Evergreen Theatre. Price is \$28.50. Call for ticket availability.

### MEN'S CLUB ANNUAL HOLIDAY PARTY

Men's Club Annual Holiday Party is on Friday, Dec. 5 at Przybylo's White Eagle Banquet Hall from 11 a.m. to 4 p.m. You have a choice of pepper steak (\$17.50), or orange roughly (\$17.50), or Rosemary chicken breast (\$16.50). Entertainment is provided by the Frank Martello Orchestra. Last day to purchase your ticket is Wednesday, Nov. 26.

## Musical entertainers return to Devon Bank

Devon Bank presents the talented musical duo, Ester Hana and Joel Barry, in a morning of free musical entertainment for senior citizens. The program will take place on Wednesday, Dec. 10 at 10 a.m. in the conference center at 6445 N. Western Ave. in Chicago. Refreshments will be served before the performance.

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

## Glenview Terrace sets Alzheimer's Open House

To help provide a forum for Alzheimer's caregivers to learn more about the Alzheimer's disease process, Glenview Terrace will offer an "Alzheimer's Open House," Thursday, November 20, from 10 a.m. to 7 p.m. in conjunction with the National Alzheimer's Month.

Nationally recognized speakers in the Alzheimer's field, educational materials, videos and representatives from the Alzheimer's Association will share information on the disease process and community resources available to the caregiver.

Speakers will include: Dorothy Seman, Clinical Coordinator of the Alzheimer's Family Care Center, speaking on "Home Care for Persons with Dementia" from 10-11 a.m.; Gloria Bersani, Administrator of New Perspective of Illinois, speaking on "Early to Moderate Stages of Dementia" from 2-3 p.m.; and Dr. Carol Farran, RUSH Armour Academic Center, speaking on "Family Caregiving" from 6-7 p.m.

Glenview Terrace has a specialized Alzheimer's Care Unit that features intensive, structured activity-focused programming that has been proven beneficial for persons with Alzheimer's or related dementias.

For more information regarding the "Alzheimer's Open House" or the Alzheimer's Care Unit at Glenview Terrace, call Erika Salmen, Director of the Alzheimer's Care Unit, at (847) 729-9090. Glenview Terrace is located at 1511 Greenwood Road in Glenview.

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"WHERE CARING MAKES A DIFFERENCE"

## SENIOR SEASONS

### Grandparents raising grandchildren often carry heavy burdens

Grandparents have always helped care for their grandchildren in times of crisis. Yet today, a growing number of grandparents are raising their grandchildren, sacrificing mon-

ey, time, and other resources to provide a good life for the next generation. The stress of caring for children can be a heavy burden for grandparents, according to Kay

Mayberry, University of Illinois Extension educator, family life.

"Many of these grandparents have already raised their own children and are looking forward to the empty-nest," Mayberry said. "They certainly didn't expect to be dealing with bottles, diapers or schoolwork on a full-time basis again."

Nationwide, 3.7 million children under the age of 18 were living in grandparents' homes in 1994. In Illinois, 70,000 children live with a grandparent or relative other than their birth parents.

The increase in the number of grandparents raising grandchildren in the last 10 years is due to many factors, but substance abuse is the most common reason. Other factors include teen pregnancy, divorce, death, unemployment, neglect, abuse or abandonment, AIDS, and incarceration. Most families suffer from a combination of problems.

When grandparents take on this responsibility, they face many burdens, including financial difficulties and lack of respite care. Others are coping with the pressures of caring for grandchildren who are considered high risk due to drug exposure, child abuse or health problems.

Grandparents often find themselves devoting all their time to providing for their grandchildren and little, if any, time for their own needs. In order to reduce stress, grandparents must realize the importance of taking care of themselves, Mayberry said.

There are many ways that grandparents can manage stress and meet their own needs while

caring for children. It is best to start with a healthy lifestyle.

Mayberry encouraged grandparents to get regular checkups, and get an adequate amount of sleep. Also, eat right and walk or exercise three times a week for about 20 minutes. This will help reduce tension.

It is important for grandparents to take time for themselves, Mayberry said. One way to find time alone is to look for events where grandchildren can spend time for themselves, Mayberry said. One way to find time alone is to look for events where grandchildren can spend time apart from you. Some ideas might be story hours at the library or activities at the YMCA, YWCA, or Boys or Girls clubs and other organizations.

Grandparents can also find time for themselves by insisting on a regular quiet hour when children have their naps or rest quietly in their rooms.

Social support is important for care givers of all ages. Talk out your problems with friends or other grandparents, or join a support group in your community. Your religious affiliations may also offer assistance and support.

Since you probably have not had to "parent" for a while, you may find it useful to attend parenting classes to learn new methods for helping children develop self-esteem, confidence, accountability and responsibility.

Find ways to be good to yourself. Focus on the positive and keep your sense of humor. Negative thoughts and emotions only drag you down.

Many grandparents in this situation tend to blame themselves for their adult child's mistakes, Mayberry said. All parents probably made some mistakes in child rearing and could have done things differently. However, most parents who are today's grandparents did the best they could with what they knew at the time. When children become adults, they make their own choices.

For more information, grandparents can look for assistance from community agencies. The Public Aid Office and the Women, Infants and Children (WIC) program might offer financial assistance. You might also contact religious and charitable organizations and food pantries for food, clothing, transportation and general aid. Other agencies which may help you include your local mental health center, Head Start, the YMCA, and your Area Agency on Aging. To find out where support groups are located in the state, contact the Illinois Department on Aging Help line at 1-800-252-8966.

The Cooperative Extension Service of the University of Illinois provides educational programs and unbiased research-based information to help Illinois residents improve their quality of life, develop skills and solve problems, by "helping you put knowledge to work."

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PUBLIC SERVICE ADVERTISEMENT

BY JEFFREY CARDELLA  
Special to The Bugle



### Edward Jones: Annuities can help you get ahead

If you believe building a retirement nest egg is like running on a treadmill, read on for a way to get ahead in the race.

A major concern of today's working Americans is having enough money to retire. Social Security won't provide enough income, the cost of living continues to grow, and people are living longer, meaning their money must last longer.

Adding fuel to these concerns are two unfriendly forces: inflation and taxes. Thanks to these two robbers of income, it takes more and more money to stay where you are. According to the Consumer Price Index (CPI) inflation averaged 5.2 percent a year from 1976 and 1995. That's a cumulative 176 percent rise in living costs.

To illustrate how inflation af-

fects your family budget, consider this: A postage stamp that cost 10 cents in 1976 now costs 32 cents. A car that cost \$5,189 in 1976 sold for \$19,990 in 1995. The house you could buy 20 years ago for \$39,300 costs \$132,000 today.

Some argue that wages have increased at a similar rate. But according to the Lincoln National Life Insurance Co., over the same period, average weekly earnings have fallen 15.3 percent, adjusted for inflation and excluding fringe benefits.

Subtract taxes, and you're headed even farther backward—possibly right off the back of that treadmill.

For these reasons, it's essential for your retirement savings to grow faster than inflation and compound tax-deferred. Yet

many people are not achieving these benefits with their retirement savings. An alarming number of workers have no company retirement plan, such as a 401(k), and IRA contributions have dropped to their lowest level since 1991.

The decline in IRA contributions appears to be related to the deductibility rules imposed by the Tax Reform Act of 1986. In the past year, Congress has discussed several proposals to enhance IRA deductibility. However, it's hard to predict what Congress will do or when they may do it. For many, any improvements in IRAs may be too little, too late.

However, there is an alternative to IRAs that can be especially attractive to people without retirement plans at work. It's a

variable annuity contract, and it's offered by most major insurance companies.

Variable annuities offer tax deferral on all earnings as long as they are reinvested within the annuity, and they can provide income that can't be out-lived. Unlike IRAs, there's no limit on annual deposits to a variable annuity, but those deposits are not tax-deductible. In addition, there's a 10 percent IRS penalty on annuity withdrawals before age 59-1/2—just like with an IRA.

Deferring taxes on earnings until retirement can make a significant difference in how your account grows. For example, \$25,000 invested tax-deferred, earning an 8 percent annual return, grows to \$251,568 in 30 years. That same investment fully taxable at a 36 percent tax rate

would grow to only \$111,815 over the same period.

Even if the entire amount were withdrawn from the annuity after the 30 years and taxes were then paid at 36 percent, the account value would be \$170,004—\$58,000 more than the fully taxable account.

If you're interested in variable annuities, investigate several different plans. Variable annuity contracts differ according to the issuing insurance company. Understand your contract and its provisions before you invest.

For the right investors, variable annuities can provide that extra boost to help you get ahead in the retirement saving race.

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

## SENIOR SEASONS

### The Elderly and Nutritional Supplements: What are Doctors Saying?

Nutritional supplements are not widely recommended for the elderly today. Yet as the evidence mounts, doctors and health care workers may eventually advocate multi-vitamins and mineral supplements for the older population.

Health views about nutritional supplements are changing, said Robert Russell, professor of medicine and nutrition at Tufts University. Russell spoke recently at a lecture series on the University of Illinois campus.

"Until recently, medical professionals looked on vitamin supplements as quackery," he said. "But this attitude is changing quickly as medical professionals recognize the integral role that nutrients play in health."

Most older adults require a different level of vitamins and nutrients than younger people because many normal changes that occur with aging cause a depletion in vitamins or inability to absorb and use nutrients. On the other hand, requirements for nutrients such as iron and vitamin A may be lower. The Recommended Dietary Allowances (RDAs) were developed largely from research on the nutrient needs of young, healthy people. These recommendations may be inappropriate for older adults.

Research has shown that combinations of vitamin D and calcium in a supplement have been effective in reducing risk of osteoporosis. Vitamin E may help

#### Alzheimer's Support Group

"The Greater Chicagoland Alzheimer's Association presents the following Alzheimer's Support Group in your area:

Niles:  
Regency Nursing Center  
6631 North Milwaukee  
Last Wednesday, 7 p.m.

Skokie:  
Kenton Building  
9701 North Knox  
4th Wednesday, 7 p.m.

Skokie:  
Rush North Shore Med. Center  
9600 N. Gross Point Rd.,  
North Dining Room  
1st Tuesday, 7 p.m.

The Support Group is made up of caregivers and family members of those with Alzheimer's disease or a related disorder. The group focuses on emotional support, sharing experiences and educational updates. They are free and open to the public.

For more information and meeting confirmation, call the Chapter HELPLINE at (847) 933-1000.

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reduce the risk of coronary heart disease, although the optimal dose and length of time required are still controversial. In a study of heart patients, individuals who began taking vitamin E supplements had fewer cardiac events than those taking a placebo.

The medical community has not yet advocated vitamin supplements for many reasons. One is the notion that multivitamins will replace a healthy diet. How-

ever, there is no evidence to justify this, Russell said.

"Studies show that people who take vitamin supplements typically eat a better diet than those who do not take supplements," he said.

"Another concern is that high doses of a single nutrient or combination of nutrients may produce toxic effects. More research must be done in this area to allay these fears, according to Russell.

High iron deficiency. This can occur because many nutrients share the same carrier for absorption and/or distribution. Thus, the nutrient taken in high doses does reduce the carrier's ability to also carry those ingested in smaller doses.

"Vitamin supplements may play an important role in disease prevention, but a lot more research needs to be done to convince the medical community," he said.

Another promising avenue for improving the diet of the elderly is through food fortification, as is done with milk fortified with vitamin D.

The Cooperative Extension Service of the University of Illinois provides educational programs and unbiased research-based information to help Illinois residents improve their quality of life, develop skills and solve problems, by "helping you put knowledge to work."

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10-11 a.m. Dorothy Seman, R.N., M.S.  
Clinical Coordinator of Alzheimer's Family Care Center -  
"Home Care for Persons with Dementia"

2-3 p.m. Gloria Bersani, B.S.  
Administrator of New Perspective of Illinois -  
"Early-Moderate Stages of Dementia"

6-7 p.m. Dr. Carol Farran  
RUSH Armour Academic Center - "Family Caregiving"

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# SENIOR SEASONS

## Regency is "Administrator of the Year"

Barbara A. Hecht, Administrator of Regency Nursing Centre, has been named as the 1997 "Administrator of the Year" by the Illinois Activity Professionals Association.

Paula Tagliere, Activity Director for Regency says, "Ms. Hecht always shows concern for our residents by assuring that each one is treated as an individual and that their life at Regency is enhanced by quality activities. She always says that activities are as necessary to a resident's well being as is medical and nursing care. Realizing that families complete the continuum for total resident care, she encourages families to be a part of the Regency team. Involving them in the residents care is a standard that



**BARBARA A. HECHT** she observes. She is responsive to resident and family concerns, and assures that residents rights are respected by all of the staff. I am very happy that she has won this award.

This award honors and recognizes the support and cooperation of an Administrator who allows the Activity Department to be involved in local and state organizations.

This award is given to the supportive Administrator whose essential encouragement is demonstrated in the building of an outstanding Activity program within the facility.

The award was presented during the association's annual convention held in Decatur on October 23.

"Ms. Hecht has been the administrator of Regency Nursing Centre for over twenty years. Her dedication to long-term care and her 21 years to Regency has made Regency Nursing Centre one of the finest facilities in the State of Illinois. We congratulate her on this outstanding achievement," says Benjamin Rogow, president of Regency's Board of Directors.

"I think it is a great honor, particularly because it is given by the Activity Professionals Association. As an administrator, I have been aware of the important role of therapeutic activities in nursing homes and the association has been proactive in ringing this to the forefront of the industry. As a result of being nominated for this award through the letters of recommendation by my staff emphasizes how they feel about me not only as an administrator, but as a person," says Hecht.

Regency Nursing Centre is located at 6631 N. Milwaukee Ave. in Niles. For information about Regency's services and programs call Linda Dickson at (847) 647-1116.

Barbara A. Hecht, Administrator of Regency Nursing Centre has been named as the 1997 "Administrator of the Year" by the Illinois Activity Professionals Association. Congratulations Barbara!

## Goldman Home hosts 5th grade students



Mr. Evans displays an armadillo to resident Jeanette Vihon.

Students from Rutledge School's 5th grade class, visited the Goldman Home, 6601 W. Touhy, Niles, on October 30 for the Annual Animal Program. Brookfield Zoo's docents Russel Evans, Cheri Mazur, and Deb Cronkhitte delighted the group of residents and students with a variety of animals and stories. Among the zoo menagerie were cats, rats, guinea pigs, and armadillos. The audience had the opportunity of touching these animals if they were adventurous. Mr. Evans provided a number of stories about snake skins, coyote furs and deer antlers. This is just one of the many activities and community outreach programs the home offers its residents. All events are carefully planned by the Activity Department. For more information on the home please call 847-647-9875.

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## SCORE and SBA workshops

**SCORE** is the volunteer counseling arm of the Small Business Administration. Its purpose in life is to improve the success ratio of small business through individual counseling and workshops.

Whether you are already in business, just beginning your business or just thinking about your future, SCORE can offer you a well-rounded approach to a successful business through:

1. Individual free counseling.
2. Workshops, both full and half-day.
3. Our Chicago Business Information Center. One of the best business resource libraries in the area.

The half-day workshop schedule for December is:

**DECEMBER 3: BUSINESS PLANS:** Maury Nagle of SCORE will walk you through preparing a viable business plan that can be your roadmap to success and a gateway to good relations with your banker.

**DECEMBER 10: INTERNATIONAL TRADE:** The whole world is waiting to do business with you. Mel Falkof and Al Goodman of SCORE will help you understand the language and how to recognize the hazards and the opportunities.

**FULL-DAY WORKSHOP ON DECEMBER 11: PRINCIPLES OF BUSINESS**

This workshop is designed to give a basic understanding of what is needed to operate a successful business. It includes subjects such as: Financial Basics, Business Records, Legal Matters, Marketing and other topical subjects.

Attend a full-day workshop and subsequent half-day workshops are half-price.

Registration fee for the full-day workshop is \$35; the fee for a half-day is \$20 (\$10 after a full-day workshop). Checks or money orders may be sent to: SCORE Workshops, Suite 1250, 500 W. Madison St., Chicago, Ill. 60661-2511.

For more information and a workshop schedule call (312) 353-7724 or visit SCORE at <http://ines.net/~bic>.

**ON-SITE COUNSELING** is also available. If you find it inconvenient to visit one of our offices, SCORE can visit your business, just call (312) 353-7724.

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## Morton Grove Senior Citizens 470-5223

### PUTTING YOURSELF FIRST: STRESS MANAGEMENT SEMINAR

At 1 p.m. on Thursday, Nov. 13, the Prairie View Community Center program will attempt to answer the following questions:

- What exactly is stress?
- What role does stress play in leaving us susceptible to illness?
- Does our personality make us more vulnerable to stress?
- What are some of the ways to cope with the stresses of our daily lives?

The Independence Network's, David Freeman, LCSW, will be the guest speaker. Participants will have an opportunity to measure their own stress level and to try out some stress relieving activities. The program is free, but reservations are requested. Call Catherine Dean at the Morton Grove Park District, 965-1200, for further information.

### LAST CHANCE FOR FLU AND PNEUMONIA IMMUNIZATIONS

The Morton Grove Village Hall Senior Center will provide influenza and pneumonia immunizations for residents over age 60 on one final date of Thursday, Nov. 13. The cost of the shots are free for those whose primary insurance is Medicare Part B. Patients who are enrolled in an HMO or who do not subscribe to Medicare Part B must pay \$10 for the flu shot, and \$15 for the pneumonia shot. The clinic will be held from 2 to 5 p.m. at the Morton Grove Village Hall Senior Center. For a reservation, call the Senior Hot Line at 470-5223.

### "SHARE THE HOLIDAYS"

Coming this holiday season, the Community Nutrition Network, Inc., the organizations that operate the Senior Nutrition Site at the Morton Grove Village Hall Senior Center, along with Kraft Foods and the National Meals on Wheels Foundation will be participating in a special "Share the Holidays" project to benefit areas where meals on wheels may not be available. Local residents are urged to join in by purchasing Kraft products this holiday season with special coupons which will be available in Sunday newspapers on November 16. The goal for the suburban area is a special HotShot delivery vehicle that will enhance service to needy communities. For more information about "Share the Holidays" contact Morton Grove CNN site manager Gus Habighurst at 967-6876.

### VISUALLY IMPAIRED MOTIVATORS

Morton Grove's support group for people with visual impairments will hold their next meeting at 10 a.m. on Tuesday, Nov. 18 in the Morton Grove Village Hall. Helpful information and supportive interaction assists participants adjust to their impairments. For more information or for transportation, call the Morton Grove Senior Hot Line at 470-5223.

### DON'T SPEND THANKSGIVING ALONE!

Join Morton Grove and Niles neighbors for the annual community Thanksgiving Dinner at the White Eagle Restaurant on Thanksgiving Day. This dinner is sponsored by the Morton Grove Park District, Morton Grove Foundation and the Morton Grove / Niles Rotary for Morton Grove and Niles residents who do not have family or friends to celebrate with on the holiday. The Morton Grove Park District will provide transportation for Morton Grove residents who need it. Reservations are limited to 100 people, so call the Morton Grove Park District at 965-1200.

### HELP OTHERS WITH TAX RETURNS

Volunteers are being sought now to help people in Morton Grove who need assistance with their tax returns. Receive free IRS training in January and receive on-the-spot satisfaction from helping others. For more information, call the Morton Grove Senior Hot Line at 470-5223.

### VICTORIAN CHRISTMAS

Enjoy a delightful Christmas outing to Dubuque, Iowa on December 1 and 2. Arrive at the Dubuque Inn for a lovely Christmas reception, followed by a step back in time by dining in the elegance of Victorian Dubuque. Along the way there will be a narrated tour of the city. A delicious five course progressive dinner will be served in four decorated mansions, plus entertainment by the Dubuque Players during dessert. Afterwards, drive through the Festival of Lights. The next day's venture will be to Galena for holiday shopping and lunch at the DeSoto House. The cost of the trip is \$225 for a double, and \$250 for a single. Call Catherine Dean at the Morton Grove Park District, 965-1200, for information.

## 'Operation Cutoff' to protect seniors from telemarketing fraud

AARP, Illinois Attorney General Jim Ryan and a host of other law enforcement groups are joining forces for "Operation Cutoff," a cooperative effort to cut the cord on fraudulent telemarketers who bilk senior citizens and other Americans out of an estimated \$40 billion per year.

As part of AARP's new Illinois State Office at 222 N. LaSalle, Chicago, the crime fighters will co-sponsor Illinois' first-ever "reverse boiler room," an innovative tactic that turns the tables on telemarketing fraud artists.

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Volunteers will inform the people they call about the most popular phone scams being used by fraudulent telemarketers, including illegal sweepstakes, phone prizes, sham investments and crooked charity solicitations.

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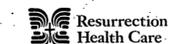
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## SENIOR SEASONS

### Central Baptist Home offers numerous amenities

Central Baptist Home's 10 acre tree-lined campus in Norridge quiet residential community with its park-like landscape of patios, courtyards and garden areas. Residents can take advantage of their convenient mini-mall which includes a beauty and barber shop, ice cream parlor and gift and card shop. For those seeking entertainment, relaxation, or recreation, Central Baptist Home boasts its own theatre, library, chapel and sun-filled sitting rooms.

The amenities provided include 24 hour security service throughout the facilities, house-keeping and linen services, excellent dining and scheduled transportation for off campus excursions. In their private furnished or unfurnished living options, residents are encouraged to make their apartment their home.

Central Baptist Home is located at 4750 N. Orange Ave., Norridge, IL. 60656. For further information call (708) 452-3700.

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Licensed Hearing-Aid Dispenser

### Plenty of smiles & laughs foundation of the Schordje's 70-year marriage

Therese Schordje probably shed more than one tear October 15, 1927, the day she married George. But, since that time, one suspects, there have been many smiles and laughs. Therese, who arrived in the United States from Hungary in 1912, spoke only German. She was happy and took comfort in her first teacher being able to speak German. Today, she is still genuinely happy and grateful that that first teacher and she got along just fine in German some 85 years ago.

Aware of her German heritage, Therese, perhaps unintentionally but very openly continues to reflect the German proverb: Weeping bride, laughing wife; laughing bride, weeping wife. And that's the way it's been since marriage to George, October 15, 1927.

A month ago Therese and George celebrated their 70th wedding anniversary with family and friends at Mary Seat of Wisdom Church in Park Ridge.

After twenty years of living in Otsego, Michigan - about 20 miles North of Kalamazoo - fol-

lowing George's retirement, Therese and George returned in 1996 and have taken up residence on Hamilton Court near Dee and Golf Roads. They still are able to enjoy independent living - but their sons Don and Robert would like to have them a bit closer than a three-hour drive to Michigan. Waited 25 years for Niagara Falls honeymoon

Therese still speaks about her honeymoon with a glint in her eye, a smile on her lips, while waiting for your perplexed grin or frown. She delivers her punch line and expects you to join in the hearty chuckle she's enjoyed for well over 35 years: "I had to wait for 25 years to go on a honeymoon to Niagara Falls."

The actual honeymoon following the marriage, the next day, was moving from a little cottage in the back to a home a few feet away. Therese still tells it like it was one of the greatest moves in her life.

Asked the secret of his long life and 70-year marriage, George projects his own very pronounced smile. His words are loud, straight and to the point: "her cooking."

"It was very plain, very wholesome," George says with obvious satisfaction. He speaks of the roasts, the stews, the chicken, the good homemade baked foods. "And the chicken soups were the best," says George.

"Therese, with a beaming smile, interrupts, "But you never saw all the meals I had to throw away before you came home."

George returns her smile, per-



haps suggesting that maybe, just maybe he may have suspected it all along but was wise enough never to say anything. He kept enjoying the really good meals and never wondered about any others.

Therese and George both insist they lead a very quiet life. They speak fondly of their days in Michigan. "Life was good," says Therese, "the town was small, people were very friendly, you were three blocks from everything, from the doctor, from the dentist, from the grocery store."

Secret of long life: "Don't get bad habits"

George says, "I'm satisfied just to get up every morning." Asked about his good health, George explains, "I didn't get into any bad habits." He recalls his encounter with smoking cigarettes "when I was about 12."

As George tells the story of his attempt at smoking cigarettes,

Therese looks at George as if she is hearing the tale for the first time. George is critical of his foolishness in trying to smoke and still conveys the episode humorously. Therese looks momentarily worried, is quickly relieved, and joins her husband in making light of the smoking encounter that lasted "one week, maybe two."

The life for George and Therese Schordje, according to 1997 "standards," would probably not appeal to many. George graduated from school, that's elementary school, at 20. Therese was put back a year, started kindergarten when others her age were in first grade and finished in nine years. It was off to work for both after elementary school. Therese worked for an insurance company making as much as \$40 a week. George put in 48 hours a week at Marshall Field; working 40 hours and going to school also at Marshall Field for eight hours a week.

The depression meant lower, about \$14 a week, and then, no wages for George for three years. Therese was home taking care of the two boys. There never was any thought that Therese belonged anywhere else but at home taking care of the family.

Whether it was home, whether it was church and the many groups and societies both Therese and George belonged to, whether it was work, or whether it was friends, life never ever got too complicated for Therese and George Schordje. There was always time to do the right things so the other things never got their attention.

Therese says, "Today, it's much harder to keep up with things. You have to go, go, go."

Don't ask why she isn't go, go, going and never did. She and George have been around for over 90 years, been married for over 70, have been more than content to have a "quiet life."

Both continue to greet life daily with a smile, know how to laugh heartily. Maybe, just maybe, that's what wisdom is all about.

## SENIOR SEASONS

### Shoppers find bargains at NPH bazaar



More than 500 shoppers crowded into the activity and dining rooms of the Norwood Park Home (NPH), 6016 N. Nina Ave., Chicago, to search for bargains during the Oct. 25 annual bazaar, sponsored by the Norwood Park Home Service League. Shoppers took time to examine vintage linens, jewelry, cookbooks, hand-made crafts, white elephant merchandise, and baked goods. Here, Shirley Schuetz inspects a package of home-baked oatmeal cookies. By 3 p.m. when the Bazaar closed, all baked goods were sold out. Proceeds from the sales are used to purchase equipment and furnishings for the direct use of the Norwood Park Home residents.

### The Lincolnwood Seniors Club

The Lincolnwood Seniors Club invites the community to join them on Tuesday, November 25, for a trip to the Art Institute of Chicago to see the exhibit, Renoir's Portraits Impressions Of An Age.

The cost of \$27.50 members, \$29.50 guests includes admission to the Art Institute, a lecture and viewing of the Renoir Exhibit and deluxe motorcoach. Lunch is additional and "on your own" at the cafeteria or Art Institute Restaurant.

Departure time is 9:45 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Ave., with return scheduled for 2:45 p.m.

USE THE BUGLE

### Does your loved one or relative have Alzheimer's Disease? Regency offers free fingerprinting

Regency Nursing Centre in cooperation with the Alzheimer's Association and the Niles Police Department is offering an Alzheimer's Identification Program to the Niles Community and the Northwest side of Chicago on Saturday, Nov. 15, from 10 a.m. to 3 p.m.

At this special event Regency Nursing Centre will be offering free fingerprinting and photographs for person's with Alzheimer's Disease as a service to the community.

"This documentation is something for the family member or caregiver to keep in a safe place with their records," says Kathleen Clyde, Director of Regency's Alzheimer's Unit. "In the event that a Alzheimer's victim wanders away from home or is lost, this card with the photograph and fingerprints can be taken to the caregiver's local police station in an effort to streamline the search process for their loved one."

Regency Nursing Centre prides itself on the development of its Alzheimer's Unit. "Our Unit was the first unit of this type to be opened in the Northwest suburbs," says Ms. Clyde. As part of Regency Nursing Centre's commitment to recognizing Alzheimer's disease we are pleased to present this program to increase family awareness as part of Na-

### Lincolnwood Seniors celebrate

The Lincolnwood Seniors Club will celebrate December birthdays at the Red Lobster Restaurant, 3310 W. Touhy Ave., Lincolnwood on Tuesday, Dec. 30 at 11:30 a.m.

Members and their guests are invited.

### NORWOOD PARK HOME

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## SENIOR SEASONS

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## SENIOR SEASONS

### Reverse mortgages provide added financial tool for seniors

Reverse mortgages provide lawyers and financial planners with another financial tool that could be linked with any type of senior citizen financial need, Bob Grant, Cole Taylor Bank Director of Reverse Mortgages told a group of Elder Law Specialists at a recent Chicago Bar Association meeting.

A reverse mortgage is a mortgage which permits homeowners who are 62 and older to use or borrow against the equity in their

home. Grant told the group that seniors may be inherently averse to the idea of taking cash from a lender in exchange for a new loan using their property as security. "Many seniors feel that if they use the reverse mortgage as a financial tool to meet their cash flow needs, they will be deeding away their property to the lender," noted Grant. But that is simply not true. The lender is eligible only for the amount due him.

What's more, all of the reverse-mortgages now available have a feature that guarantees that the homeowner or his estate cannot owe more than the value of the home.

Once presented as a financial tool, seniors want to know exactly how much they can get, said Grant. Because reverse borrowers don't write out monthly checks to repay the loans, lenders don't consider an applicant's income or credit rating. Rather, the home is appraised for a market value. The amount of the loan granted depends on the borrower's age, the number of borrowers and the appraised value of the home.

Grant pointed out that another question seniors ask is "When do I have to pay off the loan?" "You don't have to repay your loan until you move out of the house or die, in which case you or your estate owe the loan balance plus the accumulated interest," he noted.

"With our population aging and people living longer we will have to look for new and resourceful ways to meet every growing cash flow need. While not the answer to every seniors financial needs, reverse mortgages provide a new and viable source of retirement income," Grant concluded.

As Chicagoland's largest private bank, Cole Taylor has earned a reputation in its nearly 70 years for delivering high quality, personalized service. With \$1.9 billion in assets, the bank operates a 10 branch network throughout Chicagoland with its nearest branch at 4400 W. Oakton in Skokie.



**LAKE COOK PARKINSON'S DISEASE CARE UNIT IS NOW OPEN!**  
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**LAKE COOK HEALTH CARE CENTER IN NORTHBROOK, ILLINOIS, A SKILLED, INTERMEDIATE NURSING FACILITY HAS OPENED A TEN BED PARKINSON'S DISEASE CARE UNIT. PLEASE HELP US CELEBRATE THIS WONDERFUL NEW UNIT BY ATTENDING OUR OPEN HOUSE FEATURING GUEST SPEAKER, PROTOCOL DIRECTOR DR. MICHAEL REZEK; MEDICAL DIRECTOR OF THE CHICAGO AREA CHAPTER ON PARKINSON'S DISEASE.**  
 263 SKOKIE BLVD., NORTHBROOK, IL 60062

### MEMORY AWARENESS DAY

**FREE**  
 Health Talk and Information Session on Alzheimer's Disease and Memory Loss

by **Steven L. Meyers, MD**  
 of University Neurologists  
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 at **THE NORTH SHORE CENTER FOR THE PERFORMING ARTS**  
 (Next to Doubletree Hotel)  
**NORTHLIGHT THEATER**  
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on **MONDAY, NOVEMBER 17, 1997**

8:00 am Continental Breakfast  
 9:00 am Program  
 10:00 am-12:00 pm Memory Loss and Alzheimer's Disease Information Session

Please Call the Greater Chicagoland Alzheimer's Association for Information and Registration  
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Thursday, December 11, 1997  
 Thursday, February 19, 1998

**SENIOR SEASON GUIDES .....**  
 Thursday, January 15, 1998  
 Thursday, March 19, 1998

CALL LAVERNE OR DIANE FOR FURTHER INFORMATION  
**(847) 966-3900**

### Planning your retirement requires financial foresight

With the number of years people are spending in retirement increasing, it's become more important than ever to plan your retirement budget carefully. If you're not sure how much you'll need to finance your leisure years, read what the Illinois CPA Society has to say about developing a retirement budget.

**A Lifestyle Decision**  
 CPAs say you'll need 70 to 80 percent of your pre-retirement income to maintain your standard of living in retirement. However, the exact amount depends on the type of retirement you have in mind. For example, some retirees who have traveled extensively on business may look forward to spending their retirement years close to home. Others have long dreamed of a retirement filled with trips to exotic destinations. The more expensive your hobbies, interests, and leisure time activities, the more money you'll need in retirement.

**Assessing Your Expenses**  
 While some of your expenses will remain the same in your retirement years, other may not. Take the time before you reach retirement to estimate these expenses so that you can anticipate how much retirement income you'll need. For example, you can count on spending less on work-related expenses, such as business clothing, dry cleaning, lunches out, and commuting costs. If your mortgage will be paid off by the time you retire, you won't need to send that monthly check to the bank, but keep in mind that there's no getting away from property taxes, homeowners insurance, and maintenance expenses, all of which are likely to increase over time. And remember when you're in the house more often, you can expect to pay more for heat, air

conditioning, electric, and other utilities.

Taxes are another area where you should see expenses drop. At least part of your Social Security benefits will be tax free, and since the tax rules don't consider pension payments earned income, you won't pay Social Security taxes on your monthly pension. Your total income is likely to be less in retirement than it was while you were working, which means you'll pay less income tax.

One expense you're likely to see significantly increase after retirement is the cost of health care. As employers cut back on health care coverage for retirees, more retirees are faced with the expense of buying health insurance on their own. Add the cost of out-of-pocket medical expenses, like prescription drugs which are not covered by some plans, and health care becomes a major budget item.

When planning your retirement budget, keep in mind that you'll need to factor in inflation to account for the gradual increase in the cost of living. According to The Wall Street Journal, inflation has averaged 4 percent in the United States since 1926. If you need help determining how inflation impacts your retirement budget, you might want to consult with a CPA.

**Stretching Your Retirement Dollars**  
 If you're concerned about out-living your retirement funds, don't despair. There are some ways you can extend your retirement nest egg.

Here are a few suggestions:  
 • Make a move. If your current home is bigger than you need, consider selling it and relocating to an area where the cost of living is lower or to a smaller home with lower taxes.

## SENIOR SEASONS

### Grandparents raising Grandchildren

"Grandparents Raising Grandchildren" will be the focus of an Illinois Department on Aging symposium scheduled on Friday, November 14, from 9 a.m. to 4 p.m. at the new corporate headquarters of Blue Cross Blue Shield of Illinois, 300 East Randolph, Chicago.

Over 70,000 Illinois children are being raised by grandparents or other relatives. Reasons why parents are no longer primary caregivers may relate to drug and alcohol problems, child abuse, mental illness and divorce. Though grandparents willingly step forward to become primary caregivers, they often need legal guidance and supportive services in matters relating to custody, adoption, guardianship, juvenile justice, welfare reform and benefit eligibility.

The purpose of the symposium will be to examine these issues and to develop an action plan that

allows grandparents raising grandchildren the guidance they need to access resources and to make effective and responsible decisions regarding the care of their grandchildren.

If you have any questions or need to arrange interviews in advance, please contact Jan Costello at (217) 785-9020.

### Regency co-sponsors Alzheimer's meeting

The Alzheimer's Association and Regency Nursing Centre will be holding an Alzheimer's Support Group Meeting on Wednesday, Nov. 19 at 7 p.m.

For more information contact: Nancy Jacobek, the Alzheimer's Association at 847-933-1000 or Kathleen Clyde at Regency Nursing Centre, 6631 N. Milwaukee Avenue, Niles, at 847-647-7444.



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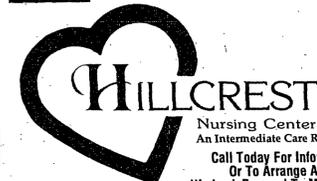
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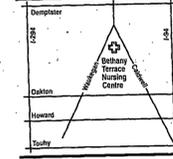
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### Lincolnwood Seniors to see Rockettes

The Lincolnwood Seniors Club will take a trip to the Rosemont Theatre on Tuesday, Dec. 16 to see the Radio City Christmas Spectacular starring the Rockettes.

The cost of \$53 members, \$55 guests, includes show and transportation (Deluxe Motorcoach). Lunch is \$10.50 additional at the Holiday Inn O'Hare's Market Place Restaurant.

Departure time is 10:30 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Ave., with return scheduled for 3:30 p.m.

### Riverboat trip

The Lincolnwood Seniors Club invites the community to join them on Tuesday, Dec. 23 for a trip to the Grand Victoria Riverboat Casino in Elgin.

The cost of \$14 members, \$16 guests, includes admission, a fabulous lunch buffet and transportation (Deluxe Motorcoach).

Departure time is 9:30 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Ave., Lincolnwood with return scheduled for 3:30 p.m.

### Seniors Christmas- Chanukah Party

The Lincolnwood Seniors Club will celebrate their annual Christmas- Chanukah party at the Lincolnwood Radisson Hotel, 4500 W. Touhy Ave. (at Lincoln), (847) 677-1234, on Tuesday, Dec. 2 at 11:30 a.m.

Fabulous door prizes will be awarded.

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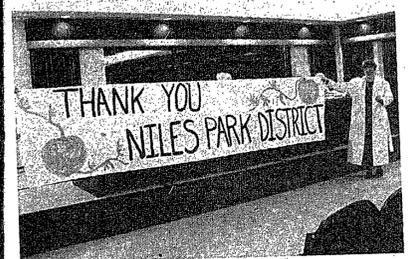
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\*Based on controlled clinical study of new hearing aid wearers with mild to moderate hearing loss. Soft speech presented at 60 dB SPL with background noise 5-10 dB lower. For more information regarding the clinical trial, contact your Miracle-Ear® dispenser. †Hearing aids cannot restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. Only your Miracle-Ear® representative can determine which models and options may be right for you. ‡Hearing tests are always free at participating Miracle-Ear® Centers. Not a medical exam. Performed for proper amplification selection only.



## Sports/Parks & Library News

### School District 71 thanks Park District



Carol Kosiba, a representative from School District 71, displays a thank you poster from the students and families that participated in the 1997 Fall Festival for the Niles Park District Board of Commissioners. The Niles Park District and School District 71 entered into a partnership on the evening of October 3rd to help

### The Mirandas to play Brazilian music

The Mirandas will perform their own brand of Brazilian music on Nov. 16 in the second program in the popular Sunday at the Library series at the Lincolnwood Public Library. The program begins at 2 p.m. This unique South American musical experience is a real treat with a beat. Featuring concert flutist Julie Koidin, the performers palette of instruments also includes guitar, bass, a variety of Latin percussion instruments; the cavaquinho, which is a Brazilian guitar similar to a mandolin, and vocals. Ms. Koidin has studied Brazilian choro music in Rio de Janeiro, working with the legendary Altamiro Carrilho, and in New Mexi-

### Tired of the same 'ol malls?

The Niles Park District is hitting the Malls - in Milwaukee! As we all know, the holidays are approaching and shopping becomes a priority. The Niles on the Go! gang (a program for the mature adults), are going out to Milwaukee for a day of shopping. This trip combines holiday shopping with specialty shopping. The bus will stop at Historic Third Street for shopping at Unzingers, the Cheese Shop and Spice Shop. Then it is off to the Water Street Brewery for lunch. After lunch, it is off to Grand Avenue Mall. This enclosed mall has Carsons, Marshall Fields and numerous specialty shops. A change of pace for the holiday season.

Miss the weekend hustle and bustle. Put on your walking shoes and join NPD on Tuesday, Nov. 18 for this day of excitement. Bus leaves the Howard Leisure Center, 6676 W. Howard St., at 9 a.m. and will turn at approximately 5 p.m. The cost of this spree is \$31 for all, or \$26 for residents of the Niles Park District. Register soon, at the Howard Leisure Center.

### Mouthguards fight "weekend warrior" injuries

Most people, kids included, have experienced the "weekend warrior" syndrome, where you think your body is invincible to injury and that you do not need protective gear such as helmets for your head and pads for your knees, shins and elbows. In particular, teeth are often forgotten. Although the dental profession unanimously supports the use of mouthguards in a variety of athletic and recreational activities, consumers remain resistant to and ill-informed of the importance and advantages of wearing a mouthguard during their weekend activities, say dental experts meeting this week at the Academy of General Dentistry's 45th annual meeting.

"There are three reasons most people don't wear a mouthguard: cost, the 'headache factor' and image," says David Kumamoto, DDS, Fellow of the Academy and team dentist for the University of Illinois-Chicago Athletic Department. "What people fail to realize is how many serious injuries, such as concussions, jaw fractures and neck injuries are prevented by mouthguards."

It is estimated that mouthguards prevent more than 200,000 injuries each year. Although orofacial injuries are traditionally associated with contact sports such as football and hockey, recent findings show that soccer players are more likely than football players to sustain an orofacial injury and a basketball players' risk is twice that of football players' risk. These statistics do not include the number of people participating in leisure football activities such as flag football and pick-up games with friends. And, more people currently participate in organized soccer than those participating in competitive football, where mouthguards and face masks are mandatory.

"Pick-up games prove more of a risk than supervised sports because there are no officials to enforce game rules," says Dr. Kumamoto. "But even supervised sports have their share of serious injuries due to the lack of protective equipment. Sudden falls and accidental collisions during a game or athletic activity can cause dental injuries."

"Of the three types of mouthguards that are currently available, a custom-made mouthguard by your dentist offers the best

protection, fit and comfort level because it is made from a cast to fit your teeth," says Dr. Kumamoto. "Boil-and-bite guards are available at sporting goods stores and are less expensive than custom-made guards, however the fit is not as good and it will not last as long. A stock mouthguard, the least expensive choice, offers the least protection since little can be done to adjust the fit. However, even the least expensive mouthguard is better than none."

The Academy of General Dentistry recommends that players participating in basketball, softball, wrestling, soccer, lacrosse, rugby, in-line skating and martial arts, whether for an athletic competition or leisure activity, wear mouthguards while competing.

Dr. Kumamoto is one of more than 50 clinicians presenting the latest developments in oral health and technology at the Academy of General Dentistry's 45th annual meeting, July 31-Aug. 3, 1997, in Chicago. The Academy of General Dentistry is an international dental organization of 35,000 general dentists from the United States, its territories and Canada. As members, these dentists are dedicated to continuing education to ensure the best possible care for the patient.

**Send us your news**  
All press releases must be in our office by Friday for publication in the following week's edition. Send to:  
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## Police News



BY CHIEF RAY GIOVANNELLI  
Niles Police Department  
Special to The Bugle

### On crime & punishment: dare we 'Put It Together'?

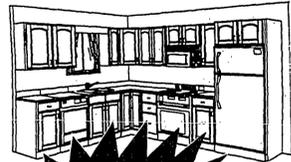
I have this personal ritual I go through whenever I hear or read about criminal justice related issues. I actually try to find connections (links) between what people are talking and writing about. For example, the other day I was listening to the radio, and someone was talking about the fact that there are more people in jail now in this country than at any other time in history. This person continued on that our prison population is second only to Russia. Wow. Sounds terrible, does it not?

While you still have this fresh in your minds, let me share some information with you that may cause you to form some correlations of your own. The nation's overall crime rate dropped 3 percent last year, the fifth annual decrease in a row, according to preliminary findings from the FBI's Uniform Crime Reporting (UCR) Program. Violent crimes, i.e., murders, rapes, robberies, and aggravated assaults declined 7 percent between 1995 and 1996 the FBI said.

*'Nowadays, the likelihood of going to prison for committing a major crime has increased. In response to this development, people are committing fewer crimes.'*

Among violent crime, murder showed the greatest decline at 11 percent. Attorney General Janet Reno said the 1996 figures marked the largest one year decline in violent crime since 1966. Interesting? You bet it is. The fact is, folks, that like most people in business who compare profits and losses, the criminal compares the expected benefits of committing a crime with the expected cost. Nowadays, the likelihood of going to prison for committing a major crime has increased. In response to this development, people are committing fewer crimes. So if you find yourself being bored by someone whose heart is bleeding over the number of people serving time in our prisons, "Put it together for them." Remind them that our improved crime rates may be due to the likelihood of doing time if you do the crime.

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### Leak detectives on the case

Not all detectives working for the Village are located in the Police Department. The Niles Public Services water section has a leak detection crew that searches for water leaks with sophisticated leak detection equipment. Many times, water leaks may go undetected because the water never comes to the surface. Rather, water leaks have been known to drain to openings in sewers, creeks, rivers, or lakes. In other cases, even when water does come to the surface and is easily visible, the exact location of the break may not be known. Water takes the path of least resistance and may actually appear a number of feet from the location of the water main. Because of these two scenarios, leak detection equipment is invaluable.

### Theft

A 47-year-old self-employed man living in the 8800 block of Merrill Street told police he thinks his 18-year-old daughter and her girlfriend are responsible for the theft of a blue nylon jacket valued at \$200, two rings valued at \$12,000, a fraternity pin valued at \$200, two bottles of anti-anxiety medicine valued at \$150 and \$940 cash. All the jewelry was kept in his bedroom dresser and an end table. The jacket and medicine were missing from the basement of the home. The victim suspects his daughter and her friend because they were the only ones in the house on that date at the time the merchandise was found to be missing.

The victim requested a follow-up investigation.

### Theft from auto

A 27-year-old nurse reported that unknown person(s) removed two oval fog lights valued at \$100 from her 1995 Toyota Camry while it was parked in the lot of a bowling alley in the 7300 block of Milwaukee Avenue between 4 p.m. Nov. 2 and 1:30 a.m. Nov. 3.

A 59-year-old Niles salesman reported that unknown person(s) smashed into the right rear door window of his 1993 Oldsmobile Delta 88 while it was parked in a lot in the 8800 block of Milwaukee Avenue between 9:30 p.m. Nov. 11 and 11:20 a.m. Nov. 8.

A radar detector was removed from the glove compartment and a bag containing six men's dress shirts from the back seat. The total value of the items taken was estimated at \$330.

### Stolen auto

A Chicago woman reported that her 1995 Nissan Altima was removed from the auto dealer in the 5700 block of Touhy Avenue sometime between 9 p.m. Oct. 31 and 9 a.m. Nov. 1. The service

manager told police that the keys to the victim's vehicle were missing. The victim had parked in the dealership's outside west parking lot. Service department employees were the only personnel with access to the keys, police said.

### Criminal damage to property

The 24-year-old manager of the fast food restaurant in the 7200 block of Harlem Avenue reported that she asked a group of about 20 male teenagers to leave the establishment around 8:48 p.m. Nov. 7. The group congregated outside at the west side of the restaurant, and shortly afterward a plate glass window on the west side of the building was broken out.

The complainant was not able to identify the offender nor was she sure of the cost to replace the window.

### Sexual harassment

A 20-year-old nurse's aide at the nursing home in the 8300 block of Golf Road reported Nov. 7 that between Oct. 23 and Oct. 24 a 23-year-old fellow employee made sexual comments and obscene remarks to her.

The victim said she will contact the state Labor Board and decide what action to take. The home's involvement in the matter has caused the offender to stop harassing the victim for the present.

### Motor fuel tax funds

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

The allotments to certain of the municipalities follow: Des Plaines, \$114,822; Glenview, \$82,626; and Niles \$61,016.

### Police warn of bogus holiday solicitation

Every year, numerous charities telephone solicit or solicit through the mail requesting funds for various causes. Lately, numerous quasi-law enforcement related charities have been using the telephones and mail to solicit funds from Niles residents.

Most will make some reference to your local police or community's name to make you believe that the funds you give in some way will help your local community.

More than 99 percent of the time these claims are untrue. In most cases, none of the funds ever reach anyone in this area. The Niles Police Department does not solicit funds in this manner and does not condone or approve of any such solicitation.

Please be aware that any solicitation done in the name of law enforcement does not have the backing or approval of the Niles Police Department.

### Women Employed to host Mentorsource Showcase

Professionals at all levels can gain valuable mentoring information at Women Employed' Mentorsource Showcase. The event will be held at the Chicago Bar Association on Nov. 19 at 5:45 p.m.

A panel of three experts will speak about the importance of mentoring relationships in their careers. In addition, twelve experienced professionals will lead small group discussions of mentoring issues following the panel.

"Women Employed hopes its Mentorsource program will promote mentoring connections among women," event director Karen Allen said. "We want to encourage women in senior positions to spread their knowledge to women pursuing advancement. In turn, women moving up will have more opportunities to expand their visibility, increase their skills and benefit from their mentor's experience."

Mentorsource will provide women with tips on finding and creating mentoring relationships, as well as the resources for developing contacts.

Event registration is \$15 for Women Employed members and \$25 for non-members. For reservations or ticket information, contact Karen Allen at Women Employed, (312) 782-3902.

Founded in 1973, Women Employed is a not-for-profit membership organization dedicated to the economic advancement of women through service, education and advocacy.

**READ THE BUGLE**

## Police News

### Court awards woman \$930,000 after accident

A Cook County Circuit Court jury has awarded a 78 year old Chicago woman \$930,000 in damages for severe injuries she sustained when a Waste Management of Illinois, Inc. truck ran over her in 1994.

Dorothy Arbetman was struck as the truck backed up outside the Marshall Field's department store at the Old Orchard Shopping Mall in Skokie. She suffered extensive injuries to her left arm and leg and required months of physical rehabilitation.

"Waste Management was operating in violation of Old Orchard rules and the truck did not have a camera on the back to let the driver see behind him," said Arbetman's attorney, David Rapoport of Rapoport & Kupets Law Offices, Chicago and Rosemont.

The incident occurred at 3 p.m. on August 9, 1994 during extensive renovation of the shopping center.

"The truck was not supposed to be at that location during working

hours. At that hour of the day, it should have been at a loading dock, not endangering shoppers coming out of stores and walking to their cars," Rapoport emphasized.

He praised Old Orchard General Manager, Douglas R. Kiehn, for his helpfulness following the accident and candor during the trial, but criticized Waste Management for contesting the case.

"Knowing that backing up a garbage truck with a blind spot is dangerous, Waste Management has installed cameras on its residential area vehicles, but not all of their commercial trucks have cameras," Rapoport said.

The jury originally awarded Arbetman nearly \$1.33 million, but reduced the amount to approximately \$930,000 because she failed to look both ways before crossing and was not wearing her hearing aids at the time of the accident and, therefore, not aware of the truck's automatic warning beeps as it backed up.

The jury returned the verdict before Judge Richard J. Elrod late Monday afternoon, November 3.

### Winter driving tips

To minimize the possibility of break down, winterize your vehicle following the suggested maintenance schedule included in the owner's manual or have your vehicles serviced by a reputable dealer, garage or mechanic.

Check your wipers, tires, lights, and fluid levels (radiator, windshield washer, power steering, oil and brakes) regularly. Make sure the brakes and transmission are working properly. Lubricate door and trunk locks with lock lubricant to prevent them from freezing.

When anticipating travel during a winter storm, ask yourself, "Is this trip really necessary?" If you decide the trip cannot be delayed, check on weather conditions along your travel route. Listen to weather forecasts on TV, local radio stations, or NOAA Weather Radio. Call 1-800-452-1D0T to get current road conditions for Illinois' Interstate and highway systems. Information is updated every

two hours during a storm. Travel with a Winter Storm Survival Kit in your vehicle. The page entitled "Prepare Now" lists the recommended contents of a kit. Provide your itinerary to a friend, relative, or co-worker. Include information on where you are going, the routes you will travel, and when you expect to arrive. When you reach your destination, make a call to report that you have arrived.

Start your trip with a full tank of gas. While traveling, refuel often. Frequent stops should help to relieve tense muscles.

If your vehicle breaks down, pull as far off the road as possible. Your greatest personal danger at this point is that of being hit by passing cars. Don't panic. Use common sense. See the steps in the section "In A Vehicle" on the page entitled "When Caught In A Winter Storm..." for additional information to help you survive.

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## Police News

### "Swap Crews" cleaning up Norwood Park

Labor crews from the Sheriff's Work Alternative Program (SWAP) will be working in Norwood Park on November 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 mis-

demeanor 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.

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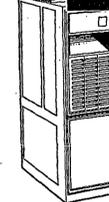
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**Business News**

**J. Simon Supply joins Edward Don & Company**

Robert E. Don, chairman and chief executive officer, Edward Don & Company, announced that his company has acquired J. Simon Supply, a restaurant equipment distributor in Morton Grove.

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Northbrook	30.00	51.00	35.00
Park Ridge	25.00	42.00	32.00
Skokie	28.00	42.00	

**Stars come out to celebrate Cole Taylor Bank opening**



It was a star-studded black-tie evening for more than 260 local VIP's who celebrated the opening of Cole Taylor Bank's new full-service business and personal banking center at 4801 W. Golf Road in Skokie, across from Nordstrom in Old Orchard Shopping Center. Among the celebrants for the Hollywood-theme night "Another Opening, Another Show" were (from left to right) Richard Keneman, Executive Vice President-Relationship Banking, Cole Taylor Bank; Sidney Taylor, Co-founder and Executive Committee Chairman, Cole Taylor Bank; W.C. Fields; Jacqueline Gorell, Mayor, Village of Skokie; Humphrey Bogart; and Bruce Taylor, President and Chief Executive Officer, Cole Taylor Bank. Cole Taylor opened the banking center, their second location in Skokie, earlier this month.

**Choosing business status as easy as checking the box**

It's rare the federal government simplifies tax matters. But for businesses choosing a business status, it's as easy as checking a box.

The Internal Revenue Service issued final regulations in May regarding the "check-the-box" election classification election. This is the election that many companies may now take regarding whether they want to be taxed as a partnership or a corporation. The check-the-box election generally is available to noncorporate business entities. Companies are not eligible to take this election if they are required to be taxed as corporations. This includes companies incorporated under state law, banks, joint stock companies, publicly traded partnerships and certain foreign businesses.

What makes this new election so appealing is that noncorporate business entities don't have to go through a lot of legal rigmarole to pick their tax classification. Before, the tax classification of a noncorporate business was determined based on how many of four corporate characteristics it possessed. If it possessed three or more—continuity of life, centralized management, limited liability and free transferability of interests—it was classified as a corporation. Companies wanting to avoid the corporate status had to draw up their operating agreements very carefully.

Under the new regulations, which apply to corporations making elections on or after January 1, 1997, the noncorporate business entity can simply check the box on the simple Form 8832 whether it wants to be treated as a partnership for tax purposes or as a corporation. A single-owner can choose to be treated as an S corporation, or "disregarded" as a separate taxable entity (the owner is taxed directly). The effective election date if a business takes the check-the-box election can be no more than 75 days before, or up to 12 months after, the filing date. If no effective date is chosen, the date corresponds to the filing date.

If the business doesn't check the box, it automatically will be classified. A newly formed domestic entity with two or more members will be classified as a partnership, and a single-owner would be treated as a sole proprietor (or a division, depending on the arrangement).

In the case of foreign corporations, the IRS has published a country-by-country list of the types of foreign business entities that must be classified as corporations. However, foreign entities treated as partnerships or disregarded as entities as of May 8, 1996, are grandfathered under the new rules.

The changes suggest new planning opportunities for business owners. For example, operating

or partnership agreements might be modified regarding the four corporate characteristics without jeopardizing the partnership status. The entity might have a perpetual life now, or the partners might want to drop restrictions on interest transferability. Sole proprietors may elect to be a limited liability company without jeopardizing their federal tax status.

The upshot of all this, in the view of many experts, is to make limited liability companies more attractive than ever as the "best pass-through" entity for family businesses, as opposed to S corporations or family limited partnerships.

Because of the complexity and changing rules, business owners are advised to consult with their financial planner before deciding whether to adopt or switch to a particular status.

**USE THE BUGLE**

**Business News**

**Understanding the language of the mortgage process**

The mortgage process can be intimidating and confusing—all, it is likely to be the single biggest investment many of us will make in our lifetimes. In fact, four out of 10 homebuyers report being confused by the mass of paperwork confronting them when getting a residential mortgage, according to a survey conducted by the Mortgage Bankers Association of America.

It's easy for home buyers to become confused and frustrated with terms and language used by real estate agents and mortgage lenders during the mortgage process," said Tim Cranston, vice president regional manager for the Niles area of Norwest Mortgage, Inc., the nation's leading provider of home mortgages. "However, understanding a few simple terms, and their meanings, can lead to greater satisfaction."

Cranston outlined the following terms and definitions to help consumers better understand mortgage terminology.

**Adjustable-Rate Mortgage (ARM)**—a mortgage loan which periodically adjusts interest rates to match market rates. Loans of this nature are often used by borrowers in a high interest rate environment when a lower rate environment is seen on the horizon.

**Convertible ARM**—similar to a traditional fixed-rate mortgage loan. A borrower makes regular payments, based on a long-term payment schedule (over 15 or 30 years), to a lending institution. However, at a predetermined time, the balance on the remainder of the loan becomes due. These loans are typically paid off within the first three to 10 years. Balloon loans generally have lower interest rates than fully amortizing fixed-rate loans.

**Fixed-Rate Mortgage**—a mortgage loan in which the buyer contracts for a specified interest rate over a specified period of time (such as 15 or 30 years). The principal and interest payments do not vary.

**FHA Mortgage**—these loans are government-backed by the Federal Housing Administration. They are available to buyers with little savings for downpayments or who have been deemed too risky by conventional lenders.

**Lock-In**—a lender's ability to lock in a specified interest rate for a loan applicant, which is guaranteed over a certain number of days, anywhere from 30 to 120.

**Insurance**—insurance to protect the investor in the event of a borrower's default and subsequent foreclosure. Often required when a borrower obtains a loan with less than a 20 percent down payment.

**Points**—a dollar amount, expressed as a percentage of the loan amount, that is paid to a lender to reduce the interest rate on a loan.

**VA Mortgage**—a mortgage loan for qualified veterans which requires only limited financial resources for a downpayment. These loans are backed by the Department of Veterans Affairs.

For more information about mortgage products and services, visit Norwest Mortgage on the Internet at: www.norwest.com, or call 1-800-405-8067 for information on the branch in your area.

**Building Trades Council fetes Patricia Young**



The Chicago and Cook County Building and Construction Trades Council honored Patricia Young, Commissioner of the Metropolitan Water Reclamation District of Greater Chicago, at a breakfast held at O'Brien's Restaurant on Wells Street in Chicago.

Commissioner Young is the vice-chairman of the Labor and Industrial Relations committee at the MWRD, and the breakfast is to thank her for her support of the unions.

**Are junk bonds in your future?**

With stocks getting all the glory these days, bonds look about as exciting as watching grass grow, with one exception. Junk bonds, or in more polite circles, high-yield bonds, have been winners, both in total return and in new investment money. For example, high-yield bond mutual funds returned a total of 14.8 percent over the last year, and 69 percent over the last five years, according to Lipper Analytical Services. Only convertible bond funds outperformed them. Third place wasn't even close.

This hot performance, the best since the 1980s, has come despite the fact that the yield spread for junk bonds over ten-year Treasury bills is a modest three percent. All of which raises several tough questions if you're an investor thinking of buying high-yield bonds, either directly or through mutual funds.

Is the spread too narrow? Are a mere three percentage points in yield over Treasuries worth the risk when you could just as easily buy blue chips or Treasuries themselves? In fact, some experts point out that the yield spread is actually around 100 basis points less than it appears, given defaults, distressed exchanges (issuing new bonds with more lenient payment terms when the company can't make payments on the old bonds), and aggressive call features. Considering the average spread was 5.6 percent over the last 11 years, and as high as 11.7 percent in 1990 with an average yield of 17 percent (versus 8.6 percent now), some experts question whether it's worth investing in high-yield bonds today. However, others point out that it's the best deal going

among fixed-income vehicles, and they're comfortable with the narrower spread as long as the economy continues to hum along.

What happens when the economy turns down? That's what worries investment experts about junk bonds. The default rate for junk bonds was a miserly 1.6 percent in 1996 (versus 3.5 percent the year before). But a downturn in the economy would almost assuredly turn "high-yield" into "junk" by pushing an increasing percentage of junk bond issuers into default.

Is too much money chasing too few good junk bonds? With so much money flowing into high-yield funds, some funds are foraging heavily among low-grade junk just to find something to buy for their shareholders and to keep yields up. These include bonds rated Caa by Moody's or CCC by Standard & Poor's, issues from companies that are near default now, let alone if the economy stumbles. Investors looking for high yield also are buying up the flood of new issues from young, high-risk telecommunications companies. The robust economy has kept a lot of these marginal bonds afloat, but a downturn would almost certainly sink some of them.

Why buy junk bonds at all? High-yield bonds are attractive to investors seeking income. Nonetheless, investment advisors generally recommend keeping them to five percent or less of the portfolio. Furthermore, Ibbotson Associates reports that high-yield bonds are more correlated with the S&P 500 than investment grade bonds.

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**Business News**

**Dudycz Fundraiser**



Attending a recent fund-raiser for State Senator Walter Dudycz (R-7th), second from (right), and giving their endorsement for Dudycz's run for another term were (left) Maine Township Clerk Gary Warner of Park Ridge, Chicago Police Superintendent Matt Rodriguez, and Maine Township Trustee Robert Provenzano of Des Plaines.

**Understanding stock splits**

Occasionally, directors of a corporation will authorize a split in the corporation's stock. A stock split either increases or decreases the number of outstanding shares of the stock, without making any change in the shareholders' equity or the aggregate market value of the stock at the time of the split. A typical reason that a company will authorize a stock split is to reduce the market price of the stock to make it more affordable to a broader base of investors.

**Forward Split**

Generally, a forward split will increase the number of authorized shares outstanding and decrease the market price. There is no net dollar-value change in investors' holdings as a result of a stock split.

Investors can determine the number of shares they will own after a split by multiplying the split ratio by the original number of shares owned. For example, if 1,000 shares of XYZ stock are owned and the stock splits one, an investor will now own 2,000 shares of the stock.

To adjust the market price, divide the pre-split per-share value by 2. For example, if the market price of XYZ stock before the split was \$10, after a two for one stock split, the market price would be \$5 a share. However, the total value of the stock, which was \$10,000 before the split (1,000 shares x \$10 = \$10,000), remains unchanged (2,000 shares x \$5 = \$10,000).

**Reverse Split**

A forward split creates a larger number of shares. Occasionally, a company will decide on a reverse split. A reverse split creates a smaller number of shares and adjusts the market price of a stock upward. As with a forward split, there is no net dollar-value change.

Typically, a corporation will engage in a reverse split because it wants to decrease the number of

shares outstanding and raise the price of its shares. A one-for-three stock split, for example, would increase the price of the stock by three times. It would also decrease the number of shares outstanding because an investor now receives one new share for every three shares owned. The total value of the shares remains the same as before the split.

Investors can determine the number of shares they will own after a reverse split by multiplying the split ratio by the original number of shares owned. For example, if 1,000 shares of ABC stock are owned and the stock splits one for three, the investor will now own 333 1/3 shares.

The stock price is adjusted by multiplying the pre-split price by 3. For example, if the value of the stock before the split was \$10, after a two for three split the price would be \$30 a share. The total value of the stock was \$10,000 before the reverse split (1,000 shares x \$10), and it remains \$10,000 after the split (333 1/3 x \$30). Usually fractional

shares are paid in cash.

For Your Records If you hold your stock in certificate form, from the company when the stock split becomes effective. If your shares are held on your behalf by your financial services firm (in street name), the split will appear on your next monthly statement after the split becomes effective. For more information about stock splits, consult your financial adviser. He or she can help you calculate your shares after a stock split and answer questions you may have about your shares.

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**Consumers win with electric utility deregulation plan**

Residential electric customers may soon be able to shop for the lowest electric rates under a plan approved by the Illinois Senate. State Senator Marty Butler (R-Park Ridge) says the proposal, which passed the senate 57-2-0, allows competition between electric companies and lowers rates for residential consumers.

"This comprehensive legislation clearly benefits the consumer," said Butler. "While the transition from a regulated utility to a competitive market may take some time, lower rates will appear on electric bills as soon as Aug. 1998."

Under the proposal, electric companies must cut their rates over the next five years. For customers served by Commonwealth Edison and Illinois Power, these cuts will reach 20 percent by May 2002. For other utilities,

rates will decrease to the Midwest average by Oct. 2002.

"Similar legislation" was passed this spring by the House of Representatives, but this version is much more consumer-friendly. Butler. "In addition to savings on their monthly bills, consumers will be able to choose their electric company sooner and have a shorter transition period at a lower cost."

By May 2002, all the residential customers will be able to select which power company they use. The plan also includes measures to lower the transition costs for consumers who choose a new company.

Municipal utilities and electric cooperatives are not included under the plan, which now advances to the House of Representatives for further approval.

**Auto insurance booklet available**

Have you read your auto insurance policy lately? Unfortunately most consumers don't - until there's a problem. If you've avoided reading your insurance policy because you find the terms too confusing, you should know that help is here! A new booklet, written in an easy-to-understand format, is now available. This guide represents the combined efforts of the Illinois Insurance Hotline, the Illinois Department of Insurance, and the University of Illinois Cooperative Extension Service.

The 12-page booklet answers

common questions consumers ask about automobile insurance. You can learn about auto insurance coverages, how to lower auto insurance premiums, and what to do after an accident occurs.

Request your free copy by calling the Illinois Insurance Hotline at 1 (800) 444-3338 between 9 a.m. and 4 p.m. Monday through Friday. The Illinois Insurance Hotline is a toll-free consumer service that answers general insurance questions. The Hotline is sponsored by companies that sell insurance in Illinois.

**Reinforcing positive self-esteem**

**By Dr. Marcy Guddemi**

Accept your child as he is. Sounds easy, doesn't it?

Of course as your child begins to socialize with others, it's only natural to make comparisons. While this is not bad—we all have high hopes for our kids—don't wish your child acted like or looked like someone else. Or wonder why your friend's 3-year-old is reading primer books and your child is more pre-occupied with dinosaurs in the bathtub.

A parent who is dissatisfied with the way his or her child is communicating is a devastating message to the child. When there is something about a child a parent doesn't like and it's something that cannot be changed, the child feels unhappy with himself. It's the uniqueness about a child that makes him an individual. Respect that difference.

As a parent you have the greatest role in helping your child build a positive attitude of himself. Children view themselves the same way others view them, mostly their parents. Ask yourself if you are nit-picking and nagging and reprimanding too much. Are you having fun with your child? Do you compliment your child on things he does well? Do you ask him how he's feeling, what his thoughts are and what he likes to do? Do you talk to him about the things he enjoys?

If your child enjoys being outside, for example, take a walk with him through the park, on a wooded path, or just around the block. Talk about what you see, listen to what he says about his surroundings. Keep your time together consistent from week to week and your child will begin to share a part of himself with you.

As the years pass, your child will realize that you are helping him grow into a responsible individual who has his own likes and dislikes and that you will love him for that individuality.

Now, let's hear from our readers: My son enjoys having friends over after school. My dilemma is that one of the boys he considers his friend is rude and does not play well with others. I am a mental mess by the time this kid leaves. Any suggestions on how to handle this?

Children will always have at least one friend mom and dad would prefer they not play with. It is indeed a tricky situation when the children are older as you have less control over their actions and decisions. However, by continually pointing out positive behavior in the other friends and talking with your child about what constitutes a good friend, your child will eventually develop a barometer for judging such things on his own. Encourage activities with other children whom you approve of and point out to your son the nice things these friends do. If your son continues to pester you to let the other child

come over, why not invite his mother along and meet at a park. Perhaps by getting to know the other family, you might discover that the child does have a behavioral problem that his parents are trying to correct. The mother may be very grateful for your companionship. In a conversational tone, ask your son why he enjoys this particular friend so much. Maybe it's because the boy likes baseball. In this case, you could sign your child up for a baseball team where he would have a whole team to select friends from.

I am a stay-at-home mother.

My children and I are continually doing crafts and taking little field trips throughout the city. My friends who are also stay-at-home moms like to pop in and participate in whatever we are doing. We live on a limited income and I usually have to stretch the art supplies even more. I don't mind occasionally, but this is becoming a problem.

Next time you're talking with your friends, set up a rotating schedule where each week you spend time doing a craft at each other's homes. Create a supply

list for the various crafts and divide up the materials. Encourage your friends to develop ideas for activities, too. If you prefer to do crafts with just your children, then inform your friends that you are off-limits at those times. Be firm. Or, insist they bring along some materials for the craft.

I have four children between the ages of 4 and 9 and am looking for some summer activities. Any suggestions?

First of all, check your local newspaper for upcoming events and activities scheduled throughout the summer. Call the library

for story time programs and crafts activities. Movie theaters usually offer discounted rates for children's movies during weekday mornings. Many day camps are offered at child care centers and recreation centers. Also be a little more creative with the usual activities you do at home.

Marcy Guddemi, Ph.D., is an expert in early childhood development and is the vice president of education, training and research for KinderCare Learning Centers. Send questions to Dr. Marcy Guddemi, P.O. Box 8797, St. Louis, MO. 63101-8797.

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**Letters to the Editor**

**NEIU staff celebrate graduate class**



Aline Falona (Glenview), Administrative Assistant of Northeastern Illinois University's Graduate School; Clyde Bradley, Ed.D. (Western Springs), Educational Administration Coordinator of the Division of Leadership, Adult and Community Education (L.A.C.E.); and Janet Fredricks, Ph.D. (Skokie), Department Chair of L.A.C.E., at a recent reception to celebrate the first graduate classes being offered at El Centro de Recursos Educativos, Northeastern's off-campus center serving returning adult Hispanic students for more than twenty years. The graduate classes in Educational Leadership lead to an Illinois Type 75 administrative (principal's) endorsement.

Northeastern Illinois University is a comprehensive, state-supported commuter institution in Chicago serving more than 10,000 students.

**Resident praises Niles Park District**

Dear Editor:  
I would like to compliment the Niles Park District on the excellent job they did with their annual Halloween party at Grenman Heights on October 25. There was a great selection of games and nice prizes. Our two children had a great time. It was easy to tell that a lot of careful planning went into this event to make it fun for all. The bag of treats that each

child received was very nice as were the craft projects. It was wonderful that some of the local businesses were willing to contribute to help make this an extra special day. The Niles Park District is one of the big reasons that Niles is a great place to live.

Sincerely,  
Don Tyre

**LEGAL NOTICE**

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, December 1, 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-27 Ankush Verma 8990 Parkside Road Des Plaines, IL Requesting a change in zoning from R-1 to R-1 FUD Special Use to open a video store at 9120 Golf Road.

97-ZP-28 Kevin O'Grady 8036 Oketo Niles, IL Requesting a front yard variation from 26.75 feet to 21.75 feet and side yard variation from 4.96 feet to 4.89 feet at 8036 Oketo.

The Village of Niles will 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.

**Nordica residents seek parking compromise with District 71**

Eugene Zalewski  
Superintendent  
Niles Elementary School  
District 71,  
Niles, IL

Dear Mr. Zalewski:

We received your letter dated September 24, 1997 in which the children, staff, teachers, administration and school board wish to ask for our cooperation and understanding during construction of the Culver School addition and our banishment from school property.

As a family with a child in the District 71 public school system we find your letter a slap in the face. We have put up with construction, obstruction of our street, dirt, garbage on our lawns and in our gutters, workers, teachers and parents who, during construction, found it more convenient to park on our street than to walk a few extra feet from the parking lot assigned to them. We watched patiently, sure that when this was over, things might return to normal. Now that construction is largely completed, our neighborhood is being shut out.

We also had to live with construction workers who like to start their work at 5 a.m., construction trucks that rumbled up and down our street nearly as early. We gritted our teeth and kept quiet, because we voted for expansion in the first place and still support the district's decisions, based on the good of the community.

The bus traffic on Nordica has increased to the point where residents find themselves having to leave their homes up to fifteen to twenty minutes earlier than normal in order to avoid buses leaving the school parking lot on Nordica and turning left onto Oakton

Street. Traffic is backed up sometimes a full block, endangering the children who are waiting on Nordica for other buses to pick them up and causing a bottleneck at the school's exit driveways. And this is just the beginning; the number of buses will really increase once Niles South is closed permanently. Nordica was designed as a residential street, not as a thoroughfare. Evening congestion may also become commonplace when extracurricular events begin taking place on a regular basis.

With regard to parking, a few years ago, there was some talk of purchasing a small parcel of Culver School land in order to increase neighborhood parking. It's absurd that the Culver school board president, John Lombardi, was in favor of that movement when he lived here on Nordica, but the moment he moved to a house with a garage and driveway on Madison and Caldwell and became president of the school board, he wasn't directly affected any more. He was glad the school hadn't sold the property because they could use it more than we could.

More than fifty townhome-owners from the southeast corner of school property to Oakton Street each pay taxes of \$1,500 or more per year, including a tax on two parking spaces. The lack of parking is also decreasing the value of our townhomes. This street was obviously designed in a time when one-car families were the norm. This is no longer the case, and some families, including ours, own three cars. We are simply looking for alternatives to an unfortunate situation.

We realize that a few bad apples have probably cast a shadow over the community's use of

school property in any way. However, we believe that there are enough caring residents (and a great many of them are parents) to help maintain school property should we ever be allowed to park there. Our residents are reduced to using the parking lots over at Civic Center Plaza while a good, east-to-maintain parking lot sits empty. We have all seen (and been) parents carrying small children and loads of groceries, clothes, etc., late at night from us who work late or get home after 6 p.m. for any reason are out of luck when it comes to parking reasonably close to home.

We feel there are alternatives that the district can explore with the neighborhood, such as limits on parking in the school lot to certain hours and redirecting buses into school lots off Oakton Street. In addressing also the presence of children on school grounds after school hours, we all remember the days when we used to play in the playgrounds of our grade schools. Parents believed that school was the safest spot to play.

Our suggestion would be to call a couple of town meetings to discuss the use of school property by this neighborhood. Discussing the care and maintenance of the parking lot, and the consequences of misuse, might be the first of several steps toward working together to benefit the community.

We have made concessions above and beyond the call of duty for several years now. As a good neighbor policy we are looking to you to help.

Very truly yours,  
The Giberson and Penar Families,  
Niles, IL

**Cyber-security: How to protect your business**

You wouldn't leave keys in your company's door when you leave work. But did you know that in today's information-driven world, it's equally important to safeguard the "keys" to your business's computer system? The Illinois Society of CPAs explains why and how you should protect your company's computers.

**MAINTAIN PHYSICAL SECURITY**

Be sure your employees know that they shouldn't leave their workstations without logging off the company network. When employees terminals are left unattended, intruders can gain immediate access to whatever is on the network. Laptop computers should be carefully guarded, and you should be sure your network server is located in a secure place.

It is also important for your company to have a policy in place that bars terminated employees from gaining access to the company's computers or building.

**SELECT CAREFULLY**

People tend to use passwords that are easily identifiable, such as words linked to the user's name, birthday, or favorite sports team, but these can be identified by some experienced - and unscrupulous - computer hackers. For greater security, encourage your employees to use a random combination of numbers and letters and to change passwords at least once a month and even more frequently if they work with sensitive data.

**WATCH OUT FOR VIRUSES**

Computer viruses are bits of software code that attach them-

selves to programs and replicate themselves. Whenever an employee downloads a file, he or she may unknowingly download virus-laden software that has the potential of attacking hardware, software, and stored data. To protect your business, instruct employees to download only what is absolutely necessary. If there is something of value you need to download, the best way to protect your system is to download first to a stand-alone machine; then test the software and check the machine and software for viruses before installing the software on a networked machine. Never download material directly onto a networked computer.

The most effective way to safeguard your computer against viruses is to install and anti-virus software program.

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Senate Week in Review

Lawmakers continued their efforts to draft education-funding reform legislation that will win a majority in both chambers of the General Assembly as the first full week of the legislature's fall veto session came to a close, according to State Sen. Water Dudyecz (R-7th, Chicago). The Illinois Senate also passed a sweeping deregulation proposal, House Bill 362, that will create a competitive market for electricity in Illinois, reducing the rates paid by residential consumers and eventually allowing consumers to choose their electrical provider. Under the proposal, customers of Illinois Power and Commonwealth Edison will experience residential rate cuts of 20 percent over the next five years, an improvement over earlier versions of the deregulation proposal. Residential consumers served by other utilities will have their rates cut at least to the Midwest regional average or even lower. The cuts

take effect August 1, 1998. Consumers will be able to choose their electric provider as of May 1, 2002, just as many people now choose a long-distance phone company. The amended bill returns to the House of Representatives for consideration. In a victory for parents and students concerned about the costs of a future higher education, the Senate accepted the governor's proposed changes of Senate Bill 878. The Senate's move advanced the tuition prepayment plan a step closer to reality. The program would give families a more affordable way to pay for a college education by offering a low-risk savings plan that lets parents and others pay tuition and mandatory fees for future college students at today's prices. Senators this week also overrode the governor's veto of Senate Bill 909, which increases the annual maximum qualifying household income limit from

\$14,000 to \$16,000 for the Circuit Breaker and Pharmaceutical Assistance programs. Changing the income limit would allow about another 49,000 senior households to participate in the programs, according to estimates from the state Department of Revenue. The Circuit Breaker program provides property tax relief for senior citizens through rebates for homeowners and renters. The Pharmaceutical Assistance program helps pay for heart, blood pressure, and arthritis medicine and covers insulin and syringes for diabetics. The Senate also voted to override the governor's veto of several other bills. The measures, which will become law if they receive a three-fifths majority in the House, including the following: Deadline to file for senior citizen tax exemption (SB 35)--Provides that if an applicant for the Senior Citizens Assessment Freeze Homestead Exemption

fails to file the application in a timely manner due to a mental or physical condition, the deadline may be extended for 30 days. Notification of deadline to file for homestead exemption (SB 36)--Requires all counties to provide notice by mail or publication in local papers at least 60-75 days before application deadlines for the Senior Citizens Assessment Freeze Homestead Exemption. Circuit Court judges (SB 473)--Allows for the appointment of additional judges to various Illinois Circuit Courts. License plates for mayors (SB 548)--Allows the Secretary of State to issue special registration plates to village presidents and mayors. Ethanol production (SB 908)--Provides economic incentives for ethanol plants starting production after Jan. 1, 1998, and encourages the establishment of community-sized grain processing centers to serve related industries. The Senate also moved to ac-

cept changes to bills proposed by the governor in amendatory vetoes. These bills, which will become law if passed by a simple majority in the House, include the following: Senior citizen property taxes (SB 51)--Allows counties to set application deadlines for the Senior Citizens Assessment Freeze Homestead Exemption to a date other than July 1. Allows districts to abate the property taxes of parcels devoted entirely to occupancy by senior. Child support (SB 368)--Provides that a child support order shall include a provision requiring the obligor to report to the obligee each time the obligor obtains new employment, or is terminated from existing employment. Telephone solicitation (SB 663)--Requires companies that solicit over the phone to remove the names of those persons who wish not to have their numbers listed.



# USE THE BUGLE Classifieds

## 966-3900



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- NILES BUGLE
- MORTON GROVE BUGLE
- SKOKIE/LINCOLNWOOD BUGLE
- PARK RIDGE/DES PLAINES BUGLE
- GOLF-MILL/EAST MAINE BUGLE

INFORMATION ON CLASSIFIED ADS  
Our Office is in Person At: 6746 N. Sherman Road, Niles, IL. Our Office is Open - Monday thru Friday, 9 A.M. to 5 P.M.  
You Can Place Your Classified Ads by Calling 966-3900 or Come To Our Office in Person At 2 P.M. Certain Ads Must Be Pre-Paid In Advance: Business Opportunity, For Sale, Miscellaneous, Moving/Sale, Personals, Situation Wanted,  
DEADLINE FOR PLACING ADS IS TUESDAY AT 2 P.M. 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
<p><b>ADMINISTRATIVE</b></p> <p><b>EXECUTIVE ADMINISTRATIVE ASSISTANT</b></p> <p>We are Tru-Vantage International a leader in Direct Response Marketing. We are currently looking for an executive assistant to the Executive Director. You will be the right hand person. A professional administrative assistant that can wear several hats and accomplish many goals. You must have a high level of experience with MS Word and MS Excel. Your typing speed should be no lower than 65 wpm. Your organizational skills must be superior to anyone you have ever met. We hire the best. You must be the best.</p> <p><b>TRU-VANTAGE INTERNATIONAL, LLC</b> Attn: Richard J. Zeeb FAX: 847-647-2379 5940 W. Touhy Ave. Niles, IL 60714</p>	<p><b>CLERICAL / OFFICE OPPORTUNITIES</b></p> <p><b>GENERAL OFFICE</b> Part Time</p> <p>SEPRAN has an immediate opening for a mature person with typing and good office skills to work from 12pm to 5pm Monday thru Friday in busy, congenial, casual office. This position offers lots of action and variety for the right person. We will train for C.D.I. Starting Salary: \$9.05/Hour. Generous Paid Vacation.</p> <p>Contact Don McCarthy <b>SEPRAN</b> (847) 392-1464 E.O.E. - DRUG SCREENING REQUIRED</p>	<p><b>CLERICAL/OFFICE OPPORTUNITIES</b></p> <p>Qualatex Service in Niles, is a major supplier in the uniform/textile rental industry. We have an excellent opportunity for a FULL-TIME OR PART-TIME ENTRY LEVEL ACCOUNTS RECEIVABLE person to add to our office staff. We are seeking a highly organized and detailed oriented individual. Responsibilities include posting customer payments and performing collection efforts on past due accounts. Please include salary history/requirements. Mail or fax resume to:</p> <p><b>CONTROLLER QUALATEX SERVICES</b> 7421 Waukegan Road Niles, IL 60714 Fax: (847) 647-9756</p>	<p><b>CLERICAL/OFFICE OPPORTUNITIES</b></p> <p><b>OFFICE ASSISTANT</b> Evanston Area Architectural Firm \$25,000</p> <p>Established Evanston architectural firm seeks individual for variety position. Will answer phones, greet clients, prepare mailings and assist professional staff as needed. Pith-in, helpful attitude with accurate typing and basic computer skills desired.</p> <p>Fully paid benefits <b>(847) 966-0700</b></p>	<p><b>CLERICAL/OFFICE OPPORTUNITIES</b></p> <p><b>RECEPTIONIST/SCHEDULER</b></p> <p>Medical office seeks Receptionist/Scheduler with (Insurance, computer) experience. Previous medical office experience preferred. Must be flexible with hours. Qualified candidates should have scheduling or front desk services experience with excellent communication skills. Mail resume to:</p> <p><b>MEDICAL OFFICE RECEPTIONIST/SCHEDULER</b> P.O. Box 841 NORTHBROOK, IL 60065-0841 eoe m/f/d/v</p>
<p><b>ADMINISTRATIVE</b></p> <p>Assist in TV Advertising for Major Housewares Firm</p> <p><b>WILL TRAIN</b> SKOKIE AREA - \$25,000</p> <p>Great opportunity for individual with general office skills to assist the Retail Ad Manager of popular housewares firm. This department controls all the television advertising and special promotions done from the corporate headquarters. Will also handle meeting planning, screen calls and organize media files. Accurate typing (45 wpm) and Word/Excel skills preferred. Excellent benefits include medical, dental, life, disability and much more.</p> <p>Contact (847) 966-0700 for Interview</p>	<p><b>BANKING OPPORTUNITIES</b></p> <p>We currently have the following position available for self-motivated individual with excellent customer service skills and stable work history. We offer a good salary/benefit package including company matched ESOP.</p> <p><b>TELLER - GLENVIEW</b> Full Time</p> <p>9 months teller or heavy cash handling &amp; balancing experience, 10-key calc, detail-oriented with excellent communications skills.</p> <p><b>BANK OF NORTHERN ILLINOIS, N.A.</b> (847) 263-4968 m/f</p>	<p><b>RECEPTIONIST</b> Will Train for Front Desk of Major Skokie Corporation \$11.00</p> <p>Top Skokie firm will train warm, welcoming individual for main front desk position. Will meet and greet visitors, answer ring backs on 10 line phone (no switchboard experience needed) and provide general information to all guest and staff. Very little typing required - any basic computer skills helpful for "e-mail" system. Flexible hours 7:30 - 4:30 or 8-5 Monday through Friday.</p> <p>Contact Michelle for interview <b>(847) 966-2332</b></p>	<p><b>SECRETARY</b> Private Club in Highland Park seeks a self-motivated team player with people skills. Candidate must possess writing &amp; computer skills. Salary low to mid-20's based on experience plus benefits.</p> <p>Fax Resume To (847) 432-6099</p>	<p><b>GENERAL OFFICE</b></p> <p>Permanent Full-Time Position Non-Smoking Friendly Office Hours Include Saturdays + 2 Evenings Will Train <b>(847) 966-4700</b> Ask For Donna or Esther Fred Fox Studio-Niles</p>
<p><b>ADMINISTRATIVE</b></p> <p>Assist in TV Advertising for Major Housewares Firm</p> <p><b>WILL TRAIN</b> SKOKIE AREA - \$25,000</p> <p>Great opportunity for individual with general office skills to assist the Retail Ad Manager of popular housewares firm. This department controls all the television advertising and special promotions done from the corporate headquarters. Will also handle meeting planning, screen calls and organize media files. Accurate typing (45 wpm) and Word/Excel skills preferred. Excellent benefits include medical, dental, life, disability and much more.</p> <p>Contact (847) 966-0700 for Interview</p>	<p><b>INVOICE/ADMINISTRATIVE CLERK</b> Isomedia-Morton Grove. Flexible hours, 20-30 hours/week. Could be a great 9-2 job! A great position that requires light bookkeeping, computer data entry, plus general office duties. Qualified candidates must have a H.S. diploma, a positive attitude, and general office skills. We will train you. Interested?</p> <p>Call Darlene @ <b>(847) 966-1160</b></p>	<p><b>SECRETARY</b> Part-Time</p> <p>To Work 18 Flexible Hours For Non-Profit Organization In Skokie. We Need An Organized Person With Good Communication Skills &amp; Previous Computer Experience In Word Processing &amp; Data Bases. \$8.50/Hour.</p> <p>For Application Call Jeanne: <b>(773) 271-1355</b></p>	<p><b>SECRETARY</b> Full-Time/Part-Time Organized Skills-Typing Pleasant Voice Manner Essential Apply In Person 10AM-4PM 120 Dodge - Evanston (California &amp; Howard)</p>	<p><b>FAX FOR ADVERTISING COPY</b> <b>(847) 966-0198</b> Bugle Newspapers</p>
<p><b>ADMINISTRATIVE</b></p> <p>Assist in TV Advertising for Major Housewares Firm</p> <p><b>WILL TRAIN</b> SKOKIE AREA - \$25,000</p> <p>Great opportunity for individual with general office skills to assist the Retail Ad Manager of popular housewares firm. This department controls all the television advertising and special promotions done from the corporate headquarters. Will also handle meeting planning, screen calls and organize media files. Accurate typing (45 wpm) and Word/Excel skills preferred. Excellent benefits include medical, dental, life, disability and much more.</p> <p>Contact (847) 966-0700 for Interview</p>	<p><b>CLERICAL/OFFICE OPPORTUNITIES</b></p> <p><b>RECEPTIONIST/SCHEDULER</b></p> <p>Medical office seeks Receptionist/Scheduler with (Insurance, computer) experience. Previous medical office experience preferred. Must be flexible with hours. Qualified candidates should have scheduling or front desk services experience with excellent communication skills. Mail resume to:</p> <p><b>MEDICAL OFFICE RECEPTIONIST/SCHEDULER</b> P.O. Box 841 NORTHBROOK, IL 60065-0841 eoe m/f/d/v</p>	<p><b>SECRETARY</b> Private Club in Highland Park seeks a self-motivated team player with people skills. Candidate must possess writing &amp; computer skills. Salary low to mid-20's based on experience plus benefits.</p> <p>Fax Resume To (847) 432-6099</p>	<p><b>SECRETARY</b> Full-Time/Part-Time Organized Skills-Typing Pleasant Voice Manner Essential Apply In Person 10AM-4PM 120 Dodge - Evanston (California &amp; Howard)</p>	<p><b>FAX FOR ADVERTISING COPY</b> <b>(847) 966-0198</b> Bugle Newspapers</p>

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THE BUGLE'S Business Service Directory is beckoning you to:

**LOOK AT THE BUGLE'S** Low, low rates, which enable you to:

**ADVERTISE** To attract potential customers!

**GO** To your phone and **CALL NOW** (847) 966-3900

## CLASSIFIED ADVERTISING

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
<p><b>CUSTOMER SERVICE</b></p> <p><b>LOOKING FOR FLEXIBILITY?</b> Join the leader in home entertainment... ...Zenith <b>CUSTOMER SERVICE REPS</b></p> <p>Zenith Electronics currently has permanent part-time openings for individuals with strong interpersonal, communication and customer service skills, a pleasant telephone manner, the ability to type 40 wpm and MS Office experiences. You will handle customer inquiries about Zenith products &amp; order placements and provide office support functions. We have two shifts available, 7:00am - 1:30pm &amp; 1:30pm - 8:00pm, 5 days per week, including Saturday.</p> <p><b>CUSTOMER SERVICE STAFF ASSOCIATE</b></p> <p>We seek a motivated individual who can perform multiple tasks to fill this full time position. Looking for someone with strong interpersonal &amp; communication skills to handle numerous customer service responsibilities &amp; administrative duties to include: customer contact, ability to type 40wpm, thorough knowledge of Windows, Excel, MS Word (w/mail merge function), and the ability to work 40 hr work week.</p> <p>We offer excellent starting pay and benefit. Please send/fax resume, including salary history, and indicating position you are applying for, to: Zenith Electronics Corp., Attn: Customer Service, 1000 Milwaukee Ave., Glenview, IL 60025. FAX: 847-391-8653. Phone: (847) 391-8781. An Equal Opportunity Employer.</p>	<p><b>MEDICAL / HEALTHCARE</b></p> <p><b>CLERICAL/MEDICAL RECORDS</b></p> <p>Medical office seeks individual with good organizational skills for entry level filing/data entry/clerical position in their A/R dept. Medical exp. and typing helpful. Send resume to:</p> <p><b>CLERICAL/MEDICAL RECORDS</b> P.O. Box 841 NORTHBROOK, IL 60065-0841 eoe m/f/d/v</p>	<p><b>MEDICAL / HEALTHCARE</b></p> <p><b>CT/MRI TECHNOLOGIST</b></p> <p>Radiology center seeking an individual for full-time technologist with the ability to handle several modalities. The perspective applicant should possess skills in general radiography, CT, and MRI procedures with at least 2 years experience at a hospital or clinic. Highest salary in the area.</p> <p>Our center hosts a wide variety of advanced technologies. Experience with the G.E. Signa 1.5 TESTA MR system preferred. To apply send resume to:</p> <p><b>CT/MRI TECHNOLOGIST</b> P.O. Box 841 NORTHBROOK, IL 60065-0841 eoe m/f/d/v</p>	<p><b>PROFESSIONAL OPPORTUNITIES</b></p> <p><b>STATISTICIAN</b></p> <p>We are Tru-Vantage International a leader in Direct Response Marketing. We are currently looking for a career minded Professional Statistician. You must love working with mechanical pencils, using calculator's and have a great deal of experience with MS EXCEL. You will be responsible for many projects involving crunching numbers and putting together spread sheets for our executive director. We hire the best. You need to be the best.</p> <p><b>TRU-VANTAGE INTERNATIONAL, LLC</b> Attn: Richard J. Zeeb FAX: 847-647-2379 5940 W. Touhy Ave. Niles, IL 60714</p>	<p><b>RESTAURANTS / FOOD SERVICE</b></p> <p><b>SERVE UP SOME FUN AT CHAMPPS</b></p> <p>At Champps Americana, a high-energy, national restaurant chain, you'll have a blast serving up our exciting concept. With pre-shift pep rallies, seasonal promotions and nightly entertainment, working at Champps is nothing but fun! Our newest restaurant, opening soon in Schaumburg, is looking for the following nonstop individuals to join our spirited team:</p> <p><b>Full-Time &amp; Part-Time *HOSTS/HOSTESSES *SERVERS *DISC JOCKEYS</b></p> <p>We guarantee advantages like:</p> <ul style="list-style-type: none"> <li>- Top-Dollar Wages</li> <li>- Dynamic People</li> <li>- Superb Food</li> <li>- Vibrant Atmosphere</li> </ul> <p>To get in the excitement, apply in person at: Champps Americana 955 E. Golf (847) 240-1333 Schaumburg, IL Monday-Saturday, 10am-7pm</p> <p><b>CHAMPPS</b> Americana EOE</p>
<p><b>CUSTOMER SERVICE REPRESENTATIVE</b> Part Time</p> <p>Welch Vacuum-Thomas Industries, a leader in the manufacture of vacuum pumps, is in need of a Customer Service Representative. This position requires customer service experience and college is a plus.</p> <p>If you are a self-motivated individual with excellent communication skills, send resume and salary history to:</p> <p><b>WELCH VACUUM - THOMAS INDUSTRIES</b> 7300 N. Linder, Skokie, IL 60077 Attn: Customer Service eoe m/f non-smoking environment</p>	<p><b>MEDICAL/HEALTHCARE</b></p> <p><b>CNA'S</b></p> <p>Long-term care facility has full-time CNA positions available for the following shifts:</p> <ul style="list-style-type: none"> <li>• 6:00 a.m. - 2:30 p.m.</li> <li>• 6:45 a.m. - 3:15 p.m.</li> <li>• 2:45 p.m. - 11:15 p.m.</li> <li>• 10:45 p.m. - 7:15 a.m.</li> </ul> <p>Current Illinois registry status and competency examinations required. Recent experience preferred. Candidates may apply in person or fax resume to:</p> <p>Human Resources <b>BETHANY TERRACE NURSING CENTRE</b> 8425 Waukegan Road Morton Grove, IL 60053 Fax 847-965-8104 equal opportunity employer</p>	<p><b>INVENTORY TAKERS RGIS</b></p> <p>Is Hiring Motivated People With Scheduling Flexibility To Work Different Retail Locations In The North Suburbs</p> <p><b>DAYTIME ONLY</b></p> <p>No Experience Necessary Must Have Transportation \$7.50/Hour Call RGIS: <b>(847) 296-3031</b></p>	<p><b>PROFESSIONAL OPPORTUNITIES</b></p> <p><b>CASHIER / CLERK</b> Part-Time/Various Days 20-25 Hours Per Week Afternoons &amp; Evenings Open 24 Hours-7 Days A Week Apply: <b>White Hen Pantry</b> 7250 N. Harlem Ave.-Chicago</p>	<p><b>MARKET RESEARCH</b></p> <p><b>\$\$\$ EARN \$\$\$ EXTRA MONEY</b> Market Research Company Needs <b>MALES &amp; FEMALES</b> of all ages To Participate in <b>TASTE TEST</b> on an "as is needed" basis.</p> <p>CALL: <b>PERYAM &amp; KROLL</b> 6323 N. Avondale (6300 North - 7300 West) <b>(773) 774-3155</b> Ask For Jack</p>

**CLASSIFIED ADVERTISING**

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
<p><b>RESTAURANTS/ FOOD SERVICE</b></p> <p>*****  <b>RIGGIO'S</b>                      RESTAURANT                      • GREETER/TELEPHONE ORDER TAKER                      Top Pay - Part Time Evenings                      • WAITSTAFF                      • BUSSERS                      • PANTRY PERSON                      7330 W. Oakton, Niles                      (847) 698-3346</p> <p><b>COUNTER HELP</b>                      Alpine Deli, in Oak Mill Mall, needs Part Time                      • Deli Counter Help                      No experience necessary. Flexible Hours - Days &amp; Weekends                      Must be 18 years or older. Apply in Person or Call Karl                      (847) 967-0180</p> <p>• WAITRESSES                      • HOSTESSES                      Full-Time or Part-Time                      Apply in Person  <b>VINCE'S RESTAURANT</b>                      (Harlem &amp; Lawrence)                      Or Call:                      (708) 867-7770</p> <p><b>RETAIL</b></p> <p><b>RETAIL MANAGER</b>                      Fast Paced, Family-Run Sporting Goods Company is Looking For An Experienced, Outgoing Retail Store Manager/Assistant Manager to Join Our Team.                      Salary/Benefits. Call Bob:                      (773) 275-5500                      Mon-Fri, 9am-12pm                      Or Fax Resume To:                      (773) 275-5506</p> <p>retail  <b>MANAGER WANTED</b>                      \$8.00 PER HOUR                      SEASONAL GOURMET FOOD STORE                      Randhurst Mall                      Mt. Prospect, IL                      Apply immediately in person - See Todd</p> <p>Find the help that you need in our classified section.</p>	<p><b>SALES</b></p> <p>Sales  <b>PART-TIME SALES</b>                      We are looking for a part-time individual to make Welcome Calls to our new distributors and distributor base. Monday through Friday, we are very flexible on the daytime hours. Four hours per day, five days per week between the hours of 9:00am and 6:00pm. Please call for more information.</p> <p><b>DISTRIBUTOR SERVICES, LLC</b>                      847-647-9000 Ext. 1808                      5940 W. Touhy Ave.                      Niles, IL 60714</p> <p><b>RETAIL</b></p> <p>• <b>STORE ASSOCIATES</b> •                      Help Wanted                      Full &amp; Part Time                      Chicagoland's leading retailer of fine wines and spirits is seeking energetic, customer oriented individuals for our Highland Park location to perform a variety of store functions. Qualified persons must be over 21 years of age, able to work day and evening hours. Previous retail experience preferred.                      We offer opportunity for advancement, attractive compensation and a complete benefits package.                      For consideration Please Call:                      (847) 674-4200                      Or Apply In Person                      153 Skokie Valley Hwy.                      Highland Park (Crossroad Shop, Cr.)                      an equal opportunity employer</p> <p>retail  <b>EARN GREAT\$S WHILE HAVING FUN MERCHANDISER</b>                      National Marketing Services provides in-store merchandising for leading toy, book &amp; video mfrs. FT position in the Niles area. Salary - \$30,000, 40 hrs/week. Must work Sat. You'll be responsible for ensuring products are displayed &amp; stocked, customer contact, lifting &amp; some ladder climbing. Call 1-800-688-9000 (toll 8900 hrs) 2 for ad response. Job# 2892 or FAX to 908-757-9742. E-mail: jobs@nmlmktg.com. EOE                      NMS</p> <p>retail  <b>SHIPPING/RECEIVING</b>                      Arvey Paper &amp; Office Products, a nationwide retailer, is seeking full-time individuals to work at our Niles Store. To qualify you must possess 6 months shipping/receiving experience and the ability to lift 50 pounds. We offer a competitive wage/benefit package and opportunity for growth. If interested apply in person:  <b>ARVEY PAPER &amp; OFFICE PRODUCTS</b>                      8526 U-Golf Road                      Niles, IL 60714                      equal opportunity employer</p> <p><b>READ THE BUGLE</b></p>	<p><b>TRADES</b></p> <p>Printing  <b>*PRESS HELPERS * TRAINEES</b>                      No Experience Required                      3rd Shift                      Work on state-of-the-art equipment and develop a career! Excellent wages/benefit package including medical/dental insurance (employee &amp; family), 401k, + more. Experience in manufacturing environment necessary. Printing experience a plus. Must have stable work history. Respond in writing or fill out application.</p> <p><b>GENERAL BUSINESS FORMS, INC.</b>                      7300 Niles Center Rd. (Central Ave.) Skokie, IL 60077                      Parking on premises                      an equal opportunity employer</p> <p><b>WAREHOUSE WORKER</b>                      2+ Years Experience Preferred                      Forklift/Order Processing/Stockwork                      Computer Experience A Plus                      Lincolnwood Location                      Some Overtime Required                      Late Morning Shifts                      Non-Smoking Facility                      Excellent Benefits                      Call Pat Zak:                      (847) 679-4600                      EOE</p> <p><b>DRIVERS/VAN</b>                      Persons For Full-Time To Pick Orders And Deliver Cartons of Paper in North Suburbs. Clean Driving Record Apply In Person To:  <b>ILLIANA PAPER</b>                      7171 N. Austin-Niles</p> <p><b>SERVICE TECHNICIANS</b>                      Technicians Wanted To Service Cooking or Refrigeration/HVAC Equipment In A Well-Run Commercial Service Company Candidate Is Sharp, Motivated, And Wants To Continue Learning Throughout Career We Have A Full Benefits Program And A Chance To Grow                      Call Carol:                      1-800-339-2200</p> <p><b>AFTERNOON DRIVERS</b>                      Wanted For Afternoon Pick-Up Route 21 Or Older With A Good Driving Record Monday thru Friday, 3:00-9:00 PM \$255 Per Week To Start                      Call: (847) 678-3730</p> <p><b>NOTICE</b>                      The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.</p>	<p><b>DELIVERY TECH/ GENERAL WAREHOUSE</b>                      • Responsibilities Include Picking, Loading, and Delivery of Medical Equipment Supplies.                      • Qualified Candidate Will Possess a Valid Driver's License and Have a Good Driving Record.                      Call For More Information                      (847) 342-0707</p> <p><b>AFTERNOON DRIVERS</b>                      For Suburban Pick-Up Route. 21 or Older With a Good Driving Record. Monday and Wednesday, 3:30-9:00 Tuesday, Thursday, Friday, 4:30-9:00 \$220 Per Week To Start                      Call:                      (847) 678-3730</p> <p><b>AIRLINE SERVICE CO.</b>                      At O'Hare Has Full-Time &amp; Part-Time Openings For • Cargo Warehouse • Ground Handling Agents Must Have Valid Drivers License Must Have Valid Drivers License Forklift Exp. Required for Warehouse Previous Exp. Helpful But Not Necessary Must Provide 10 Year Background Drug-Free Workplace 56-58/Hour Call:(847) 298-6140-Ext.300</p> <p><b>SNOW</b>                      Owner/Operators Wanted Large Lots-Long Hours. North Suburbs-Exp. Nec. Need Insurance-Dependable. Excellent Pay                      (847) 634-9300</p> <p>Looking For Rewarding Career? Train to run office that helps bring missing children home. Start Now! Paid Training \$50,000 1st year in business Call Kevin (847) 297-1895</p> <p><b>SNOW PLOWING</b>                      Owner Operators North Shore Locations Plenty of Work-Paid Gas Work Today-Paid Tomorrow                      (847) 272-1747</p>	

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## Niles Library...

Continued from Page 1

from its present Touhy Avenue location to the Caldwell Avenue building.

Options for the Library Board are slim to none. One option would be to obtain a firm commitment from the construction company to provide enough usable space for the library to move back in on schedule. That would undoubtedly involve a great deal of over-time labor, which would in turn increase the cost substantially.

Another option would be to extend the lease at the Caldwell Avenue building. "We have already met with representatives of the A.B. Dick Company and we're hopeful that we can negotiate an extension of the lease," Czarnecki said. The final approval would have to come from the parent company of A.B. Dick which is located in Cleveland, Czarnecki added. There are no other alternatives, according to Czarnecki.

Czarnecki said the Library Board decided to vacate the Library Building at 6960 W. Oakton St. during construction for the convenience of patrons who would not have to park five blocks away or use library facilities amid the noise and dust of construction. Avoiding damage to the library materials, including computers, and getting out of the way of the workers who could then get the job done more quickly and efficiently were also factors in the decision to move to the Caldwell Avenue building where the monthly rental is \$40,000, Czarnecki said.

Czarnecki was quick to add that the rental is not as steep as it seems because utility and maintenance fees are included. Those were extra costs at the Oakton Building, Czarnecki said.

The tab for the round-trip move is \$75,000, Czarnecki said. The library negotiated the deal with an Arlington Heights moving firm, Czarnecki said.

"We'll have to wait until the project is done to figure the total cost [of the move to the Caldwell Ave. Building]," Czarnecki said. "All kinds of factors come into play here. The balance sheet isn't in yet," he said.

The Board of Trustees decided not to include an incentive or a penalty clause in the contract with the construction company to complete the project early or at least on time, Czarnecki said. The project architect advised against such clauses as he said they tend to cause "bad blood."

Czarnecki said that Broadway Construction really lost time in the spring when the weather was nearly perfect for construction. "They had problems scheduling the work, problems with subcontractors," Czarnecki said. "It's out of our hands. The library has no control over subcontractors. The only responsibility of the trustees is to hire the general contractor," he added.

Czarnecki said that construction projects generally do not

come in on time and cited the progress of work at Culver School across the street from the library, which, he said, is also behind schedule.

The library is currently attempting to negotiate with Broadway Construction for a new deadline. "Broadway is claiming they have to put more people on the job," Czarnecki said. "Believe me, the new contract will have an incentive clause to complete the work on time, and a penalty if they don't," Czarnecki said.

Although library patrons have been "very, very satisfied" with services in the Caldwell Avenue building, remaining there on a permanent basis is out of the question, Czarnecki said. A November 1995 referendum earmarked funds to expand the present library building. "It would be illegal to decide to have the library move to the 7400 Caldwell Avenue building," Czarnecki said.

In addition, the Caldwell Avenue building is too small. With about 34,000 sq. ft., it is about the same size as the original library. When construction is completed, the renovated library will have about 60,000 sq. ft., Czarnecki said.

Although things may look bleak right now on several fronts, the library director remains adamant that services will continue, no matter what.

"The library will remain open by whatever means it takes," Czarnecki promised. "The only question is where. We have a commitment to the people of the library district," he added.

Despite all the bad news, the project is still within the \$5.9 budget. Change orders have amounted to \$129,000 so far, but \$149,000 was budgeted for that purpose, Czarnecki said.

## Fitness Center...

Continued from Page 1

dertook the project because officials were uncertain whether the Niles Park District could build and manage such a large-scale facility.

The Park Commissioners recently completed the new Howard Leisure Center which provides administrative offices and multi-purpose rooms for programs and other activities.

Also on the agenda for next fall is the opening of a new park at Touhy and Harlem avenues that will replace Jozwiak Park. The village is building the new park but will turn it over to the park district in exchange for Jozwiak Park when it is completed.

The Public Service facilities will be enlarged and will include a large portion of the existing property at Jozwiak Park.

## Knights of Columbus News & Views

On Wednesday, November 19, the North American Martyrs Council 4338, Knights of Columbus, will hold their annual memorial mass for all deceased members of the council at St. John Brebeuf Church, 8307 N. Harlem Ave., Niles, starting at 7 p.m. Father Andy Barzyk, a Brother Sir Knight, will be the celebrant for this memorial liturgy. During the special liturgy, the deceased members will be memorialized as their names will be announced as part of "The Roll Call of the Deceased."

Immediately following the liturgy, Sir Knight Irv Blaszyński will again host his "World Famous Turkey Shoot in Flanagan Hall. Irv promises to provide the usual goodies, plus some very special surprises!! Another great evening is planned! We invite everyone to join us as we honor our deceased members as a family.

The North American Martyrs is again selling Entertainment Books (with all proceeds going to charity). The 1998 book is larger, with more values/savings at the same price - \$35.00. Many other large metro area books are also available. For more information please contact Ken Lee at 847-967-6234. Home delivery, in the area, is available.

Warden Bob Litz invites everyone to place an advertisement in the North American Martyrs 1998 Ad-Book. All ads placed will be reviewed by hundreds of people and provides the funds necessary to support the many charitable acts of the council throughout the year. For more information or to place an ad - contact Bob Litz at 847-966-8607.

For more information on membership - contact Rich Zaprzalka at 847-966-5953.

## DATES TO REMEMBER:

November 19 - Memorial Mass & Turkey Shoot, Mass at 7 p.m., St. John Church & Flanagan.

November 26 - Formartyrs club meeting, Flanagan Hall, 7:30 p.m.

December 5 - Annual adult Christmas Party, DesPlaines Elks Lodge, tickets = \$25/ea.

## Ketura Group Hadassah Meeting

Ketura Hadassah will hold a silent auction, holiday boutique and buffet lunch on Tuesday, December 2 from 11 a.m. to 3:30 p.m. at the Holiday Inn, 5300 Touhy, Skokie. Buffet is \$15, shopping free. For information call 847-675-1578.

## Burglary ring...

Continued from Page 1

of neighborhood residents as well as police.

A parade of well-dressed, prosperous-looking people driving expensive autos pulled into the circular driveway of the home on a regular basis.

Nikola Konstantov, 55, and Luba Pavlov, 57, his wife, were charged with two counts of felony theft for receiving stolen property valued into the hundreds of thousands of dollars. Some of the stolen merchandise found in the home has been identified as having been taken from the Sauganash home of U.S. Commerce Secretary William Daley in a burglary last January, police said.

The couple was charged Monday with receiving merchandise stolen from the Marshall Field State Street store and from Moda Elegante, a boutique at 2800 W. Devon Ave., which was burglarized Halloween night.

A burgundy sweater that was not taken during the boutique burglary broke the case, according to police.

Moda Elegante owner Mila Kavene told the Tribune that the burglars took all the merchandise from her shop, including clothing, jewelry and perfume. Only the window displays were left, Kavene said.

An observant clerk notified authorities last week when a shopper walked into the store wearing the stolen burgundy suit that matched the burgundy sweater left in the window.

The woman, a travel agent, said she bought the two pieces from some men who came into her agency selling computers. When she told them she was not interested, they told her about the clothing they had for sale at the Lincolnwood home.

The woman said she went to the home and purchased the two pieces of the suit for \$70. They would normally retail for \$189, Kavene said.

Police, armed with search warrants, entered the home and recovered items that filled two large evidence rooms on the second floor of the police station at Belmont and Western avenues. A large number of collectible figurines valued at more than \$700 each were among the confiscated merchandise, police said.

Numerous furs, expensive suits, linens and Oriental and Persian rugs were also among the booty. Some of the clothing has been traced to a burglarized clothing store in West Allis, Wis., and some of the figurines were taken in a Georgia theft, a Chicago police spokesman said.

The two suspects, who both have previous police records for theft, appeared in bond court Nov. 11, police said.

Police said members of the ring, which likely includes other family members, would recruit customers by approaching shoppers at the shopping center at Touhy and Central avenues and inviting them to come to the home "for a better deal."

## Dorothy Schreiner ...

Continued from Page 1

Mayor Nicholas B. Blase described Mrs. Schreiner as "a long-time resident who was very active in the early days of the community when a lot of work was done by volunteers. She was one of them," Blase said.

"They [the Schreiners] were the origin of the community and really helped it get going," Blase added.

Bad Besser, founder of the Niles Bugle and a long-time Niles resident himself, remembered the Schreiners for their activities in the early days of the community.

"Dorothy and her husband were part of the group that built a shelf in the Grennan Heights field house. We went door to door collecting books. That's how the library started," Besser said.

"They made a substantial contribution to the community at a time when it was growing," Besser added. "They had a very nice family."

Funeral services for Mrs. Schreiner were held Nov. 11 at the Skaja Terrace Funeral Home, Niles. Interment was at Maryhill Cemetery.

Mrs. Schreiner is survived by two daughters, Joan (Milton) Mann and Judith (John) Krupa; a son, Louis (Marta), a granddaughter, five grandsons and a great-grandson.

Also on Thursday, November

## Lira's 16th Annual 'Polish-American Christmas Gala'



Polish song and dance superbly performed by Americans await audiences at the 16th annual, "Polish-American Christmas Gala" presented by the Lira Ensemble, on Sunday, December 7, at 3 p.m. at the Morton East Auditorium, 2401 S. Austin Blvd. in Cicero. Lira Galas are presented annually in four states and are the Midwest's most popular Polish-American holiday concert.

The Lira Singers in costumes from the mountain region of Southern Poland. Tickets are reasonably priced thanks to partial funding of the concert by the Illinois Arts Council, a state agency, and a grant from the Polish National Alliance of America. Reserved, front section seats are \$22 each. General (un-reserved) admission is \$18 for adults, \$16 for senior citizens (from age 62). Children's tickets (to age 16) are half price for all seats. All tickets are \$2 off if purchased by November 21. For more information, or to purchase tickets, call (773) 508-7040 or (773) 539-4900. Tickets may also be purchased by mail, by sending a check payable to the Lira Ensemble with a stamped, self-addressed envelope to: The Lira Ensemble, 6525 N. Sheridan Rd., #SKY 905, Chicago, Illinois 60626.

## Get Online with Niles Park District

Conquer your fear of computers! The Niles Park District is offering an "American Online & The Internet" course. This course will introduce you to some of the many features offered by the America Online such as access to headline news, weather and sports, stock quotations, electronic mail and live chatting with other members on the America Online. We will then access, through the America Online, the popular World Wide Web on the internet and explore "Yahoo" which is one of

## Adult class at the Niles Park District

The Niles Park District has the moves for you! Join us for Adults Social Dance, the perfect class to help you prepare for the upcoming social engagements, weddings, birthdays, black-tie events or backyard barbecues. You will learn how to dance, dixieland, jazz, Latin or waltz. We will even spend time going over the lost art of slow dancing. Don't sit through your Holiday Party. Join in the fun! So get on your feet and skip on over to the Howard Leisure Center to register for this fun and active class. Classes begin November 26 and are held on Wednesday nights from 6:15-7:15 p.m. Cost is only \$25-don't miss out! For more information call (847) 967-6633.

the largest search engines; which gives ideas of how to "surf" the net. \*Please note that students will not be using computers during this seminar. The instructor with Computer Training & Support will provide his/her computer and overhead equipment for people to view this exciting presentation.

## NPSN shopping trips

The 'Norwood Park Seniors Network (NPSN) offers a variety of shopping trips to neighborhood areas every Wednesday morning, departing from the Norwood Park Home, 6016 N. Nina Ave., Chicago, at 9:15 a.m. and returning at 11:30 a.m. Upcoming November trips include: Harlen-Foster (Nov. 19) and Village Crossing in Niles (Nov. 26). Leave the driving and parking worries to NPSN. Cost is \$8 for NPSN members, and \$10 for non-members. Special arrangements also can be made for at-home pickup. To make a reservation for this event or for more information on NPSN, call (773) 631-5673.

## Mom and Son Bonding Night

Boys-grab your mom and bring her to "Mother-Son Binge Night," Saturday Nov. 15 from 6 p.m. to 9 p.m. Get in your "Comfy" clothes and come on over to the Recreation Center for night of movie, munchies, and more! The night will start off with games and fun. Then we'll curl up on the floor to watch the movie. Don't forget to bring your warm sleeping bag and pillow. And, on party would be complete without party favors.

Don't miss out on this great evening! Open to boys ages 5-10 years and age and their moms, with a fee \$13 a couple/\$11 for residents. There is an extra \$3.00 for each additional son. Register at the Howard Leisure Center, 6676 W. Howard St., Niles. Call (847) 967-6633 with any questions.

## Vincent Garduno

Marine Lance Cpl. Vincent Garduno, son of Raul Garduno and Maria Garduno of Des Plaines, recently was promoted to his present rank while serving with Marine Corps Security Force Company, London, England.

## "Jingle Bell Run/Walk 1997 for Arthritis"

The morning of Sunday, November 16th tie some jingle bells on your shoes and move your feet to a jingling beat at the Greater Chicago Chapter of the Arthritis Foundation presents its annual Jingle Bell Run/Walk at the Old Orchard Shopping Center in Skokie. The event features a 5k run and walk, a Junior Jingle Bell blitz for kids 10 and under, a costume contest and a team challenge.

Pre-registration: \$15 at the Old Orchard Shopping Center Food Court on November 14th from 10 a.m. to 9 p.m. and November 15th from 10 a.m. to 6 pm. (\$3 pre-registration for Junior Bell Blitzers). Phone: (312) 616-3488 or (773) 868-3010.

Race Day Registration: \$17 Runners/Walkers and \$5 for

Junior Bell Blitzers Awards: Awards will be given to the overall male and female winners and the top three finishers, male and female, in separate age categories.

The Jingle Bell Run/Walks held in over 150 cities nationwide, help to raise funds to support Arthritis research and increase the quality of life for those affected. Arthritis is America's #1 cause of disability. It affects 1 in 7 individuals and 1 in 3 families, over 1.2 million people in the greater Chicago area and Northwest Indiana have arthritis. We hope that you can help. For more information about the Jingle Bell Run/Walk Series and for registration forms phone (312) 616-3488 or (773) 868-3010.

## Soccer tournament to raise funds for leukemia

Andy's Chapter of Hope and the Leukemia Research Foundation will present a Youth 4-on-4 and Adult 6-on-6 Holiday Soccer Tournament on Saturday, December 27, at Kicks Indoor Soccer Complex in the Stars & Spikes SportsCenter in Crystal Lake.

The Youth 4-on-4 tournament is open to boys and girls teams ages Under-10 through Under-16 and will take place from 7:30 a.m. to 5:30 p.m. The Adult 6-on-6 tournament is open to both men and women teams and will begin at 5:30 p.m.

All teams will play a guaranteed minimum of three games consisting of two 10-minute halves. Cost is \$100 per team for the youth tournament and \$15 per

individual for the adult event. T-shirts for all participants and trophies for the top two teams in each tournament will be awarded.

Proceeds benefit Andy's Chapter of Hope, one of 17 local chapters of the Leukemia Research Foundation. The Foundation is comprised of more than 1,000 volunteers who have joined together to conquer leukemia by funding research into its causes and cure, and to enrich the quality of life of those touched by the disease. More than \$16 million has been raised since the Foundation's inception in 1946.

For more information or to obtain an entry form, call Kicks of Crystal Lake at (815) 455-6634. Entry deadline is December 15.

## Notre Dame Athletic Open House

Notre Dame High School for Boys, Niles will be hosting an Athletic Open House on Wednesday, November 19 at 7 p.m. in the school gym. This is an opportunity for boys in 5th thru 8th grades to visit Notre Dame for basic school information, to meet and talk with various coaches and their players and to participate in athletic contests, e.g. (hot shot contest, soccer kick, football toss, hitting in batting cage, and golf skills etc.) For more information please contact Mr. Michael Hennessey, Athletic Director at (847) 965-2900, Extension 237.

## James L. Sobanski, Jr.

Army Reserve Pvt. James L. Sobanski, Jr., has graduated from basic military training at Fort Leonard Wood, Waynesville, MO. Sobanski is the son of Sarah E. and James L. Sobanski of Des Plaines.

## Skokie Art Guild

Skokie Art Guild Members Showing Off Their Work At: McDonald's, 4830 Dempster November & December - Ed McCarron LaSalle Talman Bank, 5033 Dempster November & December - Mary Sass Bank of Lincolnwood, 4433 W. Touhy November & December - Geraldine Hernandez LaSalle Talman, 7080 Carpenter Rd. November & December - Irene Poll Liberty Federal Bank, 5700 N. Lincoln November & December - Nate Saphier

## Free Flu Shots

Niles Township The American Lung Association will be giving free flu shots to adults over 18 at the Niles Township Building, 5255 Main St., Skokie, on Tuesday, Nov. 18 from 2:30 p.m. to 6:30 p.m.

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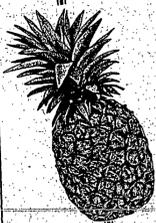
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