

Church and Temple News

Christmas Pot-luck Dinner to be held

Niles Community Church, Presbyterian (U.S.A.), 7401 W. Oakton Street, Niles, will hold a Christmas Pot-luck Dinner and Church School Christmas Pageant on December 13 at 5:30

MTJC to hold auction

Maine Township Jewish Congregation-Shaare Emet will be holding their Annual Goods & Services Auction on Saturday evening, December 6. Silent Auction will begin at 8 p.m. followed by the Live Auction at 9 p.m. We will have Chicago Bulls tickets, authentic Basketball autographed by team members of the Chicago Bulls, Get-A-Way nights at major hotels, and many more. Come join us. Refreshments will be served.

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p.m. in the Fellowship Hall. The Congregation will remember the children at Kemmerer Village with donations of childrens clothing. For information call 847-967-6921.

NSJC Men's Club to hold annual New Year's Eve Gala

The Men's Club of Northwest Suburban Jewish Congregation is pleased to once again present their Gala New Year's Eve Celebration. This year's program will be held on Wednesday December 31 starting at 9 p.m.

A very fun program is planned for this evening. Highlights include a professional disc jockey, dancing, deli dinner, free bar and appetizers, champagne, favors, sweet table, and a raffle drawing. Be sure not to miss out on the excitement!

The cost to attend this fun evening is \$26.50 per person and reservations must be made no later than December 22. Tables will be reserved for groups of ten or more. To make reservations, please contact the synagogue office at (847) 965-0900.

For information only, please contact Bob Lazar at (847) 965-1153.

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OBITUARIES

JEANNETTE TESSIEN
Jeannette Tessien, 83, of Morton Grove, died November 24 at Bethany Terrace Nursing Home, Morton Grove. She was the beloved wife of the late Frank. Beloved mother of Carol Loftus, Frank Jr. and the late Betty. Grandmother of 8. Great-grandmother of 8. Sister to Catherine Verplancken, James Kern and the late John Kern. Services were held November 26 at St. Paul Lutheran Church, Skokie. Arrangements handled by Simkins Funeral Home. Interment was in St. Paul Lutheran Cemetery, Skokie. Memorials: St. Paul Lutheran School, 7870 Niles Center Rd., Skokie, IL 60077.

BETTY M. KOTAREK
Betty M. Kotarek, 92, of Niles, died Thursday, October 16 at Forest Villa Nursing Home. She was born Tuesday, August 15, 1905 in Lemont, IL. Beloved wife of the late Frank Kotarek. Beloved mother of Marty (Bob) Barsky, Phyllis (Bill) Weiss and Rosemarie (Clyde) McKerlie. Grandmother of 8. Great-grandmother of 4. Services were held October 20 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

HUGO CUTRERA, M.D.
Hugo Cutrera, M.D., 89, of Park Ridge, died Friday, October 31 at Alexian Brothers Hospital, Elk Grove Village. Beloved husband of Helen (nee Zendale). Beloved father of Stephen, DDS (Cathy), Peter (Marjorie), Suzanne (William) Lombardo and Mary (Herbert) Shepard) Cutrera. Grandfather of Sarah, Stephanie, and Rebecca Schultze. Services were held November 3 at St. Isaac Jogues Church, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Maryhill Cemetery, Niles. Memorials: Columbus Hospital Medical Foundation, 2520 N. Lakeview Ave., Chicago, IL 60614.

MARJORIE E. LEVAR
Marjorie E. Levar, 69, of Lake Geneva, WI. (former 30-year resident of Niles), died Friday, October 24. She was born Saturday, March 24, 1928 in Chicago. Beloved wife of Robert Levar. Beloved mother of Gary (Judy) Levar, Dana (John) Forte, Dana (Nancy) Levar, Lori Levar, Lynn (Mike) Ustaski, the late Alan Levar. Grandmother of

8. Sister to Art (Ann) Krieger. Niece of Eleanor Marks. Sister-in-law to Joe (Dolores) Levar and Marilyn (Bill) Gast. Services were held October 27 at Our Lady of Ransom Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Mausoleum, Niles.

CHESTER S. POGORZELSKI
Chester S. Pogorzelski, 78, of Niles, died Sunday, October 26 at Our Lady of the Resurrection. He was born Friday, December 6, 1918 in Chicago. Beloved husband of Olga I. (nee Petersen) Pogorzelski. Beloved father of Jo-Ann Sliwinski, Paul (Paulette) Pogorzelski, and Diane (Edward) Hvorecik. Grandfather of 8. Brother to Edmund (Dolores) Pogorzelski, Evelyn Pogorzelski and Irene Burgess. Services were held October 29. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Ridgewood Cemetery, Des Plaines.

RONALD K. STYZENS
Ronald K. Styzens, 68, of Chicago, died Thursday, October 2. He was born Tuesday, March 19, 1929 in Chicago. Beloved son of Irene (nee Batko)

Styzens. Beloved husband of the late Dolores S. (nee Szumny) Styzens. Beloved father of Gregory Styzens, Gary Styzens and Susan (Steve) Nierman. Grandfather of Joel, Emily and Abigail. Brother to Rex Styzens and Irene (late Tracy) Page. Services were held October 4. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Montrose Cemetery, Chicago.

DOROTHY M. RUESCH
Dorothy M. Ruesch, 71, of Morton Grove, died November 19 at Lutheran General Hospital, Park Ridge. Beloved wife of George "Whitey" Ruesch, Jr. Beloved mother of Katherine Goetting, James Ruesch, and Linda Vandemotter. Grandmother of 6. Sister to Evelyn Psenicka and Shirley Heppner. Services were held November 24 at St. Matthew Evangelical Lutheran Church, Niles. Arrangements handled by Simkins Funeral Home. Interment was in St. Matthew Lutheran Cemetery.

VICTOR ING
Victor Ing, 73, of Morton Grove, died November 20 at Forest Villa Nursing Center, Niles. Beloved husband of Winnie Ing. Beloved father of Irene Weber. Grandfather of 1. Services were held November 24. Arrangements handled by Simkins Funeral Home. He graduated from the Art Institute of Chicago, was elected to membership in the American Watercolor Society in 1968, represented in various juried midwest art shows—specifically Old Town and 57th Street shows. He also had a painting displayed in the White House during the Reagan administration.

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Church and Temple News

Information for non-citizens

Polish American Association is sponsoring several special presentations in conjunction with the Social Security Administration. These meetings are designed to provide specific information that non-citizens can use immediately, regardless of their ethnicity.

Ewa Irzyk-Lohn, Citizenship Outreach Coordinator at Polish American Association, will present "The who, the when and the how of U.S. citizenship." She will focus on all the requirements for naturalization, assess the eligibility of individuals and outline the documents and fees required for each potential applicant.

Andre Kujawski, Metropolitan Public Affairs Specialist for the Social Security Administration,

will dedicate his portion of the program to discussing Social Security issues, particularly as they relate to and are affected by citizenship.

Meetings have been scheduled to take place as follows:
December 7, 1997: Park Ridge Library, 20 S. Prospect Ave., Park Ridge, 12:30 p.m.

December 14, 1997: Morton Grove Public Library, 6140 Lincoln Ave., Morton Grove, 1:15 p.m.

December 20, 1997: Skokie Public Library, 5215 Oakton, Skokie, 11 a.m.

For additional information regarding this presentation, Ewa Irzyk-Lohn can be reached at 773-282-8206, ext. 338.

Jewish Genealogical Society

The Jewish Genealogical Society of Illinois will present its semi-annual Beginners Workshop on Sunday, January 18, 1998 at 2 p.m., at the Skokie Public Library, 5212 W. Oakton Street, Skokie. The program, led by Ms. Judith Frazin, gives a very practical and informative outline of how to conduct genealogical

research. Valuable resource material will be distributed. Genealogical reference materials will be available from 1 p.m.

This program, as are all our programs, is open to the public at no charge. All are welcome. For more information, call Belle Holman at (847) 679-1995 or (312) 666-0100.

NSJC Sabbath Services

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, will hold Sabbath Services on Friday Evening, December 5 at 8 p.m. Honored Guests will be new members of the Synagogue, as well as the

congregants who will celebrate December anniversaries.

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

NSJC Sabbath Services

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, will hold Sabbath Services on Friday Evening, December 12 at 8 p.m. Saturday

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

Bishop Conway attends SJB Mandation Service

On Sunday, November 23, the Most Rev. Edwin Conway presided at the 11 a.m. Liturgy at St. John Brebeuf Church. This special celebration was held to recognize the people who took part in the mandation process to prepare themselves as Ministers of Care to the homebound and sick. Seventeen parishes were represented in the mandation. These people have come freely and unselfishly to share themselves, their time and their talents with the homebound. St. John Brebeuf congratulates these ministers of care as they

journey in bringing prayer, presence and sacrament to the homebound and sick entrusted in their care. The parish was greatly honored to have Bishop Conway in attendance at this important occasion.

To report the death of a Social Security beneficiary or Supplemental Security Income (SSI) recipient or to apply for Survivor benefits, call, 1-800-SSA 772-1213, business days, 7 a.m. to 7 p.m.

Interfaith World Wide Communion

Communion is a Christian celebration. Yet, Lake Street Church, Evanston recently celebrated its second annual Interfaith World Wide Communion incorporating representatives of the Native American, Hindu, Moslem, and Christian communities.

Seeking to identify the common values of humankind and those of Christian Holy Com-

munion that are shared by people of other faiths, the Lake Street Church has an exciting story to tell.

Pastor Bob Thompson of the Lake Street Church, Evanston, and the Venerable Tensin Angmo, of the Togmay Songpo Meditation Center, Lombard, join Plain Speaking host Bill Blaine to discuss the rationale and experience, of Interfaith World Wide

Communion December 14 through December 27.

Plain Speaking can be seen on TCI channel 65/68 on Sunday at 4 p.m., Monday, at 6 p.m., Tuesday at 12:30 p.m. and 5:30 p.m. and Thursday at 12:30 p.m. Viewers who have comments about Plain Speaking or suggested topics may contact us at (847) 255-8410 or you can e-mail us at: bblaine@interaccess.com.

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Mobile Health Units to visit Skokie

Cook County Board President John Stroger announced that the Cook County Department of Public Health's Mobile Adult Health Clinic, the Wellness on Wheels (WOW) van, together with Cook County Hospital's Mobile Mammography Unit, are scheduled to visit Niles Township, 5255 Main Street, Skokie, on Tuesday, December 9. Eligible suburban Cook County residents can receive physical examinations and/or mammograms. Appointments can be made by calling the Cook County Department of Public Health at (847) 818-2860, 8:45 a.m. to 4:15 p.m., Monday-Friday.

Services offered through the WOW van include health counseling, tests for anemia and diabetes, blood pressure and cholesterol screening, tuberculosis (TB) testing, immunizations, urinary-

sis, self breast-exam instruction, pelvic exams and pap smears for women, and prostate and testicular exams for men. Additionally, mammograms will be provided for women 40 years of age and older. If a health problem is found, the client will be referred to available services for treatment.

WOW services are available to suburban Cook County residents who qualify financially (i.e. school lunch). Women, Infants and Children (WIC). Appointments are necessary and can be scheduled by calling (847) 818-2860, 8:45 a.m. to 4:15 p.m., Monday-Friday. At the time an appointment is scheduled, financial screening will be done. Persons needing accommodation for a disability should contact (847) 818-2860 or TDD for the hearing and speech impaired at (847) 818-2023.

Center of Concern Volunteer Appreciation Dinner



The Center of Concern held its 1997 Volunteer appreciation Dinner Tues., Nov. 4, at 1580 N. Northwest Hwy., Park Ridge. The party enabled the volunteers to meet each other and exchange information about their experiences. Mary Schürder, Executive Director of The Center, paid tribute to the 170 volunteers who have given many hours of service to The Center's programs. The homemade food was delicious and the caring of The Board of Directors, who served the volunteers, was quite evident.

"Holidays and Memories"

"Holidays and Memories...getting through the holidays after the loss of a loved one" is the theme of a workshop to be presented Dec. 6, by Reverend Nicole Grasse, VITAS Hospice Chaplain. Rev. Grasse will present observations, reflections and suggestions as to various coping mechanisms that may be employed to assist with the pain of loss during the coming holiday season. The workshop will begin at 9 a.m. and last until 10:30 a.m. It will be presented in the VITAS office located at 7301 North Lincoln Avenue, Suite 205, Lincolnwood. The entrance to the VITAS office will be found on Chase Avenue by means of an outside, stairway entrance. This workshop is open, free of charge, to the public as a service of VITAS Innovative Hospice Care. However, reservations are requested to accommodate those who wish to attend. For reservations: Bereavement office, VITAS Innovative Hospice Care: 847-568-0066.

How to prevent holiday sinusitis & allergy attacks

A cold that lasts more than seven to ten days is likely to be diagnosed as chronic or acute sinusitis, advise The Board Certified Allergists of Greater Chicago. Responsible for this disabling upper respiratory infection can be environmental causes such as household dust mites, pet dander, smoke and mold or pollen clinging to Holiday decorations, that trigger an allergy reaction predisposing to sinusitis. Sufferers require aggressive medical treatment to find the underlying cause of recurrent sinusitis, recommend these specialists in the diagnosis and care of allergy and asthma.

Steam, decongestants and plenty of fluids will ease the discomfort. They advise antibiotics to be used appropriately and conserved until when necessary. Evergreen trees, wreaths and pine cones can produce sharp reactions in sensitive allergy/asthma sufferers. They can also provoke a contact dermatitis. To remove mold, wipe tree trunks and other natural decorations with a diluted solution of household bleach and lukewarm water (one to 20 parts). These doctors also advise sufferers to protect against allergic food reactions, by not even tasting Holiday egg and nut-filled desserts and fish-based spreads, often commercially prepared with unknown additives.

New Teen ADD Clinic at LGH

Lutheran General Hospital has opened a new clinic specifically for teens with Attention Deficit Hyperactivity Disorder. The disorder is characterized by serious and persistent difficulties related to inattention, impulsivity, and/or hyperactivity.

The Teen ADD Clinic provides a comprehensive evaluation of each teen conducted by a developmental pediatrician and/or adolescent medicine physician, psychologist and social worker; parents are included for counseling. A treatment plan for each patient is created and includes family therapy/counseling, and medication where appropriate.

"The Teen ADD Clinic is the first of its kind in this area," said Nancy Keck, M.D., director of developmental pediatrics. "The population of children diagnosed with ADD is getting older and are faced with different challenges as teenagers. Teens with ADD often have problems with academic performance, resistance to discipline, oppositional behavior and drug abuse," said Dr. Keck. "The clinic can help these kids and their families manage this disorder constructively."

For information, call (847) 318-9067.

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Health & Fitness

Weight loss: Don't give up

If you have ever lost weight and regained it, a recent study reports that you are not doomed to repeat this yo-yo pattern forever. A review of almost 800 cases in the National Weight Control Registry of people who lost significant amounts of weight and kept it off for at least five years, found that it was very common to experience an up-and-down weight prior to maintaining weight loss. Another key factor among successful dieters was their ability to learn from experience to focus on the long-term goal of creating a permanent, healthy lifestyle.

Instead of relying on a magic food or formula that enabled successful weight loss, study participants reported that they had simply eaten less fat and calories by decreasing their use of certain high-fat, high-calorie foods. As simple as this seems, research has found that a desire for "forbidden" favorite foods is a common trigger for yo-yo dieting. To avoid this situation, pinpoint which less-nutritious foods you eat out of habit and which ones you truly desire. Replace the habitual foods with healthier choices, and learn how to occasionally include the treats you love without relying on them.

A commitment to physical activity as a way of life was another common thread among those who ultimately succeeded at weight loss. For years research has strongly supported the idea that a healthy diet is not enough for long-term weight control. Regular exercise is essential to maintaining a greater proportion of our weight as muscle, which burns more calories over time than body fat. While exercise can take a while before showing its effect on body weight, it also confers immediate benefits, such as a feeling of increased energy, a more restful sleep, and fewer emotional "blues."

A physically active lifestyle is not just reserved for "natural athletes." Anyone can increase their amount of daily physical activity by using the stairs instead of elevators, parking farther away from their destination, and getting off the bus a stop earlier and walking the rest of the way. As confidence builds, recreational activities like pleasure walking or cycling, can help make activity an even more frequent and enjoyable part of a routine.

Perhaps one of the most positive study responses related to maintaining weight loss. More than 40 percent of successful dieters said that keeping weight off was easier than losing it. In contrast to the many dieters who lose weight easily, but can't keep it off, long-term weight losers may have learned to focus on their permanent lifestyle instead of on immediate rewards.

If you try to cut calories and be-

come more active, notice which strategies are easier to adapt into your regular lifestyle than others, emphasizing the ones that give you energy and make you feel good throughout the day. If they include regular exercise, portion control, and a diet centered around vegetables, fruits, and grains, you'll be making strides not only toward a healthy weight, but a lower risk of cancer and a better overall health.

For a free brochure with hints to maintain a healthy weight, write the American Institute for Cancer Research, Dept. HW, P.O. Box 97167, Washington, D.C. 20069-7167.

NEW ERA in saving lives of heart attack patients

St. Francis Hospital of Evanston, Chicago's leader for exceptional cardiac care, has taken the next step toward narrowing the gap between onset of heart attack symptoms and the administration of life-saving treatment by initiating a groundbreaking, cooperative five-hospital, five-ambulance service study dubbed, NEW ERA.

The study, "Now Evaluate Chest Pain With the Aid of Rapid Assays and 12-Lead ECG for diagnosis of Chest Pain in the Ambulance" (NEW ERA), will enable heart attack patients to be definitively diagnosed en route to

the emergency department, thereby reducing time to treatment once the patient has arrived at the hospital. NEW ERA accelerates treatment, beyond the latest recommendations of the American College of Cardiology, which advises no more than 30 minutes should pass from the time a patient enters the hospital to the moment that patient begins receiving treatment for a blocked artery.

The multicenter trial officially began enrolling patients on Monday, October 13, through EMS providers in Evanston, Skokie, Lincolnwood, Glenview and

Wheeling. The study involves the emergency departments at St. Francis Hospital of Evanston, The Evanston Hospital, Glenbrook Hospital, Rush North Shore Medical Center and Holy Family Hospital. It is the first study of its kind to combine the use of an FDA-approved Rapid Bedside Qualitative Cardiac Marker Assay with a 12-Lead ECG both administered before the patient even reaches the hospital for the most complete and accurate evaluation of chest pain.

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Women's News

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The Morton Grove Group of Hadassah

The Morton Grove Group of Hadassah will have its luncheon meeting on Wednesday, December 17, at 11:30 a.m., Northwest Suburban Jewish Congregation, 7800 Lyons St., Morton Grove.

Our featured guest will be Michael Rosenberg, lawyer and lecturer with a background in Judaica and Torah studies. His subject today will be "Christmas/Hanukah" which should be most interesting.

Please join us for an enjoyable afternoon. Reservations a must. Prepaid: \$7. If not prepaid: \$8. Call 847/965-3064.

Polish Women's Civic Club Christmas Luncheon

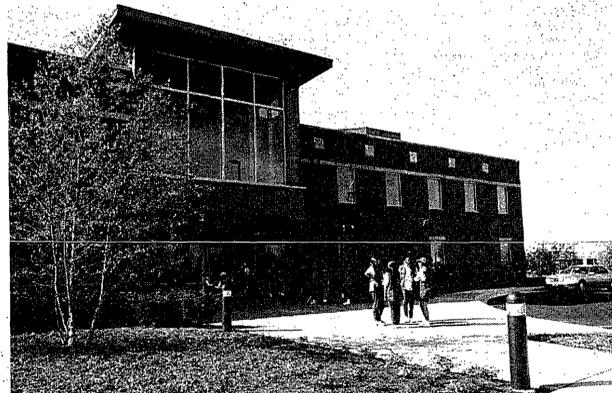
The Polish Women's Civic Club, Inc. will hold its annual Christmas luncheon on Monday, Dec. 8, in the Gold Coast Room of the Drake Hotel, 140 E. Walton, Chicago.

Cocktails at eleven, followed by luncheon at noon, entertainment and a raffle. Proceeds from this event provide scholarships for collegians and fund other philanthropic endeavors.

President, Camille Kopielski and Chairman Shirley Dudzinski invite members, friends, guests and gentlemen to share in the holiday festivities. A donation of \$35 per person covers an enjoyable afternoon.

For further information and reservations, call E. Placzek at (773) 631-1867.

Girl Scouts and their friends gather at the new 'Hub'



The Hub, centralized headquarters for Girl Scouts - Illinois Crossroads Council, 650 N. Lakeview Parkway, Vernon Hills, IL 60061, (847) 573-0500. Building will house classroom sites for girl programs, training programs for volunteers, library for Girl Scout materials, merchandising space for Girl Scout items, outdoor amphitheater, and administrative staff.

Holiday reception set for Women's Health Connection

The Women's Health Connection (WHC) of Resurrection Health Care will hold its annual Holiday Reception for WHC members on December 13 from 1-3 p.m. in the Marian Conference Center at Resurrection Medical Center, 7435 W. Talcott Ave.

Entertaining at the reception will be singer and comedian Deb Gaudin, R.N., who will present "Why is Santa a Guy?" The reception will include refreshments and decorating of the Women's Health Connection Christmas tree. Each person who attends is asked to bring one wrapped toiletry item for donation to an area domestic violence shelter.

The Women's Health Connection is a free membership program that provides a link for women to health care services and lifestyle resources. It offers free and low-cost programs throughout the year that cover health and lifestyle topics specific to women. Membership also entitles women to priority scheduling at approved physicians' offices and discounts on certain health care services.

For information on free membership in the Women's Health Connection, call (773) 545-8500. To register for the Holiday Reception, call (773) RES-INFO (737-4636).

READ THE BUGLE

Explore The Search for Meaning in Your Life

Explore the search for meaning for this time of your life and see what well known women writers wrote about "passion, intimacy, work and aloneness" in Emeritus classes offered this winter. These 16-week classes run Jan. 20 through May 18 and are held at Oakton's Ray Harstein campus, 7701 N. Lincoln Ave., Skokie.

Women Sages: Topics in Psychology (PSY 200 001) examines the psychospiritual journey of writers including May Sarton, Florida Scott-Maxwell, Irene Claremont De Costello, Helen Luke, Theresa King O'Brian and others. Through these women's writings, you will focus on the psychological attributes that are important in your life. The class meets on Tuesdays from 9-11:50 a.m. Instructor's consent is required to take this course.

Psychology of Personal Growth (PSY 108 001, Touch-Tone 7313) continues the personal growth odyssey begun in PSY 107. Emphasis is on communication with self and others. Major psychological approaches to personal growth will be discussed. The class meets on Tuesdays from 9-11:50 a.m. The instructor's consent is required to take this course.

Students can register for these and other Emeritus winter credit offerings in Room A-100 at the Skokie campus and in Room 1140 at the Des Plaines campus. Those who have registered for Oakton or Alliance for Lifelong Learning (ALL) classes within

the last three years and have their correct Social Security number on file may register (using the codes listed next to the course titles above) by the Touch-Tone telephone system at (847) 635-1616.

Tuition is \$37 per credit hour for persons under 60 and \$18.50 per credit hour for persons over 60 who live in-district; \$119.50 per credit hour for persons who do not live in-district. A \$15 registration fee is required for persons under 60 or for those who live out-of-district.

For a brochure listing all of the programs, seminars and tours available, including registration information, call the Emeritus office at (847) 635-1414.

PSI to hold holiday party

The Professional Secretaries International (PSI), Skokie Valley Chapter invite you to attend their festive holiday happening party on Monday, December 8, at the Holiday Inn, 5300 Touhy Ave., Skokie. The celebration includes entertainment by Nicole Ashley Scherter and a selection of Jerome Kern tunes and holiday songs by Jennifer Wagner.

Please join us! All guests are welcome! Reservations are necessary. Contact Kathy Baker by December 5 at 847-982-8943 if you plan on attending. Social hour 5:30 p.m. Dinner served at 6:30 p.m. Choice of two entrees - \$20 inclusive.

Ask the Midwife

by Lisa A. Miller, CNM

Q: What is a Braxton-Hicks contraction, and how can I tell the difference between them and real contractions?

A: Braxton-Hicks contractions are named after the doctor who identified them. They are real contractions, but they do not cause any changes in the cervix. The problem is, the only way to ascertain whether or not the cervix is changing is to perform a cervical exam. Each caregiver has different guidelines to follow for how much is too much uterine activity. That's why it is extremely important for all expectant mothers to discuss with their caregiver what he or she considers to be the difference between a Braxton-Hicks contraction and a true labor contraction, and when a phone call should be made to discuss the level of uterine activity. Ignoring uterine activity because it is thought to be so-called "Braxton-Hicks" contractions could result in missing the diagnosis of pre-term labor.

Q: I heard that second labors are faster, but sometimes more painful, than first labors. Is this true, and if so, why?

A: Generally, second labors are faster than first labors, but not always. Each labor is different and there are always exceptions to the rule. The myth that second labors are more painful than first ones may have come about because since second labors are generally faster, the more intense contractions also come faster, making the labor reach an intense level more quickly. Pain is in a great part related to anxiety and fear of the unknown, so second labors are usually easier births, not simply because they are shorter, but because the anxiety about the labor process is much decreased.

Q: Is there any truth to the old wives tale that you can tell the baby's sex by its heartbeat or by the way you are carrying it?

A: While old wives tales can be amusing, those of us in the medical profession don't use the baby's heart rate as a determiner of sex. Ultrasound is much more reliable. However, there is a study that examined the fetal heart rate at term, meaning 38 to 40 weeks' gestation, which showed a statistically significant difference between males and females. Girls are slightly faster! Remember though, the term "statistically significant" doesn't mean it holds true in every case. There is no truth to the myth that you can tell the sex of the baby by the way you are carrying it, meaning low or high. And if people tell you differently, remember, any method (even a coin toss) is going to be correct about half the time!

Q: A friend in Britain told me about TENS machines for pain relief during labor. How do they work, and are they available in the United States?

A: TENS stands for Transcutaneous Electrical Nerve Stimulation. It is a machine that electrically stimulates the nerves so that, in theory, they cannot "sense" the pain of contractions. The theory is that the nerve pathways cannot be stimulated by two things at once, so by being stimulated by the TENS, the nerves don't feel the pain. It is similar to when a nurse gives a patient a pinch before a shot. That way, the pinch is felt rather than the injection. TENS hasn't been found very effective in clinical studies. However, anecdotal evidence from women who have used it says that it does work for some women. TENS has been used in the US. The units are available through most physical therapy departments, but may require a prescription from your health care provider. If you are interested...

Massage is great for baby, too!

After your baby is born, consider infant massage to strengthen the bond between you and your baby. Massage is known to contribute to the development of secure, self-confident children. Research supports the fact that a loving, nurturing touch is necessary for the proper physical and psychological development of children. Dr. Tiffany Field, director of the Touch Research Center at the University of Miami, reports that "...massaged infants are more active, gain weight faster and become more efficient. It's amazing how much information is communicable in a touch."

Infant massage and movement provide the following benefits to infants and parents:

- support of the bonding process;
- release of muscular tension created by motor skills acquisition;
- may calm anxious babies and relieve symptoms of colic;
- contributes to brain and motor development, self-esteem and pleasure in their bodies;
- supports learning appropriate posture and movement patterns.

USE THE BUGLE

Women's News

Congratulations



Julie Patricia Wladuck and Phillip Anthony Barreda were married on June 28 at St. Mary's Church in Riverside. The bride is the daughter of Harold and Joan Wladuck of Riverside. The groom is the son of Hillman Munzgo of Niles and Gustave Barreda of Garren, Australia.

DAR luncheon and meeting

The Twenty-First Star Chapter, National Society Daughters of the American Revolution will hold their next meeting on Wednesday, Dec. 10, at the Park Ridge County Club, 636 N. Prospect Ave. Luncheon is scheduled for 11:30 a.m., and the program will begin at 1 p.m.

The program for the December meeting, "Christmas in Song", will be presented by the Maine South Vocal Jazz Ensemble, under the direction of David J. Danckwart.

Women in the northwest suburban area who are interested in membership in the National Society Daughters of the American Revolution and are able to provide direct descent from a patriot who served the nation during the American Revolution, may contact Philippa Grover at (847) 724-6635.

Auxiliary past presidents meet

The past presidents of the Morton Grove American Legion Auxiliary Unit #134 meet every other month for a social and business meeting with one of the former leaders participating as hostess.

The most recent session was held at Arvey's in Niles and hosted by Ruth Tegert. Mrs. Tegert served as president of the auxiliary for 1958 terms.

Still active with the unit, Ruth does much rehabilitation work for the hospitalized veterans, particularly at the Hines VA Hospital in Maywood.

The hostess supplies prizes for games that are played following a luncheon, arranges the restaurant and invitations and serves snacks during the afternoon to her fellow leaders.

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Community Calendar

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SENIOR DAYS - Tuesday & Wednesday

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(847) 831-3040

*Thrift denotes products returned unsold by distributors or products not meeting our high standards for first quality.

ARTS & CRAFTS

Dec. 6 & 7
Holiday Market
An exhibit and sale featuring unique contemporary crafts by Chicago area artists and designers, will be held Sat., Dec. 6, from 11 a.m. to 6 p.m., and Sun., Dec. 7, from noon to 5 p.m. A portion of the shows proceeds will benefit The Evanston Shelter for Battered Women and Children. The 9th Annual Holiday Market is located at the C.G. Jung Institute of Chicago at 1567 Maple Ave., in Evanston. For more information, call Barbara Zaretsky at (773) 275-7985.

Fri., Dec. 12
NPH Craft & Book Sale
A Residency Craft and Book Sale will be held, from 10 a.m. to 3 p.m. on Friday, December 12, at the Norwood Park Home (NPH), 6016 N. Nina Ave., Chicago. Hand-made items by residents of the Norwood Park Home will be available. For more information, call Lisa Farrell, NPH Director of Activities at (773) 631-4856.

BUSINESS

Fri., Dec. 12
ILLINOIS CPA SOCIETY
Most recently, the auditing profession has been put under a microscope by the public, the media and the government. The Illinois CPA Society addresses the latest issues relevant to this area of the CPA/ accounting profession, and offers valuable solutions, ideas and strategies for today's auditing/accounting and financial professionals at its 1997 Accounting and Auditing Conference. The conference will be held on Friday, December 12, at the Rosemont Convention Center in Rosemont, (5555 N. River Road, Rosemont, 847/692-2220). To register for the Illinois CPA Society Accounting and Auditing Conference, or for more information, please contact the Society at 312/993-0393 or 800/993-0393 (within Illinois), or fax 312/993-9432. For information on additional Illinois CPA Society programs, events, products and services, individuals can visit the Society's Web site at <http://www.icpas.org>

CHILDREN

Dec. 6 & 7
Beauty and the Beast
The Children's Theatre at Barat College proudly presents Vera Morris' adaptation of "Beauty and the Beast" featuring Sharon Muthu as "Beauty" and Lewis Lain as "Beast." Performances will be held in the Drake Theatre. "Beauty and the Beast" runs Sat., Dec. 6 and Sun., Dec. 7 at 1 p.m. and 4 p.m. each day. Tickets are

Northwest Choral Society sets holiday concert

The Northwest Choral Society announced that Jeffrey C. Wagner will present a lecture prior to the NWCS holiday concert entitled "The Glories of Christmas" on December 7, 1997. Wagner, a well-known Music Journalist and Park Ridge resident, will interview Music Director John H. Melcher and Accompanist Lori Lyn Mackie. Topics will range from the music chosen for the concert to the latest developments in the careers of Maestro Melcher and Miss Mackie. The pre-concert lecture begins at 2:45 p.m. followed by the concert at 3:30 p.m. The concert and lecture will be held at the Edison Park Lutheran Church, 6626 N. Oliphant Avenue, Chicago, IL.

Musical Director John Melcher has chosen to begin the 32nd Anniversary concert series with a rich tapestry of song that celebrates the holiday season! The Chicago Premiere of *Canticle of Mary* by Libby Larsen for Women's Chorus and Piano Four Hands, and *Gloria! Gloria! A Christmas Carol Fantasia* by David Hurd will be featured. Familiar carols like *Coventry Carol* and *Pat-a-Pan*, will also be on

the program along with carol arrangements such as *Tomorrow Shall Be My Dancing Day* and *Rise Up Shepherd And Follow*. The chorus will be joined by pianist Celeste Rue and soprano soloist Terese Koncos. The Northwest Choral Society is a nonprofit community organization which has been performing classical and popular music in the finest choral tradition. It is dedicated to encouraging the appreciation, study, and performance of imaginatively programmed and carefully prepared choral works. The chorus numbers nearly 50 men and women. Auditions for additional members will be held in early January. Individual concert tickets are \$11 for adults and \$9 for students or seniors. Tickets may be obtained at the door or at the Colonial Coffee Shop, 800 Devon Avenue, Park Ridge. Season tickets for three concerts will also be available at the door. Season tickets are offered at a discounted price of \$28 (adults) or \$23 (students/seniors), respectively. Please call 847-384-0215 to reserve tickets or for additional information.

\$4 each. Group rates are available. All seats are reserved. To order tickets, or for more information, call the Drake Theatre Box Office at (847) 604-6344.

Sat., Dec. 6
Children's Book Reading
Dominican University is holding a children's book reading by Josephine Baskin Minow, author of *Marty*, the Broken Hearted Artichoke. Minow will also be available to sign copies of her book. The event will take place on Sat., Dec. 6 with readings at 12:30 p.m. and 12:45 p.m. in the Presidents' Lounge, located on the first floor of Lewis Hall, 7900 W. Division St. The event is free and open to the public. For more information, call (708) 524-6283.

ENTERTAINMENT

Dec. 5, 6 & 7
PLANT SALE & BOUTIQUE
The Chicago Botanic Garden's annual Holiday Plant Sale and Boutique, sponsored by the Woman's Board, is scheduled to run Fri., Dec. 5 from 10 a.m. to 4 p.m. Sat., Dec. 6 from 10 a.m. to 4 p.m. and Sun., Dec. 7 from 11 a.m. to 3 p.m. The Greenhouse Galleries will be spilling over with red, pink and white holiday plants, including garden-grown poinsettias, orchids, paperwhites, amaryllis, cyclamen, Christmas cactus, herb baskets and more. For the first time, a Boutique filled with antiques and handcrafted treasures add to the charm and

NWCS Holiday Concert
The Northwest Choral Society is pleased to present two Chicago Premieres at the 32nd NWCS holiday concert entitled "The Glories of Christmas" on Dec 7. Prior to the concert, there will be a lecture hosted by Jeffrey C. Wagner, a benefit bake sale, and a raffle of an

Continued on Page 13

ENTERTAINMENT

Kenny Rogers' Concert at Pheasant Run

Continued from Page 12
elaborate gingerbread house created by Gourmet Chef Marj Harris. The concert begins at 3:30 p.m. and will be held at the Edison Park Lutheran Church, 6626 N. Oliphant Ave., Chicago.

Individual concert tickets are \$11 for adults and \$9 for students or seniors. Tickets may be obtained at the door or at the Colonial Coffee Shop, 800 Devon Avenue, Park Ridge. Season tickets for three concerts will also be available at the door. Season tickets are offered at a discounted price of \$28 (adults) or \$23 (students/seniors), respectively. Please call (847) 384-0215 to reserve tickets or for additional information.

Dec 7 thru Jan 4
After the Fair
Apple Tree Theatre is proud to present the Midwest Premiere of a new musical, *After the Fair*, with book and lyrics by Stephen Cole and music by Matthew Ward. The production will open on Sunday, December 7 at 7 with previews beginning December 3 and a run scheduled through January 4, 1998. Run is scheduled through January 4.

Performances schedule: Wednesdays at 7:30, Fridays at 8, Saturdays at 4:30 and 8, Sundays at 3 and 7. Special New Year's Eve performances, which include a party package of champagne and party favors, are at 6 and 9:30, and cost \$37.50 each. Preview ticket prices are \$18. Ticket prices for the regular run are: Wednesdays and Sundays -- \$25, Fridays and Saturdays -- \$28. Group, student, and senior discounts are available. Call the box office for information at (847) 432-4335. Apple Tree Theatre is located at 595 Elm Place, Suite 210, Highland Park. Apple Tree Theatre is wheelchair accessible. Free parking is available at the corner of Elm Place and Second Street.

December
A CLASSIC HOLIDAY TALE
Prairie del'Arte Theatre Company presents a new original production, "Marley Was Dead to Begin With...," an unconventional look at the Charles Dickens classic, "A Christmas Carol," December 8, 9 and 15, 16 at 7:30 p.m. at Victory Gardens Theatre, 2257 N. Lincoln Ave., Chicago.

Tues., Dec. 9
Winter Concert
Regina Dominican's music department proudly presents its annual Winter Concert on Tuesday, December 9 at 7:30 p.m. in the O'Shaughnessy Theatre. Admission is free and the program will feature the Chamber Singers, the Artistry Show Choir, the Regina Sing-

ers and the Regina Dominican Orchestra. This year's Winter Concert will treat music lovers to a delightful program including holiday classics, contemporary scores as well as a folk song or two. Immediately following the performance, the Regina Dominican Mothers' Club will host a reception in the foyer of the theatre.

Wed Dec 10
Handel's Messiah
Queen of All Saints Basilica, 6280 North Sauganash Avenue, Chicago, announces its 1997-98 concert season. Handel's "Messiah" will be presented at 7:30 p.m. on Wednesday, December 10th. A pre-concert lecture, beginning at 7 p.m., will be given by Dr. Jeffrey Wasson, Professor of Music at Lake Forest's Barat College. The concert is free, without ticket or charge. Park in the lot adjacent to the Basilica, just east of Cicero and Devon. A free-will offering benefiting the Queen of All Saints Choir Fund will be accepted. For further information or directions, please call 773-736-6060.

Thurs., Dec. 11
Holiday Season Concert
The Niles North High School bands, under the direction of Niles North Band Director Elton Eisele, will perform at a special holiday season concert on Thursday, Dec. 11 beginning at 7:30 p.m. in the auditorium of Niles North High School, 9800 Lawler Ave. in Skokie. The public is invited and admission is free. For more information, call (847) 568-3415.

GEORGE WINSTON TO PERFORM
Dancing Cat Productions announced that solo pianist George Winston will bring his "Winter Show" to the Pick-Staiger Concert Hall in Evanston at 7:30 p.m. Re-

Kenny Rogers' Concert at Pheasant Run

This Christmas season, come visit **Kenny Rogers** in his "Toy Shoppe" at Pheasant Run Resort. This all new Christmas story is magical, funny and heartfelt. Kenny celebrates the true meaning of Christmas with a show for young and old alike.

Don't miss **Kenny Rogers** most creative Christmas show to date, featuring portions of his new musical "The Toy Shoppe". Helping you get into the spirit are both his powerful voice and incredible staging. This tour features state-of-the-art multimedia production, incredible singers and dancers and a wonderful story to warm your heart.

Kenny Rogers will appear in concert for three very special performances on Friday, December 19 at 8 p.m. and Saturday, December 20 at 5 and 9 p.m. at the

Pheasant Run Mega Center. Concert tickets start at \$30. Dinner and Overnight Packages are available. Overnight Packages include room accommodations for two, Holiday Dinner for two in the St. Charles Ballroom, two Gold Circle Tickets to Kenny's Christmas show, a breakfast buffet and a special souvenir gift! The Friday Night Package is \$345; the Saturday Night Package is only \$50 additional and includes Sunday Brunch for two; the special Two Night Package is just \$100 more!

As always, parking is free. Tickets for **Kenny Rogers' "The Toy Shoppe"** are on sale now. Call Pheasant Run resort at (630) 584-MEGA, or Ticket Master to order your tickets today!

Fri Dec 12
Fleur de Lys Chorale
A festive selection of holiday music will be presented by Fleur de Lys Chorale at its eighth annual holiday concert, "A Baroque Christmas" on Friday, December 12 at 8 p.m. at Northfield Community Church, 400 Wagner Road, Northfield.

The gracious beauty and fine acoustics of the Northfield Community Church will provide a setting designed to complement the concert program. A casual reception will follow. Tickets can be purchased for \$15 (students \$7) by calling 773-281-2107 or at the door.

Sun Dec 16
White Christmas
No holiday season would be

complete without seeing the movie, "White Christmas," starring Bing Crosby, Rosemary Clooney, Danny Kaye, Vera Ellen, and others. And the Norwood Park Seniors Network (NPSN) is offering lunch along with this movie, on Sun., Dec. 16, at the Norwood Park Home, 6016 N. Nina Ave., Chicago. Lunch will be served at 12:30 p.m., and the movie will begin at 1:15 p.m. Don't miss this holiday classic. Cost is \$6.50 for NPSN members, and \$7.50 for non-members. Reservations for this event must be made no later than 5 p.m., Dec. 12, by calling the Norwood Park Seniors Network, at (773) 631-5673.

Dec. 12 & 13
Harp of the Blues
Harps of the Blues, a one-of-a-kind event, spotlights the best of the best. The spicy menu

includes: Lunch & Dinner Specials Daily. **SHINJUKU** Japanese Restaurant Makimono. **10% OFF ANY DINNER WITH COUPON** OFFER EXPIRES 12-30-97. Business Hours: Mon-Closed, Tue-Sat 5:00PM-10:00PM, Sun 5:00PM-10:00PM. Carry Out & Dine in Catering. 5711 W. Dempster Morton Grove, IL 60053 (847) 583-8282.

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HEY KIDS
MAKE YOUR OWN PIZZA (at table) AND IT'S FREE. With Purchase of AN ADULT PIZZA. Limit One Pizza With Coupon Per Table. Not Valid With Any Other Offer Please Mention Coupon. EXPIRES 12-31-97

Community Calendar

we're offering is of the blues variety of harmonica greatness and for the first time brings together an array of the hottest harp players known to this planet. The first showcase of the Harps of the Blues will be held at one of Chicago's top blues clubs, Blues Etc., 1124 W. Belmont, Chicago, Friday

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HOT DELIVERY

Community Calendar

ENTERTAINMENT

Continued from Page 13

and Saturday, December 12 and 13. Tickets are now available and on sale at many locations in and around Chicago. For ticket information and locations please call (773) 536-8143.

LUCIA NIGHTS

The Arts Council of historic Bishop Hill invites you to join in the Lucia Nights celebration Friday & Saturday, December 12 and 13 from 6 p.m. to 9 p.m. both evenings. Activities begin on Friday at 6 with the lighting of the tree and a sing-along in the park. The tree is located in the park's gazebo. Enjoy the NOVA Singers performances at 7 and 7:45 p.m. both evenings in the Colony Church. Bishop Hill is located 150 miles west of Chicago and 20 miles east of I-80 in Henry County. For more information,

call 309-927-3345 or 309-927-3860.

Dec. 13 & 14

Holiday Party at Shelter Save-A-Pet will hold its annual party to celebrate the holiday season on Dec. 13 and 14 at the new shelter at 31664 Fairfield Rd. in Grayslake. Everyone is welcome. People who attend can adopt a pet or just spend time looking at the selection of cats and dogs available. Information about the shelter is available, and stories about previously adopted pets are shared. This year there will be a long table piled high with gifts for the animals such as food and other pet supplies. At 3 p.m. on Sunday the Grand Holiday Raffle drawing will be held. Tickets (\$1 each) will be sold right up until the time of drawing. Winners need not be present. The grand prize will be \$1000 in cash with a series of lesser prizes such as microwave, fax machine, watch, etc. For information call 740-7788.

HEALTH

Wed Dec 10

Ask the Experts
NOHA, Nutrition for Optimal Health Association will present an Open Forum on Mental Health, Depression and Memory on Wednesday, December 10th at 7:30 p.m. at the Radisson Hotel Lincolnwood, 4500 W. Touhy Avenue, Lincolnwood. NOHA professional Advisory Board members John Crayton, M.D., Chief of Biological Psychiatry, Hines VA Hospital and Professor of Psychiatry, Loyola Medical School, Theodore TePas, M.D., Medical Director, Adult and Child Guidance Center, St. Francis Hospital, Evanston; and William Walsh, Ph.D., President and Co-Founder of the Carl Pfeiffer Treatment Center in Naperville, will answer questions from the audience. No charge to NOHA members, \$10 for non-members, \$5 for students with I.D. Call 708-786-5326 for information.

Ongoing

Alzheimer's Support Group
The Greater Chicagoland Alzheimer's Association presents the following Support Groups in your area: The Kenton Building, 9701 N. Knox, Skokie, 4th Wednesday, 7 p.m.; Rush North Shore Medical Center, 9600 N. Gross Point Rd., North Dining Rm., Skokie, 1st Tuesday, 7 p.m.; and Regency Nursing Center, 6631 N. Milwaukee, Niles, last Wednesday, 7 p.m. The Support Group is made up of spouses of those with Alzheimer's disease or a related disorder. The group focuses on emotional support, sharing experiences and edu-

ational updates. They are free and open to the public. For more information and meeting confirmation, call the Chapter HELPLINE at (847) 933-1000.

HOLIDAY

December 6 & 7

A Charlie Brown Christmas
Center Stage at Dominican University presents "Home for the Holidays: A Charlie Brown Christmas" on Saturday and Sunday, December 6 and 7. Performances will be held on both days at 3 p.m. and 7 p.m. in the Lund Auditorium, 7900 W. Division St. Holiday refreshments will be served immediately following the shows. Tickets are \$10 and are available at the door or by calling the box office at (708) 524-6942.

MEETING

Mon., Dec. 8

DES PLAINES CAMERA CLUB
The Des Plaines Camera Club will meet at 7:30 p.m. at the Prairie Lakes Community Center in the Prairie Room. The Center is located at 515 Thacker in DesPlaines. The Des Plaines Camera Club meets twice monthly on the second and fourth Monday, September through May at 7:30 p.m. Refreshments are served between the business meeting and program or competition. For additional information regarding the Club, you are encouraged to call (847) 698-2837 or (847) 824-9292.

LECTURES

Wed., Dec. 10

NEW MONEY, NEW TREATY
David Williamson, the former secretary general of the European Commission, will present a lecture at the Loyola University Chicago School of Business Administration. His talk, entitled "The European Union: New Money, New Treaty, New Member," is scheduled to begin at 10 a.m. at Loyola's Auditorium, 25 East Pearson.

Fri., Dec. 12

Bill Kurtis
Award-winning television producer and anchor Bill Kurtis, who is also an attorney, will speak on the role of the courts should play in the community at a luncheon hosted by the Illinois Judges Association (IJA)

SCHOOL

Sat Dec 13

DeVry open house
An open house about career opportunities in technology. Continued on Page 15

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MONDAY/WEDNESDAY SUPER SPECIALS!!

<p>COUPON</p> <p>FOR DINNER OR LUNCH</p> <p>• Whole Hot Rotisserie Chicken</p> <p>• Kugel (Four Choices: potato, spinach, cauliflower, or sweet)</p> <p>• FREE Salad Bar & FREE Bread</p> <p>ALL FOR UNDER \$11.00!</p> <p>\$10.99</p> <p>COUPON</p>	<p>COUPON</p> <p>FOR DINNER OR LUNCH</p> <p>• Day 1 1lb. Corned Beef, Turkey, Roast Pork or any Meat (1 lb. each) - and 1 lb. Potato Salad, Cole Slaw, or any salad</p> <p>AND THE BREAD AND DESSERT ARE ON US!</p> <p>\$10.99</p> <p>COUPON</p>
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Community Calendar

SCHOOL

Continued from Page 14

based business and electronics fields, as well as the educational programs offered at DeVry Institute of Technology, is scheduled for 10 a.m. to noon, Saturday, Dec. 13, at DeVry's Chicago campus, 3300 North Campbell Avenue.

DeVry Inc. is an international higher-education system. For additional information, contact the DeVry admissions office at 773/929-6550.

SEMINARS

Tues., Dec. 9

REGISTERED ARCHITECTS SEMINAR
The Illinois Council of the Society of American Registered Architects (ICARA) will sponsor an intensive seminar at Oakton on the new 1997 American Institute of Architects (AIA) major documents, the *General Conditions of the Contract for Construction* (A201) and the *Standard Form of Agreement Between Owner and Architect with Standard Form of Architect's* (B141). Oakton's Architecture/Construction Management Program will help sponsor the seminar with ICARA on Tuesday, Dec. 9 from 2:30 - 9 p.m. in Room 1608 at the DesPlaines campus, 1600 E. Golf Road. The seminar qualifies for 10 CEU credits. The cost of the seminar, which includes copies of the AIA documents and dinner, is \$65 for ICARA members; \$95 for non-members. To register or for more information, contact Les Jacobs, chairperson, Oakton's Architecture/Construction Management Program, at (847) 635-1851 or Peg McLean, ICARA, at (847) 982-8380.

Fri., Dec. 12

Tour
Join the Guild for the Blind on a tour of the Chicago Tribune's Freedom Center at 777 W. Chicago Ave. on Friday, December 12, from 1-3:30 p.m. This seminar is offered free of charge to adults who are blind or visually impaired as part of the Guild's Adult Education Seminar Series. Registration will be from 1-1:30 p.m. at the Freedom Center. Please note that this is not a hands-on seminar. Space is limited; to register or for more details, call

Cheryl Daube, Education Coordinator, at (312) 236-8569 by Friday, December 5.

SENIORS

Wed Dec 10

PNA North Side Seniors
The Polish National Alliance North Side Seniors will meet Wednesday, December 10, at 10 a.m. at the PNA Fraternal Center, 6038 North Cicero Avenue, Chicago. All seniors 55 and over, PNA members or not, are invited. For more information call (773) 286-0500 ext. 309 or 316. There will not be any meeting in January 1998.

Thurs., Dec. 18

Juggling the Holidays
The hectic pace of the holiday season is brought to the forefront by the Norwood Park Seniors Network (NPSN) with a tour to see the musical revue, "Juggling the Holidays," on Dec. 18. Fortunately, this onstage bedlam will be observed from the comfort of the Atrium Theater in Rolling Meadows, with old and new friends made through NPSN. This special tour, which departs at 10:30 a.m. from in front of the Norwood Park Home, 6016 N. Nina Ave., Chicago, also includes lunch of chicken or ham, and a drive-by of neighborhood homes brightly decorated for the holidays. Cost of \$32 for NPSN members, and \$37 for non-members, includes round-trip van transportation, lunch and ticket to the Atrium Theater. To reserve space for this event or for more information on the Norwood Park Seniors Network, call (773) 631-5673.

SINGLES

Thur., Dec. 4

SINGLE JEWISH GRANDPARENTS
All single Jewish grandparents are invited to dinner and entertainment at Gusto's, 1470 Waukegan Rd., Glenview at 7 p.m. Call for reservations: June (847) 229-1223 or Barbara (847) 398-0098.

Fri., Dec. 5

CHICAGO SUBURBAN SINGLES
The Chicago Suburban Singles will sponsor a singles dance at 8 p.m. at the Barn of Barrington Restaurant, 1415 S. Barrington Rd., Barrington. DJ music will be provided. Admission of \$6 includes a buffet. For more information call 708-216-9773.

AWARE SINGLES DANCE
The Aware Singles Group and the Chicagoland Singles Assn. invite all singles to a dance at 8 p.m. at the Barn of Barrington Restaurant, 1415 S. Barrington Rd., Barrington. DJ music will be provided. Admission is \$6. For information call Aware at 847-632-9600.

Fri., Dec. 5
ST. PETER'S SINGLES CLUB
All singles over 45 are invited to a dance at Francesco, 8465 W. Grand in River Grove at 8:45 p.m. Cost is \$6. Live band. Coat & tie required.

Dec 5, 1997
Good Time Charley Dance
There will be a Good Time Charley Singles Dance at 8 p.m. on Friday, December 5, 1997 at the Willowbrook Ballroom, 8900 S. Archer Ave., Willow Springs, IL. All singles are invited. Admission is \$5. For more information call 708-445-4450.

North Shore Jewish Singles
NSJS 50 PLUS - Friday, Dec. 5, at 6 p.m. Cocktail Time at the Galaxy Club, 9225 Golf, Des Plaines. \$1 Admission plus \$2 for 2 drinks. For reservations call (773) 761-7573.

NSJS 50 PLUS - Saturday, Dec. 6, at 7:30 p.m. "Romance in D" at Victory Gardens Theater, 2257 N. Lincoln Ave., Chicago. Admission is \$16. For reservations

call (847) 679-2953.
NSJS 50 PLUS - Sunday, Dec. 7, at 11 a.m. Brunch at Sasha's, 9599 Skokie Blvd., in the Doubletree Hotel, Skokie. For reservations call (847) 676-2977.
Sunday, Dec. 7 at 2 p.m. walk at Weber Center, on Church and Gross Point Road, in Skokie. For

reservations call (847) 699-8418.
NSJS 50 PLUS - Tuesday, Dec. 9 and Dec. 23, at 7:30 p.m. Intermediate and Advanced Bridge. \$3. For reservations call (847) 869-3338.
NSJS 50 PLUS - Saturday, Dec. 13, at 7 p.m. Dinner and Dancing
Continued on Page 16

Handel's Messiah (The Christmas Portion)



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Community Calendar

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SINGLES

Continued from Page 15

at Eugene's, 9101 Waukegan Rd., Morton Grove. For reservations call (847) 673-8677 by Dec. 11.

NSJS 50 PLUS - Wednesday, Dec. 17, at 7:30 p.m. Open meeting, with Toni Rowitz speaking on "Australia, the Wonder of Down Under", with video. \$4 includes refreshments and socializing. Beth Hillel Temple, 3220 Big Tree Lane, Wilmette. For information call (847) 539-3556.

NSJS 50 PLUS - Sunday Dec. 21 at 7:30 p.m. Dancing with a Live Band. At the Radisson Hotel, Touhy and Lincoln Ave., Lincolnwood. Admission \$7. For information call (847) 676-4561.

NSJS 50 PLUS - Sunday, Dec. 28 at 7:30 p.m. Rap Session featuring a Chanukah Program. At What's Cooking Restaurant, Lower level, 6107 N. Lincoln Ave., Chicago. \$4 includes refreshments and socializing. Reservations (847) 675-5752.

NSJS 50 PLUS - Wednesday, Dec. 31 at 6 p.m. New Year's Eve Party at Carmens Restaurant, 1012 Church St. in Evanston. \$18 includes all the salad, pizza and beverage, (including beer and wine) you can eat and drink. There will also be games and dancing. For reservations call (847) 674-6798 by Dec. 26.

Sat., Dec. 6

CHICAGO METRO SINGLES

The Chicago Metro Singles invite all singles to a dance at 8

p.m. at the Barn of Barrington Restaurant, 1415 S. Barrington Rd., Barrington. There will be DJ dance music. Preceding the dance, at 7 p.m., there will be a talk on "Learning Through Experience" by Clifford Woodbury, JD. Admission of \$7 includes a buffet. For more information call 708-216-9799.

COMBINED CLUB SINGLES DANCE
All singles are invited to a dance at 8 p.m. at the Barn of Barrington Restaurant, 1415 S. Barrington Rd., Barrington. DJ music will be provided. Admission will be \$7. The event is co-sponsored by the Northwest Singles Assn., Young Suburban Singles, & Singles & Co. For information call 708-209-2066. All of the sponsoring groups are non-profit organizations.

T.G.I.S. Singles

T.G.I.S. Singles will have a Ladies Nite and Pizza Dance at 8 p.m. at The New Burbank Rose, 6501 W. 79th St., Burbank, IL. All singles are invited. Door Prize- 19" Color TV. Admission is \$5. For more information, call (708) 445-4450.

39+ Jewish Singles

Chanukah Party will be held at Hackneys in Glenview, Sat. Dec. 6 at 7 p.m. Free for paid members and non members are \$35. For reservations call: Valerie at (847) 253-5303 or Marla at (847) 541-1910.

Sun, Dec 7

Spare Sunday Evening Club

The Spares Sunday Evening Club for Widowed, Divorced and Single Adults will sponsor their annual "Snow Flake Ball", Sun, Dec 7 - Music by "The Ken Jandes Trio". Get dressed up - bring a friend, come in the fun and set the mood for the coming Holidays. Members \$5, Guests \$6, contact 1-847-965-5730.

NORTHWEST SUBURBAN SINGLES

The Northwest Suburban Singles invite all singles to a dance at 7 p.m. at the Barn of Barrington Restaurant, 1415 S. Barrington Rd., Barrington. Admission is \$8 which includes a buffet. For more information, call 708-786-8688. The Northwest Suburban Singles is a non-profit organization.

Sun Dec 7

Good Time Charley Dance

Good Time Charley Singles will

sponsor a Free Admission Singles Dance with Free Buffet at 7 p.m. on Sunday, December 7, 1997 at BG Fellows, 5055 W. 111th St., Alsip, IL. All singles are invited. For more information call 708-445-4450.

Sun., Dec. 7 & 21

CSC Singles

CSC Singles are inviting 50+ singles to gather at the 94th Aero Squadron, 1070 S. Milwaukee Ave., Wheeling from 4-8 p.m. on Sunday, December 7 and December 21--the first and third Sundays of every month. Admission of \$5 covers complimentary hors d'oeuvres, music for dancing, listening and socializing by the fireplace. Drinks will be half price at the cash bar.

WOMEN

Sat., Dec. 13

THE SOLISTICE OF THE FEMININE

Limina, an organization which revitalizes traditions that honor and nurture women, hosts an afternoon of reflection and refreshment with a closing ceremony welcoming Lucy the Light Bearer on the day traditionally dedicated to her and to the Sun Goddess. Mother Holle, 2:30 p.m., United Methodist Church, 405 S. Euclid Ave., Oak Park. The event features Irish harpist Mary Aileen Schmiel and concludes with a Wassail Bowl and Board. Cost: \$20 reserved members, \$25 reserved guests, \$30 at the door. Reservations preferred. 708-386-8522.

Dec. 18

FRIENDSHIP DAY

Women's League for conservative Judaism will hold its annual Central Branch Friendship Day on Thursday, Dec. 18 at North Suburban Beth El Congregation, 1175 Sheridan Rd., Highland Park. Registration starts at 11 a.m., followed by a luncheon at noon. Friendship Day is an opportunity to share ideas, to learn and to interact with sisterhood members from the Illinois, Indiana and Wisconsin areas. Reservation deadline is December 12. Please contact Karen Kaufman at (847) 634-2474.

WORKSHOP

Sat Dec 6

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John Jacob will present a one-day seminar on "Themes in Short Fiction" on Saturday, December 6 at the Albert A. Robin Campus in Schaumburg. The seminar will run from 9 a.m. to 3:30 p.m. Jacob will talk about personal experience vs. imagination in the short story and about how writing about what you know may mean more than what you've done. The cost of the seminar is \$125. The Robin Campus is at 1651 McConnor Parkway in Schaumburg. For more information on the seminar or to register, call Larry Howe at 312.341.3709.

Twilight Shopping Event

The Museum Shop of The Art Institute of Chicago will hold its fifth annual Twilight Shopping event on Monday, December 15, from 5:30 until 8 p.m. This special shopping event, which takes place in the Main Shop located just off the Michigan Avenue lobby, offers customers the opportunity to enjoy an evening of early holiday shopping in a relaxed atmosphere. Trunk shows will provide guests with the chance to shop from an extensive selection of special gift items, and to meet with representatives who will be available to answer questions. Live music and refreshments will enhance the festivities.

The event is open to the public, but reservations are required, and may be made by calling (312) 443-3688 no later than December 8.

Philip J. Dech

Navy Lt. Philip J. Dech, whose wife, Linda, is the daughter of Hugo and Margaret Hsiung of Glenview, has departed on a six-month deployment to the Mediterranean Sea with the 24th Marine Expeditionary Unit (MEU), embarked aboard the ships of the USS Guam Amphibious Ready Group (ARG).

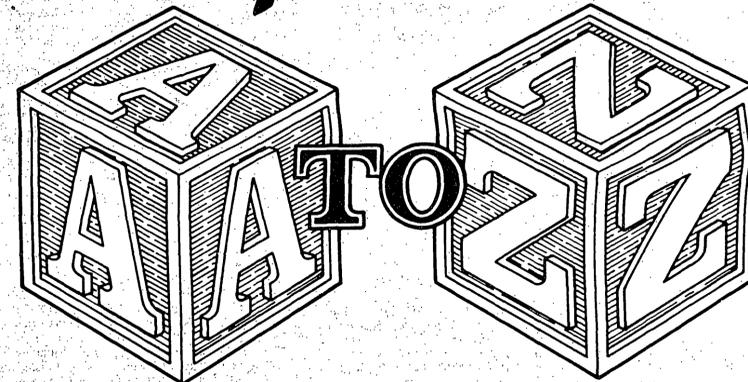
Kathy Alexander

Millikin University junior Kathy Alexander recently placed second among junior women in a three-state vocal competition sponsored by the National Association of Teachers of Singing. All 12 of Millikin's entries in the event were winners at some level.

Alexander, a music performance major, is the daughter of Mr. and Mrs. Robert B. Alexander and a 1995 graduate of Maine South High School.

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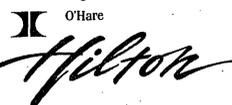
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HOLIDAY GIFT GUIDE

Holiday at Frank Lloyd Wright Home & Studio

Celebrate the holiday season at the Frank Lloyd Wright Home and Studio on December 8 and 15, until 9 p.m., during special twilight tours and shopping nights. Tours of Wright's home, decorated for the holidays, will be offered at 6:30 p.m., 7 p.m., 7:30 p.m. and 8 p.m., for a special price of \$5. Refreshments will be served in the bookshop, and specially priced items will be offered on these evenings.

The 108-year-old landmark will be festively decorated with a 10-foot Christmas tree in the chil-

ren's playroom, vintage ornaments, antique toys and authentic garlands and arrangements. Guided tours will emphasize Victorian holiday customs and family life.

Located at 951 Chicago Ave., Oak Park, the Ginkgo Tree Bookshop features the country's most complete selection of Wright books, as well as exquisite decorative items and architecture-inspired stocking stuffers. Regular bookshop hours are 10 a.m. to 5 p.m. daily. For additional information, call 708/848-1976.

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Santa Is Coming To Heidi's Bakery!

Bring your children or grandchildren on Saturday, Dec. 6th from 10-3 and have your child's photo taken with Santa. Complimentary from Heidi's Bakery. While you're at Heidi's make sure you look at the animated Christmas Windows!

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Holiday Travel Tips

Holidays. They are the most wonderful and exciting times of the year. But for the traveler, it is also the time when airports, train stations, hotels and other travel-related facilities are booked to capacity.

With that in mind, here are some holiday travel tips from ASTA—the American Society of Travel Agents—to help make your next holiday trip a smooth and enjoyable experience.

The first is—work with your travel agent to book as early as possible. Airlines, hotels, cruise ships, tours and trains fill up rapidly prior to the holidays.

Plan your departure for off-peak hours to avoid the heaviest crowds. If you are on a budget, try to plan around holiday black-out dates when the lowest rates are usually unavailable.

Inform your travel agent about any special requests such as seat or meal preferences on the plane or the number of hotel beds at your destination.

Weather delays during the winter months are not uncommon, so it's a good idea to ask your travel agent to guarantee your hotel reservation at your destination with a credit card. That way it will not be canceled if you arrive late.

With security tighter than ever, plan to arrive at the airport at least an hour prior to domestic flight times and two hours before international flights. This allows adequate time for baggage and ticket check-in and security screening. And the earlier you check in—the less chance of being bumped-off the flight due to overbooking.

If you are carrying gifts, re-

member they are subject to inspection prior to take-off. This means they can be unwrapped and opened by security personnel. To avoid this—pack gifts in your check-in luggage or wrap the gifts after you reach your destination.

Do not pack medicine, jewelry, cash, business papers, passports or other valuables in your check-in luggage. These items should be included in your carry-on luggage.

And speaking of carry-on luggage, keep in mind that most airlines now restrict passengers to two pieces of carry-on luggage. Both must fit either in the overhead storage bins or under the seat in front of you.

Now, since luggage can look alike, here is a tip I have found useful for quick identification of my check-in luggage at the bag-

gage carousel. Place an identification card, a strip of colored tape or a unique sticker on the outside of each piece of luggage and a business card or some other type of information on the inside. This makes tracing your luggage easier in the event it is misplaced.

And if you do encounter a problem at the airport—such as lost luggage, a missed connection or a flight cancellation—do not hesitate to speak to the customer representative of your airline. They are there to be of assistance.

And finally, if you are still stumped as to what to give that someone special—consider what 40 percent of survey groups rated as the most wanted holiday—a "getaway" gift of travel. It is something your travel agent can easily package and gift wrap. And it takes very little room in your carry-on luggage.

Give gourmet gifts this holiday season

Holiday Tips:

Gourmet steaks and chops are sizzling this season! Consider giving fine cuts and full red wines as gifts, or give carnivorous cooks an elegant set of steak knives. According to Cutco, steak/table knives have been selling briskly as gifts this year.

Give the family cook a gift that blends tradition with technology. Many software programs help organize family recipes while keeping them easily accessible from the personal computer. Even more useful, cookbook CD-ROMs can help novice cooks select the perfect party menu from a list of thousands of tried and true recipes.

For people on a budget, handmade gifts such as homemade jellies, jams and vinegars are a personalized and delicious way to "spread" holiday cheer. Dress up

old-fashioned bottles by wrapping spoons or spatulas with colorful ribbons.

The trendiest new gift ideas! Traditional Japanese rice cookers are a "must-have," ice cream makers are hot again (this time, for making fancy frozen desserts), and pizza stones are best gift bets, according to top retailers.

Involve the entire family when preparing meals; it allows you to spend valuable time with loved ones while accomplishing a task. Younger children can mix batter, kids and teens can peel and mash potatoes, while grandparents can mince vegetables or de-fat meats. Tools with ergonomically-designed handles are ideal for those with arthritis or rheumatism, according to Cutco, since they prevent hand fatigue brought on by heavy chopping.

Choose and cut your own tree

Looking to recapture that old-fashioned holiday spirit this year? Feeling a little overwhelmed by shopping mall Santas, blinking home video games and rock 'n' roll Christmas carols?

This might be the year to gather the family together and head to one of the Christmas tree farms near Chicago. Choosing and cutting your own Christmas tree is the type of family activity that revives the holiday spirit and brings back memories of the yuletide traditions of a slower-paced, simpler era.

There are a number of Christmas tree farms within easy driving distance of Chicago. For a free listing of Chicago area farms and for information on the care of holiday poinsettias, send a self-addressed business size envelope (\$3.32 postage) to: Christmas Trees &/or Poinsettias, University of Illinois Cooperative Extension Service, 5106 S. Western Ave., Chicago, IL 60609. The Christmas Tree Farms are online at:

<http://www.aces.uiuc.edu/~uplink/hort/trees.html>

HOLIDAY GIFT GUIDE

Holiday events offered at the Robie House

Celebrate the holiday season at Frank Lloyd Wright's Robie House on December 9, until 9 p.m., during twilight tours and a special shopping night. Tours of the Robie House, decorated for the holidays, will be offered at 6:30 p.m., 7 p.m., 7:30 p.m. and 8 p.m., for a special price of \$5. Refreshments will be served in the bookshop, and specially priced items will be offered.

Located at 5757 S. Woodlawn, on the campus of the University of Chicago, the Robie House bookshop features an impressive selection of Wright books, as well as exquisite decorative items and architecture-inspired stocking stuffers. Regular bookshop hours are 10 a.m. to 5 p.m. daily. For additional information, call 708/848-1976.

A Hobby for Christmas

The American Legion Vietnam Veteran of America #311 Veterans of Foreign Wars Post #2992 invites you... to give the gift of a lifetime. Featuring the fantastic models of Scale Shipmasters NorthWest Commodores Watts Wake Radio control boat clubs and Static Models. This show will be held December 6 & 7 at the American Legion Post #36, 1291 Oakwood, Lee at Oakwood, Des Plaines.

Show hours are Saturday, 10 a.m. to 4 p.m. and Sunday, 10 a.m. to 3 p.m. Each admission is a raffle ticket for a hobby prize or Holiday gift. Additional tickets may be purchased.

All proceeds from entrance fees, specific raffle prizes go entirely to Hospitalized Veterans at North Chicago Veterans Hospital for coupon books for haircuts, toiletries, etc.

VVA Chapter #311 will also have for sale its own cacheted first day covers of the 1997 Department of the Air Force Stamp & the 1995 POW/MIA Stamp.

'It's A Wonderful Life'

The Chicago Park District and Eugene Field Park Teen Theatre proudly presents their first annual holiday dinner/theatre presentation of "It's A Wonderful Life." Performances are on Friday, Dec. 19 and Saturday, Dec. 20 at 7 p.m. Dinner theatre packages will be on Saturday Dec. 20 only.

Ticket prices are \$4 show only, and \$10 for the dinner package. Advance reservations are required for the dinner package by Monday Dec. 15. Please call Eugene Field Park at (312) 742-7591 to make a reservation. The theatre is located at 5100 N. Ridgeway.

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Holiday Brass and Choral Concerts

Music of the Baroque will once again delight Chicago audiences with its annual Holiday Brass and Choral concerts in five Chicago-area performances stretching from Old Town to Bridgeport and into the northern and western suburbs. These concerts, which are sponsored by Sara Lee Corporation, feature some of the nation's leading brass players and the Music of the Baroque Chorus performing a glorious program of early sacred and secular music of the 16th and 17th centuries.

Tickets are on sale now and range from \$26 to \$45; senior and student tickets are available at \$18 with proper identification. For further information, contact Music of the Baroque's Box Office at (312) 551-1414.

Friday, Dec. 19, 8 p.m., St. Michael Church, 1633 N. Cleveland Ave., Chicago; Saturday, Dec. 20, 3 p.m. Divine Word Chapel, 2001 N. Waukegan Rd., Techny; Sunday, Dec. 21, 3 p.m., St. Mary of Perpetual Help, 1039 W. 32nd St., Chicago; Monday, Dec. 22, 8 p.m., Grace Lutheran Church, 7300 W. Division St., River Forest; Tuesday, Dec. 23, 8 p.m., Divine Word Chapel, 2001 N. Waukegan Rd., Techny.

Concerts, programs, dates and locations are subject to change.

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HOLIDAY GIFT GUIDE

Santa Lucia, a Swedish tradition of light and magic in the dark night

What: Traditional Lucia procession and celebration
Where: Swedish American Museum Center, 5211 North Clark Street, Chicago; Ebenezer Lutheran Church, 1650 W. Foster Street, Chicago

When: Saturday December 13, 5 p.m. at the Swedish American Museum, the procession will then walk over to Ebenezer Lutheran Church where it will continue at 7 p.m.

The Lucia tradition is one of Sweden's most beautiful and special traditions that marks the beginning of the Christmas season. The legend dates back to Sicily around 300 AD when a beautiful young woman took mercy on the poor and the Christian prisoners. By bringing food and comfort to them she angered the Romans by her actions and was sent to pris-

on. There, her eyes were gouged out with white-hot iron spears, but she did not lose her faith in Christ and miraculously, her sight was restored. She was then sent to be burned at the stake, but the flames would not accept her and the Romans feared her even more. A magic spear was made and Lucia died from its wound. She was later declared a saint by the Catholic church. Saint Lucia, bearer of light.

There are many reasons why Santa Lucia is celebrated in Sweden. According to the old Julian calendar December the 13th was the longest and darkest night of the year. To many Lucia is a Christian version of the old pagan celebration of the returning of light. Others say that Lucia represents the light of Christ in our darkest moments.

The Swedish American community in Chicago continues today this very special Christmas celebration with the Andersonville Festival of Light that will be held at the Swedish American Museum at 5 p.m. and then continues with the Chicago Evening celebration at Ebenezer Lutheran Church, 1650 W. Foster Street.

Philip J. Dech

Navy Lt. Philip J. Dech, whose wife, Linda, is the daughter of Hugo and Margaret Hstung of Glenview, has departed on a six-month deployment to the Mediterranean Sea with the 24th Marine Expeditionary Unit (MEU), embarked aboard the ships of the USS Guam Amphibious Ready Group (ARG).

Holiday Giving Tree open at Harlem Irving Plaza

The Holiday Giving Tree opened its 15th year at the Harlem Irving Plaza on Friday, November 28. The tree is located near Fannie May Candy in the south mall of the center which is located at Harlem Avenue, Irving Park Road and Forest Preserve Drive.

The Giving Tree provides gifts for the needy throughout the Chicago area. The Department of Children and Family Services serves as coordinator for this community service. The Tree holds cards with the names and wishes of children who are less fortunate. Included in their lists are three of their Christmas wishes. Shoppers are invited to take a card, shop for one of the gift wishes and return the gift-wrapped present to the Giving Tree. The gifts are then delivered to the recipients by Christmas Eve. The tree will be open at the plaza until December 24.

Last year, 7,957 gifts were distributed to the needy in the area through the Giving Tree sponsored by the Harlem Irving Plaza. Companies participating

in this year's Giving Tree are the Halas-Payton Foundation, Reliable Corporation, and Eli's Cheesecake. Everyone bringing back their gift to the Tree will receive a coupon for a free slice of Eli's Cheesecake.

Elmwood Park Civic Chorus to perform

Wayne Staley, a Park Ridge resident, will direct and be featured soloist as the Elmwood Park Civic Chorus presents its holiday concert, "A Time of Goodness and Light," accompanied by Mark Cappelli and the Just Friends Jazz Trio, at 8 p.m., December 12 and 13 at the Elmwood Park High School auditorium, 8201 W. Fullerton Ave., Elmwood Park. Fred Wurzbacher, Niles resident and Wally Kozinski, Des Plaines, are members of the Chorus.

Tickets are \$3 (group rates available) and can be purchased at the door. For further information, call (708) 453-5847.

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New York Chicago Detroit Baltimore Miami Cleveland

HOLIDAY GIFT GUIDE

Brunswick Niles Bowl hosts New Years Eve Party

Brunswick Niles Bowl located at 7333 N. Milwaukee will host a New Years Eve Party from 9 p.m. to 2 a.m. For \$24 per person you get unlimited bowling, 2 bar drinks, buffet dinner served at 10 p.m., hats, noisemakers, champagne to toast in the new year and coffee with desserts.

Make your reservations today by calling (847) 647-9433, ask for Tim. Prizes of hats, jackets, free games and various promotional gifts will also be awarded for top scores. Don't miss out on all the fun.

Banquet at Tam
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A beautiful banquet room, overlooking the historic Tam golf course. Located at 6676 Howard St., in Niles. Available for Weddings, showers, Holiday parties, business meetings and more. For additional information or to view the room, call (847) 581-3120.

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Holiday Highlights

Enchanted Winter Garden - December 1 - January 1
• The Chicago Botanic Garden's annual holiday display features trees decorated by area garden clubs, a breathtaking floral and poinsettia display. This nature exhibit in Glencoe is truly one of the most unique winter experiences in the Chicago area. 847-835-5483.

New Year's Eve Chicago River Walk - December 31
• Don't miss this grand New Year's Eve celebration along Wacker Drive on the river. The festivities and family activities begin at 11 a.m. and continue with the traditional New Year's

Eve countdown and a spectacular fireworks display. The Chicago River will then burst with color as the fireworks extravaganza moves west, lighting up the river near seven of the city's finest hotels. Take advantage of partici-

CEL offers Tickets Please '98

For the best seats in town to the symphony, Bulls game or opening night at the theater Tickets Please is a must for you. The Center for Enriched Living is offering their newly updated and revised 1998 edition of Tickets Please. Tickets Please is a comprehensive seating guide to Chicago's Theaters and Sports Arenas. New for '98 we have also included major venues in St. Louis and Milwaukee in this edition. Tickets Please is a fantastic Holiday gift.

Proceeds support the Center for Enriched Living's year-round community center for children, teens, adults and seniors with developmental disabilities located in Deerfield. A single copy of the book can be purchased for \$8.50 including shipping and handling. For more information, or to order Tickets Please contact the Center at 847-948-7001.

pating hotels special packages. 312-744-3315.
Magnificent Mile Crystal Carnival - January 31 - February 1
• Created to liven up the chilly winter season, the Crystal Carnival kicks off the city's annual WinterBreak festival. Between

10 a.m. - 7 p.m. on Saturday and 11 a.m. - 6 p.m. on Sunday, the carnival will feature 11-25 foot tall carved ice sculptures, snow murals, celebrity appearances, a scavenger hunt, children's activities and a laser light show. 312-642-3570.

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847-647-7070 SUNDAY 11:00 A.M. TO 5:00 P.M.

School News

Notre Dame

Second open house

Notre Dame High School for Boys, 7655 W. Dempster St., Niles will hold its second Open House for 6th, 7th and 8th grade boys on Sunday, December 7 from 11 a.m. to 3 p.m. It will begin with a welcoming presentation by the Principal, Rev. Kenneth Molinaro, CSC and will be followed by area presentations and a tour of the school. This event provides prospective students, families and friends an opportunity to meet and speak with members of the Notre Dame faculty and student body. Academic and co-curricular displays will be set up to provide information on the many programs available at the school. For additional information, please contact Mr. George Rattin, Director of Enrollment, at (847) 965-2900, ext. 348.

Illinois State Scholars named

Notre Dame High School is pleased to announce the following seniors as Illinois State Scholars: Michael Burke, Jeffrey Calimbas, Arthur Czaja, William Froelich, Matthew Grapenthien, Sean Heneghan, Timothy Jarotkiewicz, Anthony Lupo, Michael Mearis, Joseph Miesek, David Nowak, Thomas O'Neill, Scott Plencner, Scott Scafid, Peter Schneider, Michael Shiel, Benjamin Solinski, William Sutton, Stephen Stukel and Charles Waszkowski.

Dominican University

Teaching Certification

Dominican University's School of Education will offer an information session about the Teaching Certification for College Graduates (TCCG) Program. The program will be offered at Moraine Valley Community College in Palos Hills beginning in January, 1998. The information session will be held on Saturday, December 13 from 10 a.m. to 12 p.m. at Moraine Valley Community College, Moraine Building B, room B 119.

For more information, call the School of Education at (708) 524-6922.

Albert B. Shelhorse

Air Force Tech. Sgt. Albert B. Shelhorse has arrived for duty at Yokota Air Base, Tokyo, Japan. Shelhorse is an avionics flight superintendent assigned to the 374th Maintenance Squadron. He is the son of Albert W. Shelhorse Jr. of Villa Rica, GA, and nephew of Mary A. Barber of Glenview.

Resurrection receives \$1 million dollar gift

Resurrection Health Care has announced a \$1 million gift to Resurrection High School in honor of the health care system's many employees, past and present, who have been educated by the school over the last 75 years. The gift also recognizes that Resurrection Health Care and Resurrection High School are partners in ministry committed to carrying on the venerable traditions of the Sisters of the Resurrection.

Joseph Toomey, President and Chief Executive Officer of Resurrection Health Care, presented Therese Fenney, Principal of Resurrection High School, with the gift at Some RESplendent Evening, a November 15 dinner-

dance which was the capstone event of the school's diamond anniversary celebration.

Resurrection High School recently launched its first major fundraising campaign to finance capital improvements. These include two state-of-the-art science laboratories, two upgraded computer laboratories, expanded library facilities including a technology center with Internet access and a new fitness center.

The \$1 million gift is in support of this campaign, with \$500,000 targeted for the construction of the school's new fitness center and \$500,000 as a challenge grant to help leverage additional business community support for the campaign.

Notre Dame students take part in Leadership Workshop

Notre Dame High School for Boys, Niles, took part in the (NED) Northeast District of the Illinois Association of Student Councils Leadership Workshop on November 4, at Wheeling High School.

This workshop was planned for the officers of student council and new members. They participated in two sessions, the first session was structured towards officer training and allowed the new members a chance to participate in sessions like: Goal Setting, Teamwork, Student Council Levels, Parliamentary Procedure, Making Worthwhile Posters/Announcements, and Raising School Spirit. The second session was directed more to "veteran

members" allowing them a chance to exchange ideas with other student council members from other schools.

The following students took part in this leadership workshop: Paul Tokarz, Joe Caroscia, Neal Michalik, Marc Jarotkiewicz, Christopher Sheehan, Mark Ziberna, Robert O'raha, and Patrick Sullivan. Faculty members included: Mrs. Mary O'Connor, Executive Council Moderator, and Mr. Todd Ruder.

Maine East

Scholastic Bowl Teams

Maine East's Scholastic Bowl team opened its Central Suburban League season the end of October against Waukegan. Both varsity and JV were victorious with the varsity winning by a 298-127 margin.

Next, the Maine East teams upped their C.S.L. records to 2-0 by defeating Maine South. The varsity Demons defeated the Hawks by a score of 306-197; the Maine East freshmen/sophomores won 301-231.

Upcoming competition includes Maine East at Maine West December 3.

Members of the varsity Scholastic Bowl team are: seniors Daniel Kang, Anson Kim, Paul Kim, Peter Kim, Lee Park, and Chris Rodriguez; juniors Steve Birkrner and Albert Kim; and sophomore Dan Horwitz.

Members of the JV Scholastic Bowl team at Maine East are: Rijo Alex, Zhenia Baranov, Tim Bohn, Art Chaisirwatanasai, Ambreen Chaudhri, Karen Fernandez, Jessica Hahn, John Kim, Dmitry Lampert, Christine Lee, Erica Lin, Consuelo Martinez, Kelly O'Shea, Sebastian Rudnicki, Brian Vasquez, and Danny Vattanavanitkul.

'Little Women' to be presented at Resurrection



Resurrection High School, 7500 West Talcott, Chicago will present the play "Little Women" on December 5, 6 and 7.

Acting their parts in Resurrection High School's production of "Little Women," Marmee played by senior Christine Rodriguez, and the March sisters, Amy played by freshman Joyce Parich, Jo played by sophomore Katie Lynch, Meg played by junior Lynn Meister and Beth played by freshman Therese Gallery learn that their father will return at Christmas. Show times are scheduled at 7:30 p.m. on December 5, 2 p.m. and 7:30 on December 6, and 2 p.m. on December 7.

Tickets can be reserved by calling (773) 775-6616 between 8 a.m. and 3 p.m. Monday through Friday. Tickets are \$5 pre-sale, and \$6 at the door.

Regina

Open House

Regina Dominican High School, located at 701 Locust Road in Wilmette, will host its Open House for prospective stu-

dents and their parents on Thursday, December 4 from 7-9 p.m. Faculty, staff, counselors and students will be available to answer questions about Regina Dominican's single-gender, college preparatory program including college level studies and advanced placement in 15 subject areas.

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School News

Someone you should know at Apollo School

East Maine District #63's Apollo School has been enjoying the new principal, Mr. Nicholas Maldonado since the 1997-98 school year began. Maldonado has shown himself to be a warm, personable administrator who genuinely cares for his 700+ students and staff of fifty. School staff members have found him willing to listen to their concerns as well as suggestions, a pleasure to work with and he has shown himself to be a very capable and experienced administrator.

Mr. Maldonado began the school year by being on hand to introduce himself personally to parents at registration, "Open House," and at the Maine Township Drop-In Center. By making "house calls" on some students and their families he has shown how visible he intends to be in the school and community.

As a special incentive to encourage more reading at Apollo, Mr. Maldonado has informed his students that he will kiss a real bulldog (Apollo's mascot) if 5,000 books are read by December 19. Every semester there will

be an event to help students read as much as possible as Maldonado knows reading well is a key to success in life.

One important asset Mr. Maldonado brings to Apollo is his command of the Spanish language. Being bilingual makes him even more accessible to many of the students for who English is a second and/or new language. A resident of Evanson, Mr. Maldonado, has three daughters. His wife is a teacher at Oakton School in District #65.

So the school year at Apollo is off to a great start with its new principal on board. Students and staff are enjoying the changes that have come about already, as well as looking forward to future benefits of their leader.

Apollo School is one of six schools in East Maine School District #63 located at 10100 Dec Rd., Des Plaines.

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Regina students interview Hillary Clinton

While on her 50th birthday tour, Hillary Rodham-Clinton set aside a block of time in which she could be interviewed by nearly 300 area students. Among the local photography and journalism students were Regina Dominican seniors Erin Nolan and Alicia Pilarski. Pilarski received notification of her participation on Friday, October 24th, from Regina Dominican journalism teacher Kathleen Burke, Ph.D. "I had all weekend to wait," laughs Pilarski. Nolan, on the other hand, did not find out until the morning of the press conference that another pass was available for her to attend.

The interview, conducted at the Chicago Historical Society, was very straightforward, according to the two young women. Mrs. Rodham-Clinton spoke to the students from a stage about the differences between her high school years and the challenges students face today.

Prior to the press conference, students were asked to write down any questions they might like to ask of the First Lady. For Nolan and Pilarski, the highlight of the conference came when their question was chosen to be answered. Afterwards, Pilarski came forward to shoot a photograph and Mrs. Rodham-Clinton reached down to shake her hand.

District 71 News

PTA General Meeting
The Niles Elementary Schools PTA will hold a General Membership Meeting on Tuesday, December 9 at 7 p.m. at Culver Middle School, 6921 W. Oakton Street in Niles. The meeting will precede the Culver Winter Concert which is scheduled to start at 7:30 p.m.

Culver Winter Concert
On Tuesday, December 9 at 7:30 p.m. at Culver Middle School, 6921 W. Oakton Street in Niles, the Culver Concert Orchestra, Concert Band, and Jazz Band will present a Winter Concert. The public is invited to come and get in the mood for the holidays.

Niles Community Tree Lighting Celebration
South School's kindergartners to 4th graders are participating in the Niles Park District's first Annual Community Tree Lighting Celebration. Children in each classroom will be making ornaments which will be used to decorate a tree designated for South School. The Niles Elementary Schools PTA will be decorating South's tree on Sunday, December 7 at 2 p.m. at the Howard Leisure Center, 6676 Howard Street in Niles. There will be refreshments and a surprise guest visitor. Come and join in the fun.

The Doll House to be performed at Oakton



Pictured (from left to right): Marissa Christie of Niles; Andy Zweibel of Northbrook resting on the back of Nina Lascelles of Chicago; and Troi Levi of Wheeling, rehearse a scene from *The Doll House* by Henrik Ibsen. The play will be performed at the Des Plaines campus of Oakton Community College, 1600 E. Golf Road. Performances are scheduled for the Mainstage of the Performing Arts Center on Friday, Dec. 5 and 12, and Saturday, Dec. 6 and 13 at 8 p.m.; and Sunday, Dec. 7 and 14 at 3 p.m.

Ibsen's *Doll House* is a classic play about a man who treated his wife inconspicuously until she re-gained her self-respect and closed the door on him and their marriage. Tickets are \$10 general admission; \$7 for students, faculty, staff and seniors. To order tickets, call the Oakton Box Office at (847) 635-1900. For group discounts, call Toni in Group Sales, (847) 635-1901.

Dance classes for children, teens, adults offered

Registration for the spring session of dance classes for children, teenagers and adults, ages three and up begins Monday, Dec. 15. The classes are offered by North-eastern Illinois University's (NEIU) Department of Music and the Dance Program. Dance classes for children include Creative Movement, Pre-Ballet, Ballet I and II, and Jazz Dance for Kids. Classes for teens and adults include Ballet I and II, Jazz Dance, Stretch and Strengthening for Dance, and Pointe. In addition, a Repertory Ensemble/Dance Performance class has been added for students ages 12 and older who have reached intermediate to advanced level technique.

The spring session begins Tuesday, Jan. 13 and continues through Saturday, June 6. Classes meet on Tuesdays, Thursdays and Saturdays. The cost per course is \$100 to \$120 for the entire session. Discounts are available for students enrolled in multiple courses. All dance classes will be held in the A-Wing dance studio, room A-113 at NEIU, located at 5500 N. St. Louis Ave. (near Bryn Mawr and Central Park), Chicago.

For additional information or to receive a schedule of classes, contact Rachel Burton at (773) 794-6138. Beginning in mid-January, NEIU will also offer music classes for children in Basic Music for Small Children, Rhythms and Music, and Piano. Classes will be held on Saturday mornings and schedules can be coordinated for students to participate in both dance and music. For more details on the music classes and registration information, call Patty Henberger at (773) 583-4050, ext. 3010.

Hilquist named Outstanding Business Officer

David Hilquist, vice president for business and finance at Oakton Community College, has been named the 1997 "National Outstanding Chief Business Officer" by the Officers Association (CCBO).

A special CCBO committee presented Hilquist with the award during the national conference held in South Lake Tahoe, NV, Nov. 2-4. The award includes a \$1,000 scholarship donated by CCBO in Hilquist's name that will be presented to Oakton.

Unlawful use of credit card

A 44-year-old Skokie hair stylist reported that unknown offender(s) used his credit card to make purchases at nine Niles locations running up a tab of \$1,902.56 between Sept. 4 and Sept. 9.

The victim said that only one card had been issued, and he had the card in his possession. The victim contacted the credit card company, and the account was closed.

Lost/stolen credit card

A 67-year-old retired Lincolnwood man reported that he used his credit card to make a purchase at the department store at 400 Golf Mill around 7 p.m. Nov. 28. When he wanted to use the card again around 10 a.m. Nov. 30, he discovered it missing from his wallet.

He immediately called the credit card company and learned that the card had been used Nov. 29 for numerous purchases in Schaumburg.

The victim believes the card was not returned to him when he used it Nov. 28. The unauthorized purchases totaled \$4,200.

Criminal damage to auto

A 22-year-old stocker reported that unknown offender(s) used a BB type weapon to shatter the left front and left rear car door windows and the rear window of his 1986 Plymouth Reliant while it was parked in an alleyway behind the 8100 block of Odell Avenue sometime between 10 p.m. 9:30 a.m. Nov. 29.

Unknown offenders driving a white 1989 Toyota threw a bottle from their vehicle at the vehicle driven by a 16-year-old Marengo student in the 9000 block of Golf Road around 6:15 p.m. Nov. 29.

Chicago youth charged under Zero Tolerance law

by Rosemary Tirio

An 18-year-old Chicago youth found out about the relatively new Zero Tolerance law the hard way when he was stopped for speeding in his 1992 Oldsmobile Brevada around Touhy Avenue and Gross Point Road at 2:15 a.m. Nov. 27.

The arresting officer noticed a strong odor of an alcoholic beverage on his person and thought his speech was rather slurred. Then the officer learned that the youth could not stand up without assistance, and the youth finally admitted that he had consumed alcohol.

That's when the boom was lowered and he became eligible for the Zero Tolerance law, which states that any person under age 21 who has any alcohol in his system or on his breath will be charged.

Persons under the age of 21 can be arrested for the slightest trace of alcohol in their system according to Community Service Offi-

causing a tire on the victim's vehicle to flatten.

The offenders followed the victim to the 8500 block of Golf Road where they flashed gang signs and one offender brandished a bottle at the victim.

An off-duty Chicago police officer came to the victim's aid, identifying himself to the offenders who then got back into their vehicle and fled northbound on Greenwood.

Youth disturbance

With her father's permission, a 16-year-old student was having a small group of friends at her father's home in the 8800 block of Prospect Nov. 28. Around 10:30 p.m., a group of students from two Chicago Catholic high schools were let into the residence.

The victim asked the group to leave and became involved in a pushing match with a female subject. As the group was leaving, the wood bannerist was accidentally broken by an unknown subject.

The victim's father was not home at the time of the incident and could not be reached by phone. No alcohol was involved in the incident, police said. All subjects left the scene peacefully.

Suspicious acts

A 58-year-old retired woman reported that she observed three men in their 20s driving in an older brown pick-up truck pull into the driveway of her home in the 8500 block of Carol Avenue around 3:50 p.m. Nov. 27.

One of the subjects had a video camera and appeared to be aiming the camera at the complainant's house and cars. When the complainant exited her home to confront the subjects, they fled in the vehicle westbound on Carol

and continued on Greenwood in an unknown direction.

The subject told police this was the second time she had seen the vehicle. A check of the area for the subjects had negative results.

Theft

A 45-year-old Chicago salesman reported that he put his coat and hat in an unattended coat room in the restaurant in the 7700 block of Milwaukee Avenue around 2:30 p.m. Nov. 27 and that when he went to leave the restaurant around 5 p.m., the wool overcoat, valued at \$200, and the hat, valued at \$50, had been removed by unknown offender(s) while the victim was dining.

The restaurant manager said that a disclaimer sign was hanging in the coat room stating that the restaurant is not responsible for lost or stolen items. The sign was missing at the time of the report, however, according to police.

MADD to hold contest for Illinois students

Mothers Against Drunk Driving (MADD) in Illinois recently announced their fourth annual statewide Public Service Announcement (PSA) Contest, open to all private and public high schools and colleges in Illinois. The theme this year is: COOL KIDS DRIVE SOBER. This contest was promoted due to the continual need to increase public awareness among teens and young adults of the dangers of drinking and driving.

1996 marked an alarming new and deadly trend among youth. Last year, alcohol related traffic deaths among youth ages 15-20 increased for the first time in 7 years, from 2,206 in 1995 to 2,315 in 1996. Recently new and stricter laws have been passed which we anticipate will show a reduction in this frightening trend, but it takes education and awareness to change attitudes toward the problem of drunken driving. They are not "accidents" and they are absolutely avoidable.

MADD believes that the PSA's will ultimately, and more effectively, reach the youth through their own peers with the message not to drink if they are under 21, and not to drink and drive if they are over 21 years of age.

This year first, second and third place winners will receive monetary prizes to be used by the school towards the purchase/repair of video/audio equipment.

Students or faculty who would like more information, or would like to receive an Entry Packet may do so by calling MADD-Morgan County, 217-243-7570 or MADD-Illinois 312-782-6266.

Police News

First Citizens Police Academy graduate



On November 11, 1997 the Niles Police Dept. held its first Citizens Police Academy graduation. Class #17 "The Niles Nine" participated in classes on Patrol Procedures, Evidence, Domestic Violence, PRIDE School Drug Program, Niles Human Services, Gang Awareness, and the Pistol Range courses. The graduates had an opportunity to ride-along with officers and get a feel for the streets. Pictured is Niles Mayor Nicholas Blase presenting Marge Mell, teacher at Gemini Jr. High School, with her certificate of graduation. Citizen Police Academy graduates found their experience very interesting and worthwhile, leaving the academy with a better understanding of the police officers role, and ways that they can continue to make Niles a safe community. Contact Sgt. John Fryksdale #51 for information regarding the next academy class. 847/588-6506.

Turkey thrown out of bar on Thanksgiving eve

Did you hear the one about this turkey who walks into a bar?

Apparently turkeys, even in jokes and even at Thanksgiving time, are not particularly welcome in Niles.

Police received a call of a live turkey in the Niles Inn, 7355 N. Harlem Ave., around 8:54 p.m. on Thanksgiving eve. When they arrived at the bar, police spoke

with the 29-year-old bartender, who let the turkey out of the bag and told them where it was hiding.

Police spoke with a patron who admitted that the turkey was his and that he'd brought it to the bar as a joke. The police officers were not amused and advised him to remove the bird from the premises. He complied.

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Niles Park District December events

Dec. 6 - Niles on the Go! Trip - "Fireside Christmas"

Join the mature adults of the Niles Park District in seeing this spectacular performance. Includes dinner, show, transportation and chaperone for \$60; \$55 res disc.

Dec. 7 - Tree Lighting Celebration - Open House

Join in the spirit of celebrating the holidays with your neighbors! Local schools and community groups have been invited to decorate a tree at the Howard Leisure Center. Come and enjoy a Warm beverage and sample some delicious cookies while admiring the trees.

Dec. 8 - Non-Resident Registration begins for Winter/Spring programs.

Dec. 10 - Last date to register for Santa's Mailbox

Santa loves to get letters from boys and girls. If you wish to send Santa a letter, drop it off at Santa's Mailbox at the Howard Leisure Center. Due to popularity of this event, we must limit registration to Residents only.

Dec. 13 - Breakfast with Santa

Join Santa for a Pancake breakfast and a personal visit with Santa! Seating available: 8:30 - 9:30 a.m. and 10 - 11 a.m. New price! \$4; \$3 res disc.

Family Outing to Villa Olivia Ski Resort

Gather your family and join NPD for a day of skiing. Lessons available for all! Outing is from 4 - 11 p.m.

Dec. 16 - Santa's Calling

Receive a call from Santa - at your home! Calls will be made between 5:30 and 7 p.m. This free event is open to residents only.

Dec. 18 - Niles on the Go! Trip - "South Pacific"

Join other mature adults in seeing "South Pacific" at the Drury Lane Theatre in Oakbrook. Includes lunch, show, transportation, and chaperone for \$42; \$37 res disc.

Dec. 22 - "Bright Beginnings" Preschool Winter Break Begins (12/22)

Dec. 30 - 3 on 3 Basketball Tournament at Grennan Heights

Open to grades 3-8, boys & girls.

For more information on any of the above programs, call the Howard Leisure Center at (847) 967-6633, or Stop on by - we'd love to see you! The Niles Park District would like to wish you all a very Happy and Safe Holiday Season!

The Web locks teens in on New Year's Eve

The Web Lock-In New Year's Eve Party on Wednesday, Dec. 31 to Thursday, Jan. 1, at the Weber Leisure Center, 9300 Weber Park Place, Skokie, is the place where hundreds of teens (grades 6-8) will get caught in a web of fun at the Skokie Park District's annual event.

Back by popular demand, the park district will supply the disc jockey music, plenty of food and drinks, the "Velcro wall" (a big attraction among teens), midnight hoops in Weber's new gymnasium, movies, skating, broomball and more. However, sleeping bags will not be supplied.

Due to limited spaces, pre-registration is required. Tickets are available at Weber Leisure Center or Devonshire Center, 4400 Greenwood, Skokie.

The sleeper costs \$25 before Dec. 19 and \$30 before Dec. 30.

'A Celebration of Champions'



(From left) Rev. John Smith, Maryville Academy's executive director, and Corey McPherrin, WFLD-TV/FOX-32's sports anchor and event emcee, at the Chicagoland Sports Hall of Fame's second annual induction ceremony, "A Celebration of Champions." Chicagoland sports figures like Jerry Reinsdorf, Jerry Krause, Norm VanLier and others were inducted into the Hall of Fame. For more information, please call the Chicagoland Sports Hall of Fame at (847) 294-1700.

Northbrook Park District

grades 6 to 8.

Dec. 19 - Seniors celebrate holidays at a breakfast, complete with prizes and live entertainment, 10 a.m., 3323 Walters Ave. Call 291-2988 to register.

Dec. 13 - Combine gingerbread, candy and icing to create a holiday gingerbread house, 10:30 a.m., 3323 Walters Ave. Children, ages 6 to 12, with a parent, are invited to register.

Dec. 22-Jan. 2 - Holiday Open Gym for pick-up hoops, grades 5 to adult, Northbrook Jr. High, 10 a.m. to noon & noon to 2 p.m.; Winter Sports Camp for first to fourth graders to enjoy sports, 9 a.m. to noon, GBN Fieldhouse.

a.m. to noon, GBN Fieldhouse.

Dec. 29-Jan. 2 - Adventure Campus Extended Care for winter break. Grades K to 5 can enjoy sports, games, entertainment, 7 a.m. to 6:30 p.m.

Dec. 31 - Registration Deadline for Summer Drama Workshop Early Fee Discounts.

Jan. 1 - Mandatory non-metal spikes policy adapted at Sportman's.

Jan. 16-18 - Winter Open.

Jan. 18 - Winter Carnival. For general information, call 291-2980.

Niles Park District 1997 Final Standings

"MEN'S 16" SOFTBALL"

TEAM	WON	LOST
Sharks	7	1
Liverwurst	5	3
Knob Boys	4	4
War Pigs	3	5
Enemy	2	6

PLAYOFF CHAMPIONS: Liverwurst

LEAGUE CHAMPIONS: Sharks

"CO-REC 14" MUSHBALL"

TEAM	WON	LOST
Ha-Lo	7	2
Wizards	7	2
Ball Busters	3	6
Another Round	1	8

PLAYOFF CHAMPIONS: Wizards

LEAGUE CHAMPIONS: Ha-Lo

"MEN'S 30 & OVER 16" SOFTBALL"

TEAM	WON	LOST
Shotzees	7	1
Untouchables	5	2
Playboy's	3	4
Good Guy's	3	4
Rascals	0	7

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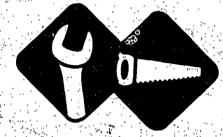
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Holiday traditions continue at St. Francis

Casting a heartfelt glow on the holiday season, the St. Francis Hospital Auxiliary is planning its fifth annual LoveLights program. For a suggested minimum donation of \$15 each, a loved one can be honored or memorialized with one of the many twinkling holiday lights that will adorn the trees in front of the hospital's Ridge Avenue entrance. "We share special memories of loved ones by remembering them with a LoveLight," says Catherine Keres, co-chairperson with Mary Pederson of this year's program. LoveLights make excellent holiday gifts and, if received before December 1, names of those being honored or memorialized will appear in the printed program distributed at The Grand Lighting Ceremony on Dec. 7 at 5 p.m. Gifts will be acknowledged with a card sent to the designated

individual or family. The community is welcome and invited to participate in the program. The ceremony features caroling, refreshments and the Auxiliary's Teddy Bear and Mitten Tree, which will be on display in the hospital's East Lobby. Throughout the holidays the Auxiliary accepts donations of teddy bears, which are arranged on a large Christmas Tree and displayed in the hospital's lobby. Members of the Auxiliary are gearing up for the fourth annual Teddy Bear Tree program. This year, however, the group has expanded the program to include donations of mittens, scarves and hats. Following the annual holiday celebration, the gifts are removed from the tree and Santa makes a special trip to deliver them to needy children at the St. Francis Community Health Center, located at 7464 N. Clark in

Chicago. The Center serves low income and uninsured families living in Rogers Park and South Evanston. This past September Auxiliary members Jenny Pritton and Patricia Burns made a special trip to the British Consulate to accept a teddy bear donation. The bear was one of many gifts left by mourners outside of the Wrigley Building - which houses the British Consulate - following the death of Princess Diana. Donations of teddy bears, mittens, scarves and hats are being accepted at the hospital's Volunteer Office. Gifts can also be sponsored with a \$10 donation. Checks should be made payable to the St. Francis Hospital Auxiliary. For more information about the LoveLights Program or the Teddy Bear and Mitten Tree, call the St. Francis Hospital Auxiliary Office at (847) 316-2308.

Nutrition Wise

Q: Is eating a main dish salad the best way to limit calories and fat when eating out?
A: Not necessarily. Substantial amounts of cheese, bacon bits and croutons may contribute more fat and calories to your meal than you realize. Salads that feature grilled chicken, or that include reduced-fat cheese, are less of a problem. If you choose a vegetable-only salad to save calories and fat, but don't balance the meal with other food choices, you may find yourself low on energy and very hungry after just a couple hours. Another important part of the nutrition in a main dish salad is the dressing. If it's a big salad and you use a substantial amount of regular salad dressing, you could easily add 150 to 200 calories and 15 to 20 grams of fat (more than in a small candy bar). Order dressing, preferably a low-fat or low-calorie variety, on the side so that you can limit the amount you use. Remember to include some bread or other grain product to make a nutritionally-balanced meal.
Q: Is ground turkey always leaner than ground beef?
A: Not necessarily. Check the percentage of fat listed on various ground meat labels. Ground turkey usually ranges between seven and fifteen percent fat, which means that a three-ounce cooked portion (the size of a deck of cards) could contain from six to twelve grams of fat. While all ground turkey has less fat than regular hamburger (about 27 percent fat), it can be higher in fat than lean ground beef, which con-

tains ten to fifteen percent fat. Overall, ground turkey may be more nutritious, because the type of fat it contains is more heart-healthy and because current recommendations urge moderation in red meat consumption to lower risk of colon cancer. However, as long as you keep portions moderate and don't eat ground meat every day, feel free to choose whatever type fits your budget and taste preferences.
Q: Do the recommendations for a healthy weight or "BMI" apply to athletes?
A: Athletes, especially those who engage in weight-training to increase muscle mass, may not fit into the standard weight and BMI (Body Mass Index) recommendations. Definitions of healthy levels of these measures are designed to reflect typical adult body composition. Since muscle weighs more than fat, someone with significant muscle tissue could reach a weight that would appear to indicate excess body fat. Weekend athletes will probably fall into standard weight and BMI categories, but individuals with highly-developed muscles may need to get an accurate body fat evaluation from other sources. Unfortunately, some equipment promoted to measure body fat has not been found to be very accurate. Doctors, dietitians, and fitness professionals may be trained in the proper measurement techniques.
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<p>ACCOUNTING/ FINANCIAL</p> <p>ACCOUNTING CLERK Glenview Area - \$25,000 Well-known communication company seeks individual to assist in busy Accounts Payable department. Will prepare invoices for payment, post charges to accounts and assist in department as needed. Prior office/accounting experience preferred with accurate typing and computer skills. Excellent benefits include medical, dental, 401K and much more. Contact (847) 966-0700 for interview</p>		<p>WORD PROCESSOR - RECEPTION Wheeling office has 2 openings for career-minded persons willing to learn the insurance biz from the ground up. Switchboard / faxes / data processing. Entry level with benefits. Will Train. Call Tari (847) 541-0902</p>		<p>CLERICAL Park Ridge architectural firm seeks versatile, enthusiastic Part-Time assistant (20-30 Hrs/Week). Duties include answering phones, typing, filing, blue-inking, etc. Computer experience helpful. Flexible schedule, casual office, compensation according to experience. Call Ms. Ross At: (847) 698-3770</p>
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<p>OUR FAX MACHINE FAX FOR ADVERTISING COPY (847) 966-0198 Bugle Newspapers</p>		<p>SECRETARY Private Club in Highland Park seeks a self-motivated team player with people skills. Candidate must possess writing & computer skills. Salary low to mid-20's based on experience plus benefits. Fax Resume To (847) 432-6099</p>		<p>CLERICAL/OFFICE OPPORTUNITIES</p>
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<p>MEDICAL ASSISTANT for North Suburban Doctor's office. 2+ years exp. Dental/Medical/401k+ more. Full Time. Call 630-954-3999 Fax 630-954-2899</p>		<p>PROFESSIONAL OPPORTUNITIES</p> <p>FINANCE PROFESSIONAL TRAINEE FEE PAID Learn While You Earn! 9am-5pm Mon-Fri. Train in Leading Personnel & Customer Service. Bachelors Degree req'd. No exp. pref'd. \$24,000 to start, \$40,000 after training. Call Snelling Personnel, 1-800-678-0126</p>		<p>WAITRESSES • HOSTESSES Full-Time or Part-Time Apply In Person VINCE'S RESTAURANT (Harlem & Lawrence) Or Call: (708) 867-7770</p>
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<p>APTS. FOR RENT</p> <p>Arlington Hts, 2 br, 1 ba, 1st fl apt w/d & prkg. Near 53/Lk Cook. From \$550. 847-963-0250 C115</p> <p>Chgo-Cumberland/Foster nr. Kennedy Xpr. 4 Bright, cheerful Rms. stove, refrig, new beige cpty, res. pkg, pool. Spottily clean. (708) 453-9042 after 7pm wkdays & all day wknds. C226</p> <p>Des Plaines 4 room apt - elevator bldg. All app w/d & unit. Balcony, CA. Close to trans. Cable ready - indoor parking. Now available. No pets. 847-647-9400 9-5 wkdays, 847-825-3566-weekends. C1225</p> <p>Des Plaines 2 br Garden Apt - 416 Laurel - Parking, laundry room facilities. No pets. Only \$650. Call 773-481-5957 C131</p> <p>Des Plaines 2 bedroom full bsmt, washer/dryer, CAC, 1 1/2 car garage. Nice location. Only \$950.00. call 847/808-7220 C12120</p> <p>Des Plaines 4 rm apt elevator bldg, all apps washer/dryer in unit, walk in closets - cable ready - balcony - indoor parking & storage. No pets - Now available 847-647-9400 wkdays - 847-825-3566 weekends. C1225</p> <p>Lincolnwood - Deluxe 3 br, 2 ba, fr, & Dining room - 2200 sq ft, exlnt apt. \$1350. Call 847-933-1969 or 847/677-4242 C122</p> <p>Morton Grove available now. Large 3 br apt in a quiet area - 2 ft bldg lg l/r, parking, nr Metro, shops, park \$900.00 847/677-1167 C1220</p> <p>Mt Prospect 3 br, 1 1/2 ba & 2 br unit. Newly remodeled, hardwood floors, heat inc, balcony. \$875-\$775 847-696-2424 C1220</p> <p>Mt. Prospect neat 1 br that incl ht & water & balcony w/lake view xlnt location. \$705 mo. Call 847/952-1541 C115</p> <p>Mt. Prospect bright deluxe 2 br apt. quiet bldg walk to transportation. No pets. Avail 10/1. 847/818-1666 C1220</p> <p>NOTICE</p> <p>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>APTS. FOR RENT</p> <p>NILES - 7351 WAUKEGAN ROAD Large 7-Room/ 3 BR/Formal DR. 1 1/2 Bath/Garage/Air Cond. Laundry Facility Available Jan 1, 1998-\$950/Month (847) 581-1985 C1225</p> <p>NILES 2 Br 1 Ba Neat Apt K-L-D & Laundry Facilities: Walk to Trans. Avail 12/1. 847-674-5974 C125</p> <p>Niles - 7632 N. Milwaukee 1 Bed. \$575-\$600. Parking. Cable Ready (773) 764-0802</p> <p>NILES: 2 br, heated, apps, laundry, parking, newly decorated. Excellent location near everything. Call 847/540-6994 C1013</p> <p>NILES - 2 br - 1 ba neat apt K-L-D laundry facilities - walk to trans avail 12/1 847/674-5974 C126</p> <p>Schiller Park 1 & 2 br apt. Deluxe large sunny rooms, cpld, inc. heat, cooking gas, appl, laundry fac, prkg, cable ready - no pets. \$535 & \$635. Call Nancy 847-678-1457 Code 019</p> <p>Skokie 3 br deluxe 1 ba apt with newly remodeled kitchen & bath, new cpty, lr dr close to trans & shopping 9110 Keating only \$1075.00 heat incl. Call 847/677-5029 C219</p> <p>Skokie - Near Downtown 4 rm - 1 br w lr & dr, heat & parking - Avl now 847/679-5426 or call 847/673-8187 C129</p> <p>Skokie - Sunny 1 bedroom, 2nd fl. Heat, new carpet and parking included. No Pets. Call after 5pm. (847) 470-1992 C115</p> <p>Skokie excellent 3 br apt. 1 1/2 b-k-dr & lr - laundry - nr transportation, quiet area, available now. 2 flat bldg. call 847/673-1642 C1220</p> <p>Skokie deluxe 3 bedroom 2nd flr, living & dining room, kitchen. Nice large sundeck in excellent area. (No pets). \$935 + 2 mo security deposit. 847/673-4110 C115</p> <p>Skokie 6 rms, 1st flr xlnt location & trans. inc. heat, crtg, stv, frig. Only \$800.00. Call after 6 p.m. 847/933-9613 C1226</p> <p>CONDO FOR SALE</p> <p>CONDO- Cumberland and Lawrence Small Studio/Sale or 50/50 In Partnership - You Will Live In. Call Gilbert (773) 589-1768</p>	<p>FOR RENT/ STORES & OFFICES</p> <p>Palatine - Deluxe Offices: 280 sf; \$275.00 560 sf; \$475.00 840sf; \$525.00. Full Special - Flexible lease terms on Palatine Rd. call 847/259-6499 C1225</p> <p>FOR SALE</p> <p>GOVERNMENT FORECLOSED HOMES</p> <p>From Penalties on \$1 Delinquent Tax, Rep's, REO's Your Area-Toll Free: 1-800-218-9000-Ext. H-4981 For Current Listing</p> <p>HOUSE FOR RENT</p> <p>FOX LAKE-5 Min From Metro/Lake Rights 2 BR/X-Rm in Fin Bsmt/Stone/Refrig/Dishwasher/FP/2 1/2 Car Gar/Heated/\$800/Mo/Hookup For Washer/Dryer/(773)685-0244-Pager (773) 672-1805</p> <p>GRAVSLAKE SCHOOLS</p> <p>Available Now! Clean-3 Bedroom 1 Bath -Full Basement With 1/2 Bath \$1000 Month/\$1200 Month With Horses & Stalls - 17 Month Lease + Security (847) 546-3154</p> <p>OFFICE SPACE FOR RENT</p> <p>Small Morton Grove business has office space to share. Call for information: (847) 470-9655</p> <p>TOWNHOUSE FOR RENT</p> <p>Wheeling neat 5 rm nwhous 2 br 2 ba C/A & stv/frig/dish/ wsh & dry & 1 car garage. Ready to move in. Call aft 4 pm 847/699-8969 C1017</p> <p>MISCELLANEOUS</p> <p>AUTOS FOR SALE</p> <p>Buick</p> <p>LOREN BUICK/HYUNDAI 1620 Waukegan Road, Glenview (708) 729-8900</p> <p>SEIZED CARS From \$175 Porsches, Cadillacs, Chevys, BMW's, Corvettes. Also Jeeps, 4WD's. Your Area. Toll Free: 1-800-218-9000-Ext.A-4981-For Current Listings</p> <p>'92 Toyota Paseo-69K Manual-A/C-Cass-\$5500 Excl Cond- (847) 966-5989</p>	<p>FOR SALE</p> <p>Barber Chair. Fair. Cond. Restorable. \$400/obo (773) 775-2665</p> <p>FOR SALE</p> <p>Ten six-piece place settings. White pearl, black pearl block combo. Matching glass & walnut side tables & two matching six-foot book shelves (847) 679-0103</p> <p>Maytag W&D (white). GE W&D (cream), furniture - mustard gold loveseat, beige sofa & loveseat, also chairs, tables, lamps, rugs, filing cabinets. Call 847/259-6499 C1225</p> <p>FURNITURE FOR SALE</p> <p>MODEL HOME FURNITURE</p> <p>Excess & Unclaimed Sofas, Leathers, Loveseats, Chairs, Tables, Dining Room, Bedroom. Available This Week! (847) 329-4119</p> <p>GARAGE/TO RENT</p> <p>Wanted - Garage to rent for storage of summer car for winter months. Please call Nick 847 698-7246.</p> <p>GRANTS</p> <p>FREE CASH GRANTS!</p> <p>College Scholarships, Business, Medical Bills. Never Repay. Toll Free: 1-800-218-9000-Ext. G4981</p> <p>*****</p> <p>The Bugle Newspapers "The Newspapers That Deliver" Serving The North and Northwest Suburbs</p> <p>*****</p> <p>THE BUGLE CLASSIFIEDS</p> <p>are worth more than just a quick glance.</p> <p>Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish.</p> <p>When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them!</p> <p>Buying or selling, the first place to look is in...The Bugle Classifieds!</p> <p>TO PLACE AN AD, CALL</p> <p>(847) 966-3900</p> <p>THE BUGLE NEWSPAPERS</p> <p>THE NEWSPAPERS THAT DELIVER</p> <p>*****</p>	<p>PERSONALS</p> <p>Healthy Women Needed</p> <p>• Excellent Compensation</p> <p>Healthy women 33 and under and with a history of previous pregnancy needed to serve as anonymous egg donors. Donors will be required to take medication, blood screening and undergo minor surgical procedure. Substantial compensation will be given. If interested call ARR, 773-327-7315. Serious inquiries only.</p> <p>TANNING</p> <p>WOLFF TANNING BEDS</p> <p>TAN AT HOME</p> <p>Buy DIRECT and SAVE!</p> <p>Commercial/Home units from '1999'</p> <p>Low Monthly Payments</p> <p>FREE Color Catalog</p> <p>Call TODAY 1-800-711-0158</p> <p>WANTED TO BUY</p> <p>WANTED</p> <p>WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-5151</p> <p>CASH PAID FOR USED AIR CONDITIONERS</p> <p>(773) 582-5303</p> <p>Vintage Barbie Dolls, Fashions or Accessories. Wanted By Private Collector. WILL PAY EXTRA FOR TOP LINE! Leave Message At (630) 963-8329</p>

Niles ...

Continued from Page 1

pansion at O'Hare Field. This ban also included an embargo against two new runways that were proposed for the future.

The Board unanimously voted to support this resolution. In another matter, involving the vacant Amlings Flowerland Parking Lot property, a variance was requested by Hollywood Video who wish to open a video sale and rental business at that location.

Christine Graff, an attorney representing the owner of the existing vacant property at 7025 Dempster, asked the Village Board to approve the variance in parking spaces granted to her client by the Niles Plan Commission and Zoning Board from 129 to 119 spaces.

The Zoning Board approved the variance at its November 3 meeting, with two conditions: that traffic would be restricted between Arby's located to the east of this property, and the building formerly known as Amlings until a legal easement is prepared, signed and documented, and that the fence behind Amlings be repaired.

Following this discussion, Ms. Graff stated that she would tell her client to put some type of barrier restricting access between the two parcels until a legal cross agreement, an easement, is signed and recorded.

Hollywood Video, the company interested in purchasing the vacant Amlings Property had its own set of problems with the Zoning Board. At the November 3 meeting, the Zoning Board wanted to restrict the hours of operation and Friday and Saturday nights, to 12 a.m., and not 2 a.m., that are the usually hours in all other Hollywood Video loca-

Glenview School ...

Continued from Page 1

what you said in the document is actually taking place," Roberts said.

The school learned that they were chosen to win the award at the end of the 1996-97 school year. Roberts went to Washington, D.C., around Nov. 5 to receive the award at an official ceremony.

When he returned, he, along with students, presented a skit for the whole school in celebration of the award. The Glenbrook High School band performed at the ceremony, and the U.S. Marines conducted a flag ceremony at the celebration, which "made it kind of special for the kids," Roberts said.

Winning the prestigious award after the year-long evaluation process has blossomed into a follow-up school-wide project in which students are given three

blue ribbons. One they earn themselves by demonstrating their "personal best" in acts of honesty and integrity. The students award the second and third ribbons to another person who has demonstrated their personal best. That person then awards the third ribbon to yet another person worthy of a blue ribbon for their personal best.

One second grader awarded the school crossing guard a blue ribbon because "he always tries to keep us safe."

In another example of why Westbrook was chosen for the Blue Ribbon, Roberts described a "Learn and Serve" collaborative program the students and teachers have launched in the after-school hours with the Glen Grove Intermediate School, which Westbrook students attend during fourth, fifth and sixth grades.

Students and teachers from both schools work together designing a butterfly garden and weather station in the school courtyard, Roberts said. "It makes a nice transition between our two schools."

Stromberg testified that when police arrived at Kitlas' apartment he struggled with them and appeared to be under the influence of alcohol. At the Morton Grove Police department, Kitlas failed field sobriety tests. A state police expert also testified that blood tests indicated that Kitlas had a blood alcohol level of .162, far in excess of the then-legal limit of .10.

Although Kitlas' attorney Patrick O'Byrne tried to show that Kitlas may have become intoxicated only after he returned home after the accident, Stromberg testified that police officers arrived at Kitlas' apartment only 10 minutes after the accident. A neighbor of Kitlas also testified that she saw him drive up on the curb while parking his car and then walk slowly in a highly intoxicated manner, staggering, stumbling and barely able to walk.

Miriam Green suffered numerous cuts and scrapes, broken ribs, fractured discs, two broken legs, and fractures to her pelvis, according to testimony of an assistant Cook County Medical examiner, which was read into the trial record.

Melvyn Green, who was thrown about 15 feet and suffered two broken arms, a broken ankle and broken knee, has undergone several surgeries as a result of the accident.

Kitlas, who has been in custody in Cook County Jail since the accident, was on court supervision and driving on a judicial permit as a result of a drunk driving arrest in February 1996, officials said.

The lesser charges of battery to a police officer and driving with a suspended license were dropped by prosecutors.

Drunk driver... Waukegan Rd. plans ...

Continued from Page 1

trial that Miriam Green was thrown about 86 feet Kitlas struck the couple who were standing on the raised center median on Dempster Street at Harlem Avenue Aug. 27, 1996.

According to testimony, Kitlas was westbound on Dempster in the left turn lane at Harlem but then drove straight across Harlem and onto the median where the Greens were standing.

Two tires came off Kitlas' car in the incident, but he continued to drive westbound, the bare wheel rims gouging grooves into the pavement which led police straight to his Des Plaines apartment.

Stromberg testified that when police arrived at Kitlas' apartment he struggled with them and appeared to be under the influence of alcohol. At the Morton Grove Police department, Kitlas failed field sobriety tests. A state police expert also testified that blood tests indicated that Kitlas had a blood alcohol level of .162, far in excess of the then-legal limit of .10.

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Wayne A. Miller

Marine Lance Cpl. Wayne A. Miller, a 1993 graduate of Notre Dame for Boys of Niles, has departed on a six-month deployment to the Mediterranean Sea with the 24th Marine Expeditionary Unit (MEU), embarked aboard the ships of the USS Guam Amphibious Ready Group (ARG).

USE THE BUGLE

area between Golf Road and Dempster Street. It has come under attack by several citizen groups.

The plan includes new lighting, landscaping, parking improvements and renovation of existing businesses and relocation or elimination of others.

If approved, the plan will eventually become a model for redevelopment of the Waukegan corridor, which is aimed at attracting businesses and commercial development to the area.

At a Nov. 19 Plan Commission hearing, the plan came under attack by local residents who objected to such things as increased traffic on Waukegan Road and in the alleys behind the stores, which planners intend to link together to make the area more accessible to area residents and increase security.

Village Administrator Larry Arft said the plan calls for a traffic light in the area, which will improve safety and traffic flow in the area. The light will be installed in 1999, Arft said.

A resident of the 9300 block of National Avenue and member of the Golf District 67 School board objected to the increased hazards to school children in the area which the increased traffic would bring.

However, John LaMotte of the Lakota Group, one of the consultants on the Waukegan plan, said that new development near the school will be minimal and that nothing in the plan would endanger school children.

Arft also said that the proposed improvements would not endanger the school children.

Lighting celebration ...

Continued from Page 1

celebrating the holidays with neighbors.

The Niles Park District would like to thank our community partners who have already stepped forward to help make this event a

Cattle ...

Continued from Page 1

in which no other vehicle was involved. Huff told authorities he was driving northbound in the right lane of Interstate Highway 94 when his truck went off the road and onto the right shoulder. Huff lost control of the truck, which then overturned damaging 300 feet of highway guardrail.

Citations for improper lane usage were issued to Huff, who received medical treatment for minor injuries.

The 18 steers that were killed in the mishap will be processed at a Chicago processing plant and sent to animal feed and fertilizer plants, according to authorities. The survivors continued their journey to Milwaukee in another truck.

The Edens Expressway was cleared and reopened around 5 a.m., a spokesperson for the Illinois State Police said.

Other objections raised at the meeting regarded the potential of the area to attract new businesses.

Steve Friedman, a member of the team that developed the plan, said that the potential of the area is limited because of the proximity of existing shopping centers in the area.

Friedman suggested that restaurants, a discount grocery, a housewares store and possibly a late night entertainment facility might do well in the redeveloped area.

The plan, which is generally similar to one presented last summer aims to improve traffic flow and parking in the area. Relocation of St. Paul Federal Savings and changes to the post office that will provide more parking along with renovations to existing businesses such as Produce World are all under consideration for inclusion in the plan.

A common streetscape theme with a decorative wall or other device to provide a consistent appearance along Waukegan Road will also be part of the beautification project.

Chairman Steve Blonz praised the work on the plan as a great initial effort that will bring a lot to Morton Grove.

Commission member Martin Blonder said that he did not oppose the plan but was concerned that it would still be difficult to attract new businesses to the area and might have a negative impact on Dempster Street businesses. Blonder also raised the issue of existing small businesses that do not want to relocate.

KOC presents check



The North American Martyrs Council 4338, Knights of Columbus recently presented a donation check to Elaine Heinen, Vice President of Niles Park District Board & Philanthropy Chairperson of the former Women's Club of Niles, for her group's sales efforts during the annual Tootsie Roll Candy Drive.

Shown, left to right, are K of C members Adrian Galassi, Ken Lee, Park Board Vice President - Elaine Heinen, Bob Galassi & Walt Beusse.

State Rep. Capparelli endorsed for re-election

State Rep. Ralph C. Capparelli (D-13th) was unanimously endorsed for re-election by Chicago ward and suburban township committeemen in the 13th Legislative District.

Among the Chicago committeemen supporting his candidacy were Randy Barnett (39th Ward) and Thomas Lyons (45th Ward); suburban committeemen were Andrew Przybylo (Maine Township), Calvin Sutker (Niles Township) and Robert Martwick (Norwood Park Township).

Capparelli will be seeking his 15th term as representative of the 13th District. He currently is the longest-serving member of the Illinois legislature and holds the honorary title of "Dean of the House."

His record is one of fiscal and

social conservation, regularly opposing tax increases. Among the many pieces of legislation he supported this session were anti-crime measures, ongoing welfare reform, lowering of blood-alcohol limits, and reforming the Illinois tollway. He consistently worked to bring roadway and other similar improvements to areas of the 13th District. His most recent local accomplishment was the much-needed repaving of Avondale Avenue, a state highway from Bryn Mawr Avenue to the city limits on the west, at a cost of approximately \$700,000.

Petitions for Capparelli and candidates for other state offices must be ready for filing by Dec. 8 with the State Board of Elections. The primary election will be Mar. 17, 1998.

Dennis Morrissey to visit Maine Township

JUDGE ORRISSEY

SUBCIRCUIT COURT
CT VOTE
CT DEMOCRATIC ELECT



Dennis Morrissey, left, the slated Democratic candidate for judge of the 10th judicial subcircuit of the Circuit Court of Cook County, welcomed his childhood friend, Alderman Patrick Levar (45th Ward), to his party for 200 people. Former Illinois Assistant Attorney General Dennis Morrissey will be campaigning throughout the far northwest side of Chicago as well as Maine Township.

'A Christmas Carol' at Niles West

The world of Victorian-era London comes alive on the Niles West High School auditorium stage when the Niles West Children's Theatre presents a special matinee performance of Charles Dickens' classic 'A Christmas Carol' on Saturday, December 13 at 2 p.m. at Niles West, 5701 Oakton Street in Skokie. Admission is \$3 for adults and \$2 for children, for information call 847/568-3718.

This familiar family fable truly engenders the holiday spirit as Scrooge, a notorious skinflint, is visited by the ghosts of Christmas' past, present and future. His experiences with these wraiths shows him how his miserly actions affect the lives of his employee Bob Cratchit's sweet son Tiny Tim. As a result, Scrooge is transformed into a caring, happy

person who truly embodies the kindness and caring of the holiday season.

For further information on 'A Christmas Carol', please contact the Niles West theatre department at 847/568-3718.

NARFE

Chapter 2118 meeting

A regular meeting of the National Association of Retired Federal Employees Chapter 2118 will be held on Friday, Dec. 5,

1997, at 1 p.m. at Warren Park Field House, 6601 N. Western Ave., Chicago.

Experience the rich cultural traditions of Alaska

Enjoy a 14-day cruise to Alaska sponsored by Oakton Community College's travel study program. Four tours are scheduled in 1998: June 22 - July 17, July 6 - 21; July 20 - August 4 and August 3 - 18.

Voyage through the fabled Inside Passage, a protected 1,000 mile strip of sea and glacial ice that hugs the coast of Alaska and British Columbia. Alaska from the sea offers a dramatic mix of breathtaking views from rugged mountains and virgin forests to gigantic glaciers and exotic wildlife.

Enjoy a full day of cruising through Glacier Bay, an Ice Age time capsule, to photograph the advancing and receding glaciers and the abundant marine life, including humpback and killer whales, porpoises and seals.

Visit Seward, a quiet seaport village nestled on the eastern side of the Kanihi Peninsula at the foot of the rugged Chugach Mountains. An optional trip to Anchorage to visit the Alaska Wildlife and Natural History Museum or an excursion by air over Denali National Park to Mt. McKinley is available.

In Juneau, Alaska's capital city, travelers will tour the state museum and visit the historic Red Dog Saloon. Travelers can also take an excursion by land or air to the famous Mendenhall Glacier.

For complete itineraries call Bea Cornelissen at (847) 635-1812.

Maine Township staffers elected to State Board

Two Maine Township staff members have been elected to the board of the Illinois Township Association of Senior Citizens Services Committee (ITASCSO).

Sue Neuschel, Director of the township's Adult and Senior Services Department, will serve as the organization's 1997-98 President. Serving as Treasurer will be Lisa Gagliano, the township's Senior Information and Assistance Specialist. New board members were announced today during the Township Officials of Illinois conference being held in Peoria.

Herps Alive!



Herpetologist Keith Gisser and his friendly "herpiles" mingle with young children during his hands-on live reptile and amphibian program Herps Alive! The show is scheduled for Sunday, Dec. 8 from 1-2 p.m. in the Thomas TenHoeve Multipurpose Rooms (1604-1610) at Oakton's Des Plaines campus, 1600 E. Golf Road.

Winter drivers, expect the unexpected

The Illinois State Toll Highway Authority is reminding motorists to not only equip their vehicles for winter but to practice defensive snow and ice driving skills.

Motorists should be familiar with how their vehicle will perform in adverse conditions. To rehearse winter emergency maneuvers, practice skidding and braking on ice in an isolated area such as an empty parking lot. This is particularly important if the vehicle is new to you this winter, as front wheel, rear wheel, and ABS equipped cars and trucks all respond to road conditions differently. Bridges and overpasses are especially prone to icy conditions even though the roads have been cleared.

"The key to safe driving, especially during inclement weather, is to drive defensively," said John Benda, Manager of Tollway Maintenance and Traffic. "Anticipate unexpected moves from other motorists. Allow larger intervals between yourself and the vehicles in front of you and refrain from making unexpected lane changes. Above all, remember to reduce your speed to accommodate the roadway and traffic conditions."

Cars should be checked thoroughly for fluids, tire pressure, brakes and wind shield wipers. Fuel tanks should be kept full. Carry jumper cables, salt or sand and a shovel, ice scrapers, gloves, and de-icer for frozen locks. A cell phone in the car can be an important safety device.

If stranded in a disabled vehicle, stay in the car until help arrives. The Tollway's new H.E.L.P. (Highway Emergency Lane Patrol) trucks will be patrolling the system ready to provide emergency service. The seven patrols run from 5 a.m. to 8 p.m. weekdays but will be expanded on demand particularly during periods of extreme weather. This emergency service can be alerted via cellular phone by dialing *999 which is now available along the entire Tollway system. All Tollway vehicles and State Police District 15 are connected and also report any road emergency. The toll system is patrolled 24 hours a day to ensure that help will be sent within 30 minutes.

Call (630) 241-6144 for winter Tollway road conditions.

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HAPPY HOLIDAY

Georgia's
 GEORGIA NUT COMPANY
 Established 1945
QUALITY NUTS & CANDIES

Visit Our Retail Store
 Personal Checks Accepted
7500 Linder - Skokie
 (Between Touhy & Howard on Linder)
(847) 677-NUTS
 Accepting Phone Orders

Winter Hours
 Monday Thru Friday
 7:00 AM - 6:00 PM
 Saturday: 9:00 AM - 3:00 PM
 CLOSED SUNDAY