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7400 WAUKEGAN RD, NILES, IL 60714

VOL. 42, NO. 12

Wal-Mart, shopping center TIF approved

by Rosemary Tirio

The Niles Village Board voted unanimously Sept. 8 to create a tax increment financing (TIF) district to assist the Tucker Development Corp. of Highland Park in constructing a new shopping mall, the village's fifth largest, to be built on 28 acres of the former A.B. Dick property at Touhy and Central avenues.

The 12th shopping mall to be built in Niles, the 339,000-square-foot center will be anchored by a Wal-Mart and will open with the new millennium in the early months of the year 2000.

In its heyday, A.B. Dick employed 1,000 persons in its facilities on the property. The last 200

employees who staff a warehouse on the site will be transferred to another location of the firm in the near future, officials said.

When completed and fully staffed, the new Wal-Mart store, which will be a Super Center housing a "grocery side" as well as a full line of "hardline" merchandise, will employ at least 700 to 750 persons during three shifts, according to April Higgins, assistant manager of the Mt. Prospect Wal-Mart.

Staffing the other 10 businesses slated for the center will doubtless bring the total number of employees at the center to well over

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Niles Township assessments up by 10%

The bad news is, the triennial reassessment of some 40,000 Niles properties left owners smarting after notification of assessment hikes ranging between 5 and 15 percent.

The good news, if any, is that the hikes are lower than those mandated during the last triennial reassessment in 1995 when some increases were as high as 20 percent, according to Township Assessor Scott Bagnall.

Bagnall estimated that the township average increase was around 10 percent.

During the two years between triennial reassessments, the assessment level of a property remains constant. Only new construction and properties that have had additions are assessed in the off years. Local governments, es-

pecially those restricted by to tax rate ceilings, must wait for reassessment years to raise the total assessed value of their district and hence the amount of revenue they are able to levy.

Residents of township areas where extensive rebuilding and/or renovation has taken place can expect their reassessments to fall at the high end of the range of increases, Bagnall said.

Niles Township encompasses sections of Niles and Glenview along with Skokie, Lincolnwood and Morton Grove. Notices of the

Continued on Page 46

U-505 presentation at Historical Society

The Niles Historical Society starts its new program year with an interesting presentation of the U-505 restoration and relocation project from the Museum of Science and Industry. Marty Callaghan, history and English major, will bring this slide show, narrated by WGN's Roy Leonard, to life with many details and plans for future safe-keeping.

Mark your calendars for Sunday, September 27, following a short business meeting, the show is scheduled for 2 p.m. Come early to visit friends, tour the Museum, see our new exhibits and three floors of changing displays. All programs are open to the public and geared to the family so bring your children, friends and neighbors.

Refreshments will be served. Admission is free but donations

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The Garden Club of Morton Grove

The Garden Club of Morton Grove will hold its monthly meeting at Austin Park Field House, 8336 Marmora, on Tuesday, September 22 at 7:30 p.m.

Our program "Pressed Flowers" given by Joann Loebel, will show us how to press and store flowers. Also easy ways to preserve the finished products, which include bookmarks, place mats, note cards etc. Ways to preserve include laminating and iron on see thru fabric.

The public is invited. Admission is free. Refreshments served. For further information call 966-4264.

New facility to include shop and maintenance areas, free bus garage and main office quarters

\$8.8 million Public Works project set for Jozwiak site

by Rosemary Tirio

At a meeting two weeks ago with Rust Environment and Infrastructure, Niles officials approved the design for a 130,000-square-foot public works facility which will be built behind the old Jozwiak Park next year.

The contract bidding process on the project began a few weeks ago and will continue until around Oct. 1. Construction is scheduled to begin next April, according to Village Manager Abe Selman.

Last year, the Niles Park Board agreed to swap the Jozwiak Park site at 6838 Touhy Ave. for a seven-acre tract at Touhy and Harlem which the village obtained in negotiations with Pontarelli Builders, developers of the huge Renaissance condominium complex on the former Niles College property.

The village has been trying for many years to enlarge the public works facility located east of the park, according to Jun Noriega, Niles Director of Public Works.

The existing facility is too small to house the 75 village trucks and other equipment such as snow plows needed by the village, No-

riega said. A 100,000-square-foot garage and shop area, a 30,000-square-foot

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DesPlaines man charged in roommate's shooting

by Rosemary Tirio

A 37-year-old unemployed security guard surrendered to Berwyn police at his boyhood home where his mother and brother still live 12 hours after shooting a 29-year-old woman who shared Des Plaines apartment with him and his girlfriend.

Jerry A. Stillson, 37, had been residing with the victim, Cynthia A. Shaw, and Denise M. Regnier, his reputed girlfriend, in an apartment in the 800 block of Waikiki Drive in the Hawaiian Village neighborhood of Des Plaines since July, according to Des Plaines police.

Recently, the three had been heard quarreling in the apartment, and the two women reportedly were urging Stillson to leave. The dispute apparently became serious late Sunday night and early Monday morning, when Stillson fired four shots into Shaw's upper body just before 1 a.m., waking neighbors who reported hearing the shots, garbled screams and a loud male yelling.

Soon, the sound of Stillson's 1994 Cadillac was heard driving away from the scene, as Stillson fled.

Continued on Page 46

Constitution Week proclaimed in Niles



At the August Village Board Meeting, Mayor Nicholas B. Blase proclaimed the week of September 17-23, 1998, as Constitution Week in the Village of Niles. The Mayor urged all citizens to reflect on the many benefits of our Federal Constitution and American citizenship. Pictured above with Mayor Blase are (left to right): Shirley Fish, Regent, Isabel Ericson, Constitution Chairman of the Daughters of the American Revolution, and Trustee Louella Preston.

Church and Temple News

OBITUARY

LILLIAN GLADYS TRENDLER

Lillian Gladys Trendler, 83, of Skokie, died on Friday, September 4 at Wesley Willows in Rockford. She was born May 27, 1915 in Chicago. Beloved daughter of the late George and the late Lillian Underwood. Beloved wife of the late Anthony. Beloved mother of Loretta Barney (Hunter), Carl (Katherine), Robert (Kathleen), and Gary (Meg). Grandmother of 10. Sister of the late

Loretta Underwood and George (Marion) Underwood. A memorial service will be held at 11 a.m. on September 19 at Central United Methodist Church, 8225 Kenton Ave., Skokie. Arrangements handled by Burke-Tubbs Funeral Home, Freeport, IL. Memorials to: Kirk Alzheimer's Activity Center at Wesley Willows, 4054 Altright Ln., Rockford, IL 61103.

St. John Brebeuf offers inquiry sessions

Each year the parish of St. John Brebeuf offers a program for interested adults who wish to inquire about the Catholic faith. The RCIA (Rite of Christian Initiation for Adults) is a process whereby adults gather for discussion, prayer, and study to explore their relationship with God and the Catholic Christian community.

Father Andy Barzyk and a team of St. John Brebeuf parishioners will conduct the sessions to be held on Wednesday evenings beginning in October. Any question or other information regarding this program can be directed to Father Barzyk, 966-8145.

NTJC religious education registration

Registration is in progress for the Religious School of Ezra Habonim the Niles Township Jewish Congregation, announced Rabbi Rebecca Lillian, newly appointed Director of Religious Education. Alef and Bet classes meet on Tuesday and Thursday afternoons from 4 to 6 p.m. and on Sunday mornings from 9:30 to 11:30 a.m. Older children's classes are on Tuesday and Thursday afternoons and on Saturday mornings when the students conduct a Shabbat morning service. Also meeting on Sunday mornings in the One Day Department, are classes for 4-year-olds, kindergarten and 1st and second grade children. In addition to these classes there is a 3 year "Lehrhaus" program leading to confirmation.

The Religious School emphasizes family oriented activities as well as Hebrew language, prayer and Jewish Social Studies.

All classes are taught by skilled teachers, certified by the Community Foundation for Jewish Education. Both Rabbi Neil Brief and Hazzan Shlomo Shuster also participate in the program. To register your child or to receive more information please call Rabbi Lillian at 675-4141.

Theology of Park Ridge announces fall series

Share your hopes with us. Share your faith with us. Share the following issues, insights and ideas with renowned authors, teachers and activists.

September 23: Rev. John Smyth, Ex. Dir. of Maryville, City of Youth: "The Value of Family, Faith and Education."

September 30: Thomas Schuman, Lawyer, Catechist/Site Director of PADS in Palatine: "Searing Silence Soothes."

October 14: Rev. Alison Boden, Dean of Rockefeller Memorial Chapel, Univ. of Chgo.: "Human Rights and Religious Rights: Women's Stories."

October 28: The Honorable Mary Ann G. McMorrow, Justice of Supreme Court of Illinois: "Leadership: Big Challenge in the Next Millennium."

November 11: Rev. Richard Fragomeni, Assoc. Prof. Liturgy/

Homiletics & Chairperson Dept. of Word/Worship, Catholic Theological Union: "Veterans Day; Remembering Dead/Keeping the Communion Holy."

These six Wednesday morning sessions will meet from 9:15 to 11:15 a.m., at St. Luke's Lutheran Church, Prospect and Cedar Streets in Park Ridge. Men and women are invited. Free nursery is available for children of all ages.

To enroll in the entire series, send a check for \$20 (payable to Theology of Park Ridge), with name, address, and phone number to Barbara Sikora, 5791 E. Circle, Chicago, IL 60631. (Phone 773-763-7564), or pay \$22 at the door. It is \$5 for a single session.

Won't you share your faith with us?

Parish celebrates 30th anniversary with Mission of Renewal

Our Lady of the Brook Catholic Church, 3700 Dundee Rd., Northbrook, will sponsor a parish "Mission of Renewal" on five consecutive nights beginning Sunday, September 21. Marking the parish's 30th anniversary, the special mission, called "Gather Us In," reflects a growing trend toward active evangelization in Catholic parishes around the country.

Conducted by the Redemptorists, a preaching order founded in Italy in 1732, the "Gather Us In" mission is especially directed toward inactive parishioners throughout the area, and is described as a parish family event in which God's word is proclaimed through the Bible, Catholic doctrine, and the life, learning and personal experience of the preacher.

For more information, contact Peg Hanrahan at (847) 272-5131.

Driveway sale at One in Christ Episcopal Church

One in Christ Church will hold a huge driveway sale Saturday, Sept. 19 on the grounds of the church at 1600 N. Greenwood Ave. in Park Ridge from 8 a.m. to 3 p.m. This fund raising event will see new clothing as well as used clothing all in excellent condition. In addition, there will be a bonanza of merchandise of all sorts to great seasoned buyers.

St. Matthew's Lutheran Home Rummage Sale

St. Matthew's Lutheran Home will hold their second annual Rummage Sale on Friday, Oct. 2 from 9 a.m.-5 p.m. The home is located at 1601 N. Western, Park Ridge. Donations will be appreciated. Call Maria Tokarz, Admissions at (847) 825-5531.

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Superior Bank's official ribbon cutting ceremony



Superior Bank's Financial Center, located at 8963 Golf Road, was officially welcomed into the Niles community on August 25, by Mayor Nicholas Blase. The Financial Center is unique in that it offers traditional deposit products such as savings accounts, money market accounts and certificates of deposit as well as a variety of non-insured investment products such as mutual funds and annuities through Superior Insurance and Financial Services, Inc., a division of Superior Bank and Liberty Securities Corporation.

Full service branch offices are located in Chicago, Countryside, Downers Grove, Hinsdale, Lyons, Riverdale and Stickney. Other financial center locations include Arlington Heights, Brookfield, Oak Lawn, and Orland Park. The Financial Center's hours will be from 9 a.m. - 5 p.m. Monday, Tuesday, Thursday, Friday, closed on Wednesday and 9 a.m. - 1 p.m. on Saturday. Individual appointments are available by calling (847) 795-0301.

Shown left to right: Nicholas Ventresca, Superior Bank Account Executive, In Coats, Wells Lamont, Mayor Blase and Neal Halleran, President of Superior Bank.

A-SCIP meeting features yoga for disabled

Being disabled or confined to a wheelchair doesn't mean alternative exercise methods have to be an impossible goal or limitation. A-SCIP welcomes back Marion Moranetz, a certified instructor of Hatha Yoga for the past 25 years at the Himalayan Institute in Glenview. "Yoga is the exercise of gentle stretching, breathing and relaxation to aid in realizing good health," explains Maine Township Director of Disabled Services Donna Anderson. "Marion will demonstrate several positions that could be done while sitting in a chair, and has recommended some healthful snacks that we'll have available at the meeting."

The meeting is scheduled for October 1 from 7 p.m. to 9 p.m. at the Maine Township Town Hall, 1700 Ballard Road in Park Ridge. There is plenty of free parking available.

A-SCIP offers participants an opportunity to discuss and share methods of coping with various disability-related problems such as employment, housing, health related issues, relationships and other topics.

The Town Hall is handicapped accessible, and an interpreter will be present. For additional information, contact Donna Anderson at (847) 297-2510. TTY access via (847) 297-1336.

Knights of Columbus Candy Drive

The month of September brings the start of the Knights of Columbus Mental Health - Candy Drive for 1998. The North American Martyrs Council 4338 will be handing out candy to the generous donors throughout Niles.

This year's drive will be held on Friday, September 18 & Saturday, September 19. The success of the drive is dependent upon the amount of volunteers we can place on the streets collecting donations.

Various organizations have offered their time & efforts to help collect but we still need volunteers for strategic corner locations throughout Niles & at local shopping centers.

Can you spend some time collecting money for the handicapped children? Everyone who has done it has found it to be very rewarding. Some of the funds collected have been proposed to be used to provide handicapped access to St. John Brebeuf School, Flanagan Hall.

For information on available locations & times - contact Ken Lee at (847) 967-6234.

READ THE BUGLE

Take a tour of Morton Grove's Old Town

The Morton Grove Historical Society invites the public to join its members for a tour of Morton Grove's Old Town at 1 p.m. on Saturday, Sept. 19 and Sunday, Sept. 20. The bus tour will leave from the Historical Museum in Harter Park in the 6200 block of Dempster Street in Morton Grove. The tour is free, but participants need to stop at the Museum to receive a ticket. If everyone cannot be accommodated on the 1 p.m. tour, we will try to add repeat tours.

The tour will be narrated by Fred Huscher, a life-long resident of Morton Grove. Mr. Huscher is an expert on local history and will use pictures from the village's Centennial History Book to aid

his presentation. The bus tour will be part of Morton Grove's Autumnfest, which will be held in Harter Park. Everyone is invited to enjoy Autumnfest, visit the Morton Grove Historical Museum, and learn the history of our town on the bus tour. Additional information can be obtained from the Morton Grove Historical Museum at (847) 965-0203.

Niles Library to hold auction

The Niles Public Library will conduct a public auction of furniture and miscellaneous equipment at the library, 6960 Oakton, on Saturday, Sept. 19, at 11 a.m. The auction will be held outside the Bookmobile Garage, at the northeast corner of the building. Included in the auction will be desks, chairs, bookcases, office partitions, computer equipment, and video display racks. A preview of the auction items will be held from 9 to 11 a.m. on the day of the auction, September 19.

Niles West High School will hold its annual Open House for parents at 7 p.m. on Wednesday, September 23 at the school, 5701 Oakton St. in Skokie. Parents will follow their children's schedules to learn first-hand what each course contains. Schedules will be mailed to parents before the Open House. In addition, various activities, clubs and organizations will have information booths in the cafeteria. For information, call 568-3900.

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Letters to the Editor

Searching for former Niles resident

Dear Editor:
I have been looking for a high school classmate for more than 25 year and have very nearly exhausted all possibilities. I have written recently to the Cook County Clerk's office for a search for a marriage certificate. I thought if I could find her married name it would make it easier. Nothing was found there. I found some Barbara Jean Jackson's in

the Chicago area, but of course, they were their married names. Barbara Jean was the daughter of I.M. and Mayme Jackson who was transferred to Niles from Topeka, Kansas, in late 1948 or early 1949. Barbara Jean graduated from Topeka High School in 1948. I suspect Barbara Jean left Kansas University after one year to move closer to her parents although the K.U. Archives did not

show a transfer of records to a school in your area. I might add one more item of information concerning her: her date of birth is September 8, 1930.

If anyone has any information, please write: 10780 N. Hwy. 99, Sp 44, Stockton, CA 95212-1811.

Sincerely,
Bruce M. Rathbun

Thank You Letter from the Citizens of Ransom Ridge



Dear Mr. Mayor,
We are very happy and grateful for your quick response to the flooding problem on the block of Normal, Lincoln, Bruce and Knight located in the Ransom Ridge area in Niles.

Thank you very much for your involvement, willingness and actions to resolve our living nightmare. We would like to thank everyone involved in this project. We understand that it is a very expensive undertaking and greatly appreciate everyone's efforts. We would like to thank Mr. Abe Selman (Village Manager), Mr. Teofilo Noriega, Jr., P.E. (Director of Public Service Department), Mr. Robert Callero, (Village Trustee), for using their

private time to coordinate and plan to resolve this problem. We would also like to thank everyone for holding an after house meeting on August 26, 1998, resulting in an immediate response to our observations and discussed proposal.

We would also like to thank Father John Hall (Pastor of Our Lady of Ransom), for his cooperation and commitment.

We would like to thank to all village of Niles employees, and co-operating companies for work which has already begun. We are proud to live in the Village of Niles, "Where People Count".

Zbigniew Jablonski
Niles

'How are our tax dollars spent'?

Dear Editor:
We are a few Niles District 71 taxpayers, who would like to know how our tax dollars were spent on the Culver school construction project. We have tried in vain to see some figures on the complete cost to the taxpayers, but have had no success in find-

ing the complete figures. We hope this letter will prompt the District 71 Board of Education to reveal the figures to the taxpayers of District 71.

Michael and Jan Elliot
Rob and Irene Simms
Niles District 71 residents

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Come to **RES FEST**

Saturday, September 19
10 a.m. - 3 p.m.

Res FEST '98 has entertainment for the whole family. Enjoy music, free snacks and a host of other fun activities. Kids can jump around in a moonwalk or have their faces painted. Adults can visit the heart health booth or learn how to improve their golf swing.

Meet Dan Hampton!

This former Chicago "Superbowl" Bear will sign autographs 11 a.m. to 2 p.m.

Family Fun!

- Silly clowns and balloon creations
- Moonwalk
- Face Painting
- Games
- Festive music, including a barbershop quartet

Free Snacks!

- Popcorn
- Fresh fruit
- Fruit bars
- Granola
- 45th anniversary cake

Over 30 Booths!

- Heart and back health tips
- Information for moms-to-be
- Ask the pharmacist
- Hearing and blood pressure screenings
- Equipment checks (walkers, canes, etc.)
- Home safety
- Golf swing clinic
- Health talks

Raffle Prizes!

- A spa weekend
- Mountain bike
- Treadmill
- Beanie babies
- Much more!

Resurrection Medical Center

Resurrection Health Care

7435 W. Talcott Avenue, Chicago 773-RES-INFO (773-737-4636)

Quantities are limited. We reserve the right to substitute items.

Health News

LGH Fitness Center offers fall yoga classes

Lutheran General Hospital Fitness Center is offering a six week yoga class session starting Wednesday, Sept. 23 through Oct. 28, 7:30 to 8:30 p.m., in the Sports Medicine Center at Lutheran General Hospital, Parkside Building, ground floor, suite G-10.

Designed for all fitness levels, the sessions help to reduce stress and increase flexibility. The cost is \$30. To register, call (847) 723-6138.

Health fair to take place at Resurrection

To help celebrate its 45th anniversary, Resurrection Medical Center will sponsor ResFest, a community health and wellness fair that will take place on September 19 from 10 a.m. to 3 p.m. at the hospital, 7435 West Talcott Avenue. Resurrection Medical Center will complete its 45th year of service in November, having opened as Resurrection Hospital in 1953.

Former Chicago Bear Dan Hampton will make a special guest appearance at ResFest from 11 a.m. to 2 p.m. Hampton will greet and talk with fairgoers and sign autographs.

Health care professionals, including physicians, nurses, dietitians and pharmacists, will be available to answer questions and guests will be able to visit over 30 booths offering health screenings and information. Children's activities will include entertainment by the Blazing Birthday Clowns, a moonwalk, games, balloons and other giveaway items.

Raffle prizes will be awarded every hour at ResFest. The top prizes to be awarded at the end of the event include a treadmill, mountain bike, weekend getaway package, golf putter and beanie babies. Free snacks and refreshments will also be provided.

ResFest is a free event. Registration is not required.

Walking Clinic to take place at Resurrection

A free HeartSteps Walking Clinic will take place at Resurrection Medical Center, 7435 West Talcott Avenue, on September 23 from 11 a.m. to noon in the Mother Celine Room on the ground floor.

The HeartSteps Walking Clinic, developed by the American Heart Association, is designed to teach participants how to begin a personal walking program and enjoy the benefits of regular exercise. Priscilla Roussis, an exercise physiologist at Resurrection, will discuss the differences between health, fitness and race walking styles; proper walking technique; how to get started; and what health benefits to expect.

Registration is required. For more information and to register, call 773-RES-INFO (737-4636).

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Health News

Heart Disease and Stroke Walk

Park Ridge and Rosemont residents will help the American Heart Association trample cardiovascular disease -- the Chicago area's number one killer -- at the 1998 Omron Park Ridge/Rosemont American Heart Walk on Sunday, Sept. 20 at Dam Four Woods at Devon and Dee Rds. in Park Ridge. Registration for the three-mile course begins at 8 a.m.

A non-competitive event, the American Heart Walk will feature participants of all ages and will include families and friends who have formed teams to walk in memory of loved ones lost to cardiovascular disease. Red caps with the slogan, "Fighting Back" will don the heads of victorious walkers who have survived a stroke, heart attack or heart surgery.

Depending on the dollar amount raised by each walker, participants will receive thank you gifts including AHA tee shirts, sport bottles, sweatshirts and denim jackets.

For more information on the 1998 Omron American Heart Walk or to organize a company team, call the American Heart Association at (312) 346-4675.

Prostate cancer screenings offered

Prostate cancer screenings will be offered at Resurrection Medical Center, 7435 West Talcott Avenue. The screening includes a blood test for the prostate specific antigen (P.S.A.) and a digital rectal exam (D.R.E.).

The P.S.A. test may be taken in the Laboratory between September 21 and October 3. Laboratory hours for the test are Mondays through Fridays from 6:30 a.m. to 5 p.m. and Saturdays from 9 a.m. to noon.

The D.R.E. portion of the screenings will be conducted by Gordon Gluckman, M.D., and James Brown, M.D., on October 13 from 9 a.m. to noon and 4-7 p.m. Drs. Gluckman and Brown also will discuss the results from the P.S.A. test with participants.

Fee for the P.S.A. test is \$15. Registration is required. For more information and to register, call (773) RES-INFO (737-4636).

Free arthritis seminar to be held at Lutheran General

The Arthritis Foundation, Greater Chicago Chapter, and Centex Life Solutions, Skokie, will co-sponsor a Free seminar for Patients and Caregivers. The program will take place on Saturday, September 19 at the Lutheran General Hospital, Olson Auditorium, 1775 W. Dempster, Park Ridge from 1 to 4 p.m.

Topics and presenters will be "Fibromyalgia: The Mystery Syndrome," Jeremy Meyer, MET, Accelerated Rehabilitation Centers, "New Approaches to Arthritis Treatment," Dr. Lewis M. Cohen, Rheumatologist, Advocate Medical Group, Chicago, and "Update for Caregivers," Occupational Therapist from the Illinois Occupational Therapy Association, Oak Park.

Registration is required. To register call (312) 616-3470.

If you are unable to attend, please call the Arthritis Foundation at (312) 616-3470 for free brochures on arthritis and fibromyalgia.

Hope through Hospice Care Program

Rainbow Hospice, Inc. and the Hope Cancer Care Network of Resurrection Health Care Corporation are spreading the word about hospice care through their "Hope Through Hospice Care" educational programs. The next free program open to everyone in the community is from 1 p.m. to 4 p.m., Thursday, September 24, at Our Lady of the Resurrection Medical Center, 5645 W. Addison St. in Chicago.

This informative program will highlight the myths, facts and benefits of hospice care as well as present the stories of several hospice care recipients.

Rainbow Hospice serves residents of Cook, DuPage, Kane, Lake, McHenry and Will counties. For more information about this program, please contact David Samson, development director, Rainbow Hospice, at (847) 699-3602.

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During the procedure, the staff gave my family frequent updates about my condition. The special care they gave my family put my mind at ease.

While I was recovering in the hospital, everyone provided me with personal care above and beyond what I expected. In fact, Matthew, who assisted in my angioplasty, made it a point to stop by each day to see how I was doing.

I felt better everyday, but was worried about how my heart attack would affect my life and activities. Then Paul from the Cardiac Rehab Program visited me and explained how the program could help me regain my strength.

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Women's News

Lutheran General Hospital Breast Center opens

Just about everyone has heard the statistics. Approximately one woman in eight will develop breast cancer during her lifetime. And even though the vast majority of breast lumps, breast pain or questionable findings on mammograms or ultrasounds are benign, that doesn't diminish the fear a woman experiences when a breast health concern arises.

This is why the Lutheran General Hospital Breast Center was

established. The comprehensive care facility, which opened August 3 on the first floor of the hospital, provides women with answers about their breast health quickly and conveniently.

The public is invited to tour the new breast center Thursday, Oct. 8, following a 7 p.m. "Breast Health: More to the Story" seminar in Olson Auditorium, Lutheran General Hospital. For more information, or to register, call 1-

800-323-8622.

The Lutheran General Hospital Breast Center has a complete staff available to handle all diagnostic situations. The center's services include diagnostic mammography, ultrasound, needle localization biopsy, stereotactic and ultrasound-guided core biopsies, surgical consultations and multidisciplinary medical opinions, which are key to the center's concept of continuity of women's breast health.

Women are referred to the center when a screening mammogram indicates more testing is required or when a primary care physician feels additional information is necessary.

"The management of breast disease is a complex process," noted James Dolan, M.D., medical director of the Lutheran General Hospital Breast Center. "Lines of care cross from the primary care physician to radiologist, surgeon, pathologist, oncologist, geneticist and plastic surgeon. Each step requires specialized, clinical decision making knowledge and skills that are constantly being changed and challenged as advances are made in the diagnosis and treatment of breast disease."

"There are treatment options for all breast disorders, whether they are benign or malignant," Dr. Dolan pointed out.

For more information about the Lutheran General Hospital Breast Center, call (847) 723-3100.

The Lutheran General Breast Center is just one of a group of comprehensive care centers for women that have been established at the hospital. Lutheran General also has a Comprehensive Osteoporosis Center, a Comprehensive Continence Center and a Women's Health Resource Center. Call 1-800-323-8622 to receive free brochures about these facilities.

Bright Start "Your Baby Talks to You" Program

Few thrills in life compare to watching a baby grow and change. Even from infancy, parents can do much to foster a baby's growth and development.

Bright Start "Your Baby Talks To You" Program is a six-week class which gives parents the knowledge and skills to promote the early emotional and physical advancement of their baby. Beginning September 17, classes will be held on six consecutive Thursdays from 6:30 p.m.-7:30 p.m. in DesPlaines Room at Holy Family Medical Center, 100 N. River Road in DesPlaines. The classes teach expectant

parents and new parents of children from birth to 18 months how to enhance their child's brain development using the basic tools of love, language, and appropriate mental stimulation. Positive discipline techniques and safety issues are also covered in the classes.

The program is sponsored by a grant awarded to School District 62, and is available at no cost to participants. Class size is limited and registration is required. For more information or to register for this free "Your Baby Talks to You" program, please call 847-813-3040.

Workshop on sizing up business opportunities

Learn what Market Research is and how to use it to assess the potential of your business idea. Find out how to do your own research in a short amount of time. Learn how to target your market. "Market Research for the Entrepreneur" will be held on Wednesday, September 23 from 12:30-3:30 p.m. or 5:30-8:30 p.m. at the Women's Business Development Center at 8 S. Michigan, Suite 400, Chicago.

Market Research can be taken individually or as part of the JumpStart Your Business workshop series.

Registration fee is \$40 and includes a workbook guide.

For more information or to register, call the Women's Business Development Center at (312) 853-3477. Registration and prepayment are recommended to guarantee space in the workshop.

Joanne Johnson accepts limited partnership

Joanne Johnson, the Edward Jones branch office administrator in Niles, has accepted a limited partnership offering in The Jones Financial Cos., the holding company for the St. Louis-based financial-services firm.

John Bachmann, the firm's managing principal, added, "Edward Jones is owned entirely by its employees. We believe one of the best ways to reward outstanding associates is to offer them an opportunity to share in the ownership of the company they help

build. I'm pleased to say that Joanne has most definitely earned this limited partnership offering."

Johnson is a native of Niles and joined Edward Jones in 1991. She was promoted to branch office administrator in 1992 and senior branch office administrator in 1997 and is responsible for managing the branch office.

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Women's News

David Orr to be feature speaker at women's club

The Skokie Valley Business and Professional Women's Club will meet on Monday, September 21, at Don's Fishmarket, Howard Johnson Hotel, 9333 Skokie Blvd., Skokie.

Networking and social hour begins at 5:30 p.m. and dinner is served at 6:30 p.m. The dinner fee is \$18 for members and guests. Call Dr. Yemima Lipschultz at (847) 677-9110 by noon on Friday, September 18, for reservations.

A program will follow dinner and features Mr. David Orr,

Cook County Clerk, Mr. Daniel J. Schwick, Director of Governmental Relations at Lutheran Social Services of Illinois, Mr. Thomas McElligott, Supervisor, Niles Township, and Ms. Sue Calder, League of Women Voters. Governmental issues and concerns will be discussed.

All working women, regardless of where they live or work, are invited to attend this program and to learn more about the oldest and largest group in the world dedicated to working women.

St. Matthew Home to host holiday show

St. Matthew Lutheran Home Service League will present "Holidays '98 Fest & Craft Show" on Friday, Oct. 9, from 10 a.m. to 3 p.m. Included will be a raffle of a TV/VCR combination and Stained Glass. Tickets will be \$1 or 6 for \$5 available at the event.

Come join us for luncheon which will be served from 11:30 a.m. to 2 p.m. at a cost of \$6.

There will be Christmas gifts items, holiday decorations, homemade bake sale and Granny's Attic Treasure. Donations to Granny's Attic are gratefully accepted.

All proceeds to benefit residents of St. Matthew Lutheran Home, 1601 N. Western Ave., Park Ridge. For further information call 847-825-5531.

Workshop for young widows offered

Along Too Soon... A workshop for young widows and widowers will be offered Saturday, Sept. 26, from 9 a.m. to 2 p.m. The program will be held at ENH Hospice, 5215 Old Orchard Rd. #200, Skokie. The workshop is for young widows and widowers with or without children, age 50 and under (or older if they have young children at home). This program offers a safe environment for young men and women to gain information and understanding as they struggle with the impact of the loss of a spouse. An opportunity for mutual support and sharing will be provided.

The program will be facilitated by Maxine Topper, LCPC, Coordinator, Bereavement Services, Hospice of Evanston Northwestern Health Care Home Services, Skokie, and Stefanie Norris, LCSW, co-director of Willow House, a program for children and families impacted by death and dying.

Pre-registration is required. No charge, donations are accepted. For information, or to register, contact Maxine Topper (847) 965-6032, or Stefanie Norris (847) 940-0779.

Welcome Baby Pulla

Mr. and Mrs. Mark Pulla of Streamwood, announce the birth of their daughter, Victoria Lynn, born August 31 at Lutheran General Hospital. Victoria weighed in at 5 lb. 4-1/2 oz. and was 18-1/2 inches long. Grandparents are Mr. and Mrs. David Beske of Niles, Dennis and Jean Pulla of Hofman Estates, Brenda Stafford of Tennessee and Patrick Haley also of Tennessee.

Ketura Hadassah will present an Evening of Comedy featuring comedienne Susan Vass on Sunday, September 27, at 7:30 p.m. at Fairview South Auditorium 7048 Laramie, Skokie. Tickets are \$50 reserved section and \$18 non reserved General admission. For information call 847-676-9117.

Leading GOP Women to Model at Fashion Show/Luncheon Benefit

Aurelia Pucinski, Sarah Lauzen and Maureen Murphy will lead the model parade Sept. 19 in "An Afternoon of Elegance," the annual fashion show/luncheon benefiting Republican Women of Park Ridge.

Ms. Pucinski, who is currently Cook County's Clerk of the Circuit Court, is the Republican nominee for President of the County Board. Mrs. Lauzen is the wife of State Sen. Chris Lauzen (Geneva), GOP nominee for State Comptroller. Mrs. Murphy is a former State Representative from Evergreen Park and will appear on the Nov. 3 ballot as Republican nominee for the County Board of Review (Tax Appeals) for the district encompassing most of the Cook County suburbs.

They will model fashions by Eleanor's of Glenview and furs by Park Ridge Furrier. Joining them as models will be club president Barbara Stavem, members Ethel Lamb, Penny Pullen and Margaret Young, all of Park Ridge, and Sharla Hank of Elmhurst. County Commissioner Herb Schumann and Norwood Park Township Supervisor Bill Dammeier will escort the models as they enter and leave the fashion runway.

The public is invited to attend the luncheon and show in the Park Ridge Country Club. Reservations are available at \$29 per seat or \$275 per table of 10.

Doors open at 11 a.m. for a Unique Boutique, featuring gift items and treats from fresh brownies to landscape art. Lunch will be served at 12:30 p.m.

Information may be obtained by telephoning Kay Jarzombek, event chairman, at 847/825-1616. Seats may be reserved by sending a check to Republican Women of Park Ridge, c/o Penny Pullen, 2604 W. Sibley, Park Ridge 60068.

Proceeds from the event will assist selected Republican candidates in their campaigns for public office.



Eleanor Wilke of Glenview (left) assists Aurelia Pucinski in choosing fashions and accessories to model during the Sept. 19 fashion show/luncheon, "An Afternoon of Elegance," benefiting the Republican Women of Park Ridge in the Park Ridge Country Club. Ms. Pucinski is one of the GOP celebrities who will model fashions by Eleanor's of Glenview and furs by Park Ridge Furrier. Currently holding office as Clerk of the Cook County Circuit Court, Ms. Pucinski will appear on the Nov. 3 ballot as Republican nominee for County Board President. Joining her as models will be Sarah Lauzen, wife of State Comptroller nominee Chris Lauzen, and Maureen Murphy, suburban candidate for County Board of Review (Tax Appeals). Information is available from event chairman Kay Jarzombek, 847/825-1616.

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5759 **Rosh Hashanah** 5759

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Fall Color Festivals, beginning September 19

The Morton Arboretum, Chicago's Fall Color Headquarters, offers outdoor autumn activities for the whole family to enjoy every weekend this fall. Beginning September 19, visitors will discover the brilliant yellows, oranges, and reds of fall foliage from around the world during Fall Color Festival weekends. Colorful walking tours and Acorn Express tram tours will take revelers through the dense gold maple woods, by the brilliant red sumacs, and around unusual yellow ginkgo trees. Special programs for children will include nature walks, games, storytellers, nature arts & crafts, and more. Special fall treats, like caramel apples, will be available certain weekends. A detailed list of activities follows:

September 19 & 20: Walking Tours at 1, 2 and 3 p.m. Ongoing activities in a family activity tent behind the Visitor Center, 10 a.m.-4 p.m. Special kids activities by Chicago Parent. Pumpkin Faces.

September 26 & 27: Walking Tours at 1, 2 and 3 p.m. Ongoing activities in a family activity tent behind the Visitor Center, 10 a.m.-4 p.m. Face Painting. Pumpkin Faces.

October 3 & 4: Walking Tours at 1, 2 and 3 p.m. Ongoing activities in a family activity tent behind the Visitor Center, 10

a.m.-4 p.m. Exhibit and activities by the Nature Study and Camera Club. Taffy Apples.

October 10, 11 & 12: Walking Tours at 1, 2 and 3 p.m. Ongoing activities in a family activity tent behind the Visitor Center, 10 a.m.-4 p.m. Face Painting. Taffy Apples.

October 17 & 18: Walking Tours at 1, 2 and 3 p.m. Ongoing activities in a family activity tent behind the Visitor Center, 10 a.m.-4 p.m. Be a Botanist family fun. Entertainment by folk singers Mark Dvorak and Tom & Chris Kastle plus storytelling by Donna Dettman and more!

October 24 & 25: Walking Tours at 1, 2 and 3 p.m. Ongoing activities in a family activity tent behind the Visitor Center, 10 a.m.-4 p.m. Nature Connections family activities. Entertainment by folk singers Tom & Chris Kastle, "Read and Grow" performance, and more!

Participation in Fall Color Festival activities is free with general Arboretum admission, \$7 per car. The pumpkin decorating activity and food cost extra. To find out more about activities and entertainment during Fall Color Festival weekends, call 630-719-2465.

The 1,700-acre Morton Arboretum displays colorful trees from around the world. Fall color lasts the longer at the Arboretum

than any park or forest preserve -- beginning in September and continuing through October (and sometimes into November). Call The Morton Arboretum Fall Color Hotline at (630) 719-2400 or visit the Arboretum on the web at www.mortonarb.org to find out more.

The Morton Arboretum is open daily from 7 a.m. to 7 p.m. through October 24, then 7 a.m. to 5 p.m. until next spring. Admission is \$7 per car, \$3 on Wednesdays. The Arboretum is located 25 miles west of Chicago at 4100 Illinois Route 53 (at Interstate 88) in Lisle, IL. For more information about the Arboretum, call (630) 719-2465 from 9 a.m. to 5 p.m. daily; for 24-hour taped information, call (630) 719-2400.

The Bead Society of Greater Chicago

The Bead Society of Greater Chicago announces the 6th Annual National Bead and Book Sale to be held on Sunday, September 27, from 10 a.m. to 5 p.m. at the White Eagle Banquet Hall, 6839 N. Milwaukee in Niles. The sale is open to the public and admission is \$2 for adults and \$1 for children ages 6-12.

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Auditions for Lira Children's Chorus to be held

The Lira Children's Chorus - "Dzieci" (which means "children" in Polish) invites children and teenagers, ages 8 to 14, to audition for membership in this junior unit of the Lira Ensemble, the nation's only professional performing arts company specializing in Polish music, song, and dance.

The Children's Chorus rehearses on Friday evenings at St. Ladislaus School, 3330 North Lockwood in Chicago, as guests

of St. Ladislaus Parish. Parents are invited to attend all rehearsals. The Lira Ensemble is headquartered at Loyola University's Lake Shore Campus in Chicago, as artist-in-residence.

Membership in the "Dzieci" chorus is free. Parents are only required to pay a \$15 registration fee and to purchase chorus uniforms.

Children who want to become members are asked to sing a song of their own choosing at

their audition and repeat vocal exercises that will be demonstrated for them. Membership is open to all children. Knowledge of the Polish language is helpful, but not required. Youngsters from age 8 to 14 are invited to audition; teenagers may remain in the chorus to age 16.

Auditions for the "Dzieci" Chorus are held on the Fridays of September at 7:00 p.m. at St. Ladislaus Parish School, 3330 North Lockwood.

To make an audition appointment or for more information, call the Lira office at (773) 539-4900.

Lawyers answer phones for free

Volunteer attorneys will answer phones at The Chicago Bar Association (CBA) during the Call-A-Lawyer Program on Saturday, Sept. 19, from 9 a.m. to noon. Lawyers from the CBA Lawyer Referral Service will answer questions of Chicago-area residents who call (312) 554-2001 during program hours. There is no charge for the legal advice given.

The Call-A-Lawyer Program assists the public with general legal advice. Attorneys will be available to answer questions on a variety of legal issues, including family law, personal injury, contracts and others. Callers can

explain their situation to an attorney who can then suggest steps they can take to resolve their legal issue. If callers need further legal services, they will be advised to see their attorney or receive information about getting one through the BA Lawyer Referral Service.

Participating attorneys are members of the CBA Lawyer Referral Service, a public service which makes referrals to Chicago and Suburban lawyers. Call-A-Lawyer, which serves over 1,500 city and suburban residents annually, is offered through the lawyer Referral Service and is typically held the third Saturday morning of each month.

Norwood Park Historical Society meeting

The Norwood Park Historical Society begins its 1998-99 year with a meeting on Wednesday, September 23, featuring Maggie Deutsch. Ms. Deutsch is a movement therapist on the staff of The Studio of Dance and Drama in Norwood Park. Her topic -- Keeping the Brain Young -- will be of great interest to all.

Activities, both physical and mental, challenge and stimulate the brain thus increasing neuro-

logical function throughout life. Knowing this, our appreciation of self in the context of personal and social interaction is greatly enhanced.

Please join us for this informative evening Wednesday, September 23, at 7:30 p.m. at the Crippen House, 5624 N. Newark, Coffee and conversation will follow.

For meeting and membership information call 773-631-4633.

Notre Dame gears up for Homecoming

Notre Dame High School for Boys, Niles, is gearing up for this year's "Homecoming '98" beginning on Monday, September 21 which is the start of spirit week. During this week, a variety of activities will take place such as eating contests among the student body, a club day in which all students can talk with club members and have an opportunity to join. A dress down day, where students are allowed to be out of dress code for the day, and a spirit jug contest where students deposit money of any denomination in either their own jug or other class jugs. All dollars and silver coins are counted as negative points and pennies are counted as positive points. The class with the most points at the end of spirit week gets to nominate the King

and Queen of Homecoming from their respective class. On Friday, September 25, Notre Dame will host conference rival Brother Rice High School for its Homecoming game. The Sophomore game will kick off at 5 followed by the Varsity game at 7:30 p.m. The Homecoming Dance on Saturday, September 27 will be the finishing touch of what is expected to be a very enthusiastic week at Notre Dame.

He who is love with himself has at least this advantage -- he won't encounter many rivals.
—George Christoph Lichtenberg

Which of These Costly Homeseller Mistakes Will You Make When You Sell Your Home?

A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money. This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their home on the market. As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollars". To hear a brief recorded message about how to order your free copy of this report, call 1-800-356-8814 and enter the ID#4100. You can call anytime, 24 hours a day, 7 days a week. Call NOW to find out what you need to know to secure the best mortgage for your next home.

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Community Calendar

ARTS & CRAFTS
Sat., Sept. 19
Park Ridge
 Dimensional wallhangings, photography, sculpture, glass works, oil, watercolor and acrylic paintings, pastel works, woodcarvings, hand-crafted toys and much more will all fill the grounds of the Park Ridge Public Library, 20 S. Prospect St., during the 7th Annual Arts & Crafts Adventure II to be presented by American Society of Artists, a national membership organization. The show, hosted by the Uptown Business Association, will be held Sat., Sept. 19 from 9 a.m.-5 p.m. Additional information may be obtained from ASA at (312) 751-2500 or by calling (847) 991-4748.

Sept. 19-20
Arts & Crafts Show
 Heritage Fest on the Fox Arts & Crafts Show, along the River Walk in downtown Dundee, Sat., Sept. 19, 10 a.m. - 4 p.m. and Sun., Sept. 20, 11 a.m. - 4 p.m. 100 crafters. Fest info: (847) 844-9240. Craft Show info: (815) 286-7292 or (630) 466-4546.

BUSINESS
Thurs., Sept. 24
Membership Lunch/Tour
 Lattof YMCA, 300 Northwest Highway, Des Plaines, will host a Membership Luncheon & Tour for members of the Des Plaines Chamber of Commerce & Industry on Thurs., Sept. 24, from 11:30 a.m. to 1:30 p.m. Highlights of the event will include: social and networking opportunity; delicious luncheon; brief presentation by Lattof Officials; and a tour of the facility. Cost of the luncheon event is \$15 and reservations are required by Sept. 18. For more information, contact the Chamber office at 824-4200.

brant films in Mexico's long history. Poster Art from the Golden Age of Mexican Cinema, 1936-1957, which runs through November 29, brings more than 25 film posters from five major genres of acclaimed films. Poster Art from the Golden Age of Mexican Cinema, 1936-1957 is organized by the Archivo Filmmico Agrasánchez, Universidad de Guadalajara/Instituto Mexicano de Cinematografía.

HEALTH
Tues., Sept. 22
Family Planning Class
 A natural family planning class will take place at Resurrection Medical Center, 7435 W. Talcott Ave., on Sept. 22 at 7 p.m. in the Mother Hedwig Room on the ground floor. Leading the class will be Sharon Dausman, Coordinator of Natural Family Planning for the Archdiocese of Chicago. Dausman will provide instruction in the ovulation and sympto-thermal methods of natural family planning. Fee for the class is \$50. For more information or to register, contact Dausman at (312) 751-8351.

Sept. 22 & 24
Prostate Cancer Screening
 Catholic Health Partners is hosting two prostate cancer screenings during the month of September. The first screening will be held from 6 to 8 p.m. Tuesday, Sept. 22, the second screening will be offered from 6 to 8 p.m. Thursday, Sept. 24, and both will be held in the Private Doctor Area of Saint Joseph Hospital, 2900 N. Lake Shore Dr. The cost of the screening is \$10 and includes a blood test for prostate specific.

GENEALOGY
Thurs., Sept. 17
Genetics and Genealogy
 Marge Peters, former genealogy librarian at Wheaton Public Library, will speak on "Genetics and Genealogy" at the Thurs., Sept. 17 meeting of the Northwest Suburban Council of Genealogists. The meeting begins at 7:30 p.m. in Room 100 at Forest View Educational Center, 2121 S. Goebbert Rd., Arlington Heights. This meeting is open to visitors and prospective members. For more information, please call (847) 398-1884 or (847) 593-8160.

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Des Plaines Valley
 On Sept. 17, Mr. Peter Laraba of the Education Department of the Field Museum in Chicago will present a slide and video program about the discovery and preparation of the remains of the Tyrannosaurus Rex called "Sue!" The public is invited, all ages are welcome, and refreshments will be served. Monthly meetings of the Des

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Dining / Entertainment

Lambs Farm Indian Summer Fest

Families can enjoy a day in the country packed full of fun at the 2nd Annual WXLC Indian Summer Fest on Sunday, September 20. The celebration will last from 10 a.m. to 5 p.m. featuring seasonal activities and live entertainment from local rock band Park Avenue, Horizon - The Great Lakes Navy Band and Magic Dave!

Hay rides, scarecrow making, pumpkin painting, apple biting, face painting, sand art, a book fair and a pumpkin shaped bounce house are sure to amuse the entire family.

The Lambs Farm pavilion will be serving up a bounty of seasonal favorites such as hot chocolate, cider and caramel apples along with other delicious food. No picnic baskets or coolers are allowed as all food sales are used to fund programs that enrich the quality of life for the over 250 men and women of Lambs Farm with mental disabilities. Parking is free. For additional information, call the Lambs Farm hotline at (847) 362-6774.

Pheasant Run Theatre presents
Barefoot in the Park
 Comedy is back at Pheasant Run Resort's Theatre with this hilarious Neil Simon farce. It is a charming romantic comedy which revolves around the antics of newlyweds during their first few days of marriage. In their "new" leaking, character filled, fifth floor Manhattan apartment, the amusement never ends. September 18-November 1, 1998.

Dinner and theatre times are as follows: Fridays at 7 (dinner)/ 8:15 p.m. (performance); Saturdays at 4:15 p.m. or 8:30/9:45 p.m. and Sundays at 12:30 p.m. (Sunday Brunch)/2:15 p.m. or 5:45/7 p.m. There will not be a performance on Thanksgiving. Dinner theatre tickets start at \$38; show only tickets start at \$20. Group, children and senior discounted tickets available. Overnight packages are also available. Parking is free. Ask about our Smoke-Free Performances.

For tickets call (630) 584-MEGA (6342) or Ticketmaster at (312) 559-1212. For overnight packages or further resort information call (630) 584-6300.

Woman's choral group to present songfest
 Harmonettes Women's Choral Group presents their annual songfest of popular music at 3 p.m. on Sunday, September 27, at the Devonshire Cultural Center, 4400 Greenwood in Skokie. Tickets are \$4, available at the door. Phone (847) 677-8209 for information.

'Arsenic and Old Lace' at Trinity Lutheran Church



Newly engaged Cliff Gabor and Jamie Zota receive a much-needed blessing from the Rev. Harper in Trinity Lutheran Church's production of "Arsenic and Old Lace."

Joseph Kesselring's 1941 classic mystery-comedy comes to life on the stage at Trinity Lutheran Church, 5106 N. Lacroix in Chicago Sept. 18 through 27. Friday and Saturday performances are 8 p.m. with Sunday matinees at 2 p.m. Female leads Nancy Foote and Joyce Gordon carry on a murderous plot of poisoning old men and burying them in their cellar. This production marks director

Floyd Rueger's 30th year anniversary with the Trinity Players. Tickets are \$9 for adults and \$4 for children (twelve and under), and are available at the door. Trinity is located one block west of Cicero Avenue at Lacroix, with plenty of free parking and is handicapped accessible. For more information phone 773.735.1457 or 773.545.7301.

Pianist Mark Valenti in Concert

Center Stage at Dominican University presents a concert by pianist Mark Valenti on Sunday, Sept. 27 at 3 p.m. The concert will be held in the Recital Hall located in the Fine Arts building, 7900 W. Division St. The concert is free and open to the public. For more information, call the Center Stage Box Office at (708) 524-6942.

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 Fri. Sept. 18 Ray White Quartet 9pm-1am
 Sat. Sept. 19 Lou Di Gangi Dance Band 9pm-12:30am
 Sun. Sept. 20 Judy Roberts & Greg Fishman 5pm-9pm
 Thurs. Sept. 24 Mike & Sally 6:30pm-10:30pm
 Fri. Sept. 25 Mike Martinez Latin Band 9pm-1am
 Sat. Sept. 26 Lou DiGangi Band 9pm-12:30am
 Sun. Sept. 27 Judy Roberts & Greg Fishman 5pm-9pm

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DINNER & DANCING SATURDAY NIGHTS

Community Calendar

HEALTH

Continued from Page 14.
ic antigen (PSA) as well as a digital-rectal exam. Screening By Appointment Only! Call (773) 883-0033.

Thurs., Sept. 24
Prostate Cancer Lecture
Holy Family Medical Center's Cancer Resource Center will present "Prostate Cancer, What Every Man Should Know," on Thurs., Sept. 24. The program

will be held in the Helen Summers Conference Room at the Medical Center, 100 N. River Rd., in Des Plaines, and will begin at 7 p.m. The American Cancer Society recommends that every man aged 40 and over should have a digital rectal exam as part of his regular annual physical checkup. In addition, men aged 50 and over should also have a PSA blood test. For more information or to register call Holy Family's Cancer Care Program at (847) 297-1800, ext. 2594.

Tues., Sept. 29

Lecture on Prostate Cancer
Swedish Covenant Hospital will offer a free lecture titled "What Every Man Should Know About Prostate Cancer" on Tues., Sept. 29, 7 p.m., in the Anderson Pavilion Auditorium, 2751 W. Winona Ave., Chicago. Urologist Daniel Merrick MD will discuss who is at risk for prostate cancer, the importance of early detection and various treatment options, including brachytherapy (a minimally invasive, outpatient procedure performed at Swedish Covenant). For more information, please call (773) 989-3838.

Managing Your Asthma

Asthma is becoming an increasingly serious health issue for Americans. Its incidence and death rates are rising at an alarming pace. It is a frequent cause of hospitalization and emergency room visits. With this in mind, the pharmacy and respiratory departments of Lutheran General Hospital are presenting a free lecture designed for individuals with asthma and their families from 7:30-8:30 p.m. Tues., Sept. 29, at Lutheran General Hospital, 1775 Dempster, Park Ridge, Room 1042W. For more information or to register, call 1 (800) 3-ADVOCATE (1-800-323-8622).

Itasca. DJ music will be provided. Admission is \$5. For more information, call Aware at (847) 632-9600.

Jewish Social Singles

It's time to attend Friday night services! Join us for family night at Congregation Beth Shalom, Walters Avenue, Northbrook. Services begin at 7:45 p.m. We will meet in the foyer at 7:30 p.m. For further information, please call (847) 579-0755.

Good Time Charley Singles Dance

There will be a Good Time Charley Singles Dance at 8 p.m. on Fri., Sept. 18 at the Willowbrook Ballroom, 8900 S. Archer Ave., Willow Springs. All singles are invited. Admission is \$5. For more information call 1 (877) G T CHARLEY.

Sept. 18 & 19

St. Peter's Singles Club
All singles or widowed persons over 45 are invited to the following St. Peter's Singles Club dances: Fri., Sept. 18, Casa Royale, 783 Lee/Mannheim, Des Plaines. Sat., Sept. 19, Francesco, 8465 W. Grand Ave., River Grove. Dance time is 8:45 p.m. Doors open at 8 p.m. Cost is \$7. Live bands. Coat and tie required.

Sat., Sept. 19

Combined Club Singles Dance
All singles are invited to a Combined Club Super Dance at 8 p.m. on Sat., Sept. 19, at the Hyatt Regency Oak Brook Hotel, 1909 Spring Rd., Oak Brook. DJ music will be provided. Admission is \$7. The event is co-sponsored by the Northwest Singles Association, Young, Suburban Singles and Singles & Co. For more information, call (708) 209-2066.

Sat., Sept. 19

Jewish Social Singles
Interested in having a burger for dinner? Onion Rings? Then join JSS for dinner at Hackney's on Lake, 1514 E. Lake Ave., Glenview, 7 p.m. \$5/person-dinner, tax, tip are your responsibility. For further information, please call (847) 579-0755.

Young Adult Friendship Club

Sept. 19, 8 p.m., The Young Adult Friendship Club, a social, singles and friendship club for people 19-38 will hold a meet & greet-one year organization anniversary party for new, current or alumni members at Giordanos Pizzeria, 8624 Golf Rd., Niles. \$8 includes pizza, cake & soft drinks. For more information about this and other upcoming events call (847) 255-6199 or (847) 296-0004 or check out our web page: <http://pages.nipco.com/8080/> -larryroa/c-single.htm.

T.G.I.S. Singles

T.G.I.S. Singles will have a Special Tropical Dress or Dressy Casual Dance at 8 p.m. on Sat., Sept. 19 at The Casa-Margarita, 32 S. LaGrange Rd., LaGrange. Door Prize - Color TV. Buffet included. Admission is \$6. Ladies in before 8:30 p.m. \$3. All singles are invited. For more information, call toll free 1 (877) G T CHARLEY.

Sun., Sept. 20

Chicago Catholic University Club
The Chicago Catholic University Club, an organization of single, adult Catholics over the age of 35 (though other adults who want to participate in activities are welcome) will sponsor: General Meeting, Concordia University, 7400 Augusta, River Forest, Krentz Center (corner of Bonnie Brae & Augusta), Room 120. Free parking in front of the center, 3:30 p.m. Speaker 4 p.m., donation \$3 members, \$4 guests. For more information about these or other activities or to receive three free monthly CCUC newsletters, call (773) 545-8336.

Sun., Sept. 20

Northwest Suburban Singles
The Northwest Suburban Singles invite all singles to a dance at 7 p.m. on Sun., Sept. 20, at the Atrium Restaurant, 3223 W. Algonquin Rd., Rolling Meadows. Admission is \$7 and includes a buffet. For more information, call (708) 786-8688.

SCHOOL

Sun., Oct. 4

St. Scholastica Benefit
Maria Tallchief, America's first prima ballerina, will speak at St. Scholastica Academy's Alumnae Benefit, Sun., Oct. 4 at 2 p.m. at 7416 N. Ridge Blvd., Chicago. Benefit tickets are \$40. For information and/or reservations, call (773) 764-5715, ext. 363.

SINGLES

Fri., Sept. 18

Aware Singles Dance
The Aware Singles Group and the Chicagoland Singles Association invite all singles to a Super Dance at 8 p.m. on Fri., Sept. 18, at the Nordic Hills Resort, Rte. 53 & Nordic Rd.,

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Entertainment

Anastasia On Ice to make Chicago-area debut



A blockbuster animated movie comes to life in *Anastasia On Ice*, the story of a lost Russian princess and the lovable man who finds her. Based on a true events, this skating spectacular opens at the Rosemont Horizon September 23-27 and at United Center September 29-October 4. *Anastasia On Ice* is the first collaboration between entertainment industry giants 20th Century Fox and Feld Entertainment, producers of *Disney on Ice* and *Ringling Bros. and Barnum & Bailey*. To order tickets by phone, call Ticketmaster at (312) 559-1212.

Tickets for *Anastasia On Ice* are on sale at the Rosemont Horizon Box Office, 6920 N. Mannheim Rd., the United Center Box Office, 1901 W. Madison St., and all Ticketmaster locations. To order tickets by phone, call (312) 559-1212. Prices are \$12.50, \$17.50 and \$19.50, with a limited number of \$40 rink-side seats available. Dominick's Fresh Values Card customers who purchase their tickets at Dominick's can save \$3 on tickets for children under 12 at selected performances. Groups, call (847) 671-9800 for Rosemont Horizon tickets or (312) 455-7469 for United Center tickets. For general show information, call the Rosemont Horizon at (847) 635-6601 or the United Center at (312) 455-4500.

Wolff's Flea Market

Outdoors At The **Rosemont Horizon**

On Mannheim between Higgins & Touhy- Free Parking

Open Sundays 7:00am to 3:00pm - Flea Mkt. Closed Sept. 27 only; then re-open 10/4 and open thru Oct. 25

Beanie Baby Shows Running Alongside Flea Market Indoors - Sun. 9/20 & 10/4 - 9am to 3pm - Separate admission fee for Show - Free admission to Flea Mkt. with Beanie Admission!

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Police News

School bus fingerprinting law blocks hiring of 571 criminals

Secretary of State George H. Ryan said a 3-year-old state law requiring all new school bus drivers to undergo fingerprint-based background checks has halted the hiring of 571 convicted criminals, including 377 in Cook County.

With the start of another school year, the latest results from Ryan's "Safe Ride" program show the fingerprinting requirement, first imposed July 1, 1995, is producing no slowdown in the applications from people with criminal pasts.

During the program's third full year, the fingerprinting law

blocked the hiring of 191 school bus driver applicants, compared with 198 last year and 158 the first year. To date, the background checks have identified 19 convicted murders, 25 rapists, 23 prostitutes, 61 armed robbers and hundreds of drug and weapon violators.

He pointed out that a St. Louis television station, earlier this year, found at least one applicant rejected for hiring in Illinois - a two-time armed robber, released from Menard Correctional Center - was hired to drive St. Louis school children.

"As we have experienced in

our own state," Ryan said, "bus driver applicants can lie about their names. They can lie about their employment history. But they can't lie about their fingerprints."

Before Ryan won passage of the law in spring 1994, Illinois school bus operators were required to screen new drivers for a variety of crimes, but the lack of a fingerprinting requirement allowed criminals to conceal their records, especially out-of-state convictions.

Under the law, new school bus drivers are issued driving permits only after clearing an Illinois State Police background check, passing a drug test and a medical examination and taking a training course. The permit is provisional until the driver also clears an FBI background check.

Since January 1, 56 drivers have been suspended for failing a random drug test, while 23 were rejected as drivers after failing a pre-employment screening.

Under the law, new school bus drivers are issued driving permits only after clearing an Illinois State Police background check, passing a drug test and a medical examination and taking a training course. The permit is provisional until the driver also clears an FBI background check.

CARA offers "Rules of the Running Road"

The Chicago Area Runners Association (CARA) offers tips for summer running to promote safety and courtesy on congested running paths.

"Many accidents can be avoided if people understand that they must share a limited amount of space," declared David Patt, CARA Executive Director.

"Runners, walkers, cyclists, inline skaters, and motorists have to respect each other's right to use roads and paths."

Patt offers the following tips to make summer running safe and enjoyable:

1. Run in safe zones, such as running paths and sidewalks, or on roadways with wide shoulders or little vehicular traffic;
2. If you run on a path or sidewalk, stay to the right, if you run in the street, always run facing traffic;
3. Slower runners should stay to the right so faster runners can pass them on the left;
4. When running with partners, never run more than two abreast. Be sure to leave enough room for oncoming runners. Run single file on roadways;
5. Do not stop in the middle of the path or block traffic. Be sure to pull off to the side to rest or to chat with someone.

Theft of property

After shopping at the retail store in the 8700 block of Dempster Street around 8 p.m. September 1, a 74-year-old DesPlaines woman noticed that her beige leather purse containing \$115 cash, her driver's license, assorted credit cards and a train ticket was missing. She walked back into the store, but her purse was not there and the clerk had not seen it. Police are investigating.

A 47-year-old Niles woman reported that her black leather wallet and checkbook was missing when she left the drugstore in the 900 block of Greenwood around 10:50 p.m. Sept. 11. No one in the store had seen the wallet, which contained \$30 cash, the victim's driver's license, and assorted credit and bank cards.

A 25-year-old cosmetologist from Clarendon Hills reported that she could not locate her purse after attending a wedding reception at the banquet hall in the 6800 block of Milwaukee Avenue between 7:30 p.m. and 11 p.m. Sept. 5. Friends of the victim and banquet hall staff searched the ballroom with negative results.

The security guard of a sporting goods store in the 8900 block of Milwaukee Avenue reported that he observed a 19-year-old Chicago man walk into a changing room with seven items of clothing and later exit with six items and exit the store. The complainant took the offender into custody, and once back in the store he recovered a black pullover from inside the offender's pants along with wire cutters.

The offender was charged with retail theft and possession of a theft detection device. Bond was set at \$50,000 and an Oct. 2 court appearance was scheduled.

Retail theft

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Swap Crews cleaning up Lincolnwood

Labor crews from the Sheriff's Work Alternative Program (SWAP) will be working in Lincolnwood on September 22 as a public service to the taxpayers of Cook County, according to the Office of Sheriff Michael F. Sheahan.

The SWAP Program is made up of non-violent offenders charged with DUI and other misdemeanor crimes who "swap" jail time for a community service sentence. Under the supervision of specially trained sheriff's deputies, the crews work throughout the county on a variety of public works projects such as cleaning parks, viaducts and streets.

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

Suspicious activities

A 34-year-old Chicago woman told police she suspects that a woman described as 50 years of age, 5 feet 7 inches in height, weighing about 135 pounds with black hair and a light complexion took several items from her auto after it was picked up from a tow yard. Among the missing items were a leather vest valued at \$150, a pair of black boots valued at \$200, a chain belt valued at \$50, a make-up bag valued at \$20 and miscellaneous clothing. The victim requested a follow-up investigation.

Unknown person(s) ignited garbage located in a dumpster located in the rear of a shopping plaza in the 7700 block of Milwaukee Avenue around 11:10 p.m. Sept. 11. The blaze was extinguished by the Niles Fire Department.

A 61-year-old Niles man reported that when he returned to his 1988 Chevrolet Corvette in a parking lot in the 8600 block of Dempster Street around 6 p.m. Sept. 8, he discovered two holes had been placed in the soft top of his vehicle. Police are investigating.

Police are investigating the report of a 78-year-old Chicago woman who returned to her 1997 Ford Escort in the parking lot at 220 Golf Mill Center around 3 p.m. Sept. 7 and discovered that unknown person(s) had used an unknown blunt object to crack the front windshield of her car.

A 45-year-old Niles food salesman reported that unknown person(s) used a hard object to smash out three driver's side windows and the rear window on his white 1996 Nissan Altima while it was parked in a driveway in the 8300 block of Cumberland sometime between 1:30 a.m. and 5:50 a.m. Sept. 7.

A 64-year-old dentist from Golf reported that the license plate frame and driver's side door quarter panel of his 1996 Toyota Camry were damaged after going through the car wash facility at 900 Civic Center Drive around 5:10 p.m. Sept. 5. Damage was estimated at \$350.

A 41-year-old Chicago medical assistant reported that unknown offender(s) used an unknown tool to punch in the lock on the driver's side front door of her tan 1999 Altima while it was parked in a parking lot in the 6800 block of Milwaukee Avenue sometime between 6:30 p.m. Sept. 5 and 12:48 a.m. Sept. 9. Once inside the vehicle, the offender(s) removed the driver's side airbag valued at \$500.

Once inside the vehicle, the offender(s) removed the driver's side airbag valued at \$500.

SENIOR SEASONS

• AREA ACTIVITIES • SENIOR DISCOUNTS
SPECIAL SERVICES • SENIOR NEWS



SENIORS ENJOYING THE ROAD AHEAD



SENIORS IN CYBERSPACE

Senior Seasons

GOLDENFACTS

On long-term care insurance...

Long-term care, or nursing home, insurance may not be worth it for you. Your assets and income are most likely to determine your need for it.

The tax angle
 ■ Some long-term care policies' premiums are deductible and some are not. Check with your agent.
 ■ The costs of long-term care are deductible, though Congress is debating details. Long-term care costs are far greater than a deduction repays, of course.

Who needs it?
 ■ If your income is small (in the \$15,000 per year range) and you have small assets, the answer likely is no. Medicaid will kick in once your finances are exhausted.
 ■ Middle-income people have a tougher choice deciding between high premiums or retaining their savings.
 ■ Women are more apt to need long-term care insurance.
 ■ Individuals (double amounts for couples) with incomes above \$30,000 and large assets (\$75,000 or more not counting the home), probably should take the insurance.
 ■ If premiums will be less than 10 percent of your income, you probably want the insurance.

SOURCE: United Seniors Health Cooperative, (800) 637-2604, Washington Post

Maine Township Senior Services Fall Schedule

Maine Township seniors have a full plate of activities, programs, and trips to choose from as more fun and enriching experiences are made available through Maine Township Senior Services. "While most of the September activities are already at or near capacity, we encourage everyone to make note of some of the special opportunities that are coming in October," said Senior and Adult Services Director Sue Neuschel.

Senior activities for October include:
October 1: Bingo at the Township Town Hall, 1700 Ballard Road, Park Ridge and -
October 6: Bingo at Oakton Arms, 1665 Oakton Place, Des Plaines. The doors open on both dates at 12 Noon, with games beginning at 1 p.m. There's only space for 100 players, so be sure and register by mail, and pay at the door.
October 7: Luncheon at the

Chateau Ritz, 9100 Milwaukee Rd., Niles.

October 8: Luncheon at Casa Royale, 783 Lee/Mannheim, Des Plaines. Both luncheons begin at 12 Noon. Please call Maine Township Senior Services, 847-297-2510 for prices and reservations.

October 23: Senior Job Fair. Maine Township will be a co-sponsor of an areawide Senior Job Fair hosted by Wheeling Township in cooperation with Elk Grove, Palatine and Schaumburg Townships. The Job Fair, held at the Woodfield Hyatt Hotel in Schaumburg, begins at 9:45 a.m. sharp, so call Maine Township at 847-297-2510 for details.

October 26: Craft Class at the Town Hall, 1700 Ballard Rd., Park Ridge. This class, from 9:30 a.m. to 11:30 a.m., welcomes Janet D'Ambrosio who will teach how to create an 8 X 10 keepsake journal page suitable for framing.

A great gift for children or grandchildren! Cost is \$6 per person, and attendees are asked to bring 4 to 6 photographs and a sharp pair of scissors with them to class.

October 27: Breakfast Club - "Holiday Gifts from the Kitchen" at the Township Town Hall, 1700 Ballard Rd., Park Ridge beginning at 9:30 a.m. Direct from appearances on local TV cooking shows, Carolyn Friedman from Prairie Kitchens Cooking School will demonstrate how to make homemade vanilla from fresh vanilla beans, demonstrate chocolate dip techniques, and offer advice on how to package these gifts in a festive holiday manner. This program features a light continental breakfast. There is no fee, but you must pre-register.

October 30: A Fireside Christmas - Ft. Atkinson, Wisconsin. This one day excursion will leave the Township Town Hall, 1700 Ballard Rd., Park Ridge at 8:15 a.m. Travelers will enjoy a holiday lunch at the Fireside in Ft. Atkinson and then enjoy "A Fireside Christmas" show filled with imaginative staging, costumes, music, dancing and lighthearted humor. Approximate return time is 6:30 p.m. Call for pricing and reservations, 847-297-2510.

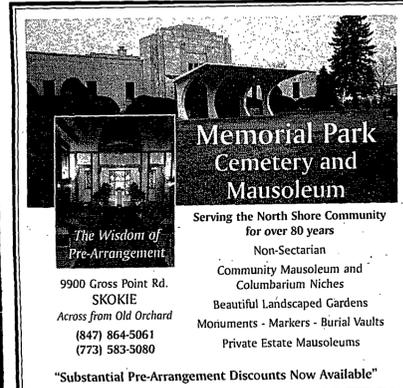
Additional information on any Senior Services activities is available by calling 847-297-2510.

Learn about the culture of Japan

Explore the forces and traditions that have shaped the culture in a non-credit seminar this fall Japan at Oakton Community College. The seminar, Japan: Philosophy, Religion and Spirituality, will be taught by Jim Kenney, director of Common Ground, a Deerfield-based organization that conducts adult education classes on international issues. The seminar is offered through Oakton's Emeritus Program and meets for three Mondays from 10:30 a.m. - noon starting Oct. 5 at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. The fee is \$46.

The seminar examines Shinto, the religion native to Japan that is characterized by veneration of nature spirits and ancestors and by a lack of formal dogma. Kenney will discuss the influence of two traditions imported from China: Buddhism and Confucianism. He will also cover some of Japan's most intriguing cultural riches, including the Noh drama, the Tea Ceremony, calligraphy, martial arts and ink drawing.

For more information or to register for the seminar, call the Emeritus Office at (847) 635-1414.



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BY JEFFREY CARDELLA
 Special to The Bugle

Edward Jones: Stay the Course to Weather Today's Market-Part I

Hurricane season is here. With modern technology, meteorologists can predict storm paths and strengths, ensuring no one is caught off guard. Unfortunately, no one predicted the storm that slammed into the stock market Aug. 31, causing the market to plunge 512 points, more than 6 percent. Investors were left shaken, wondering if the worst is over and what they should do to prepare for what lies ahead.

The one-day dive is an extreme example of what the market has experienced over the past 12 months. Last August, the market hovered around 7600. Since then, it has experienced its largest one-day drop, its largest one-day gain and an all-time high when it reached 9337.97 on July 17. No wonder investors feel as though they're being tossed about by a raging storm!

Spawning a Storm
 The storm raging within the stock market has actually been spawned by events in other parts of the world. Although the United States continues to enjoy an unusually favorable economic climate, other nations are facing financial turmoil: The Asian financial crisis has plagued the market for more than a year now, and Russia is in political and economic upheaval. This has raised fears among investors and has shaken their confidence in emerging markets such as Latin America.

To make matters worse, this is the first time many investors have had to deal with such a market. The last bear market, defined as a decline of at least 20 percent, occurred in 1990 when the United States entered the Persian Gulf crisis. The majority of today's investors have entered the market then.

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

PUBLIC SERVICE ADVERTISEMENT

Senior Seasons

New employees named to administrative positions



Melissa Kabadian

Norwood Park Home (NPH), 6016 N. Nina Ave., Chicago, named three new employees to principal administrative staff positions at the more than 100-year old senior citizens care facility serving Norwood Park and surrounding communities.

Melissa Kabadian was named Coordinator of Network Services, and Alison Hope Park, Coordinator of Care Management, both for the Norwood Park Seniors Network (NPSN), while Diane M. Kaneshiro was named chief financial officer.

"All three have extensive experience in their fields," said Marcia Hagopian, NPH executive director. "They will serve to



Alison Hope Park

strengthen our existing professional staff and continue to support the outstanding level of care that is part of the longstanding tradition of Norwood Park Home."

As coordinator of network services, Kabadian will oversee the operation of the special care agency that offers a variety of services to seniors, enabling them to remain independent in their homes for a longer period of time.

Park, as coordinator of care management, is responsible for completing the intake process of individuals interested in network services, coordinating services for individuals, monitoring and evaluating clients for changes in



Diane M. Kaneshiro

needs, and planning and attending NPSN group social outings. As chief financial officer, Kaneshiro oversees all accounting and recordkeeping services, establishes budgets, sets financial policies, and monitors day-to-day department expenditures.

Prior to joining Norwood Park Home, she was accounting manager and later controller for United Methodist Homes & Services, in Chicago.

Norwood Park Home is a not-for-profit residence for seniors. It offers a continuum of care from private suites in assisted living to skilled nursing, plus hospice and respite in a clean and friendly atmosphere.

Low-cost will preparation at Center of Concern

Attorneys from The Chicago Bar Association Lawyer Referral Service provide low-cost will preparation through its Senior Citizens Will Program for qualifying limited-income seniors at the Center of Concern, located at 1580 N. Northwest Highway in Park Ridge. Advance appointments are required. The program is usually held the first Wednesday of each month when a minimum number of appointments is scheduled. Seniors can call 847-823-0453 to schedule an appointment.

To be eligible, clients must be age 60 or over with incomes of \$15,000 or less (\$20,000 for a couple), with assets no more than \$30,000, excluding a home

and personal car. Seniors will receive a free, will-related consultation. The cost for drawing up a simple will is not more than \$50 for an individual (\$75 for a couple).

Seniors can pick up Durable Power of Attorney and Living Will forms free of charge or they may hire the attorney at a reduced fee to assist in completing the forms and explain various options.

The Senior Citizens Will Program is sponsored by The Chicago Bar Association Lawyer Referral Service, the Suburban Area Agency on Aging and the Cook County Legal Assistance Foundation.

Summit Square hosts long term insurance lecture

Summit Square presents Peggy Panke speaking on the topic "Staying out of a nursing home." Most people do not want to go into a nursing home. But until now, paying for long-term home care was strictly out-of-pocket. Ms. Panke will give valuable in-

formation on how long-term care insurance plans can affordably pay for live-in housekeepers, companions, nurses and assisted living. Thursday, September 24 at 1:30 p.m. The program is free. Refreshments will be served. (847) 825-1161.

Regency Adult Day Care Center

OUR PRIDE SHOWS



Enjoying the lovely Riverview Garden at Regency's Adult Day Care Center are administrator Elizabeth Hovious and club member Eunice Hough.

At Regency's Adult Day Care Center, seniors are able to enjoy a full day of meaningful activities in a structured and supervised setting, returning home in the evenings and on the weekends. The program is open Monday through Friday, from 7:00 a.m. to 6:00 p.m. Participants may attend from two to five days per week, for full or half days.

The Center provides a place where an elderly person who normally spends the day alone can enjoy companionship and involvement. The program also provides great assistance for adult children who work and need someone to look after mom or dad.

Regency has wheelchair-accessible buses to take clients to and from the adult day care center. In addition, there is an outpatient rehabilitation center conveniently located on-site, providing physical, occupational, and speech therapy if needed.

Regency's Adult Day Care Center enables seniors to continue living at home, while offering them a variety of enjoyable activities and outings. Call to learn more about this innovative approach to promoting independence for seniors.

REGENCY ADULT DAY CARE CENTER
 6625 N. Milwaukee Ave.
 Niles, IL 60714
www.RegencyHealthcare.com

Call (847) 647-1511 for more information

Senior Seasons

New travel options available for seniors

Wisconsin Dells, the Midwest's number one family vacation destination, now offers entertainment and lodging specially geared towards the aging population. Research indicates that more and more grandparents are joining their children and grandchildren when traveling to the Dells.

The attractions in Wisconsin Dells combine entertainment and learning with nostalgia of "the

old days," making it a wonderful experience for the senior traveler. Senior visitors also enjoy special packages and discounts at several of the area hotels and attractions. In addition, the many sites that are handicap accessible make traveling even easier.

Newly completed, Rodeway Inn's "Choice" rooms offer first floor access, brighter lighting, full-length mirrors, a big-button telephone, a large display alarm

clock, a 4-cup coffee maker, a hand-held shower spray and 14-point type for in-room printed material.

Lost Canyon Tours offer horse-drawn carriage tours inside cliff-walled gorges, giving riders a close-up view of the rock and sandstone walls that have not felt the touch of the sun in more than 50,000 years.

The Mid-Continent Railway Museum offers daily excursions on steam trains including the Chicago & Northwestern No. 1385, built in 1907. A vintage railroad collection that includes a rare steam-powered rotary snow plow is available for visitors to explore.

At Circus World Museum's newly constructed C.P. Fox Wagon Restoration Center, visitors can relive childhood memories as they view the intricate circus wagon restoration process. The collection of circus wagons is the world's largest.

For more information contact the Wisconsin Dells Visitor & Convention Bureau at 1-800-223-3557, or visit the World Wide Web at <www.wisdells.com>.

NPH volunteers receive recognition



Nearly 200 volunteers at Norwood Park Home (NPH), 6016 N. Nina Ave., Chicago, contributed more than 17,000 hours of their personal time from May 1997 to June 1998 to improve the quality of life for its residents. Some of their volunteers are NPH residents and others come from Edison Park, Norwood Park, Park Ridge, and outlying suburbs. Their common bond is a willingness to help. All were honored recently at a special ceremony in the NPH dining room. Here, Patricia Torres, NPH director of volunteers, presents a certificate and service pin to NPH resident and volunteer Emma Schneider (right). Volunteers participate in Women's Service League events and activities, serve as meal companions and friendly visitors, help at the beauty shop, assist residents in visits to their doctors, sort mail, water plants, attend to the needs of participants on outings, trips and in activity programs, and work with the clergy in fulfilling spiritual needs. There always is a need for more volunteers, and hours can be arranged to meet a specific schedule. To learn how you can help, call Patricia Torres, at (773) 631-4856.

Mayflower Tours discussion set

The Lincolnwood Seniors Club invites the community to join them on Tuesday, September 29, to hear a representative of Mayflower Tours discuss Coastal Treasures. Coastal Treasures features such great cities as New Orleans, Natchez and the Gulf Coast. Hotel reservations have been made at the delightful Imperial Palace in Biloxi, Mississippi.

The meeting will be held in the Lincolnwood Village Hall Council Chambers, 6900 N. Lincoln Avenue, Lincolnwood at 10:30 a.m.

USE THE BUGLE

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Leaning tower Senior Center upcoming events

September 21st Birthday Party at 1 p.m. All Senior members are welcome, guests are \$5 per person. Great refreshments and fantastic entertainment. For a fun afternoon, come on over.

Five day trip to Branson coming up from October 12 through October 16. Six shows, nine meals, transportation included for \$499 per person. Still some openings. Hurry while they're available.

Call Elizabeth Cook at 847-647-8222 Ext. 2215 for more details.

Senior Seasons

Emergency response systems can be life savers

With the summer heating up, a new partnership between community senior service agencies and SecurityLink from Ameritech could be important to area senior citizens. The community senior service agencies are members of the Great Lakes Alliance, a not-for-profit organization that serves community based organizations across the country. Companion Service is a state of the art emergency response system that allows older persons to stay in

Conference to address long-term care issues

The National Association of Professional Geriatric Care Managers' (GCM) Annual Conference entitled "Care Managers: Preparing for the Winds of Change," will address pressing issues dealing with long-term care and the baby boom generation.

Sessions will be held October 22-24, 1998 at the Hyatt Regency O'Hare in Chicago.

In addition, the Certified Care Manager exam will be offered on October 25, 1998.

Geriatric care managers are licensed professionals, primarily social workers and nurses, who have extensive training and experience working with older people and families who need assistance with caregiving issues. GCMs help families cope with the challenges of aging, and assist families in the search for a suitable nursing home placement if the need occurs.

For more information on the conference contact Jenifer Mowery at (520) 881-8008, ext. 114, or via e-mail at jmwery@mgmtplus.com.

Join the seniors trip to Orchestra Hall

The Lincolnwood Seniors Club invites the community to join them on Friday, October 9, for a trip to Orchestra Hall to hear a concert with Yaron Traub conducting and John Browning at the piano. We will hear the following: Soley - New Work (World premiere, Chicago Symphony Orchestra in Commission), Barber - Piano Concerto, Op. 38 (1962), Mendelssohn - Symphony No. 3 in A Minor, Op. 56 (Scottish).

Cost of trip is \$37.50 members, \$39.50 guests and includes concert and deluxe motorcoach. Lunch is additional "on-your-own" at Berghoff's Restaurant in Chicago.

Departure time is 10:30 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Avenue with return scheduled for 4:30 p.m.

their own home with the security of knowing that if they fall or are stricken with an illness, help is just a push of the button away.

The Companion Service has a strong portable transmitter to cover the entire home and most of the yard of an average house. It captures the telephone line even if the phone is off the hook. It is very light weight, water proof, and unobtrusive on the older person. Companion Service is heat and cold sensitive. If the temperature of the home goes beyond 100 degrees, an alarm is sounded and

the central dispatcher is notified of a dangerous heat condition. A phone call to the older resident is made to ask if he or she is feeling all right. If no answer is received, a neighbor is called, and if again there is no answer, police, paramedics, hospital, or some other emergency number as pre-designated by the older resident is then called. If heat prostration has occurred, Companion Service can be the difference in saving the resident, as is the case with falls or spells of illness.

The costs of subscribing to

Companion Service is \$24.95 per month for a telephone ringing system, and \$29.95 per month for a voice activated system where the dispatcher and senior resident are able to talk back and forth if the pendant button is pushed. Installation is \$49 with proceeds returned to the community agency, or if the family chooses to install the system themselves, the cost is \$20 including the shipping of the unit to the home.

Members of the Great Lakes Alliance in suburban Cook County are: Hanover Township

Senior Services, Oak Park Township Senior Services, FLOWS Council on Aging, Proviso Council on Aging, Berwyn Cicero Council on Aging, Barrington Area Council on Aging, Palatine Township Senior Services, Senior Action Services Inc., and the Senior Services Associations Inc. Not all members are participating with the Companion Service program. For information on Companion Service by SecurityLink throughout Cook County Illinois, call the Suburban Area Agency on Aging at 800-699-9043.

You Are Invited to an Open House and Social Hour at Norwood Park Home

Wednesday, September 24th, 1998
2 p.m. to 4 p.m.



Receive a personalized tour, have coffee, (keep the mug) and cookies with us. Free Blood Pressure Screenings by Hospice of the North Shore.



Norwood Park Home
6016 N. Nina • Chicago, IL 60631
(773) 631-4856



St. Matthew Lutheran Home
A loving, caring community of older adults



St. Matthew Lutheran Home in a quiet residential area of Park Ridge, provides services designed to meet the changing needs of adults. We are committed to providing the best services and care to those we serve.

- Long-term nursing care with 24-hour supervision.
- Private and semi-private rooms for skilled and intermediate levels of care.
- Specialized care for adults with Alzheimer's disease and related dementia.
- Before returning home after hospitalization, we provide short-term rehabilitative care.
- Dedicated to state-of-the-art rehabilitation using physical, occupational and speech therapy.
- Joint Commission Accredited, Medicare Certified, and State Licensed.
- Our highly qualified staff includes nurses, therapists, full-time pastor, dietitian, activities and social workers.
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1601 N. Western Ave. • Park Ridge, IL 60068
(Just Southwest of Dempster and Greenwood)

847-825-5531

For further information call Barta Wilson or Maria Tokarz
St. Matthew Lutheran Home is a program of Lutheran Social Services of Illinois

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For 25 years, Glenview Terrace Nursing Center has been quietly building a reputation of providing quality skilled nursing care to residents of Chicago's North Shore community. The compassion and clinical excellence of our nursing, medical and therapy staffs have been recognized with the highest accreditation possible by the Joint Commission on Accreditation of Healthcare Organizations - Accreditation with Commendation.

It is with the same compassion and clinical excellence that we developed our Alzheimer's Care Unit - a unit that separates early, middle and later stages of the disease to enhance optimum health, dignity and physical functioning. Residents with early stage Alzheimer's can still enjoy an independent environment with structured activities and supervised outings. Middle stage residents receive the necessary redirection and cues to enhance existing abilities. And, residents with late stage Alzheimer's additionally receive the skilled nursing care required to address their changing physiological needs.

Our intensive, activity-focused programming is individualized and structured to meet the needs of the resident during every stage of the disease and is supervised by staff specially trained by Alzheimer's experts to provide exceptional clinical care and compassionate emotional support. Monthly family support groups and a resource center help provide needed information for families to help them cope in their role as caregiver.

EXPERIENCE — EXPERTISE — COMPASSION. Glenview Terrace has the Alzheimer's Care to help each individual during every stage of the disease. For information regarding our Alzheimer's Care Unit, call Barb Wilczynski at (847) 729-9090.

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Senior Seasons

Low-cost will preparation offered

Attorneys from The Chicago Bar Association Lawyer Referral Service provide low-cost will preparation through its Senior Citizens Will Program for qualifying limited-income seniors at the Skokie Office of Human Services, located at 5120 Galitz in Skokie. Advance appointments are required. The program is usually held the fourth Wednesday of each month when a minimum number of appointments is sched-

uled. Seniors call call (847) 673-0500 ext. 4438 to schedule an appointment.

To be eligible, clients must be age 60 or over with incomes of \$15,000 or less (\$20,000 for a couple), with assets of more than \$30,000, excluding a home and personal car.

Seniors will receive a free, will-related consultation. The cost for drawing up a simple will is not more than \$50 for an indi-

vidual (\$75 for a couple).

Seniors can pick up Durable Power of Attorney and Living will forms free of charge or they may hire the attorney at a reduced fee to assist in completing the forms and explain various options.

The Senior Citizens Will Program is sponsored by The Chicago Bar Association Lawyer Referral Service, the Suburban Area Agency on Aging and the Cook County Legal Assistance Foundation.

Lake Forest Place names grounds director

David Jenkins of DesPlaines was recently named the director of buildings and grounds at Lake Forest Place, one of the newest continuing care retirement communities in Northern Illinois.

Jenkins has been with Presbyterian Homes, owner of Lake Forest Place, for 23 years. In his new position, he will be responsible for maintenance, landscaping, public safety and housekeeping. He is a graduate of North Central College in Naperville.

Volunteer computer instructors needed for new SeniorNet site

The Northbrook SeniorNet Computer Learning Center, at the Bernard Weinger Jewish Community Center, has immediate openings for mature, energetic classroom instructors, assistant instructors and "open lab" monitors who can spend at least one hour per week helping people age 55 and over learn and/or expand their computer skills.

This is an ideal opportunity for retired or semi-retired men and women to remain active and vital, to share and enhance their computer skills and to receive a great deal of personal satisfaction. All volunteers are trained to use a specially designed curriculum for older learners.

A variety of classes, including Introduction to Computers, are offered days, evenings and weekends at the Center. Classes are taught in a Windows environment and are usually held once a week for eight weeks.

The Northbrook SeniorNet Learning Center, a cooperative

program between Council for Jewish Elderly (CJE) and Jewish Community Centers of Chicago (JCCs) offers classes at the Bernard Weinger JCC, 300 Revere Drive, Northbrook. The Center is equipped with computer terminals, printers, software and access to an online service.

SeniorNet is a national, not-for-profit organization that serves more than 19,000 members through 90 Learning Centers. Its mission is to provide older adults access to the information age and to allow their wisdom to influence and benefit the technology shaping our society.

Affiliates of Jewish Federation of Metropolitan Chicago, CJE and JCC also sponsor SeniorNet sites at the Mayer Kaplan JCC in Skokie and the Anita M. Stone JCC in Flossmoor.

For further information, please call Laurie Schnittman at (847) 205-9480, ext. 4235.

Water workouts

When it comes to getting fit, many older exercisers are taking the plunge into pool-based aerobic workouts. In the last decade,

the fitness community has come to recognize water workouts as a valid way to get and stay in shape - especially for people with physical limitations, from injured athletes to older exercisers with arthritis.

That's because the buoyancy of water offers a very low- or non-impact way to build strength, improve aerobic capacity and gain flexibility. A variety of water toys makes any wet workout more fun and challenging.

Avid swimmers can put on a pair of Zoomers, which are modified swim fins that encourage a more efficient kick. Since these force the swimmer to kick from the hips, they also will help many older swimmers improve their hip flexibility. To build leg strength grab a kickboard to do a few laps. Need to work on upper-body strength? Slip on a pair of webbed gloves.

Not one to do laps? Water aerobics classes are taught at gyms, senior centers and public pools everywhere. Set to jazzy music, a typical class includes elements of cardiovascular, weight and flexibility training. Floatation devices, including barbells and tubes, add resistance and get hearts pumping.

Prefer to do your own thing? Even nonswimmers can benefit from the water. Just strap on a floatation vest and head to the deep end to do a little water running.

Water offers up to 12 times the resistance of air, but its buoyancy and refreshing quality mean you'll never notice how hard you're working. But you will leave the pool refreshed and ready to take on the world.

Senior Seasons

Cuba's Cultural Heritage discussion

On Oct. 8, Felix Masud-Piloto, Ph.D., associate professor of history at DePaul University, will begin the Cultural's Connec-

Registration for fall SeniorNet classes to be held

The Mayer Kaplan Jewish Community Center (5050 W. Church St., Skokie) announced that registration for SeniorNet classes this fall will be held at the JCC on Wednesday, Sept. 23 from 5:30 to 7 p.m. for all evening classes and Thursday, Sept. 24 from 8:30 to 11 a.m. for all other classes. Fall programs will begin on Sunday, Oct. 18.

SeniorNet, a non-profit national organization that teaches computer skills to adults ages 50 and older, provides educational services using new information technologies.

The Skokie SeniorNet Learning Center is co-sponsored by Council for Jewish Elderly and the Jewish Community Centers of Chicago.

Safer Homes For Seniors

There are many ways to make the home safer, more comfortable and more livable for older residents. These dozen suggestions come from Fortis Long Term Care, a leading provider of insurance and related eldercare services for families. Many are inexpensive ways to ensure a safer house.

- Install railings on both sides of the stairs.
- Put light switches at the top and the bottom of stairs. Make sure all areas of the home are well-lit.
- Clear floors of scatter rugs, low furniture and loose objects.
- Install crank-operated casement windows.
- Mount grab bars securely around the bathtub.
- Affix non-slip strips on the bathtub floor.
- Create shelves with roll-out trays.
- Replace doorknobs and sink fixtures with lever handles.
- Place security braces on windows and sliding doors.
- Install an elevated toilet seat.
- Choose low-pile carpet and non-glazed tile.
- Lower the water temperature regulator.

These simple precautions are basic steps in making the homes of seniors safer. For more information, call Fortis Long Term Care's Productive Aging line at 1-800-950-4679, ask for article #20.

The Guild for the Blind

The Guild for the Blind would like to invite children who are blind or visually impaired, their parents and their teachers to join us as we take "A Trip to the Downers Grove Fire Station" on September 26, from 8:30 a.m. to 12 p.m. This free seminar is offered as part of the Children's Forum Seminar Series.

This seminar is being made possible thanks to the generous time of the firefighters on the black shift of Station #3 and will take place at 3900 Highland Ave.

in Downers Grove. Registration will be from 8:30 to 9 a.m. At 9 a.m. all students will gather together to hear a presentation about fire safety. Students will learn about home fire safety, how to avoid getting burned and other fire safety tips. This will be a fantastic time so plan on coming to this free seminar. You must register ahead of time, so please call Cheryl Daube, Education Coordinator, no later than September 18 at (312) 236-8569.

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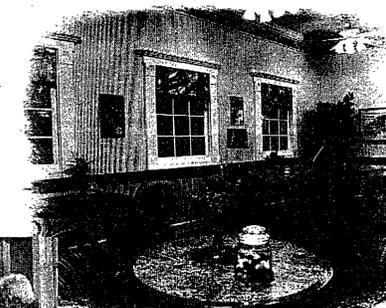
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Niles Seniors

Autumn Adventure II is on Wednesday, Sept. 30 from 8 a.m. to 5 p.m. This includes a visit to Shabona State Park to relax, hike, play games or even fish. (Boat rentals are available.) A buffet style lunch at the Lincoln Restaurant in Dekalb will be followed by a visit to the historic Elwood House. Price: \$18.

Debbie Reynolds Live at the Drury Lane Theatre is on Wednesday, Oct. 21 from 11 a.m. to 6 p.m. Your choice for lunch is Butt Steak or Baked Scrod. Price: \$45. Call the Center for ticket availability.

Niles Seniors

All Niles Senior Center Membership cards have been picked up or mailed. These new white cards are necessary for registering for classes, trips, purchasing tickets, etc. Members who still do not have the new cards, call the Senior Center.

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Niles Senior Citizens
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NILES SENIOR CENTER REGISTRATION
The Niles Senior Center is open to residents of the Village of Niles age 62 and over, and their younger spouses. Niles seniors interested in obtaining additional Senior Center information should call or visit the Center and be placed on the mailing list. The Center is located at 8060 Oakton Street.

NEW NILES SENIOR CENTER MEMBERSHIP CARDS
All Niles Senior Center Membership cards have been picked up or mailed. These new white cards are necessary for registering for classes, trips, purchasing tickets, etc. Members who still do not have the new cards, call the Senior Center.

SNOWFLAKE BALL
Just one more week to get tickets to our last dinner dance at the Trident Center. The dinner dance committee has gone to great lengths to make this a wonderful farewell to our home here. Don't be left out. The wonderful gala will be held Friday, Oct. 2, from 5:30 p.m. to 9:30 p.m. Price is \$9.50 for spinach and strawberry salad, Cornish hen with stuffing, cranberry sauce, sweet potatoes, carrots with dill and a special dessert, with music provided by the Ruby Drnek Orchestra. (Volunteers needed. If interested, see Kelly.)

TICKET SALES IN OCTOBER
October Ticket Sales are Wednesday, Oct. 7 at 9 a.m. on a walk-in basis. The doors open at 8:30 a.m. The new senior registration card is required. (No exceptions.) Each person is limited to two trip tickets. Tickets on sale:

October Lite Lunch and Movie is Friday, Oct. 30 at noon. Enjoy homemade Soup and Sandwich followed by *The Man in the Iron Mask* starring heart-throb Leonardo DiCaprio. Price: \$2.

November Luncheon is Friday, Nov. 13 at noon. Following a meal of Antipasto Salad, Chicken Breast with Tri-color Tortellini, Artichoke Hearts, Garlic and Hearts of Palm, we will listen to "The Steve and Edie of Chicago." Price: \$6.

Ragtime and the Walnut Room is Wednesday, Dec. 16 from 10 a.m. to 6 p.m. Lunch at Marshall Field's wonderful Walnut Room will be their famous Chicken Pot Pie with Chocolate Beyond Reason for dessert. There will be time to shop before the grand production of *Ragtime* at the refurbished Ford Center for the Performing Arts (formerly the Oriental Theatre). Price: \$78.

A Fireside Christmas Trip is Tuesday, Dec. 22 from 8:30 a.m. to 6:30 p.m. Menu features Roast Tenderloin of Beef and all the delicious trimmings. Price: \$44.

ALL SENIOR CENTER MEMBERS TICKETS MAY STILL BE AVAILABLE
Autumn Adventure II is on Wednesday, Sept. 30 from 8 a.m. to 5 p.m. This includes a visit to Shabona State Park to relax, hike, play games or even fish. (Boat rentals are available.) A buffet style lunch at the Lincoln Restaurant in Dekalb will be followed by a visit to the historic Elwood House. Price: \$18. Call the Center for ticket availability.

WOMEN'S CLUB MEETING
Women's Club Luncheon and Meeting is scheduled for Monday, Sept. 28. Following a luncheon catered by Brown's Chicken, a representative from Nordstrom's will discuss how to choose the clothing, shoes and accessories that best fit your lifestyle. Price: \$2.

MEN'S CLUB MEMBERS/ SENIOR CENTER MEMBERS TICKETS MAY STILL BE AVAILABLE
Tickets on sale for Men's Club members through Friday, Sept. 25. All seniors can purchase tickets beginning September 28.

Finian's Rainbow at The Marriott Lincolnshire. Trip to see *Finian's Rainbow* at the Marriott Lincolnshire is on November 19, from 5 p.m. to 11 p.m. Price (with dinner of Salmon Paloma, New York Strip Steak, or Chicken Courtyou): \$42.

Men's Club Holiday Party is December 4, from 11 a.m. to 4 p.m. Choose from Pepper Steak or Orange Roughly for \$18.50, or Rosemary Chicken Breast for \$17.50.

BOOK DISCUSSION
Book discussion on *The Color of Water* by James McBride is on Friday, Oct. 2, from 10 a.m. to 11 a.m. Price includes refreshments.

NILES FREE BUS PROGRAM
The Niles Free Bus Program is on Friday, Oct. 2, at 10 a.m. Come to this new monthly program where you will get a chance to talk with Tom Surace, Village of Niles Transportation Supervisor. He will be available to answer questions individually about the Niles Free Bus. Appointment required.

Morton Grove Senior Citizens
470-5223

FOLK REMEDIES FUN, FACT OR FICTION
Judith Herbert, R.N. of the North Shore Senior Center will present this free program at 1 p.m. on Thursday, Sept. 17 in the Prairie View Community Center. Learn about aspirin's history as a folk remedy, the origin of St. John's Wort, and find out if chicken soup really cures. This is an enlightening program about historic and modern medical treatments. To make a reservation, call Catherine Dean at Prairie View, 965-1200.

PRIME TIMERS
The North Shore Prime Timers Club is congenial, active and on the move. The club invites seniors to their upcoming meeting featuring Morton Grove's own singer, actor and entertainer extraordinaire, "Johnny Johnson." He will re-enact famous scenes from movies and play all the parts, accents and all. The meeting begins at 7 p.m. on Thursday, Sept. 17 in the Morton Grove Public Library.

AUTUMNFEST BUS TOUR OF MORTON GROVE'S "OLD TOWN"
The Morton Grove Historical Society invites the public to a bus tour of Morton Grove's "Old Town" at 1 p.m. on Saturday, Sept. 19; and Sunday, Sept. 20. The tour begins at the Historical Museum in Harter Park and is free, but participants need to stop at the Museum to receive a ticket. Additional tours will follow each day if necessary. The tour will be narrated by Fred Huscher, who is an expert on local history. For details, call the Morton Grove Historical Museum at 965-0203.

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

THE SHIPSHAWANA AMISH
Enjoy a day with the Amish and take a step back in time into a friendly small town filled with interesting shops, quilts and antiques. This trip to Shippshawana, Indiana is planned for Thursday, Sept. 24. A tour of the Amish countryside will include a cheese haus, a work farm, and a furniture factory. Dinner will be quite a treat, a real Thrasher dinner served in an authentic Amish home. The bus leaves the Prairie View Community Center at 9 a.m. and will return at approximately 8:30 p.m. The cost is \$69 for residents, and \$76 for non-residents. Register at Prairie View today. For further information, call Catherine Dean at 965-1200.

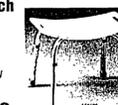
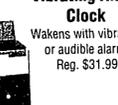
ARTHRITIS VIDEO SERIES
This "Arthritis" video will be presented by Morton Grove visiting nurse, Mary Kay Andreoni at two separate times in Morton Grove. First, in the Village Hall Senior Center at 10:30 a.m. on Wednesday, Oct. 14; then in the Prairie View Community Center at 12:15 p.m. on Wednesday, Oct. 21. Arthritis literally means, "joint inflammation," and refers to more than 100 different diseases. Osteoarthritis is the most common form of arthritis. For advice on managing arthritis, attend one of these meetings.

INTERGENERATIONAL TALENT SHOW
Morton Grove is blessed with many talented individuals. A grand display directed by Ethel Libkin of the Morton Grove Commission on Aging will be featured at 7 p.m. on Monday, Oct. 19 in the Morton Grove Public Library. Come and enjoy home grown talent such as Tommy Ryan who used to "Swing and Sway with Sammy Kaye," Mary Haynes and her cousins "The Three Brunettes" who've been performing together for 60 years, as well as some young "Spice Girls" impersonators, vocalists, instrumentalists and lip syncers.

Admission price is one non-perishable food item that will be used for the Morton Grove Firemen's Association's Christmas food basket distribution. Reservations are going fast, call the Morton Grove Senior Hot Line at 470-5223.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200. To receive the "Seniors in Morton Grove" newsletter, Morton Grove residents can send \$3, and non-residents send \$4 to the Morton Grove Park District, 6834 Dempster Street, Morton Grove, IL 60053.

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<p>\$39.99 <small>SAVE \$17</small></p> <p>Battle Creek Pedlar Exerciser Exercises the cardiovascular system and stimulates leg circulation while toning leg muscles. Can be used from a chair, wheelchair or bed. Reg. \$56.99</p> <p>Sales Price Good thru 10-14-98</p>	<p>\$24.99 <small>SAVE \$7</small></p> <p>Shake Awake Vibrating Alarm Clock Wakens with vibration or audible alarm. Reg. \$31.99</p> 	<p>\$350 Value</p> <p>Free installation with any Electra-Ride™ purchased.</p> 

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Senior Seasons

Key questions about long term care

These commonly-asked questions about long term care are answered by experts at the American Health Care Association.

Q. What is long term care?
A. Long term care includes a range of services for people with functional limitations or chronic health conditions. Long term care services are provided in a variety of settings, including nursing or assisted living facilities, respite care, adult day care, and home- and community-based settings.

Q. Who uses long term care?
A. At present, more than 1.5 million Americans live in the nation's nursing facilities. Studies

show, however, that nearly half of all Americans will need nursing home care at some point in their lives.

The average age of a nursing home resident is 82; 75 percent of residents over age 65 are women.

Q. How much does long term care cost?
A. Nursing home costs vary depending on location and the level of services required. On average, nursing home care costs about \$41,000 a year or \$12 per day.

Q. Who pays for long term care?
A. Two out of three nursing home residents -- or 69 percent --

rely on Medicaid, a welfare program, to pay for their care. Only about eight percent rely on Medicare, and the remaining 23 percent pay through private funding sources. Long term care insurance pays for only three percent of the nation's nursing home care costs.

Q. How can I afford long term care insurance premiums when I've got a family, kids in college, a mortgage, and all the usual bills to keep a family clothed and fed?

A. The purpose of long term care insurance is to protect your money so it will be there for those purposes. Can you think of anything that might be more important to your family than protecting them financially should you have a change in health and need long term care?

For more information, contact the AHCA Consumer Information Line at 1 (800) 555-9414.

Summit Square celebrates Grandparent's Day



Grandpa Louis Knapstein with granddaughter Deana enjoying the day at Summit Square.

Being a grandparent is special. Being a great-grandparent is

extra special. On Sunday, September 13 Summit Square, the retirement community in Park Ridge, held its annual Open House to celebrate Grandparent's Day. Residents' families and friends were invited for the afternoon festivities which included the comedy, fantasy and amazing puppetry of the Jabberwocky Marionettes.

It was a great day for the young and the young-at-heart, as attested to by Summit Square resident Louis Knapstein: "My pride in being a grandpa is greatly boosted in being a part of Grandparent's Day at Summit Square. I have two grown grandchildren and 11 year old Deana. Deana and I have always been close, despite my inability to be as active as she remembers me. Summit Square offers us the opportunity to enjoy fun times together which we both cherish."

GOLDENFACTS

Thwarting the effects of aging

Getting "up in years" takes its toll on the body. Lessen aging's effects with these common-sense tips.

- **Skin:** With advancing age, skin loses elastic tissue and capillaries. **Helpful:** Don't smoke, avoid sunlight.
- **Brain/nervous system:** Nerve cells are lost and reaction times become slower. **Helpful:** Avoid alcohol, drugs, any type of head trauma.
- **Senses:** Some acuity loss in all senses. **Helpful:** Avoid loud noises, don't smoke.
- **Lungs:** Lungs lose elasticity. **Helpful:** Exercise, don't smoke, avoid dirty air.
- **Heart:** Heart becomes less efficient. **Helpful:** Don't smoke or drink, avoid fatty foods.
- **Circulation:** Arteries harden with age. **Helpful:** Don't smoke, eat right, exercise.
- **Joints:** Pressure and wear and tear reduce mobility. **Helpful:** Keep a correct weight, avoid athletic injuries.
- **Muscles:** General loss of bulk. **Helpful:** Exercise, eat right.
- **Liver:** Becomes less efficient. **Helpful:** Avoid alcohol, viral infections.

SOURCE: AMA Encyclopedia of Medicine

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Thursday, December 10, 1998

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Senior Seasons

Tai Chi and Yoga classes offered

Learn to be calm in the midst of activity by enrolling in Tai Chi Chih classes taught by Berta Castellanos, Emeritus instructor at Oakton Community College. Classes, which are offered through Oakton's Emeritus Program and the Alliance for Lifelong Learning (ALL), meet at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. Students over the age of 60, who live in-district, pay one half of the indicated fee if they present proof of age and residency at the time of registration.

Tai Chi Chih: For the Body That Wasn't Born Yesterday (PED E30 61, Touch-Tone 2728) is an energizing, healing form of Tai Chi which includes 20 simple movements designed to balance and integrate your energy. Learn what Tai Chi can do for eating disorders, depression, anxiety, hypertension and other stress-related problems. The class meets for six Mondays from 10 - 11 a.m. starting Sept. 28 for session I. Session II (PED E30 62, Touch-Tone 2729) meets for six Mondays starting Nov. 9. The fee is \$60 for each session.

Refine the movements learned in the introductory course and learn the remaining Tai Chi Chih movements in Intermediate Tai Chi Chih: For the Body That Wasn't Born Yesterday (PED

Take a trip to the Morton Arboretum

The Lincolnwood Seniors Club invites the community to join them on Tuesday, October 6, for a trip to the Morton Arboretum in Lisle. The cost of \$21 for members and \$24 for guests includes a 45 minute narrated Open Air Tram Ride and transportation (Deluxe Motorcoach). Lunch is additional and "on-your-own" payable at the cafeteria or restaurant. Walking is at a minimum. Departure time is 9 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Avenue, with return scheduled for 3 p.m. (approx.).

Senior dance at Leaning Tower

On Friday, September 25 we are having a dance in the Senior Center from 1-4 p.m. Mike and Meta Rolak will be our leaders and also give us one of their great dance demonstrations. Everyone is invited. No charge for members and \$2 for guests. Refreshments will be served. For more information, call (847) 647-8222 and ask for either Evelyn or Elizabeth.

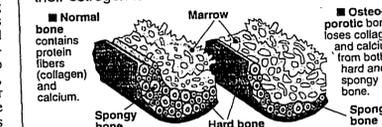
E31 61, Touch-Tone 2764). The class meets for 12 Mondays from 11:15 a.m. - 12:15 p.m. starting Sept. 28. The fee is \$60. Students who have registered for Oakton or Alliance for Lifelong Learning (ALL) classes within the last three years and have a correct Social Security number on file, may register us-

ing the Touch-Tone system by dialing (847) 635-1616. Registrations can also be taken via Fax at (847) 635-1448, in which case payment must be made by a major credit card (Visa, MasterCard or Discover). Call (847) 635-1414 for more information about these and other Emeritus classes.

GOLDENFACTS

What happens in osteoporosis

In osteoporosis the bones lose mass and their brittleness increases. Post-menopausal women are the chief victims of the effects due to a reduction in their estrogen levels.



- **Normal bone** contains protein fibers (collagen) and calcium.
- **Osteoporotic bone** loses collagen and calcium from both hard and spongy bone.
- **Osteoporosis** tends to run in families and in women who go through menopause early.
- **High-calcium foods** are recommended: milk, green leafy vegetables, citrus fruit, sardines and shellfish.
- **Bone mass loss** cannot be reversed, but can be halted.
- **Helpful:** Don't drink or smoke, and get regular exercise.

SOURCE: AMA Encyclopedia of Medicine



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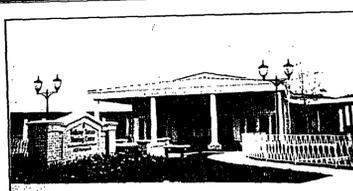
YES! I want to know more. Send information. BGL

Name _____
Address _____
City/State/Zip _____
Phone _____

Seniors to see Barefoot in the Park

The Lincolnwood Seniors Club invites the community to join them on Thursday, September 24, for a trip to Theatre at the Center in Munster, Indiana to see *Barefoot In The Park* starring Lee Meriwether with lunch at Phil Smith's Restaurant in Hammond, Indiana. The cost of \$52 members, \$55 guests includes show, gourmet lunch and transportation (Deluxe Motorcoach). Lunch includes a choice of

Boned and Buttered Lake Perch, Fried Chicken or Broiled Rib Eye Steak. All meals include Potato Salad, Cottage Cheese, Coloslaw, Beets, Kidney Beans, Rolls and Butter, Boiled Potatoes and French Fries. Dessert and Beverage are also included. Departure time is 10:45 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Avenue with return scheduled for 5:45 p.m.



Let Our Family Help Yours

- Do you have an aging parent or relative who needs assistance?
- Is your relative in the hospital needing post acute care/services?
- Does someone in your family suffer from respiratory distress?
- Is someone you know showing some signs of dementia?

If you answered "YES" to any of these questions, let our experienced professionals help you with a no-obligation counseling session on what to do next in such circumstances.

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Business News

The IRS does NOT approve IRA investments

Investors with Individual Retirement Arrangements (IRAs) should be on the lookout for ads and solicitations that claim that certain types of investments for IRAs are "IRS-Approved" or "IRA-Approved." The government says these ads are misleading, because the IRS does not approve investments for IRAs.

According to the Federal Trade Commission, the Securities and Exchange Commission and the North American Securities Administrators Association, investors are getting misleading sales

itches for specific IRA investments via the telephone, the mail and the Internet. Most solicitations are variations on this theme: "The investment has been approved for your IRA. You can use your IRA for this investment by filling out the forms in the attached information package. Our agent will take care of the rest. This has been reviewed by the government (or the IRS). This investment is so safe you can use it for your IRA. Only certain investments are approved for IRAs." The agencies say that fraudu-

lent promoters are trying to take advantage of consumers who may be confused about the role of the IRS when it comes to IRAs. The IRS issues letters to IRA sponsors, trustees and custodians certifying that they are complying with requirements concerning investor rights, account administration, and standards that allow contributions to be deductible. But the IRS does not:

- review or approve investments;
- advise people on how to invest their IRAs;
- endorse any investments; or
- issue statements that an investment in an IRA is protected because the IRS has approved a particular trustee or custodian.

Before you invest, check with your state securities regulator to make sure the investment and person selling it are registered. You can find the phone number for your state securities regulator in the blue pages of the phone book.

For questions or complaints about claims for IRA investment opportunities made through telephone, mail or online promotions, contact the Federal Trade Commission (202-FTC-HELP), the Securities and Exchange Commission (1-800-SEC-0330) or the North American Securities Administrators Association (202-737-0900) or visit them online at www.ftc.gov, www.sec.gov or www.nasaa.org.

For information about setting up, contributing to, and deductions for an IRA, contact 1-800-TAX-3676 and ask for the free IRS Publication 590, "Individual Retirement Arrangements (IRAs)."

Registration fee is \$30 and includes all materials.

For further information or to register, call the Women's Business Development Center at (312) 853-3477. Registration and payment are recommended to guarantee space in the workshop.

Workshop for small business owners

Learn the advantages of becoming certified as a minority or a women's business enterprise. The workshop will be held on Tuesday, September 22 from 1-3 p.m. at the Women's Business Development Center, 8 S. Michigan, Suite 400, Chicago.

This workshop is designed for established small business owners who want to sell their products or services to corporations or governmental entities, and covers the intricacies of becoming certi-

fied with both governmental bodies and the private sector through the Women's Business Enterprise initiative and other certifying agencies.

For further information or to register, call the Women's Business Development Center at (312) 853-3477. Registration and payment are recommended to guarantee space in the workshop.

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Area residents honored at luncheon



Attorneys' Title Guaranty Fund, Inc. (ATG) recently honored 200 of its top-producing representatives for 1997 at a luncheon, seminar and reception at The Carlton Club in Chicago. On hand for the occasion were (from left) attorneys Bill Harrison, of Niles; Mary Hegarty, of Park Ridge; and P. Jerome Jakubco, of Evanston. Through its network of 3,000 attorney-members, ATG provides homeowners and lenders with title insurance, which protects against loss if a defect is found in the title to their property.

October SCORE Workshops offered

SCORE, the volunteer counseling arm of the Small Business Administration offers three specialized workshops in the month of October. Two half-day workshops and one full-day session focusing on people who wish to start a business and to help individuals to develop and protect their ideas and products.

In addition to workshops, SCORE offers free one-on-one counseling, and a Business Information Center in their Chicago office, which is an excellent source of reference material.

If you would like more information on SCORE counseling, locations or workshops, please call (312) 353-7724 or visit the web site at: <http://www.mcs.net/~bic>.

October 7: Franchises: A half-

Illinois taxpayers to receive tax relief

Illinois taxpayers and businesses will receive state income tax relief, under legislation signed into law by Gov. Jim Edgar this week, according to Assistant Senate Majority Leader Walter Dudyecz (R-7th, Chicago). Dudyecz says a strong Illinois economy and years of fiscal restraint have improved the state's fiscal health, so lawmakers were able to pass a budget that targets citizens' concerns AND provides tax relief.

Individual income tax relief will be provided by a three-year phase-in that will double the income tax exemption from \$1,000 to \$2,000 -- the first exemption increase since the state income tax was created almost 30 years

ago. The Taxpayers' Federation of Illinois estimates that because of inflation, the \$1,000 exemption is currently one-quarter of its worth in 1970 dollars. The exemption will increase to \$1,300 in 1999, to \$1,650 in 2000, and to \$2,000 in 2001.

Illinois-based businesses with multi-state sales will also benefit from a change in the corporate income tax structure that will put them on a level playing field with out-of-state businesses and remove a penalty that discouraged growth. The three-year phase-in to a "single sales factor" to calculate income taxes on businesses is expected to create 285,000 more Illinois jobs.

Liberty Family Fest to be held

As part of their 100th Anniversary Celebration, Liberty Bank for Savings will host their first Liberty Family Fest. Liberty's Family Fest is scheduled for Saturday, September 19th at the Harlem and Foster office and Saturday, September 26th at the Milwaukee and Fullerton office. The Fests will be held from 10 a.m. to 1 p.m.

For a \$1 donation, attendees will receive coupons for a hot dog, chips, ice cream and soda. All proceeds will benefit local organizations. In addition, several local restaurants will be selling a variety of ethnic foods.

Among the restaurants participating in Liberty's Family Fest this year will be: Kasia's, Halina's and Sabor Latino.

Liberty Bank for Savings strives to meet the financial needs of the communities it serves. Established in 1898, Liberty Bank for Savings continues to offer innovative products and services that reflect their commitment to their customers. Liberty Bank has four convenient locations: 2392 N. Milwaukee Ave., Chicago; 711 W. Foster, Chicago; 6210 N. Milwaukee Ave., Chicago; and 6666 N. Lincoln Ave., Lincolnwood.

'Real Estate Transactions #101'

The Real Estate Institute will offer "Real Estate Transactions #101", the course needed before being able to take the Illinois Real Estate salesperson licensing examination. Classes will be held on Wednesdays from 7 - 10 p.m., beginning September 23, 1998, at The Bank Of Lincolnwood Building, 4433 W. Touhy Avenue, Suite 514, Lincolnwood. The course runs 10 weeks.

Tuition for the course is \$155, which includes registration and books. Enrollment is limited. For more information or to register, call (847) 329-1700.

Short term marketing classes offered

Have you ever considered a career in sales? Oakton offers 12-week marketing classes with an emphasis on sales techniques this fall at the College's Des Plaines campus, 1600 E. Golf Road.

Courses include Principles of Professional Selling, which meets on Saturdays from 9 a.m. - 12:30 p.m., starting Sept. 19; and Management of the Sales Force, which meets on Fridays from 5:30 - 7:30 p.m. starting Sept. 25.

In these courses, students will role play as they create a variety of selling situations using selling

techniques such as trade show selling and team selling. The role-playing exercises will be videotaped.

Students can register in person for these marketing classes Monday - Thursday from 8:30 a.m. - 5 p.m.; Friday from 8:30 a.m. - 5 p.m.; and Saturday from 9 a.m. - noon at the Des Plaines campus, 1600 E. Golf Road, and at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

For more information about these other marketing classes, contact Sue Cisco, chairperson, Marketing Department at Oakton, (847) 635-1872.

Professionals Guide

A directory of area professionals and services

<p>REAL ESTATE</p> <p>(847) 297-3333 BUS., (630) 612-6712 PAGER (847) 374-5920 VOICE MAIL (847) 390-8198 FAX, 635-7446 RESIDENCE</p> <p>SHELLEY BERKSON Multimillion Dollar Club Residential Sales Specialist</p> <p>Shelly Berkson COLDWELL BANKER</p> <p>COLDWELL BANKER MARTIN & MARRBY 6510 GOLF ROAD NILES, IL 60714</p> <p><small>An Independently Owned and Operated Member of Coldwell Banker Residential Affiliates, Inc.</small></p>	<p>REAL ESTATE</p> <p>Century 21 Marino Realtors*, Inc.</p> <p>5800 Dempster Street Morton Grove, Illinois 60053 Business 847-967-5500 Fax 847-965-5600 Toll Free 800-253-0021 Residence 847-965-1774</p> <p><small>Each Office is Independently Owned and Operated</small></p> <p>Joseph R. Hedrick REALTOR® 1997</p>	<p>REAL ESTATE</p> <p>RE/MAX AllStars</p> <p>Toni Brens, CRS, GRI Broker / Notary BI-Lingual: English/Polish 7900 N. Milwaukee Ave. Oak Mill Mall - Suite 32 Niles, Illinois 60714</p> <p>Niles Resident (847) 965-3768 Office</p> <p>(847) 965-4286 Home</p>
<p>INSURANCE</p> <p>AMERICAN FAMILY INSURANCE AUTO HOME BUSINESS HEALTH LIFE</p> <p>HAEMIN CHONG</p> <p>SECOND FLOOR 2222 WILKINSON ROAD MORTON GROVE, ILLINOIS 60053</p> <p>PHONE OFF 847-581-9100 FAX 847-581-9733 PAGER 847-333-9990 RES. 773-274-8968</p> <p><small>©1997 American Family Mutual Insurance Company and its subsidiaries Home Office - Madison, Wis. 53783 http://www.aftam.com</small></p>	<p>INTERNET</p> <p>WEB HOST PROS WEB HOSTING, DESIGN, AUTHORIZING, GRAPHIC DESIGN, PROMOTION, DIGITAL PHOTOGRAPHY</p> <p>B.J. Esbner & Associates, Inc. INTERNET Consultants (847) 583-9220 <small>Free Consultation</small></p> <p>8109 Milwaukee Ave., Niles, IL 60714 www.webhostpros.com</p>	<p>REAL ESTATE</p> <p>Century 21 Coachlight Realty, Inc.</p> <p>7735 North Milwaukee Avenue Niles, Illinois 60714 Business (847) 967-9320 Fax (847) 967-9379 Pager (847) 536-0518</p> <p><small>Each Office is Independently Owned and Operated</small></p> <p>Valli Demos, CRB, CRS Broker / Manager Certified Residential Specialist</p>
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School News

Tony Orrico Scholarship Fund helps Res students

The Tony Orrico Scholarship Foundation and Resurrection High School will sponsor a scholarship program which will provide up to \$10,000 in financial assistance to Resurrection High School students whose families are facing severe financial challenges.

The program honors Anthony Orrico, Sr. who died in 1997. Mr. Orrico was the Deputy Commis-

sioner of the City of Chicago's Department of Streets and Sanitation and had worked with the City of Chicago for 31 years. Among Mr. Orrico's duties at the City was the coordination of the department's participation in charitable projects including the city's "Sharing It" program and the March of Dimes. Mr. Orrico is survived by his wife, Carole and his five children, two of whom were Resurrection alumnae, Kelly Buikema, class of 1987 and Gayle Weidel, class of 1989.

Funding for the program is raised through an annual golf tournament. Since Tony loved

golf, we felt it would be good to continue with an annual golf outing in his name. Next year's golf outing for the Tony Orrico Scholarship Foundation will be held on October 2 at Glen Eagles Country Club in Lemont. For more information please contact Don Gagliano at (847) 933-0003 or Tonice Siriscevic at (773) 254-9133.

Resurrection High School is a Catholic Christian community dedicated to the education of young women in the Chicagoland area. For more information on Resurrection High School and its programs please call (773) 775-6616.

Gemini welcomes new staff

Gemini Junior High in East Maine School District #63 has several new faces this year. Additions to the Gemini staff include:

Debbie Dunleavy - Language Arts. Ms. Dunleavy is a graduate of Ohio State University. For the past six years, she has taught at the Von Steuben Metropolitan Science Center in the Chicago Public Schools. Ms. Dunleavy also has a degree in Theater Arts

from the University of Kentucky.

Phyllis Kvammen - Language Arts. Ms. Kvammen is a graduate of Loyola University, and earned her teaching certificate at Northwestern University. She worked at Gemini as a teacher assistant last year, and also did her student teaching at Gemini. Experiences include teaching at Northwestern Business College and working as a graphic artist.

Angie Nichols - Health/Physical Education. Ms. Nichols is a graduate of Hillsdale College and has coached Gymnastics for five years. Prior to Gemini, she student taught at Waldron (MI) elementary and high schools in Health, English and P.E. Ms. Nichols moved to Illinois in August to begin teaching at Gemini.

Mark Sher - ESL, Language Arts. Mr. Sher is a graduate of DePaul University with a degree in English. For the last eight years, he has been employed by the Skokie Park District working with children of all ages. Aside from teaching, Mr. Sher has had a variety of experiences in acting and the theater.

Gina Toledo - Special Education. Ms. Toledo is a graduate of Michigan State University and has taught at Mark Twain Elementary School in District #63 for the past five years. She also taught in the Chicago Public Schools for one year. Ms. Toledo has been married for one year and enjoys gardening, golfing and biking.

Roy Wasielewski - Physical Education. Mr. Wasielewski comes to Gemini from Mark Twain Elementary School in East Maine School District #63, where he has taught for the last eight years. A graduate of DePaul University, Mr. Wasielewski has had experiences at the elementary and high school levels.

Writing Short Stories (COM E69 01, Touch-Tone 1122) focuses on how to create a story that works. Students will gain a great-

Skokie resident to receive Chinese Culture Research Fellowship

Northeastern Illinois University Professor Andrew Eisenberg of Skokie, is the first American to receive a Chinese Culture Research Fellowship from the China Scholarship Council of the Ministry of Education of the People's Republic of China. Eisenberg is researching Wu Zetain, China's only female emperor, and the politics surrounding the imperial succession during the early Tang period (618-755 A.D.).



Andrew Eisenberg grees in East Asian Studies from Stanford University, and his doctorate in Classical Chinese History from the University of Washington, at Seattle. He will be doing research in China during the fall semester, starting this September.

The China Culture Research Fellowship, established in 1993, invites history and social science scholars to conduct research in China, creating a broader international understanding of Chinese culture. To date, the China Scholarship Council has awarded thirty-two international scholarships.

Eisenberg began his academic career with his appointment as an Assistant Professor of History at Northeastern Illinois University in 1991. He earned a master's de-

Enroll in a communications class at Oakton

Improve your English grammar, learn to write a short story or enhance your public speaking skills in communications classes offered through Oakton Community College's Alliance for Lifelong Learning (ALL). Classes are held at high schools throughout the district.

Public Speaking (COM B02 01, Touch-Tone 3607) will help you overcome stage fright. Learn how to organize a speech, give impromptu talks and improve the delivery of your presentation. A personal video taping at each session is included. The class meets for eight Tuesdays from 7:30-10 p.m. starting Sept. 22 at Glenbrook South High School, 4000 W. Lake St., Glenview.

Back-to-Basics Business Writing (COM E37 01, Touch-Tone 1184) reviews the basics of good grammar, composition and style to help you write more effective letters, memos, reports and resumes. The class meets for six Thursdays from 7-9 p.m. starting Oct. 1 at Niles West High School, Oakton Street at the Edens Expressway, Skokie.

English Grammar Refresher (COM B12 01, Touch-Tone 3405) covers grammar, punctuation, diction and rhetoric with an emphasis on writing for business and personal needs. The class meets for eight Wednesdays from 7-9:30 p.m. starting Oct. 7 at Maine West High School, 1755 Wolf Road, Des Plaines. Another section of the course, (COM B12 02, Touch-Tone 3406), meets for eight Tuesdays from 7-9:30 p.m. at Niles West High School.

Writing Short Stories (COM E69 01, Touch-Tone 1122) focuses on how to create a story that works. Students will gain a great-

er appreciation of the short story as a form of personal expression with in-class exercises, reading and discussion. The class meets for eight Tuesdays from 7-9:15 p.m. starting Sept. 29 at Niles West High School.

Other communications courses include Advanced Short Story Writing; Creative Writing and Self-Discovery; Copywriting and Proofreading; Sign Language; and Improving Your Memory.

Students who have registered for Oakton or ALL classes since 1995 and have a correct Social Security number on file may register using the Touch-Tone system by dialing (847) 635-1616. Registrations can also be taken via fax at (847) 635-1448, in which case payment may be made by a major credit card (Visa, Mastercard or Discover).

For more information and a brochure of other courses, call (847) 982-9888 and press #3.

Reunion

Our Lady of Sorrows Grammar School reunion for the classes of the 1920's - 1930's - 1940's Sunday, October 25, 1998. 3 p.m. Mass followed by buffet luncheon at Our Lady of Sorrows Basilica celebrated by Father Damien Charbonneau, O.S.M. Class of '38. Plenty of secured parking.

For information call Mary (Kane) Mulroe (773) 763-7185.

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Sports/Parks & Library News

Chicago Botanic Garden to host 1st annual 5K Run

Get Ready, Get Set, Grow, the Chicago Botanic Garden's 1st annual 5K Run, and Garden-Fest is set for Sunday, September 27. About 2,500 runners, walkers and families looking for an old-fashioned good time are expected to dash over to the Garden for this first-of-its-kind event set in beautiful, natural surroundings.

The day's activities include: a 5K (3.1 mile) Run, a 5K Family Walk with plenty of stops along the way, a Junior 1/2 Mile Run for youngsters 7-10 years old, a Junior Mile Run for youngsters 7-14 years old, a Garden Gallop for kids 6 years and under (moms and dads, with or without strollers are welcome), and Garden-Fest, an outdoor festival offering entertainment, treats, games and activities for the whole family.

After the Run/Walk, participants are invited to stay for some post-event snacks.

Registration & Race Packet Pickup. By Mail: Entries must be received by September 22.

At the Chicago Botanic Garden: Entries will be accepted at the Gateway Center and Education Center Information Desks. (Registration is by check or money order.) Register/pick up your race packet and t-shirt on Saturday, September 26 from 11 a.m. until 5 p.m.

You can register and/or pick up your race packet and t-shirt at the Registration Tent located near the start of the Run/Walk at 7:30 a.m. on September 27. Registration for each event closes 30 minutes before the start of that event. Cash only. No discounts apply.

For more information about Get Ready, Get Set, Grow and Garden-Fest, please call (847) 835-5440. For an application, stop by the Chicago Botanic Garden or call (773) 404-2372.

Friends of Avenues attend golf outing



Friends of Avenues to Independence recently gathered for the 10th annual Avenues/Gorman Classic at the Park Ridge Country Club. The event raised \$85,000 for programs for adults with developmental disabilities.

Pictured (from left) are Avenues' Executive Director Robert Okazaki, Classic Sponsor Bill Gorman, Diana Dilka, wife of former Chicago Bears Coach Mike Dilka, Avenues' Board Member Fred Sasser and Avenues' President Matt Coyne.

Visit The Shpshewana Amish

Join the Prairie View Travel Club on Thursday, September 24, as we take a step back in time into a friendly small town filled with interesting shops, quilts and antiques. We'll take a two and a half hour Amish Countryside Tour. Sights include a Cheese Haus, a real working Amish farm and a Furniture Factory. Our tour guide for this fascinating afternoon is a wonderful Amish gentleman. Our meal will be quite a treat as we join a real Thrasher Dinner served in an authentic Amish home, with no electricity or phone. The bus departs Prairie View Community Center, 6834 Dempster St. at 9 a.m. and returns at approximately 8:30 p.m. The

cost is \$69 for residents and \$76 for non-residents. Please register at Prairie View

Community Center. For further information, call Catherine at 965-1200.

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The Dream of Water and Shizuko's Daughter discussion

Thinking Out Loud, the Morton Grove Public Library's book discussion group, meets Tuesday, Sept. 22 at 7:30 p.m. to discuss The Dream of Water and Shizuko's Daughter of Kyoko Mori. In Shizuko's Daughter, 12-year-old Yuki faces the terrible loss of her mother by suicide. In The Dream of Water, Mori tells of leaving Japan and coming to America as a college student. Both books are brief, moving and written with a painter's eye for color and detail.

The Morton Grove Public Library is located at 6140 Lincoln Ave. For more information or for mobility and communication access assistance, please call (847) 965-4220. All programs are free and open to everyone.

LG Fitness Center offers fall exercise series

The Lutheran General Fitness Center is offering a series of exercise programs this fall, designed to fit any busy schedule. All three sessions run six weeks and are held at the center, 1875 Dempster, Park Ridge, adjacent to Lutheran General Hospital.

The Firm - This 45-minute resistance training class uses flexible tubing and hand weights to strengthen and tone muscles. It is a quick way to increase muscle mass and look great. The sessions are held at 6 a.m. Mondays and Wednesdays, September 21 to October 28. The cost is \$42.

Ultimate Workout - This challenging cardiovascular cross training workout takes only 30 minutes and utilizes various pieces of aerobic equipment. No two workouts are the same. The classes are held from 11:45 a.m. to 12:15 p.m. Mondays and Wednesday, September 21 to October 28. The fee is \$42.

Super Circuit - This high in-

tensity class combines cardiovascular equipment and strength training machines to give participants a great workout in just 30 minutes. The program runs from 11:45 a.m. to 12:15 p.m. Tuesdays and Thursdays, September 22 through October 29. The cost is \$42.

To register, call the center, 847-723-6138.

The Lutheran General Hospital Fitness Center boasts a four-lane, 25-yard swimming pool; an aerobic performance room, featuring a variety of cardiovascular exercise equipment; and a strength enhancement room with a full complement of specialized, progressive resistance weight equipment.

The center is staffed by exercise physiologists with master's degrees, registered dietitians, certified massage therapists and other health care professionals. For more information on the center and its services, call 847-723-6138.

Windows 95 seminar at the Morton Grove Library

Puzzled by Windows 95? Join expert staff from Banner Training Center on Thursday, Sept. 24 at 7 p.m. in the Baxter Room of the Morton Grove Public Library. The seminar program orients users to the Windows screen; teaches basic desktop skills; instructs on running a single program or multiple programs; teaches cutting, copying and pasting; and shows how to manage documents, format disks, shut down

your PC and more.

The seminar is free, but limited to 75 participants. Please pre-register by Wednesday, Sept. 23 by calling the Reader's Service desk at 965-4220.

The Morton Grove Public Library is located at 6140 Lincoln Ave. For more information or for mobility and communication access assistance, please call (847) 965-4220. All programs are free and open to everyone.

Home Style

Garage door window dilemma: glass vs. clear

Question: No matter what I tell them, my children throw their baseballs near our garage door and are constantly breaking the windows. Is there something better than glass for replacement?

Answer: When repairing a broken window, you can use either glass or clear acrylic as a replacement material. Glass will provide the clearest and most scratch-resistant view, but if durability is a concern, clear acrylic

can be substituted. Clear acrylic is extremely durable but susceptible to scratches and marring, according to Kevin O'Gea, of The Home Depot. Tempered glass may be an option to provide both strength and durability with a clear view, however, you can't cut tempered glass yourself. It must be pre-cut to the size you need. The National Glazing Code requires that shatter-resistant panes be used in certain applications such as doors and sidelights.

An inviting door is the warmest kind of welcome mat. If yours is starting to look its age, here's some good news: New construction has made it easy to replace old doors in just a few hours.

Doors should be a sign of welcome, but if yours don't open and close easily, leak air and are splintering, you may want to think about replacing them.

Current entry systems consist of a prehung unit that includes the door, jambs, threshold, weather stripping and most accessory components, except the lockset. Because all the hard work -- mounting hinges, hanging the door, boring for locks, and installing weather stripping -- has been done at the factory, installing them isn't difficult and can be done in a matter of hours.

Exterior doors come in a variety of materials: solid wood, veneer over solid wood, veneer over a hollow core, aluminum, steel or fiberglass over wood. They also come in aluminum, steel, or fiberglass over a core of rigid insulating foam.

Older wood doors were subject to chipping, cracking and shrinkage, but new construction techniques have all but eliminated these problems, according to Kevin O'Gea, of The Home Depot. "Wood does, however, require

Grand Opening

periodic painting or varnishing," he said.

The exterior surface of an aluminum or steel door comes primed or with a weather-resistant, baked-enamel finish. These doors won't swell or shrink, and they're also fire-retardant.

Fiberglass doors won't rot, crack, warp or peel and they resist most dings and dents. Their surfaces have the look and feel of real wood, and they can be stained or painted, said O'Gea.

Hinges, latch assemblies and locks are necessary while plates, door knockers and mail slots are more ornamental.

Select quality door hardware that will last. Look for heavy-gauge metal, fine machining without rough edges and a finish that will withstand heavy use. Match the hardware to the door, making sure it will blend with the style or type of door you've chosen. It's also important to think about security.

"A lockset with a key which is combined, with a dead-bolt assembly should give you maximum peace of mind," said O'Gea.

However, if your installation features side lights, they won't be included in the door-size specs. But, you will need to factor them in when you determine the size of

the rough opening. Make sure your rough-opening measurements are accurate, and double-check them against the size of the door you are purchasing.

When you go shopping for your new door, you'll need to specify whether the door should swing from the left- or right-hand side, and if it should swing in or out.

To find out what you need, imagine that you're standing in the doorway with the door opening toward you. In that position, a left-hand door would have the knob on the left, and a right-hand door on the right.

Now you need to determine the right size. If you are replacing an existing door, just buy a new door of the same size.

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Home Style

Plant the right tree in the right spot

Summer's winking to a close, so why think about shade trees? Any nursery or landscape professional will tell you -- fall is the time for planting trees. Plant now and trees have an extra season to become established without the stress of summer heat. Speaking of heat stress, homeowners can alleviate their own by planting the right tree in the right spot. To ensure a successfully shady result, consider these suggestions from the American Nursery & Landscape Association (ANLA) before adding a tree to your landscape.

Know before you buy. Ask questions about the tree before purchasing. How fast does it grow? What height does it ultimately reach? Does it produce debris, like seeds, that will fall on your car on in the street? If so, that tree may still be suitable -- for another spot in your landscape.

Get the best tree for your buck. Often, small trees work just as well and are more economical than large ones. A tree up to eight feet tall with a one-and-a-half inch caliper is a good start on that shade you've been craving. Make sure to select trees with a strong developing branch structure. Quality trees, grown to established nursery standards, are more disease and pest resistant and provide the best return on your investment.

Site selection. Proper placement is critical. Don't plant a river birch ten feet from a house, sidewalk or power line. Instead, choose a smaller ornamental tree in the 15 to 20 foot height range -- a krasa myrtle, Japanese maple or Crouse dogwood, for example. A tree with surface roots should not be situated too near a sidewalk, driveway or septic system. Place a water-loving weeping willow near water. Give that light-loving maple its place in the sun.

Energy savings. Air-conditioning use can be reduced up to 50 percent by shading the walls and windows of your home.

Want to have cooling shade in summer, warming sun in winter? Plant deciduous trees on the south and west sides of your home and you'll achieve both. Reduce your air-conditioner's workload by planting a deciduous tree nearby. Evergreens planted on the north and west sides of your home create a windblock that cuts down on heating costs in winter.

For shade in a hurry. Nursery professionals caution that fast-growing trees, such as hybrid poplars, are not always your best investment. They tend to be weaker, shorter-lived trees. Plant these varieties with the knowledge that you'll have to harvest them in a few years and replace them with another tree. But good selections don't have to be slow. Red maples and willow oaks are two fast growers. Most trees require an inch of irrigation a week; a slow, deep watering is best. Encourage quick growth by fertilizing newly planted trees with a root stimulator. After the tree is established, nurserymen generally recommend twice-a-year fertilization. Consult your local garden center or landscape professional for advice geared to your tree and growing zone. For an ANLA member near you, visit www.growzone.com/garden-center/index.html.

Robert A. McVey, Jr.
Robert A. McVey, Jr. has graduated from the Army Reserve Officer Training Corps (ROTC) Advanced Camp at Fort Lewis, Tacoma, Washington. McVey is the son of Robert A. and Kristina V. McVey of Park Ridge. He is a 1995 graduate of Maine Township High School South, Park Ridge.

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--Gelett Burgess

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Build an arbor or trellis while vines are dormant

Autumn is a great time to build a trellis when climbing vines become dormant. This makes for a fun weekend project which will pay off beautifully in the spring when the vines and climbers add welcome color to your garden.

Both the trellis and arbor give the homeowner an attractive way to grow and display a favorite vine which otherwise would wander aimlessly up walls and across the ground.

Each type of climber makes its own demands on a structure. Heavy vines, such as grapes, need a strong arbor built on posts and anchored in the ground. Lighter morning glories, clematis or even climbing roses, however, can grow on a less sturdy fan trellis fastened to a wall.

Trellises are basically frames that support lattice panels and are the simpler of the two to build. The lattice - which is available ready-made at your home center - is simply a series of slats arranged in a pattern.

A trellis on four posts is your basic arbor. The main concern when building an arbor is anchoring the posts in the ground, said Bob Leidberg, of The Home Depot.

"They should be sunk at a depth equal to one-third of their

height," said Leidberg. "It's important to use rot-resistant wood for both trellises and arbors because the wood comes into contact with the ground."

Arbors can be as elaborate or simple as you like. Although most flat-topped arbors are topped with lattice, there are a variety of other materials available, such as shade fabric or sheets of woven reed.

Trellises are traditionally covered by lattice. You can make

your own from 1 x 2 strips of lumber or you can buy prefabricated sheets of wood or plastic. Wood is inexpensive, but you may have to paint it to match the trellis frame. Plastic is available pre-painted, but it may not be strong enough to support some plants.

To make sure the material suits the vines, the frame and the surroundings, bring samples of prefabricated panels home before deciding which one to use.

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Home Style

Plant bulbs in autumn for a colorful spring

Bulbs can offer a beautiful color palette and, depending on how they are planted, can transform a garden into a formal backdrop or whimsical playground.

Fall is the time of year to plant spring flowering bulbs if you want a warm welcome after the cold winter months.

Unlike annual flowers which last only one season, most bulbs can be planted and left in the

ground to bloom and grow year after year. Therefore, when buying bulbs, look for the highest quality you can afford.

Choose bulbs which are firm and free of cuts, deep imperfections or soft spots. They should feel heavy for their size and the root area on the bottom should be solid, firm and free of rot. The bulb shouldn't be dried out, and at the same time should not be

growing, from either the stem or roots, according to Rick Tubbs, a Home Depot gardening expert.

Try to plant them as soon as they are purchased or store them in a cool place (like a refrigerator), in a paper bag or an open plastic bag. Because they need to breathe, don't store them in a closed container. Remember that bulbs will grow and bloom when the soil begins to warm up, so plant them only in cool soil so that growth is not encouraged until spring arrives.

Most varieties prefer loose well-drained soil and should be planted in an area that gets 4 to 6 hours of sunlight a day. Organic additives like compost should be added to loose and porous soil to improve drainage and promote air circulation. Raised beds can be used in areas which collect water.

Most bulbs should be planted twice as deep as they are tall, about 6 to 8 inches for large bulbs and 3 to 4 inches deep for small bulbs. Tubbs recommends you check with your garden center for exceptions to this rule.

Plant bulbs in layers for a full-looking garden. Set the larger bulbs on the deepest layer of earth, cover them with soil and then plant the smaller bulbs on top. The early blooming bulbs will bring color to your garden at the same time the foliage of the lower bulbs begins to appear.

Fall is also the time to dig up and store sensitive bulbs that cannot withstand the winter. Use a spading fork to gently lift the bulbs from the ground and inspect them for disease.

James A. Maichel

Navy Airman Apprentice James A. Maichel, a 1996 graduate of Palatine High School, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, IL.

What's that noise?

You just bought a new refrigerator and you're hearing some different sounds that may signal concern. Relax and release a sigh of relief. New sounds are normal.

Hard surfaces, like the floor, walls, and cabinets can make the sounds seem louder than they actually are. Due to new product designs, there may be sounds that you are not familiar with. Whirlpool consumer assistants came up with the following list which describes the kinds of sounds that may be new to you, and what may be making them.

- Your refrigerator is designed to run more efficiently to keep your food items at the desired temperature. The high-efficiency compressor may cause your new refrigerator to run longer than your old one, and you may hear a pulsating or high pitched sound.
- Water dripping on the defrost heater during a defrost cycle may cause a drizzling sound.
- If your product is equipped with an ice maker, you will hear a buzzing sound when the water valve opens to fill the ice maker for each cycle.
- You may hear the evaporator fan motor circulating the air through the refrigerator and freezer compartments.
- As each cycle ends, you may hear a gurgling sound due to the refrigerant equalizing in your refrigerator.
- The defrost timer will click when the automatic defrost cycle begins and ends.
- Rattling noises may come from the flow of the refrigerant, the waterline, or items stored on top of the refrigerator.

Antiques

Q. I have a pressed-glass bread or cake plate with a picture of a train, Engine No. 350, on it. It also shows a coal tender with the same number, a baggage car and two coaches. When was it made? What is Engine 350?

A. The Railroad Platter is believed to commemorate the opening of the Union Pacific Railroad in 1869. The platter was made shortly after that date. Engine 350 was the train that made the first trip.

Q. I have an old embroidered handkerchief I'd like to frame for display. Any hints?

A. Handkerchiefs and small pieces of fabric can be displayed by stitching them to a piece of unbleached muslin using unbleached, pure cotton thread.

Then mount the results on acid-free backing and frame it under glass.

To keep from fading, don't hang it in full sunlight.

TIP: A paper beer-bottle label reacts to moisture like hair does. If the label is curled, cover

it with water to wet the fibers, then dry it flat.

Q. My 94-year-old cousin has two Steiff teddy bears, one brown and one yellow. Their eyes are embroidered. When did Steiff use embroidered eyes on bears?

A. Steiff never used embroidered eyes.

Steiff, the German toy company, was founded in 1877 and made its first teddy bears in 1903. Its early bears had black shoe-button eyes. By 1910, Steiff was beginning to use black or black-and-brown glass eyes.

Your cousin's bears might have been made by another company, or the original Steiff eyes might have been replaced with embroidered eyes.

Hundreds of magazines, newspapers and newsletters cover antiques. For a recently-revised 24-page list of general and specialized publications, send \$3 plus \$1 postage and a self-addressed No. 10 envelope to: Publications for Collectors, Kovel's, P.O. Box 22900, Beachwood, OH 44122.



To clean tarnished silver, soak it in potato water for about two hours.

Food for Thought: To read without reflecting is like eating without digesting.

-Edmund Burke

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Home Style

Car Care: Good for you, your car

You may think practicing environmental car care involves lots of sacrifice, but think again. According to the experts at the non-profit National Institute for Automotive Service Excellence (ASE), car care is a win-win situation: "Besides helping the environment, a properly maintained and operated vehicle runs better, is safer, and will last longer - up to 50% longer."

To help vehicle owners practice green car care, ASE offers the following tips.

- Keep your engine tuned-up - a misfiring spark plug can reduce fuel efficiency as much as 30%. You'll help reduce air pollution too.
- Replace filters and fluids as recommended in the owner's manual for efficient engine performance.
- Keep your tires properly inflated and in alignment to save gasoline. The tires will last longer too, meaning less discards at landfills.
- Properly dispose of used motor oil, antifreeze/coolant, tires, and old batteries. Many repair facilities accept these items; otherwise, call your local government for recycling sites.
- If you are not a do-it-yourselfer, find a good technician. Ask friends and associates for recommendations. Check the reputation of the shop with your local consumer group. Look for places which

- employ ASE-certified technicians.
- Keep your air conditioner in top condition. Have it serviced only by a technician certified competent to handle/recycle refrigerants in order to lessen the chance of ozone-depleting chemicals escaping into the atmosphere.
- Avoid sudden accelerations and jerky stop-and-go's. Use cruise control on open highways to keep your speed steady.
- Remove excess items from the vehicle. Less weight means better mileage. To reduce air drag, store luggage in the trunk rather than on the roof.
- Avoid excessive idling. Shut off the engine while waiting for friends and family.
- Plan trips. Consolidate daily errands to eliminate unnecessary driving. Try to travel when traffic is light to avoid stop-and-go conditions.
- Join a car pool.

For a free brochure from ASE on keeping your vehicle in tune with the environment, send a self-addressed, stamped business-sized envelope to: ASE Environmental Brochure, Dept. D-981, P.O. Box 347, Herndon, VA 20170.

Check your brake system regularly

Brake failure is the most common cause of mechanical-related traffic accidents. To reduce the risk of brake malfunction, have your vehicle's brake system checked regularly by a qualified mechanic and be alert for any signs of brake deterioration.

Q. How often should I have the brakes checked?

A. Front brakes on front-wheel-drive vehicles last from 15,000 to 25,000 miles. Rear brakes on those vehicles last about 30,000 miles. The life expectancy for front and rear brakes on rear-wheel drive vehicles is approximately 30,000 miles.

Q. What are some warning signs of deteriorating brakes?

A. Brake pulsation or a reduction in holding power or pressure.

- Having to depress the brake pedal all the way to the floor to completely stop.
- Scraping sounds or surging when approaching a stop.
- Pulling to the left or right while braking.

Q. Are there any other signs to be aware of?

A. Most vehicles have a warning system that emits a loud squealing noise when brake pads are wearing thin.

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For information about the more than 9,000 independent banks in the U.S., call the Independent Bankers Association of America's free consumer hotline at 1-888-500-5538 or access the IBAA Web site at www.ibaa.org.

The Forum for Investor Advice offers three publications free of charge to investors who recognize they may need to help in choosing the right investment. To order *Do You Really Need a Financial Advisor?*, *Getting Help Made All the Difference*, and

Scott Schroeder
Scott C. Schroeder has joined the United States Army under the Delayed Entry Program at the U.S. Army Recruiting Station, Oshkosh, Wis. The program gives young men and women the

opportunity to delay entering active duty for up to one year. He is the son of Gail A. Kranz of Markesan, Wis. and grandson of Virginia Schroeder of Morton Grove.

Managing Investment Risk, call 1-800-200-1819. For a brochure on the Certified Program for Insulators and a list of certified insulation contractors, call 1-800-782-8777 or visit the Institute's Web site at <http://www.certainteed.com>.

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Morton Grove Seniors

The Illinois Secretary of State's office offers the following services via its Senior Hotline. The Hotline phone number is 1-800-252-2904. Free or reduced cost driver licenses, i.d.s., or vehicle registration. Rules of the Road Review Classes to review driving laws. AARP's "55 Alive" Mature Driving Course to qualify for liability insurance discount.

LEGAL NOTICE VILLAGE OF MORTON GROVE PUBLIC NOTICE TO BID SENIORTRAN BUS

Sealed bids will be accepted at the Village Hall, Office of the Director of Finance, 6101 Capulina Avenue, Morton Grove, Illinois, until 10:30 A.M. Thursday, October 8, 1998, for a SENIORTRAN BUS. Copies of specifications and bidding documents are available at the Office of the Director of Finance, Morton Grove Village Hall. The Village Board reserves the right to reject any and all bids, and to waive any informalities or irregularities in the bidding. The Village Board further reserves the right to review and study any and all bids and to make a contract award within thirty days after bids have been opened and publicly read.

LEGAL NOTICE

The Village of Morton Grove (VMG) will receive sealed bids for: TITLE: Tank Abandonment and Tank Upgrades LOCATION: 7840 Nagle Avenue, Morton Grove, Illinois

PROJECT DESCRIPTION: Install two 240-gallon aboveground storage tanks for used oil and used anti-freeze. Abandon in place one 5,000-gallon used oil underground storage tank. Upgrade of one 10,000-gallon diesel fuel underground storage tank and one 12,000-gallon underground storage tank. Upgrade will include the internal inspection, relining, piping, leak detection system, and cathodic protection of the UST's.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D051967 on the SEP. 08, 1998. Under the Assumed Name of HIGH FIVE CENTER, with the business located at 8925 NORTH MAJOR, MORTON GROVE, ILLINOIS 60053-2533. The true name(s) and residence address of owner(s) is: TBI DAY CARE SERVICES, 8925 NORTH MAJOR, MORTON GROVE, ILLINOIS 60053-2533.

LEGAL NOTICE

FOR: PARKING LOT PAVING OWNER: NILES PARK DISTRICT

Notice is hereby given the Niles Park District will accept sealed bids for the purpose of PARKING LOT PAVING until 3:00 p.m. Friday, October 2, 1998, at the Howard Leisure Center, 6676 Howard St., Niles, Illinois. Bids will be publicly opened and read aloud at the aforementioned time and place.

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

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

By Order of the Board of Commissioners NILES PARK DISTRICT

By: Joe LoVerde, Secretary

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D051982 on the SEP. 08, 1998. Under the Assumed Name of WHEELING JEWELRY & REPAIR with the business located at 251 E. DUNDEE RD., WHEELING, ILLINOIS 60090. The true name(s) and residence address of owner(s) is: EMIL RISENZON, 2600 GOLF RD, #603, GLENVIEW, ILLINOIS, 60025; STAN ANISIMOV, 4322 N. KENMORE, #1E, CHICAGO, ILLINOIS 60613.

LEGAL NOTICE

PLEASE TAKE NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, October 5, 1998, at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s):

98-ZP-18 Mr. Sol Porter 4836 Main St. Skokie, IL Requesting a change in zoning from R-4 Special Use to R-4 and variances to rear yard from 30' to 20', for side yard from 18' to 12'-6" and north side yard from 30' to 12'-6" to construct 6 townhouse units at 8635 Sherman Road.

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

BID DATE/TIME

October 7, 1998 at 10:00 a.m.

BID LOCATION:

MORTON GROVE VILLAGE HALL 6101 CAPULINA AVENUE MORTON GROVE, ILLINOIS 60053

Minority & Female Business Subcontractor/Supplier Participation is Voluntary.

Obtain Plans From: Professional Service Industries, Inc. Attn: Douglas M. Masters 520 East 22nd Street Lombard, Illinois 60148 (630) 691-1490 (Ext. 501)

Refundable Plan Deposit: \$75.00 Pre-Bid Meeting (Mandatory): September 28, 1998 at 10:00 a.m. Location: Village of Morton Grove Public Works Facility, 7840 Nagle Avenue, Morton Grove, Illinois

INFORMATION TO BIDDERS:

- 1. Bidders must submit statement of qualifications including five references. In addition, the bidder must not have had any violations or citations from the Illinois Office of the State Fire Marshal (OSFM), Chicago OSFM, IEPA, or Chicago Department of Environment.
2. All contractors and subcontractors are required to pay prevailing wages as determined by the Illinois Department of Labor.
3. Progress payments will normally be issued by the VMG within 30 business days after the VMG receives and approves an Invoice Voucher.
4. VMG reserves the right to stop work at any time if the project cost becomes excessive.
5. VMG stipulates that award to lowest bid is not required. Selection of contractor will be based on qualifications, submittal of references and project cost.

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 You Can Place Your Classified Ads by Calling (847) 588-1900 or Come To Our Office In Person At: 7400 Waukegan Road, Niles, IL. Our Office Is Open - Monday thru Friday, 9 A.M. to 5 P.M. DEADLINE FOR PLACING ADS IS TUESDAY AT 2 P.M. Certain Ads Must Be Pre-Paid In Advance: Business Opportunity, For Sale, Miscellaneous, Moving Sale, Personals, Situations Wanted, Or If The Advertiser Lives Outside Of The Bugle's Normal Circulation Area.

<p>BANKING OPPORTUNITIES</p> <p>We currently have the following positions available for dependable, motivated self-starters with stable work history. We offer a good salary/benefit package including company-matched ESOP.</p> <p>TELLER - Glenview - Full Time Detail-oriented individual with 6 mos. teller or heavy cash handling w/balancing experience. Must have excellent interpersonal skills, good figure aptitude and ability to cross-sell bank products.</p> <p>ACCOUNTING CLERK - Glenview - Full Time Entry level position for self-starter w/2 yrs. work exp. Balancing knowledge, PC exp including spreadsheet and word processing. Bookkeeping or teller knowledge a plus.</p> <p>BANK OF NORTHERN ILLINOIS, N.A. Call 847/724-9000 for interview appointment or FAX resume w/cover letter to Human Resources 847/263-4968</p> <p>E/O/E M/F</p>	<p>CLERICAL/OFFICE OPPORTUNITIES</p> <p>Variety Is The Key</p> <p>.....to a fulfilling career! At George S. May International, a busy management consulting firm, we believe it's the diverse, fast-paced environment that keeps our employees interested and challenged.</p> <p>We now have an entry level opportunity for an individual with proven clerical experience to perform data entry, typing (40 words/minute), filing, phone and general office duties.</p> <p>If you are a conscientious, dependable individual, you will receive a competitive starting salary, great benefits and more.</p> <p>For your personal interview, call: Personnel Dept. - J. Bell 877-358-2508 Or Fax your resume 847-825-2951</p> <p>GEORGE S. MAY INTERNATIONAL COMPANY 303 S. Northwest Hwy. Park Ridge, IL 60068 EOE M/F</p>	<p>CLERICAL / OFFICE OPPORTUNITIES</p> <p>PURCHASING CLERK</p> <p>Leading North Suburban Manufacturer Needs An Organized Detail Oriented Person To Support Our Purchasing Dept. Applicant Should Have Light Typing Skills, Enjoy A Variety Of Detail Work Which Includes Filing, Entering/Reviewing Orders, Preparing Period/Expenditure Reports, And MRO Buying.</p> <p>Please Send Or Fax Resume To: Human Resources Dept 6250 W. Howard St. - Niles, IL 60714 FAX: (847) 967-7832</p> <p>Private Club on the North Shore is looking for part-time general office help. Duties include light filing and computer inputting. Along with a pleasant and positive attitude, individual must have excellent communication and organization skills and computer experience. Salary commensurate with experience. If interested please stop by the club or mail your resume to: North Shore Country Club 1340 Glenview Road Glenview, IL 60025 Attention: Bob</p>
<p>HEAD TELLER/CUSTOMER SERVICE REP</p> <p>Dynamic, local Credit Union seeks dependable individual to join our team.</p> <p>We seek a friendly, energetic self starter with professional appearance and previous teller or cash handling experience. Excellent oral communication and customer service skills are required for this full time supervisory position.</p> <p>Full benefits, competitive salary and a great work environment (847) 647-1030 Northwest Community Credit Union</p>	<p>CLERICAL/OFFICE OPPORTUNITIES</p> <p>CLERICAL POSITIONS Full-Time</p> <p>A great opportunity is waiting for you at Underwriters Laboratories Inc. in Northbrook. We have the following positions available: *Word Processing (45wpm) full-time days & part-time nights *Secretarial *Telemarketing (no selling) data entry experience needed *Data Entry (Windows environment required) *Accounting Clerks (Customer Service experience helpful) *Mail Clerks (8:00 am-4:30 pm & 11:30 am to 8 pm) *File Clerks (some experience needed)</p> <p>To arrange an interview appointment, please call (847) 272-8800, ext. 43355 (24 hr. voice mail). Leave your name, phone number and what position you are seeking and a HR Rep will return your call during the day.</p> <p>UNDERWRITERS LABORATORIES INC. 333 Pfcngsten Rd. Northbrook, IL 60062 Fax: 847-509-6300 EOE M/F/D/V</p>	<p>RECEPTIONIST Part-Time</p> <p>Evenings & Weekends Must Have Excellent Phone And Communication Skills Some Typing Required Excellent Salary Call Dee: (847) 966-9190 GLENBRIDGE NURSING HOME 8333 Golf Road-Niles eoe</p> <p>GENERAL OFFICE Full-Time/Part-Time</p> <p>Individual For Variety Of Office Tasks Including Data Entry Filing, Phones, Mail, Etc. No. Suburban Mfr. Fax (847) 673-5564 Or Mail Resume: WM. W. MEYER & SONS, INC. P.O. BOX #105 SKOKIE, IL 60076</p>
<p>ACCOUNTS PAYABLE CLERK</p> <p>Full Time Position Available In Our Lincolnwood Office Responsibilities include: Matching Invoices Data Entry Statement Reconciliation And Misc. Accounting Functions Excellent Benefit Package Included Call Jeanine Evans At: (847) 679-4600</p> <p>Find the help that you need in our classified section.</p>	<p>ASSISTANT To The Director</p> <p>Local organization seeks professional person to handle full-time, administrative duties, clerical duties, and event planning. Requires good communications skill and writing skills. Computer skills a must. Microsoft Office experience a plus. Good Salary and bonus.</p> <p>Send resume to NCCI 7900 Milwaukee, Suite 225B Niles, Illinois 60714 or fax to: 847/966-7617</p>	<p>GENERAL OFFICE</p> <p>Local organization has immediate opening for a professional person with good office skills to work 10 a.m. - 2:00 p.m. 3 days a week. Flexible work week, vacation pay and good starting salary.</p> <p>Contact Denise McCreery at 847/966-7606</p> <p>Our classified ads reach more people per week for the least amount of dollars.</p>

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DesPlaines man ...

Continued from Page 1

son and Regnier drove away at a high rate of speed, according to Des Plaines police investigators who do not believe Regnier was an accomplice or went with Stillson voluntarily.

Des Plaines police said at least two other people were in the apartment at the time of the incident but escaped unharmed and called police.

DesPlaines police responding to the scene, unsure of Stillson's whereabouts and fearing he might still be in the building, evacuated the residents and surrounded the building with a team of 10 officers.

Entering through a rear door, police found Shaw doubled over in a stairwell and learned that Stillson and Regnier had fled.

Des Plaines police issued a bulletin on Stillson's tan Cadillac but received no reports until Regnier apparently escaped in Brookfield, another of Stillson's previous hometowns, and flagged down a passing policeman.

Around noon, Stillson phoned his brother, James Stillson, 34, at his place of work, saying he had made a big mistake and stating it was an accident. Jerry Stillson returned to his mother's and brother's

er's Berwyn home crying and saying he was sorry, according to James Stillson.

Berwyn police took Jerry Stillson into custody at the Berwyn home around 12:30 p.m., nearly 12 hours after the Des Plaines shooting. Jerry Stillson then made statements to Berwyn police officials implicating himself in the murder. A gym bag containing a revolver believed to have been used in the murder and ammunition, was also retrieved by Berwyn police.

Jerry Stillson, a divorced father of two children with no prior criminal record, was charged with first-degree murder and held overnight on a no-bond warrant in the third Des Plaines homicide of the year. A bond hearing was scheduled Tuesday in the Skokie branch of Cook County Circuit Court.

According to DesPlaines police investigators, Jerry Stillson lost his position as an unarmed security guard for a private service in August. He had been employed by the service working at sites in Skokie and Rolling Meadows since September of 1997, police said.

Public Works ...

Continued from Page 1

foot vehicle maintenance area and a bus garage and main office are the new structures that will be constructed on the former park land.

The present two-story administration building, a storage area and a salt dome will continue to be used by the village. A landscaped plaza will be built to connect the existing site with the new facilities.

Area residents living behind the park near Franks and Touhy avenues have opposed the plan because they fear the presence of public works trucks rumbling down their street will adversely affect property values.

However, park officials have incorporated the construction of a buffer zone between the residential area on the south and the public works buildings on the north end of the project into the building plan. A small pocket park will

also be placed at Touhy and Franks by local residents.

The project, which is expected to cost \$8.8 million, will be financed with tax increment finance funds, according to Selman.

Noriega said that because Niles is an older community, public works facilities must be kept up in order to maintain the community's aging infrastructure.

Cub Pack 175 & Boy Scout Troop 175 News

Cub Pack 175 & Boy Scout Troop 175 are planning their activity calendar for the new school year. This year the boys will again enjoy many great events and activities.

We offer all boys a great opportunity to see what scouting is all about. Boys from 1st to 5th grade will be Cub Scouts with boys in 6th grade & up eligible for the Boy Scout program.

Join us on the following dates to experience scouting:
Cub Pack first meeting - September 25, Flanagan Hall, 7 p.m.
Boy Scout troop parents night/open house - September 21, Flanagan Hall, 7:30 p.m.

Pack & Troop #175 are sponsored by the SJB Holy Name Society and Knights of Columbus Council 4338.

For more information on joining the scouting program, please contact: Cubmaster - Wayne Mares (847) 966-4071 or Scoutmaster - Dave Okun (847) 470-8408.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D051685 on the AUG. 24, 1998. Under the Assumed Name of C. C. COPY CENTER at 2724 N. WINNEMAC, CHICAGO, ILLINOIS 60625. The true name(s) and residence address of owner(s) is: CECILIA CORDOVA, 2724 N. WINNEMAC, CHICAGO, ILLINOIS 60625.

Wal-Mart ...

Continued from Page 1

George Van Geem, Niles Finance Director, attributed the Village Board's unanimous support of the project to its prime location two miles west of the Edens Expressway, three miles from the tollway and adjacent to Chicago's Northwest Side.

Traffic congestion is not considered a problem in the non-residential area, according to Niles Mayor Nicholas Blase.

A traffic study conducted by a Rosemont consulting firm, however, recommended that the developer add right turn lanes on eastbound Touhy providing easier access to the shopping center. The Tucker Corp. will pick up the tab for the study as well as for the new lanes.

Four major retail stores, including Wal-Mart, and 10 smaller businesses are expected to generate \$1 million in annual sales tax, according to Van Geem.

Under the terms of the TIF provisions, the assessed value of the property will be frozen at the pre-development rate. As the increased tax revenues come in from the retailers, the village will reimburse the developers up to a maximum of \$2.9 million without laying out any actual new money, Van Geem stressed.

Assessments ...

Continued from Page 1
triennial reassessment were mailed to more than 40,000 property owners by the Cook County Assessor's office Aug. 28, Bagnall said. Another bit of good news: the increased assessments won't actually take effect until the 1999 when the bill for 1998 is actually issued, Bagnall added.

Bagnall urged taxpayers who think their reassessments are excessive to begin the appeal process with the Cook County Assessor before the Oct. 5 deadline. Residents can go to the Niles Township Assessor's office at 5255 Main St. in Skokie between 9 a.m. and 4:30 p.m. Monday through Friday for assistance in filing the forms. They can also go to the Old Orchard Road branch of the County Assessor's office in the Second District Courthouse, Bagnall said.

Those who miss the Oct. 5 deadline can appeal later in the tax cycle by going before the Cook County Board of Tax Review. However, Bagnall said it was beneficial to start the process as early as possible by addressing the county assessor directly.

For more information on the assessment appeal process, taxpayers can call the Niles Township Assessor's office at (847) 673-9300.

U-505 ...
Continued from Page 1
are requested.

The Niles Historical Museum, 8970 Milwaukee Ave., is open every Wednesday and Friday 10 a.m.-3 p.m.; other times by appointment. Call 847.390.0160 for more information.

Northbrook Theatre For Young Audiences

Northbrook Theatre For Young Audiences, a professional acting company specializing in musical theatre for children and family audiences, has announced its 1998-1999 season of three productions.

The curtain goes up in the fall with The House At Pooh Corner which runs on Saturdays from September 26th through November 7th. The winter production, Hansel & Gretel, plays on Saturdays from January 16th through February 27th. The final spring presentation is Aladdin, which runs on Saturdays from April 17th through May 29th. Performances are at 10:30 a.m. and 1 p.m. at the Northbrook Theatre which is located at 3323 Walters Avenue in Northbrook.

All seats are reserved and are priced at \$5, paid-in-advance and \$6 at the door with discounts for groups of fifteen or more. Special "Meet the Characters" Lunch/Theatre packages are

available on selected dates as well as Party packages which include discount tickets and a room rental for cake, ice cream and presents. Holiday shows for The House At Pooh Corner and Hansel & Gretel are scheduled for Monday, October 12th (Columbus Day) and Monday, February 15 (President's day) at 10:30 a.m. and 1 p.m. so that children might attend on days that schools are closed.

All three shows are also available for weekday bookings for schools and similar groups on Tuesdays and Thursdays at 10:30 a.m. or 1 p.m. during the regular run of each show. Study Guides, "Curtain" talks and backstage theatre tours are offered for these school performances. Discount tickets are available for these performances.

For information, tickets and school bookings, call Northbrook Theatre For Young Audiences at (847) 291-2367.

Rainbow Hospice to host Benefit Dinner Dance

On Friday, September 25th, at the O'Hare Marriot, 8535 W. Higgins in Chicago, Rainbow Hospice -- a non-profit organization -- is hosting its 9th annual Benefit Dinner Dance, with CBS Sportscaster Tim Weigel as the special guest celebrity. This is Weigel's second consecutive appearance at a Rainbow Hospice Benefit Dinner Dance. An estimated 350 to 400 people will be in attendance.

The evening begins at 7 p.m. with cocktails; dinner will follow at 8 p.m. The evening winds up with dancing the night away to the sounds of Formal Affair.

Highlights of the evening include a silent auction with 100 prizes including vacation getaways, tickets to local sporting

events and theaters, and dinners at some of Chicago's best and most well-known restaurants. People who purchase a \$1 raffle ticket or a book of 12 tickets for \$10 have the opportunity to win a \$1,000 cash raffle prize, along with four other prizes.

To help support the Bereavement Center, corporate sponsorship opportunities are available by purchasing an ad in the program book.

Tickets are available at \$65 per person or \$650 for a table of ten. If you are interested in attending the Benefit, purchasing raffle tickets or an ad in the program book, or donating a silent auction item, please contact Dave Samson, development director at (847) 699-3602.

Culture of Japan seminar to be held

Explore the forces and traditions that have shaped the culture in a non-credit seminar this fall at Oakton Community College. The seminar, **Japan: Philosophy, Religion and Spirituality**, will be taught by Jim Kenney, director of Common Ground, a Deerfield-based organization that conducts adult education classes on international issues. The seminar is offered through Oakton's Emeritus Program and meets for three Mondays from 10:30 a.m.-noon starting Oct. 5 at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. The fee is \$46.

The seminar examines Shinto, the religion native to Japan that is characterized by veneration of nature spirits and ancestors and by a lack of formal dogma. Kenney will discuss the influence of two traditions imported from

China: Buddhism and Confucianism. He will also cover some of Japan's most intriguing cultural riches, including the Noh drama, the Tea Ceremony, calligraphy, martial arts and ink drawing.

For more information or to register for the seminar, call the Emeritus Office at (847) 635-1414.

Joy Sarinyamas

Air National Guard Airman 1st Class Joy Sarinyamas has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. Sarinyamas is the daughter of Duriya Sarinyamas of Morton Grove. She is a 1997 graduate of Maine East High School, Park Ridge.

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'84 CAMARO SIK. #P1805	\$1,995	'90 FORD TAURUS SIK. #8352A	\$5,400	'92 MERCURY SABLE SIK. #8278A	\$8,800
'84 CHEVY CAMARO SIK. #P1805	\$1,995	'91 FORD TAURUS SIK. #P9511A	\$5,500	'96 MITSUBISHI MIRAGE SIK. #P1746A	\$8,900
'87 PLYMOUTH VOYAGER SIK. #P1817	\$2,500	'89 OLDSMOBILE CALAIS SIK. #P1678A	\$5,500	'97 FORD ASPIRE SIK. #P1739A	\$8,900
'85 FORD RANGER SIK. #P1852A	\$2,950	'94 FORD ESCORT SIK. #8399A	\$5,555	'92 FORD EXPLORER 2WD SIK. #D21666	\$8,900
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'91 FORD TEMPO SIK. #D2172A	\$3,335	'92 FORD TAURUS SIK. #T9279A	\$6,500	'93 WRANGLER SIK. #D2300A	\$9,950
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'87 CHEVY BLAZER SIK. #P526B	\$4,335	'90 JEEP CHEROKEE LAREDO SIK. #T9182A	\$6,950	'97 FORD ESCORT SIK. #8107A	\$10,998
'87 TOYOTA SUPRA SIK. #8458A	\$4,400	'93 FORD TAURUS	\$7,700	'96 FORD CONTOUR SIK. #8078A	\$11,100
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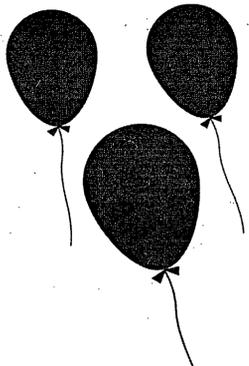
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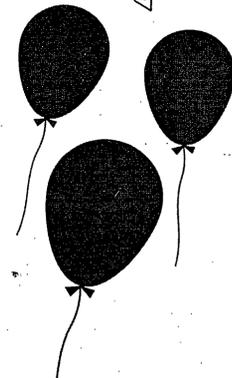
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