The Niles Bugle

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From the Left Hand

by Bud Besser

Wordsmiths have made a cliche of Yogi Berra's "It's deja vu all over again." And older readers are fond of quoting F. Scott Fitzgerald who wrote, "There are no second acts in American lives."

Several weeks ago we wanted to write, it is time new people should get involved in the local political scene in Niles. It's been 40 years since we were part of a mini-political revolution which turned Niles around. Forty years later we thought it might be time to repeat the 1961 experience by bringing new and younger people into Niles government.

We though Yogi's "deja vu" might describe another political revolution in Niles. But then we thought of Fitzgerald's "no second acts in American lives" and we knew another rebirth in Niles

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Niles likely to sell unused Trident Center

by Rosemary Tirio

The Niles Board of Trustees will consider selling the Trident Center this year mainly because both the Senior Center and the Family Services Department were moved to the new Family Fitness Center building next to the Village Hall, according to Village Manager Abe Selman.

Although the fate of the Trident Center has not yet been officially disucssed, Selman said the village would not hold on to an empty building unless something useful can be put there. Leasing the property is also not likely, Selman said.

If no use can be found for the building, it will be sold and put back on the tax rolls, Selman said. The village would also derive revenue from the sale of the building, Selman said.

Morton Grove Public Hearing Notice

The Village Board of Trustees has scheduled a formal public hearing for 7:30 p.m. on Monday, February 22, in the council chambers of the Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove. To discuss amending the Intergovernmental Agreement between the Village and the Cook County Forest Preserve District regarding an extension of time to complete rock spoil removal operations as approved by Village Ordinance 93-30; the possible retention of the haul road for use as a Village street will also be discussed.

Candidates list for Niles spring election April 13

by Rosemary Tirio

The petitions are in, the applications are filed and the candidates are lining up for the upcoming April 13 election.

The following is a comprehensive list of the candidates Niles residents will find on their ballots when they go to their polling places to cast their votes.

Candidates for the three 4-year Village Trustee terms are Tom Bondi, James Mahoney and Bart Murphy.

Running for two 4-year terms on the Niles Library Board are Irene Costello and Jack Sugar.

Four candidates will run for the two 4-year terms open in the Niles Park District: Walter

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Possible plan calls for 100 senior units; Facility would provide assisted living to residents

Senior housing proposed for South School site

by Rosemary Tirio

The fate of the now-unused Niles Elementary School (South) building was discussed at great length at two town hall meetings Feb. 2 and Feb. 6, but nothing definite has yet been decided.

At issue was the proposal of Alter+Care to tear down the existing school building and construct an assisted living senior facility on the site after the district enters a 50-year lease with the developers.

If Dist. 71 officials approve the proposal, they will have to obtain a waiver from the state on the number of years the property can be leased (school districts are limited to 25-year leases of school property under the present law).

Because the property is currently zoned for a public school a zoning change would have to be granted by the Village of Niles before the senior facility could be built on the property.

The village would also be involved in regulating demolition and other areas of constuction, said John Driscoll, president of Alter+Care.

Driscoll answered residents' concerns about the village's willingness to permit the proposed use of the site by disclosing that he had already had some informal discussions during which village officials were receptive to the idea.

Dist. Supt. Eugene Zalewski quelled fears expressed by some parents and residents who attend-

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Former Maine committeeman Phil Raffe dies in Florida

The four grandchildren of Phil Raffe, former Maine Township Republican Committeeman, euologized their grandfather at funeral services held in Wilmette Jan. 27.

Mr. Raffe, a former longtime Niles resident, passed away in a Hallandale, Florida, hospital near his retirement home. He was 73.

In addition to his service as Republican Ward Committeeman, Mr. Raffe was also Maine Township Clerk and a member of the Regional Transportation Authority Board.

Mr. Raffe, who was born on the West Side of Chicago, served in the U.S. Navy during World War II. He later went into the meat business and owned a wholesale meat company.

Mr. Raffe is survived by his wife, a son, a daughter, four grandchildren and a sister.

Officer Tornabene receives Distinguished Duty Declaration

Officer Robert Tornabene was presented with a Distinguished Duty Declaration at the January Village Board Meeting. He was chosen as the 1998 Midwest Gang Investigator of the Year by the Midwest Gang Investigators Association. Officer Tornabene has developed a Gang Awareness Training Education program which he presents to the 7th graders of local elementary schools. Pictured (left to right) are Trustee James Mahoney, Police Chief Ray Giovannelli, Officer Tornabene, Mayor Nicholas B. Blase, and Trustees Tom Bondi and Bart Murphy.

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European Imports to hold spring events

by Rosemary Tirio

Move over Beany Babies and make room on the shelf for some real collectibles.

Walt Disney enthusiasts will be excited to learn that European Imports at Oak Mill Mall, 7900 Milwaukee Ave., Niles, will hold a special one-day-only sale of the new spring Disney release: "Dancing Partners," an exquisite handmade and hand-painted porcelain figurine of Dopey and Sneezy, right out of the 1937 Snow White movie.

The dwarves, paired in an eight-inch tall sculpture titled "Dancing Partners," will be available at European Imports from 11 a.m. to 4 p.m. Feb. 20, for a remarkable $150.

"The special event piece was made in a very small amount," said European Imports owner Eddie Delgau, "but we have a good supply."

After Feb. 20, no more "Dancing Partners" will be made or sold. Collectors will have to resort to the much more expensive secondary market to obtain one.

Disney has produced about a dozen series of figurines based on scenes from the classic animated films; three series featuring Mickey Mouse, three Donald Duck series, Three Pigs, Cinderella, Tinkerbell and Little Mermaid series among them.

All the classic series figures recreate the movie scenes they're based on, especially in exact color duplication. "The pieces are really perfectly done," Delgau said.

What makes the Classic Series figurines so valuable and collectible is the fact that they are produced for one year only, beginning on Jan. 1 and continuing through Dec 31. Then the molds are broken and no more of that particular figurine will ever be made. The only way collectors can obtain them after that is through the secondary market, i.e., from other collectors.

Delgau said European Imports, which handles over 70,000 different items, is the largest Disney Classic Collections store in the U.S. where there are about 2,200 dealers selling the Hummel quality figurines. Throughout the world, Delgau estimates there are only about 3,500 Disney Series distributors.

Delgau said that when Disney first started producing the tiny replicas of the beloved characters featured in the animated classics in 1994, they first intended to have them made by Hummel artists in Germany.

The cost of Hummel-made figures (a minimum of about $400 each) would have been prohibitive for most U.S. collectors. So, Disney hired some Hummel artists and sent them to Thailand where they taught Thai artists the Hummel techniques.

The statues must be assembled, fired, painted and fired again--and all is done by hand. "It takes a lot of skillful artists to produce a gorgeous figurine like the Walt Disney Classics," Delgau said.

That is why the $150 pricetag on the "Dancing Partners" release is so reasonable, Delgau said. In May, the Snow White in rags and Prince Charming figurines will be available, and European Imports will be among the first dealers to have them. They also have a large collection of the already released series, including Snow White in a yellow dress, her house, all seven dwarves and the wishing well, Delgau said.

Of course, one of the most important aspects of collecting is the appreciation in value. Delgau said that one relatively inexpensive Disney figurine that sold originally for $165 just a few years ago is now worth over $1,000.

During the one-day four-hour limited sale of "Dancing Partners" a Disney Cinderella and Prince Charming wedding cake topper and a Ratko glass ornament made in Poland will be raffled.

The following week on Saturday, Feb. 27, European Imports will host another very special one-day event: Bette, the Cherished Teddies 1999 Adoption Center Exclusive Event Figurine, will be sold for just $19.95 at the 600 adoption centers throughout the country. Although there are about 6,000 shops selling the Cherished Teddies in the U.S., only 600, European Imports among them, are official adoption centers.

The two-inch ceramic figurine was produced exclusively for the very limited one-day event that will be held only at the 600 adoption centers, Delgau said.

Although not as pricey as the Disney Classics Series figures, Cherished Teddies also appreciate in value. One that sold for about $10 four years ago now commands over $200 in the secondary market, Delgau said.

Cherished Teddies are made by Enesco, the world's largest giftware manufacturer and maker of the Precious Moments figurines.

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Niles Park District employee celebrates 25th anniversary

Joan Demming was honored for 25 years of dedicated service to the Niles Park District. Left to right: President Charles Barbaglia; Niles Park District Employee, Joan Demming; Vice President Elaine Heinen; Commissioner Val Engelman.

The Niles Park District is pleased to announce that Joan Demming, Bookkeeper, celebrated her 25th anniversary on January 16, 1999. Demming has experienced a variety of changes during her 25 years as an employee of the Niles Park District. She started at the District on January 16, 1974 as a receptionist in the 7877 Milwaukee Administration Office. In 1979, Demming was transferred to the Finance Department. She recalls that at that time all accounting procedures were done manually. Checks were hand-typed and all reports were typed on stencils. The only copy machine was a wet copier. There were no plain paper copiers and fax machines were unheard of at the time. The first computer system was installed back in 1984.

Demming has seen many improvements in the last 25 years such as O'Shanter's Restaurant & Clubhouse, Oasis and Iceland Pools, Grennan Heights, Iceland and most recently Pioneer Park.

Since 1996, the Niles Park District Finance, Administration and Recreation Departments have been located at the Howard Leisure Center, 6676 W. Howard Street. Demming has enjoyed working with a variety of Directors and Board of Commissioners over the past 25 years. She currently works with Executive Director Joseph LoVerde and Finance Director Tom Elenz.

St. John Brebeuf registration & open house

St. John Brebeuf School will accept new family registrations for its preschool, kindergarten and grades one to eight for the 1999-2000 school year on Sunday, February 21 from 10 a.m to 1 p.m. The school is located at 8301 N. Harlem Avenue in Niles. Open House will be held in the preschool and kindergarten. Families will be able to visit the classrooms, learn about the curriculum and meet the teachers and parents of current students.

Early childhood education consists of full-day or half-day (AM only) kindergarten, and preschool programs of three half-days a week (T, TH, F) for four year olds and a two half-days a week (M,W) for three year olds. Children must be five years old by September 1 for kindergarten and three or four years old by September 1 for the respective preschool classes.

Parent/guardians need to bring copies of the child's children's birth and baptismal certificates and a copy of the latest report card for children in grades one to eight. Please call the school (847) 966-3266) for information concerning tuition and fees.

Fire Department Winter Tips

Cold weather puts a strain on your heart, even without exercise. Be careful when shoveling snow, pushing a car, or performing other tasks. Regardless of your age or physical condition, avoid over exertion in the winter.

Frostbite is a severe reaction to cold exposure of the skin. If the individual has a pale appearance and experiences a loss of feeling, seek medical help. Hypothermia is a condition brought on when the body temperature drops to less than 95°F. Symptoms include slow or slurred speech, disorientation, drowsiness, and apparent exhaustion. Seek medical attention immediately. Do Not give the person alcohol, drugs, coffee, or any hot beverage or food.

Watchdog group digs up secret plan to expand O'Hare

by Rosemary Tirio

A suburban airport watchdog group has charged Chicago with harboring secret plans for a massive expansion of O'Hare Airport and has won a Supreme Court verdict ordering Chicago officials to turn over to DuPage County officials 60,000 pages of documents to the .

Suburban O'Hare Commission attorney Joe Karaganis charged Dec. 31 that the city was still withholding documents proving that airport officials are planning expansion of the terminals, roads and runways.

The Illinois Supreme Court ruled Dec. 17 that the city had no right to withhold the documents City officials, invoking the privilege of government agencies to hide evidence of wrongdoing because "exposure would chill candid conversation by government employees," had withheld the incriminating documents. The state Supremen Court, however, ruled that there is no such privilege in Illinois.

Later, on Jan. 6, Chicago officials tried to invoke a different privilege in the DuPage Circuit Court, but again were shot down when the court which ruled that the city had waived its rights to any other privileges.

Karaganis said he unearthed a 40-year-old statue that has been "buried and ignored until we found it. The statue stipulates that any alteration of airport facilities must first be approved by the state.

"Since 1992, there have been $2 billion worth of alternations [to the airport] without permission from the state of Illinois," Karaganis said. "It would be like building 10 Sears Towers in Niles without ever getting a building permit," he added.

Karaganis charges that airport officials knew about the statute but didn't want any investigative bodies to find out about it

Karaganis said he has received many additional documents, "but we're still not finished," he said. While he is not disclosing his findings as yet, he did find evidence to support charges of a "secret plan they [O'Hare officials] had for dramatic expansion of O'Hare," Karaganis said

Karaganis said he will seek an injunction stopping airport officials from initiating any airport expansion, construction or alterations without first seeking permission from the state.

"We have a governor who says he's not going to permit expansion at O'Hare," Karaganis concluded.

Karaganis represents Elmhurst, Bensenville, Woodale and all of DuPage County.

Vehicle Sticker Design contest winner announced

The Village of Niles is pleased to present the winner of the Centennial Vehicle Sticker Design Contest. Miss Kerri Aitken, Nelson School, grade 6, was selected as the winner! The design was based on its creativity, presentation, and neatness in response to the Village's Centennial Celebration. Miss Aitken will have her design featured as the 1999-2000 Village Vehicle sticker. Plus, she will be honored by the Mayor and Board of Trustees at the April 27, 1999 Village Board Meeting.

Potholes cause few problems: Noriega

Public Works Director Jun Noriega said his crews are winning this year's battle against potholes.

Pothole repair crews are out every day filling the perennial post-snowstorm problem, Noriega said. Although he admits this year's weather has caused more potholes than usual, he his crews were on the filling-up detail immediately after the snow was cleared.

In addition, preventive measures taken in the summer, such as widespread crack-sealing, also help combat the pesky wintertime problem, Noriega said.

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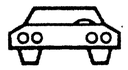
League announces forum on campaign finance

The League of Women Voters of Glenview invites the public to a forum on "Money and Politics in the Land of Lincoln", on Sunday, February 21st, from 2:30-4:30 p.m. The forum will be held at Glenbrook South High School, in the Lyceum, at 4000 W. Lake Avenue, Glenview. The event will be a panel discussion by north and northwest suburban legislators moderated by Dr. Paul Green, Director of Public Policy at Governor's State University. Cynthia Canary will give opening remarks and a historical perspective from the Illinois Campaign for Political Reform. Invited legislators are: Illinois State Representatives, Ralph Capparelli, Elizabeth Coulson, Rosemary Mulligan, Jeffrey Schoenberg; and Illinois State Senators, Walter Dudycz, Kathleen Parker, and Dave Sullivan. The forum is free, open to all, and we'll have questions from the audience.



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The Voice of Democracy Program

The Voice of Democracy Program for 1998-1999 was sponsored by the veterans of foreign wars of the United States and its Ladies Auxiliary to Park Ridge Post #3579. Congratulations to Joseph Ramirez, who attends Maine South High School who won 1st place award from our post. We are very proud of Joseph Ramirez, he received a $400 United States savings bond and a special V.F.W. jacket.

This audio essay contest is open to 10th, 11th, and 12th grade students who are properly enrolled in a high school. This contest will be offered again with a new theme this fall. Please check with your teacher or principal.

East Maine School District to meet

A meeting of the Finance Committee of the Board of Education of East Maine School District No. 63, Cook County, Illinois will be held on: Tuesday, February 23, 1999 at 6:30 p.m. in the Dr. Donald C. Stetina Educational Service Center located at 10150 Dee Road, DesPlaines, Illinois.

This meeting will be held for the purpose of discussing financial matters.

East Maine Caucus endorses candidates

The East Maine Township General Caucus endorsed three candidates running for the Dist. 63 school board at its Jan. 27 nominating meeting:

• Nonincumbent John Jekot of Niles, a Niles Park District employee who is president of the Optimist Club in that community. He has been active in youth programs associated with the park district and St. John Brebeuf Parish.

• Incumbent Mary Pat Jordan of Morton Grove, a former principal of Hynes School in Morton Grove who now runs a home improvement business. Jordan was elected as a write-in candidate for a two-year unexpired term in 1997.

• Sonja Witschonke-Mess of Glenview, a radiographer at Ravenswood Hospital who has been active with the PTAs of Washington School and Gemini Junior High.

No candidates applied to the East Maine caucus for endorsement for the Maine Township High School Dist. 207 board, so the caucus made no endorsement in that race. (One potential candidate for that board appeared at the caucus meeting, but chose not to address the group.)

School board elections have been moved up to April to coincide with municipal and park board elections. The candidates elected in April will not begin their terms until November, to allow board members elected in November 1995 to fill out their terms.

Niles Historical Society

To begin our centennial celebration, the Niles Histroical Society is pleased to present Patti Ecker talented history story teller in song and story following a short business meeting on Sunday, Feb. 28, at 2 p.m. Patti Ecker will bring us a musical tour through American history. She plays guitar, banjo and bodhran, tells riproaring' stories of pioneers in our area, and has children clapping and singing along.

Come early to visit friends, tour the Museum, see our centennial exhibit in the Vintage Room and note our new additions to the Museum. All programs are open to the public; bring your children, friends, and neighbors.

Refreshments will be served. Admission is free but donations are welcome and appreciated. The Niles Historical Museum is located at 8970 Milwaukee Ave.

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

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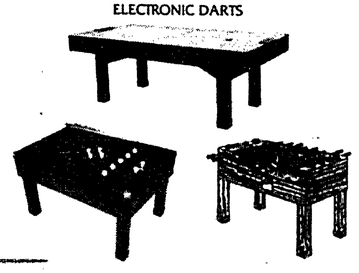

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Women's News

The Women's Business Development Center

The Women's Business Development Center presents "How's the Health of Your Business? An Annual Free Business Wellness Check-up". Come to the Women's Business Development Center (WBDC) for a free business wellness check-up. The WBDC business counselors (holistic health practitioners) will be available to diagnose your business' health. Prescriptions and nutrition for your business will be provided in small group sessions by specialists-lawyers, accountants, marketing, computer professionals, and more.

All participants will have the opportunity to learn about the WBDC, its many programs and services, and to preregister for any upcoming programs.

The Business Wellness Check-up will be held on Tuesday, March 2 from 5-8 p.m. at the WBDC, 8 S. Michigan Ave., Suite 400, Chicago.

The Business Wellness Check-up is sponsored by the Women's Business Development Center, New York Life, The Northern Trust Company, and Field Golan and Swiger.

The Business Wellness Check-up is free, but preregistration is required. Please call (312) 853-3477, ext. 0 to preregister.

The Women's Business Development Center

Learn the elements, applications, and contents of a good business plan as you develop the plan for your start-up business, emerging or established firm. "Business Plan" will be held on Wednesday, March 3 from 12:30 to 3:30 or 5:30 to 8:30 p.m. at the Women's Business Development Center at 8 S. Michigan, Suite 400, Chicago.

Business Plan 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 workshop.

The Women's Business Development Center

Find out how to manage the Y2K "bug" on your computer, your organization's computers, and the effects of suppliers' computers on the well being of your family and business. Get tips on how to prepare for the upcoming events and how to save time and money when it comes to making decisions about Y2K.

"Countdown to Year 2000, Managing the Y2K bug" will be held on Thursday morning, March 25 from 9 a.m. to noon at the Small Business Administration at 500 W. Madison Ave., Suite 1250, Chicago.

Learn what you can do about this event as a small business and personally, including contingency plans for worst case possibilities.

Registration fee is $20. Preregistration is essential - space is limited.

For more information or to register, call the Women's Business Development Center at (312) 853-3477, ext. 0.

Woman's Club of Skokie/ Lincolnwood

The Woman's Club of Skokie/ Lincolnwood will hold their luncheon/program meeting on Wednesday, March 3, 1999 at the Holiday Inn, Skokie,. Illinois. Luncheon will be served at 12 noon, with a business meeting following. The program for the day will be, book reviewer, Nancy Buehler, who will delight the members and guests. Area women interested in joining the club may call 847-256-1177.

***

Every morning I get up and look through the Forbes list of the richest people in America. If I'm not there, I go to work.

—Robert Orben

Niles resident honored for volunteer work

Emma Condl, left, of Niles receives a certificate of recognition for her volunteer work with Village of Niles Senior Center from Diane Slezak, Deputy Director of the Suburban Area Agency on Aging.

Emma Condl of Niles was honored for her distinguished volunteer work during the 24th Annual Volunteer Recognition luncheon sponsored by the Suburban Area Agency on Aging of Oak Park. She was nominated by Village of Niles Senior Center.

During the award ceremonies held in November before a gathering of 160 community leaders and senior service professionals, the Area Agency praised Ms. Condl for her "work as a volunteer exercise instructor who also helps homebound seniors with Medicare issues."

The Suburban Area Agency on Aging is one of 13 agencies in Illinois designated by the Illinois Department on Aging to advocate, plan, coordinate and fund services for people over age 60. In its Fiscal Year 1998, the Area Agency distributed nearly $9,000,000 to more than 30 local community agencies to provide services for older persons in suburban Cook County. Services, which include home delivered meals, housekeeping help and transportation assistance are supported by the Older Americans Act, Illinois general revenue funds and individual contributions. For information about volunteering opportunities in the suburban Cook County network of senior service agencies, or for information about any issue concerning older persons in suburban Cook County, contact the Area Agency at (800) 699-9043.

The Women's Business Development Center

Persons interested in learning about entrepreneurship, the joys and pitfalls of owning a business, and how to analyze business ideas should attend the first of five workshops called: "Before You Start Your Business" held on Tuesday, March 9 from 12:30 to 3:30 p.m. and Thursday , March 11, from 5:30 to 8:30 p.m. at the Women's Business Development Center at 8 S. Michigan Suite, 400, Chicago.

"Before You Start Your Business" 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 workshop. Take this workshop to learn how to assess risks and commitment, understand financial issues, evaluate your potential as an entrepreneur, and get help with analyzing your business skills and business ideas.

Women's News

Women's health services targeted for gala funds

In recent years healthcare has witnessed an important national shift toward the unique health needs of women. Holy Family Medical Center's 13th Annual Gala, to be held Saturday, March 27, at the Rosemont Convention Center, will benefit Holy Family's women's health programs and services, including their New Beginnings Maternity Program, providing pre- and post-natal care for women regardless of their financial neds.

This year's Gala, "It Don't Mean a Thing If You Ain't Got That Swing," will sweep guests into the vibrance, charisma and unbounded energy of the 1930s and '40s swing era. On tap for entertainment will be "Big City Swing" dance ensemble, performing and teaching guests how to swing, slide and spin across the floor to the percussive jazz and blues of the acclaimed Gentlemen of Leisure.

Holy Family provides comprehensive health services for women of all ages including physician specialists, advanced diagnostic testing, osteoporosis screening, support groups and preventive services. Funds raised will help further Holy Family's 38-year commitment to meeting the unique health needs of women.

Tickets are on sale now for $250 per person. The event is black tie preferrd or period dress. For more information, or to purchase tickets, call Holy Family Medical Center's Development Office at 847-297-1800, ext. 1718.

Holy Family Medical Center's Women's Board was established in 1982 to further the community service mission of the Medical Center and to support new and existing Holy Family prgrams and services through fundraising activities. The 100-member Women's Board consists of Medical Center staff physicians' wives, community members and female Medical Center physicians.

Holy Family Medical Center is a not-for-profit community healthcare facility accredited by the Joint Commission on Accreditation of Health Care Organizations. The Medical Center, located on the corner of Golf and River Roads in Des Plaines, is a Level II Trauma Center and a member of the Rush System for Health.

Wysocki sisters named to GLVC all-academic team

Maine East High School junior Kinga Wysocki and her sister, sophomore Sawa Wysocki, Des Plaines, of the Lewis University women's tennis team are among 42 Flyer student athletes recently named to the Great Lakes Valley Conference All-Academic Team for fall sports.

Kinga Wysocki made the team for the second time, while Sawa Wysocki is a first-time honoree.

To re selected All-Academic, a student athlete must be a starter or important reserve on his/her team. Freshmen and first-semester transfers must earn a 3.20 grade-point average (4.0 scale), while student athletes who have completed two or more semesters at their institution must have a minimum cumulative GPA of 3.0 or a GPA of 3.25 or better for two successive semesters.

Catholic Women's Bowling League

Wed. Feb. 10, 1999

TEAM	W	L
Windjammer Travel	28	14
Classic Bowl	26	16
Candlelight Jewelers	24	18
Skaja Terrace	22	20
Grand Nat'l. Bank	15	27
Thomas Drozdz, DDS	11	31

HIGH SERIES

Pam Kenny	543
Dorothy Kaufmann	517
Marybeth Cruz	515
Millie Kroll	488
Geri Kenny	477

HIGH GAMES

Pam Kenny	219
Marybeth Cruz	191
Geri Kenny	185
Dorothy Kaufmann	184
Millie Kroll	182
Carol Oetringer	179
Marie Booker	161

The Women's Business Development Center

Learn the advantage of becoming certified as a minority or a women's business enterprise. The workshop will be held on Tuesday, March 23 from 1 to 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 certified with both governmental bodies and the private sector though the Women's Business Enterprise initiative and other certifying agencies.

Registration fee is $30 and includes all materials.

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, March 17 from 12:30 to 3:30 or 5:30 to 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 workshop.

***

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

—Georg Christoph Lichtenberg

***

Holy Family offers Prepared Childbirth classes

Few experiences in life compare to having a new baby in the family. Understanding what to expect during pregnancy and the changes that follow can make the experience more comfortable for the entire family.

For more information or to register for this program, please call 847-297-1800, ext. 1110 There is a fee for the program

Interfaith Housing Center in Northern Suburbs

Interfaith Housing Center of the Northern Suburbs (Interfaith) recently received a grant from the Chicago Foundation for Women in the amount of $4,000 to expand their Homesharing Program. Interfaith is a fair housing agency whose overall mission is to help develop inclusive and diverse communities in the north suburban Chicago area.

In the northern suburbs, there are many older, frequently single women living on low incomes, who find it increasingly difficult to afford housing. Interfaith is expanding its Homesharing Program to include single women with children. The program assists women in seeking affordable housing by matching them with home providers, primarily older women who wish to remain in their homes and communities. Arrangements can involve sharing living expenses, chores, or companionships with maintaining the independence of the individuals. Homesharing for older persons can be an alternative to assisted living or retirement homes, while at the same time providing additional units of affordable housing by utilizing existing housing stock.

Chicago Foundation for Women (CFW) is a nonprofit, public grant-making foundation dedicated to increasing resources, expanding opportunities and promoting positive social change for women and girls. CFW raises funds to provide grants for programs such as the Homesharing Program offered by Interfaith Housing Center of the Northern Suburbs. CFW also advocates that others increase their giving and develops both men and women as philanthropists for women and girls. Chicago Foundation for Women is one of the largest women's regional funds in North America.

This recent round of grants has raised the Foundation's total giving amount to nearly $6 million in just over one decade of grant-making. The twice-yearly grants are targeted primarily to projects serving low-income and minority women, providing opportunities and promoting solutions that move their lives and the lives of their families forward.

For information on applying for a grant from the Chicago Foundation for Women, or on how to give, call (312) 266-1176.

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Women's News

Free use of baseball park

Thillens Stadium is now accepting applications for the free use of their baseball park during the 1999 summer season.

Nonprofit groups such as Little Leagues, schools, and charitable organizations can use the 2,200-seat facility at Devon and Kedzie Avenues in Chicago, sponsor their own games, charge admission, and keep all the proceeds for their own worthy cause. The entire facility is available rent-free.

For more information, call Mel J. Thillens at (773) 539-4444.

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DAR donates 'The Prairie Tree'

Sharon Butera of the Learning Resource Center at Emerson Middle School in Niles accepts "The Prairie Tree" book on conservation from Bonnie Jean Weinman, left, and Barrie Shinn, right, of the Twenty-First Star chapter of the National Society of the Daughters of the American Revolution (DAR).

Motorcycle ride for women to kick off activity day

The Field Museum will celebrate Women's History Month in March by highlighting the growing appeal of motorcycling among women. The Museum is showing the exhibition, The Art of the Motorcycle, through March 21.

A Women's Motorcycle Ride on Saturday, March 6 will kick off a series of Field Museum events that day. The ride will begin at the Billy Goat Tavern, 1535 West Madison (corner of Madison and Ogden) and will end at the Field Museum. Registration for the ride will begin at 7 a.m. March 6; the line up time is scheduled for 8 a.m.; and the first bike will head out at 8:15. Tickets are $16 in advance or $20 the day of the ride. Ticket price includes admission to The Art of The Motorcycle exhibition.

The theme of women and motorcycles will continue during Activity Day: Biking Together, which will be held from 11 a.m. until 3 p.m., March 6 at The Field Museum. The activity day will feature lectures and films. Interactive theater pieces in which visitors are invited to design a miniature motorcycle or take an imaginary motorcycle journey will also be featured during the day. All activities are free with Museum admission.

Highlights include the following lectures:

11:30 a.m. - Kim Barlag, associate editor of American Motorcyclist Magazine, will give a lecture detailing the accomplishments of women involved in early transcontinental motorcycle rides, those women who formed women's riding clubs such as the Motormaids, and those who ride today.

12:30 p.m. - Susie Hollern, a writer and motorcyclist, will discuss "Women and Motorcycles: The Early Years." The lecture/video presentation will present the adventures of women riders in their own words.

1:30 p.m. - Dr. Rebecca Hunter, President of Conspicuity Inc., a supplier of products to the motorcycle industry, will discuss the contribution that motorcycle safety pioneer Marjie Jennings made to motorcycling.

Films to be shown during the March 6 activity day include:

11 a.m. - Sturgis '90. A rough and tumble documentary of the annual bikers' rally in Sturgis, North Dakota. (120 minutes).

3 p.m. - Easy Wheels. She-Wolf and her gang hatch a plot to take back the world from the guys in this freewheeling parody. (94 minutes).

On Sunday, March 7, the Museum will also show the following films as part of its Zoom In!! Motorcycles in the Movies film series:

1 p.m. - Quadrophenia -- The high energy drama of the British rock scene in the 1960s with the clash of the Mods and the Rockers set to the music of The Who. (115 minutes).

3 p.m. - If... -- A film which examines the dark underbelly of British society through the eyes and actions of rebellious boarding school students. (111 minutes).

Community Calendar

Maine East Circus Club

First semester was busy for Circus Club members at Maine East. The group performed at the Homecoming Firelight Rally and in V-show, and it looks like the start of second semester will also be hectic. The group -- led by (from left) Michelle Beauvoir of Des Plaines/secretary, Lisa Summerhill of Niles/president, Paula Anantzoutzoulas of Niles/costumes chairman, Lauren Schultz of Niles/treasurer, and (not pictured) Jeff Tackes of Niles/vice-president -- has scheduled a program of tumbling, unicycling, and stilt-walking for Gemini eighth graders on Wednesday, February 24. Prior to performances, practices are held daily so members can work on a variety of tumbling and vaulting skills along with juggling acts, riding a unicycle and walking on stilts. Circus Club is "for fun, good experiences, self-confidence, and learning to perform skills."

Internet help at Lincolnwood Library

Help is at hand at the Lincolnwood Public Library about how to use the Internet in the form of individual tutorials. The adult services staff has prepared a simple, free, 6-page World Wide Web Tutorial handbook for neophytes, which gives the basic steps to finding informtion on the Internet, explains the toolbar and highlights some useful features of the main menu.

It has a glossary of basic terms, explains a Web page, gives search procedures and hints, describes search engines and commands and provides a list of web directories. It also offers these consoling words to new users: "Searching the Web can be frustrating when you come across messages, such as, 'Unknown Host' or 'Failed to Parse.' Don't get discouraged, everyone encounters them."

Lincolnwood cardholders who want a one-to-one free lesson should call the Adult Services department to make an appointment. The best days are Tuesdays and Thursdays. The library is located at 4000 W. Pratt Ave., phone 847/677-5277.

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AUCTION

Fri., March 5

Paper Dolls Benefit Auction

Fri., March 5, 7-9 p.m. Exhibit and auction of figurative art to benefit the Alko Fellowship Fund and Schoolbooks community literacy program. Admission includes dinner and dancing. Hot House, 31 E. Balbo. (312) 431-8612. $40 in advance, $45 at the door.

ENTERTAINMENT

Feb. 24 - March 7

The Grandmama Tree

"The Grandmama Tree: A Folkfable" by Benard Cummings, winner of the 12th Theodore Ward Contest for African-American Playwrights sponsored by Columbia College Chicago, runs Feb. 24 through March 7 at the College's New Studio Theater, 72 E. 11th St. The production is directed by Chuck Smith, theater artist-in-residence at Columbia College. Ticket price is $2. For information and reservations call (312) 344-6126. A free playwriting workshop led by Paul Carter Harrison, Columbia College playwright-in-residence, is offered on Thurs., Feb. 25 in the New Studio Theater following the 4 p.m. preview of "Grandmama Tree." No playwriting experience is necessary. Enrollment is limited; advance reservations are required; call (312) 344-6126. Theodore Ward was a respected Chicago playwright of the 1930s Chicago theater movement. Columbia College Chicago's annual Theodore Ward African-American Playwriting Contest gives full production to a significant new play written by an African-American playwright in the United States. For information and applications for next year's contest, call (312) 344-6136.

Fri., Feb. 26

'Back On The Street Again' Show

Legendary singer-songwriter, playwright and award-winning performer Jim Post will reprise his 1987 Grammy-nominated live performance on Fri., Feb. 26, 8 p.m. at Friendship Concert Hall, Kolpin and Algonquin Rds., Des Plaines. As in the original recording, Back on the Street Again, Post will be accompanied by virtuoso instrumentalist Mick Scott. Tickets are $11 in advance; $13 at the door and for youth ages 7-17 tickets are $7. Tickets may be purchased in person or by phone from the Mt. Prospect Park District, 411 S. Maple St., Mt. Prospect. Call (847) 255-5380 for additional information.

Sat., Feb. 27

Country Line Dancing

Maine East Fine Arts Boosters present Country Line Dancing with music by Denim and Diamonds, Denise and Bob Boyle. Our featured teacher will be Diane Conelly. Join us for an evening of Cottone Eye Joe, Sleezy Slide and much more. Plus raffles and prizes. Cost $5 for adults and $3 for students 18 and under. Sat., Feb. 27, 7-10:30. Maine East High School - P.E. Gym, 2601 W. Dempster St., Park Ridge. For more information, call Maine East Fine Arts Dept., (847) 692-8500.

FLEA MARKET

Sat., Feb. 27

Annual Flea Market

The Women of St. Andrews and AAL Branch 444 will hold their 18th annual Flea Market Feb. 27 from 9 to 3 at the church at 260 N. Northwest Hwy., Park Ridge. Fifty sellers will offer antiques, jewelry, art and office supplies, beanie babies, Barbie items, books, angels, beaded material, etc. For information, call Millie at 823-8837.

GENEALOGY

Sun., Feb. 28

Jewish Genealogical Society

The Jewish Genealogical Society of Illinois will present, on

Continued on Page 10

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Community Calendar

GENEALOGY

Continued from Page 9

Sun., Feb. 28, at 2 p.m., the results of the Biennial Elections and the program "Ask the Experts," a panel of our own resident experts who will answer your genealogical research questions. The meeting will take place at the Library of the BJE Marshall Learning Center, Building A (the former New Trier West High School), 2nd floor, 7 Happ Rd., Northfield. Genealogical reference materials will be available from 1 p.m. This program, as are all our programs, is open to the public at no charge. All are welcome. For more information, call Belle Holman at (847) 679-1995 or (312) 666-0100.

HEALTH

Sun., Feb. 21

Breast Cancer Q & A

Sun., Feb. 21 at 1 p.m. Temple Beth-El's Women of Reform Judaism presents a breast cancer awareness question and answer session with Breast Surgeon Dr. Sharon Goldish and a Y-ME Representative. Co-Sponsored by the American Cancer Society. Complimentary refreshments. Open to the community. Door Prize and Raffle. Temple Beth-El, 3610 Dundee Rd., Northbrook. (847) 205-9982 or (847) 559-5800.

Wed., Feb. 24

Eating Disorders

Eating Disorders and Interventions will be the topic of a free community education program to be held at Resurrection Medical Center, 7435 W. Talcott Ave., Feb. 24. The lecture will be presented by Carrie Zakarias, Health Educator, at 7 p.m. in the Mother Hedwig Room on the ground floor. Zakarias will discuss eating disorders, their causes and prevention, the dangers of dieting and ways to help a friend with an eating disorder. Free educational materials will be distributed. Registration is required. For additional information and registration, call (773) RES-INFO (737-4636).

Thurs., Feb. 25

Free Tai Chi Lesson

A free introductory Tai Chi lesson will be held Thurs., Feb. 25, 1:30-2:30 p.m., on the Rush North Shore Medical Center campus in the Exercise Room at the 9700 Kenton Ave. A 10-week session will cost $50. Tai Chi is a relaxing, gentle, flowing exercise, coordinating movement, breathing, and mind. It is rooted in the centuries old Chinese system of medicine, philosophy, and self-defense. Tai Chi benefits include better flexibility, coordination and balance and are beneficial for both men and women and for people of all ages and physical abilities. The free session will be taught by Norman Zuelfle, M.A. To register or for more information, call the Rush North Shore Medical Center Referral Line at (847) 933-6000.

SINGLES

Fri., Feb. 19

Good Time Charley Singles Dance

There will be a Good Time Charley Cabin Fever Singles Dance at 8 p.m. on Fri., Feb. 19 at The Sabre Complex - Grand Ballroom, 8900 W. 95th St., Hickory Hills. Prize for Best Country Cabin outfit. All singles are invited. Admission is $6. For more information, call (708) 445-4450.

Sat., Feb. 20

North Shore Jewish Singles 50+

7:30 p.m. Dinner/Dancing or Dinner/Entertainment. Call (847) 676-2872 for location and time.

T.G.I.S. Singles

T.G.I.S. Singles will have a Singles Dance at 8 p.m. on Sat., Feb. 20 at The Elks Hall, 3580 W. 61st Ave., Hobart, Indiana. Door Prizes - Color TV. Ladies in half price before 8:30 p.m. All singles are invited. Admission is $6. For more information/directions, call (708) 445-4450.

The Jewish Connection

TJS Twenty & ThirtySomething Socials with that "Magic Moment" Date Book, combines with the Milwaukee Link group, which will bus in for the "Wine, Chocolate and You" presentation from 7-9 p.m., Sat., Feb. 20, Avondale Armanetti's Wines, 8935 N. Milwaukee Ave., Niles. 1/2 block north of Dempster, $10, ages 21 to 39. Mailing list (847) 317-1171.

Sun., Feb. 21

North Shore Jewish Singles 50+

7:30 p.m. $4 Join us for a Purum Party, for complete details and location, call (847) 675-5752.

Spares Sunday Evening Club

The Spares Sunday Evening Club for widowed, divorced and single adults will sponsor a Potluck Dinner followed by Ballroom Dancing on Sunday evening, Feb. 21. Please bring your favorite dish to share. Morton Grove American Legion Hall, 6140 Dempster, Morton Grove. 6-7:15 p.m. - Potluck Dinner don't forget to bring a dish to share. 7:30-10:30 p.m. - Dancing - Music by Glenn. Members $6. Guests $7. Contact (847) 965-5730.

Good Time Charley Singles Dance

Good Time Charley Singles will sponsor a Free Admission Singles Dance with Free Buffet at 8 p.m. on Sun., Feb. 21 at BG Fellows, 5055 W. 111th St., Alsip. All singles are invited. For more information call (708) 445-4450.

Sun., Feb. 28

North Shore Jewish Singles 50+

7:30 p.m. $7. Dance at the Radisson Hotel, 4500 Touhy, Lincolnwood. Music by Frank Mitchells band. For information call either (847) 676-4561 or (847) 965-4846.

SPORTS

Sat., Feb. 20

Meet a former Chicago Bull

Meet former Chicago Bull Ronnie Lester on Feb. 20 at Au Sports, 5129 W. Dempster, Skokie, (847) 679-8310. Ronnie Lester will sign autographs and greet his fans from 12 noon until 2 p.m. Photos will be available at Au Sports or bring in your own memorabilia to be signed. First autograph is free, each additional is $2.

SUPPORT GROUPS

Monthly

Arthritis Support Group

An Arthritis Support Group meets on the 4th Tuesday of each month at 3:30 p.m. in the North Dining Room at Rush North Shore Medical Center, 9600 Gross Point Rd., Skokie. This support group includes problem solving, exercises and pertinent speakers. For more information please call Trudy Weisman at (847) 933-6580.

Ongoing

United Ostomy Association

Chicago's North Suburban Chapter of the United Ostomy Assn., a support group for all ostomates and those anticipating ostomy surgery, meets on the 4th Wednesday of each month at 8 p.m. in the 10th Floor East Dining Room of Lutheran General Hospital, 1775 Dempster St., Park Ridge. Refreshments at 7:30. Visitors/family welcome. An E.T. nurse is always on hand to offer information, and programs are fun and informative. There is no charge. For information, call (847) 724-7453 or (847) 520-0699.

Book Discussion Group at the MG Library

Thinking Out Loud, the Library's book discussion group, will meet Tuesday, Feb. 23 from 7:30 to 9 p.m. to discuss Under the Tuscan Sun: At Home in Italy by Frances Mayes. Would you rather be in the gorgeous Italian countryside in February instead of in cold Chicago? In this memoir about buying, renovating and living in an abandoned villa in Tuscany, Mayes reveals the sensual pleasure she found in the simple lifestyle of rural Italy. Cooking, gardening and painting are not chores but rather skills to be practiced and enjoyed. Mayes gives a literary and intellectual account of her rural idyll. This book discussion is free and open to everyone.

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

Northbrook resident to speak at Botanic Garden

Northbrook resident Mrs. Julie Hansen will give a lecture demonstration "How To Use Lilies In Flower Arrangements" at 2 p.m. on Sunday, February 21, at the Chicago Botanic Garden.

Her lecture is sponsored by the Wisconsin Illinois Lily Society, as part of its continuing education efforts.

An accredited National Flower Show Judge, Mrs. Hansen is a horticultural consultant, member of the State Council of Gardening Clubs, and recipient of many awards for her flower arrangements. She is Outdoor Education Coordinator for the Northbrook Park District.

The Wisconsin Illinois Lily Society, an affiliate of the North American Lily Society, exists to further the knowledge and propagation of true lilies.

Orchestra Students take Educational Field Trips

Fifty members of Maine East's Symphonic Orchestra will travel to the University of Illinois Champaign/Urbana campus Friday and Saturday, February 19-20, to attend a performance by the University of Illinois Symphony Orchestra and then participate in an Orchestra Consortium.

Then, on Monday, February 22, about 20 members will attend an afternoon performance at Orchestra Hall by the Academy of St. Martin in the Fields Orchestra. Chicago is one stop for the London-based group on its national tour.

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Community Calendar

Clothesline Project displayed at West

Juniors and seniors at Niles West High School faced the grim reality of the topic of violence against women. Over 100 decorated T-shirts, created by survivors of violence, were displayed on a huge clothesline during a seminar presented by the North Shore Center Against Sexual Assault (CASA). Dena Lichterman, Prevention Coordinator for North Shore CASA, addressed the students about the issue of sexual violence against boys as well as girls. She shared the history of the agency and explained the numerous free services available to the public, including a 24-hour crisis line.

The T-shirts all reflected personal experiences involving violence. Some displayed a message to the victim's attacker. Others, created by a friend or family member, memorialized a woman who had been killed. After Ms. Lichterman's discussion, the students were permitted to approach the powerful display and read all of the decorated shirts. The intense messages expressed many emotions including sadness, shame, hurt, anger, and hope. According to Ms. Lichterman, "The purpose of taking this display to schools in Cook County is to help others gain some understanding of what a victim goes through."

Dena Lichterman (right) Prevention Coordinator for North Shore CASA, and Joyce VanAlstin, Niles West Health & Physical Education teacher (left), read the heartfelt messages of survivors of violence. The Clothesline Display was part of a year-long program at Niles West focusing on RESPECT.

This presentation was scheduled by the high school as part of a year-long effort of monthly activities and events focusing on the issue of RESPECT. Niles West began the 1998-'99 school year by holding a highly successful Respect Summit highlighting Respect for Self, Respect for Others, Respect for the Community, and Respect for the Environment.

Res students receive National Science Merit Awards

Ten seniors and two juniors from Resurrection High School, 7500 W. Talcott, received the National Science Merit Award in Physics: Tracy Bucholz, Joyce Chau, Jolena Covelli, Kristen Greene, Beata Karwowski, Elizabeth Laske, Liss Palamkunnel, Natasha Polimenakos, Julia Socke, Karolina Stadnicki, Mary Welk, and Jill Wickery.

Requirements for the award include the academic excellence in physics: leadership abilities, exemplary character and a genuine interest in pursuing a scientific career. Physics teacher Mark Choi also nominated students based upon their creativity in problem solving and participation in class.

Patrick Kenning

Marine Pfc. Patrick J. Kenning, son of James H. and Judy A. Kenning of Des Plaines, recently completed basic training at Marine Corps Recruit Depot, San Diego. Kenning successfully completed 12 weeks of training designed to challenge new Marine recruits both physically and mentally. He is a 1997 graduate of Maine West High School.

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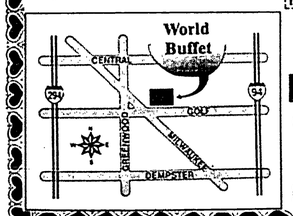

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Health News

"PET Imaging in Brain Tumors" lecture

The Midwest Children's Brain Tumor Center at Lutheran General Children's Hospital will present a free lecture on "PET Imaging in Brain Tumors" at 8 a.m. Friday, February 19, featuring Patrick Peller, M.D., nuclear medicine specialist, Lutheran General Hospital.

The presentation, which is part of a free series for the public, caregivers, physicians, nurses and health care professionals, will be held in Room 109 of the Victor Yacktman Children's Pavilion of Lutheran General Children's Hospital. For more information, call 847-723-5105.

Upcoming topics are: March 19 - "Pain Management in Children" featuring Adolph Sattler, M.D., pediatrician, Lutheran General Children's Hospital; April 16 - "Treatment for Medulloblastoma" featuring William Hartsell, M.D., radiation oncologist, Lutheran General Hospital; and June 18 - "New Technologies in Pediatric Radiotherapy" featuring James Ruffer, M.D., radiation oncology, Lutheran General Hospital.

Also, July 16 - "Managing School Issues in Children with Deficits" featuring Joseph Vaal, Ph.D., educational psychologist, Lutheran General Children's Hospital; August 20 - "Diagnosing Headaches" featuring Nishant Shah, M.D., pediatric neurologist, Lutheran General Children's Hospital; September 17 - "Boys or Girls, Children or Teens: Brain Tumor Statistics - What Do They Mean?" featuring Carol Kruchko, Central Brain Tumor Registry of the United States; October 15 - "Pediatric Rehabilitation" featuring Amy Sun, M.D., pediatrician, physician medicine and rehabilitation, Lutheran General Children's Hospital; and November 19 - "Tumor Dyes in the Operating Room" featuring Martin Herman, M.D., neurosurgeon, Lutheran General Hospital.

Bart T. Banaszewski

Marine Pfc. Bart T. Banaszewski, son of Anna Banaszewski of Des Plaines, recently completed basic training at Marine Corps Recruit Depot, San Diego.

He is a 1998 graduate of Maine High School East of Park Ridge.

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LGH Children's Hospital hosts free lecture series on children's health

Lutheran General Children's Hospital, Park Ridge, has scheduled a free nine-part lecture series featuring presentations and discussions led by children's hospital pediatric specialists and health care professionals.

The children's health issues series will be presented in the Olson Auditorium at Lutheran General Hospital. Registration is required for each of the 7 to 8:30 p.m. programs. To sign up, call 1-800-3-ADVOCATE (1-800-323-8622).

The series opens Tuesday, February 23, with "The Joy Filled Child ... Spirituality and Children." Antoinette Saunders, Ph.D., clinical child psychologist, will present this nondenominational program that will center on ways to help children feel better about themselves and connect with their inner spirits. Practical strategies will be discussed including helping children recognize their talents, practice traditions, share their feelings and dreams, care for others, enjoy nature and use their imaginations.

On Thursday, March 18, the topic will be "The Dangers of Antibiotics and Children." Prudence Krieger, M.D., director, pediatric infectious disease, Lutheran General Children's Hospital, will discuss the growing resistance of bacteria to common antibiotics, and situations when the use of antibiotics are not appropriate.

"Child's Play: Choosing the Right Toys and Activities for Every Child" will be the focus of the Thursday, April 22, program featuring Grace O'Connor, Lutheran General Lekotek Center; Maureen Lenke, occupational therapist, and Colleen Curle, speech pathologist, Lutheran General Children's Hospital. This session will help parents and educators choose appropriate toys and activities to enhance children's development. Information will be provided about the selection and use of toys and activities to enhance children's fine and gross motor skills, speech and language. Ways to adapt toys for children with special needs also will be discussed.

On Tuesday, May 18, "Non-Traditional Medicine: Is It Appropriate for Children?" will be discussed by Youngran Chung, M.D., medical acupuncturist, director, pediatric pulmonology and co-director, Cystic Fibrosis Center, Lutheran General Children's Hospital; and R. Charles Dumont, M.D., medical acupuncturist, Ohio State Children's Hospital. Various types of alternative medicine and their use in children will highlight this presentation, along with a special emphasis on the use of medical acupuncture in children.

"Preventing and Stopping Teen Smoking" will be addressed Tuesday, June 8, by Garry Sigman, M.D., director, adolescent medicine, Lutheran General Children's Hospital. The discussion will center on parents' roles in the prevention of smoking, a review of the health risks of smoking, and an update on smoking cessation techniques. Teens are welcome to attend.

Lauren Witcoff, M.D., director, inpatient pediatrics and pediatric pulmonologist, and Richard Pervos, M.D., pediatrician, Lutheran General Children's Hospital, will present "Getting Your Child to Sleep Through the Night" on Tuesday, July 27. This talk will review ways to get children to sleep through the night, and sleep abnormalities in children.

The series continues Tuesday, September 28, with "Successful Approaches to Toilet Training in Children." T.S. Gunasekaran, M.D., director, pediatric endoscopic and motility services, and Richard Kaplan, M.D., director, pediatric nephrology and hypertension, Lutheran General Children's Hospital, will present helpful ways to deal with toilet-training, bed wetting and constipation in children.

On Wednesday, October 20, the topic will be "Managing Ear Infections in Children: What Can You Do?" David Walner, M.D., otolaryngologist, and Georgette Schroeder, audiologist, Lutheran General Children's Hospital, will discuss current treatment options for recurrent or chronic ear infections in children, including ear tube placement and antibiotic use. Hearing loss associated with ear infections also will be addressed.

The children's health issues lecture series will conclude Tuesday, November 2, with "Honoring the Children." Speakers Marjorie Getz, Ph.D., educational consultant/diagnostician; Andrea Shelton, educational consultant/diagnostician; and Ingrid Thompson, RN, Lutheran General Children's Hospital, will put a new spin on discipline, stressing mutual respect and ways parents can experience discipline by honoring their children. Strategies will be discussed that are known to be effective with typically developing children, as well as youngsters with special needs.

The Victor Yacktman Children's Pavilion of Lutheran General Children's Hospital houses pediatric outpatient services including more than 20 specialty clinics for children with complex illnesses and chronic conditions, and one of the largest centers in the state for children with developmental disabilities and delays.

Andrew Hyde

Marine Lance Cpl. Andrew Hyde, son of Richard D. and Monica B. Hyde of Chicago, is currently halfway through a six-month deployment to the Mediterranean Sea and Arabian Gulf with the 22nd Marine Expeditionary Unit (MEU) embarked aboard the ships of the USS Saipan Amphibious Ready Group (ARG). The 1996 graduate of Notre Dame High School of Niles, joined the Marine Corps in August 1997.

TAICHI YOGA / MEDITATION

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Political News

Recovered firearm

An 18-year-old Niles man observed a sawed off 12 gauge shotgun in a dumpster in the rear of his apartment building in the 8200 block of Elizabeth around 8 a.m. Feb. 5. He transported the weapon to the Niles Police Department where he turned it over to police for processing and inventorying. The leads were checked but proved negative.

Theft

A 33-year-old Chicago mechanic who was employed by an auto supply store in the 5600 block of Touhy and who will return to his job there in the spring discovered that unknown person (s) had removed tools valued at $1,585 from his locked toolbox sometime between June of 1998 and 5 a.m. Feb. 5. Police are investigating the disappearance of the tools. It is unknown whether a key or force was used to gain entry to the toolbox.

Deceptive practice

A 31-year-old engineer from Chicago was charged with a deceptive practice and given a $1,000 bond and a Feb. 23 court date when the security agent of a retail store at 400 Golf Mill Center approached him around 1:45 p.m. Feb. 6 as he was writing a check on an account that had been closed Sept. 17, 1998. Store personnel were on the lookout for the offender after he wrote a check on the closed account at the store Feb. 1 and used it to pay for $962.67 worth of merchandise.

Deceptive practice

An unknown male described as 30 years of age, 5 feet 2 inches tall with a scar on his forehead and driving a gray 1995 Nissan Pathfinder presented a bogus check in the amount of $3,023.14 at the bank in the 7800 block of Milwaukee Avenue around 12:49 p.m. Jan. 30. The offender signed the back of the check, and it was cashed. It was later found to be forged.

The same offender had attempted to cash a check in the amount of $2,167.78 Feb. 1 but was refused as there was a hold on the account and the offender left the bank. A videotape of the incidents and the checks have been inventoried by Niles police who are conducting an investigation.

Burglary

The 33-year-old daughter of a 59-year-old Niles woman found the rear door of their residence open when she returned around 1:15 p.m. Feb. 8. Brute force was used to force the door damaging the jamb and the locks. Three bedrooms were ransacked, and a video recorder, an unknown amount of jewelry and cash were removed. The offender(s) exited via the rear door. A canvass of the neighborhood proved negative, but police are investigating evidence found at the scene.

Theft

The co-manager of a supermarket in the 7900 block of Milwaukee Avenue observed an unknown tan station wagon with wood grain sides in beater condition driven by an unknown man in his 30s with dark hair and an olive complexion around 4:45 p.m. Feb. 8. In the vehicle were five wooden store pallets. The described vehicle was observed before in several ongoing pallet-related thefts. The vehicle fled southbound onto Milwaukee Avenue. The complainant will sign criminal complaints when the offender(s) are apprehended.

•

The manager of a retail store in the 8700 block of Dempster Street reported that a 28-year-old male employee from Chicago confessed to removing $120 from the store safe around 9:30 a.m. Feb. 8 and gave the complainant a written statement to that effect. According to store policy, charges were filed around 4:28 p.m. Feb. 10.

Retail Theft

The manager of a retail store in the 8600 block of Dempster Street reported observing an unknown man described as 30 years of age, weighing 250 pounds and 5 feet 8 inches tall in the area of the exit door around 3:35 p.m. Feb. 10. When he was told that he must pass through the check out line, the offender ran from the store with a radio valued at between $100 and $150 and entered a maroon Ford Tempo, which then fled westbound on Dempster Street.

The complainant obtained the car's license plate which was traced to a 1989 Mercury at a Chicago address. Police are conducting a follow-up investigation of the incident.

Theft of purses

Two Mt. Prospect women, ages 58 and 54, reported that unknown person(s) removed their purses from table 28 in a banquet hall in the 7700 block of Milwaukee Avenue sometime between 11:15 p.m. Feb. 6 and 12:01 a.m. Feb. 7. The 58-year-old woman's black leather purse valued at $50 and containing $12 cash and a gift certificate valued at $290 was removed from the table. The 54-year-old woman's white pearly purse valued at $100 and containing a compact valued at $25 was removed.

Theft by deception

The general sales manager of the auto dealership in the 6200 block of Touhy Avenue reported that a man purchased a Ford Explorer April 9, 1998 using the name and address of an Evanston resident and producing several forms of identification bearing the name of that person. It was later discovered that no payments were being made on the described vehicle and investigation revealed that the information provided by the offender was fraudulent.

An unknown male suspect purchased a 1998 Ford Expedition April 10, 1998 using the name of Chicago man and a traffic ticket issued by the Chicago Police Department and a paystub bearing the same name as identification. It was later discovered that no payments were being made on the described vehicle, and investigation revealed that the application for the vehicle loan was fraudulent.

An unknown man purchased a 1992 Honda Civic Jan. 16, 1998, using the name of a Chicago resident and producing several forms of identification in that name. It was later discovered that no payments were being made on the vehicle, and investigation revealed that the application for the vehicle loan was fraudulent.

Lost or stolen auto

The sales manager of the car dealership in the 9400 block of Milwaukee Avenue reported that 10 vehicles taken in by the dealership as trade-ins between Dec. of 1998 and Feb. 10 were discovered missing. The vehicles were to have been towed to an east side fenced area. The missing vehicles are a 1998 Oldsmobile, a 1994 Chevrolet Cavalier, a 1986 Pontiac Grand Am, a 1984 Plymouth Conquest, a 1981 Volkswagen, a 1992 Mazda, a 1979 Cadillac, a 1985 Oldsmobile '98, a 1985 Mercury Cougar and a Chevrolet G20 van. Niles police are conducting a follow-up investigation.

Students complete Sheriff's D.A.R.E. Program

More than 110 students from Twain School in were recently awarded certificates of graduation for completing the Drug Abuse Resistance Education (D.A.R.E.) Program, according to the office of Cook County Sheriff Michael F. Sheahan.

The students participated in a 17-week anti-drug curriculum designed to equip them with the skills to resist peer pressure and the use of drugs. The program provides students with information on the dangers of drugs and alcohol and teaches them decision making skills by providing positive alternatives to drug or gang involvement.

D.A.R.E. is a successful, national program that is conducted locally by the Cook County Sheriff's Office. The program puts specially trained Sheriff's officers in the classroom to teach grade school children about the perils of drug use.

For more information about the Cook County Sheriff's D.A.R.E. program or for information or parent D.A.R.E. sessions, contact the Sheriff's Office of Preventive Programs at (708) 974-6772.

Two Chicago Police Officers serving in Senate

The Illinois State Senate has two members who are also police officers. State Senator Walter Dudycz (R-7th, Chicago), who has served in the Senate since 1985, is a detective in Area 4 on Chicago's west side.

Newly elected State Senator Antonio Munoz (D-1st, Chicago), (at right) is a patrolman in the 11th District.

Sheriff advises parents to 'Mind Their Kids' Business'

Cook County Sheriff Michael F. Sheahan recently announced a new Internet safety program designed for parents who would like to more closely monitor their children's Internet usage.

"Mind Your Kids's Business" is a program designed to alert parents of the potential dangers their children face when using the Internet and how to safeguard against them. It covers a wide range of material, from the basics of the Internet to prevention strategies to examples of and information that are inappropriate for kids.

For more information on "Mind Your Kids' Business," or to schedule a presentation, contact the Sheriff's Department of Youth Services at (708) 865-2900, or visit the Sheriff's website at http://www.cookcountysheriff.org.

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Dining / Entertainment

Chicago Playworks presents Coyote and His Brothers

Coyote (Adrian Casas, right) and his desert friends Bobcat (Katie Jeep, center) and Buzzard (Jason McLin Pierce, left) set out on a hunting expedition in Coyote and His Brothers (Tales of the Pima Indians) by Lin Wright and the original cast of the production, based on Pima Indian Legends by Anna Moore Shaw. People, plants and animals are all important to the beautiful and delicate balance of nature. The mischievous, vain and boastful Coyote - a trickster who is much too clever for his own good - upsets the delicate balance and lands in one predicament after another. Coyote and His Brothers runs through March 6, 1999, at DePaul University's Merle Reskin Theatre, 60 E. Balbo Drive, Chicago. Ticket prices are $6 per person. Group rates available. For information and to purchase tickets, call the Box Office at (312) 922-1999.

Skokie Festival seeks vendors

Plan to attend the 9th Annual Skokie Festival of Cultures, an award-winning arts celebration of cultural diversity. Over 20,000 participants will experience the world at this two-day festival, slated for Saturday, May 22 to Sunday, May 23 at Oakton Center, 4701 Oakton, Skokie from 11 a.m. - 7 p.m.

Vendors from across the Midwest have successfully attended the fest in the past and come back again and again. Due to the growth of the venue, coordinators at the Skokie Park District are now opening the fest to new vendors.

Ethnic crafters and artists are invited to apply for the 1999 Festival of Cultures. Application deadline is March 8 for best results and booth placement.

Ethnic musicians and performing artists are invited to apply for the 1999 Festival of Cultures. Application deadline is March 8 for best results and time slots. Demo tape and press materials must be submitted at the time of application. Performance times and dates are assigned by the festival committee, subject to approval of submission.

Food vendors are invited to apply for the 1999 Festival of Cultures. Application deadline is March 8 for best results and booth placement. A booth costs $400 for the two-day event and menu items can reflect the ethnic theme of the festival.

Visit the festival committee's website at www.skokieculturefest.org. For more information or an application, call (847) 674-1500, ext. 3.

Celebrate St. Patrick's Day at the Irish American Heritage Center

The countdown to St. Patrick's Day is on. This year celebrate with the Irish at the Irish American Heritage Center's annual St. Patrick's Day Party, Saturday, March 13 from 1 p.m. till midnight. Admission is only $12 and children under 12 are free.

Some of the best Irish entertainment from the Chicago area and around the country can be found performing on three different stages including The Ride, The Shannon Rovers, David Dunne & Blackwater, Napper Tandy, North & South, and many others. Award winning Irish dance schools will dance in the auditorium throughout the day. Fun activities are planned for the children all afternoon. And of course, plenty of delicious Irish fare will be available.

This is a great way to celebrate St. Patrick's Day. Call early because this event does sell out. Only 3500 tickets are sold and no tickets are sold the day of the event. Call (773) 282-7035 for more information and to order tickets. The Irish American Heritage Center is located at 4626 North Knox Ave. on Chicago's Northwest side, just off the Eden's expressway at the Wilson Ave. exit.

Liponi Foundation Annual Dinner Dance

The Liponi Foundation for Special Recreation is making final preparations for its annual dinner dance to raise funds for Maine-Niles Association of Special Recreation (M-NASR). This elegant evening, which will include a family style dinner, fabulous sweet table and silent and live auctions of unusual and valuable items, will be held on Saturday, March 6, at White Eagle Restaurant in Niles. Cocktail hour begins at 6:30 p.m., followed by dinner, the auctions and dancing until midnight.

If you are interested in supporting individuals with special needs by attending this delightful function, please call Stella LiPoni, Foundation Treasurer at (847) 966-5522 for ticket information.

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Dining / Entertainment

'Skylight' and 'Sylvia' at Oakton

Tickets are available at the Oakton Community College Box Office for the College's production of two plays that focus on contemporary relationships.

Skylight, by acclaimed British playright David Hare, examines whether two former lovers should attempt to rekindle their romance after life has taken them in different directions. This production is directed by Karol Verson, an adjunct instructor at Oakton who has directed many productions at the College. Performances are scheduled for 8 p.m. on Friday, March 5 and 19, and Saturday, March 6 and 27. Matinee performances at 2 p.m. will be held on Sunday, March 7 and 21, and Wednesday, March 24 and 31.

Sylvia, by A.R. Gurney, is a laugh-filled romantic comedy about a husband and a wife -- and a dog. Laura Lewis, an adjunct instructor at Oakton and a veteran actor, director and playwright, directs this production. Performances are scheduled for 8 p.m. on Friday, March 12 and 26; Saturday, March 13 and 20; and Wednesday, March 31. Matinee performances at 2 p.m. will be held on Sunday, March 14 and 28, and Wednesday, March 17.

All performances are staged at the Studio One auditorium at Oakton's DesPlaines campus, 1600 E. Golf Road. General admission is $7 and $5 for students and seniors. Special admission for the Wednesday matinees is $3 (no discounts for this performance).

For ticket information, call the Box Office at (847) 635-1900. For group sales, call Karol at (847) 635-2185.

Sportsmen's Show filled with family entertainment

The 2nd Annual Sportsmen's Show of Chicago, February 25 to 28, 1999 at McCormick Place (Lakeside Center) will have lots of entertainment for the entire family.

A hugh Main Stage will be the site of the World Champion Sheer Lumberjills of Hayward, Wisconsin who will thrill the audience with log rolling, ax throwing and wood chopping. Also, the Center for Endangered Cats will bring Panthers, Puma, Leopards and other big cats to the Sports Show and describe the threatened habitats of these animals.

Returning from last year's successful exhibition is the very popular Backyard Cooking School which will feature a host of "north" country grillers along with Bill Cullerton of WGN Radio and John Husar of the Chicago Tribune demonstrating their favoirte fish and game recipes.

Also on the Main Stage will be Doug Janes of Donneybrook Kennels teaching dog training and retrieving.

Throughout the Sports Show there are interactive areas for attendees of all ages from the Kmart Trout Pond, to the Kmart Fishing Simulator, the Rock Wall and the incredible Shark Tank. Plus miles of fishing tackle, sport fishing boats and lodges, resorts and fly-in camps.

The Sportsmen's Show of Chicago is open to the public Thursday, Feb. 25 from 2 p.m. to 9 p.m.; Friday, the 26th from 2 p.m. to 9 p.m.; Saturday, the 27th from 10 a.m. to 9 p.m.; and Sunday, the 28th from 10 a.m. to 5 p.m.

Ticket prices are -- Adults $7.50, children 12 and under are *free*. Advance sale tickets are $6 and are available at Kmart, Ed Shirley & Sons, and many Chicagoland marine dealers.

"Swing into the Millennium"

The Museum of Science and Industry's Kinetic Council - its junior board comprised of young professionals from the Chicagoland area - will host its fifth "An Uncommon Evening" event on Saturday, April 24. The event will be held at the Musuem of Science and Industry, 57th Street and Lake Shore Drive, Chicago, in the West Hall from 6:30 p.m. until 11 p.m.

The theme for the "An Uncommon Evening" event this year is "Swing into the Millennium" and will include swing dancing and music performed by the Blues Swingers, one of the top swing bands in Chicago. In addition, the event will include an after hours, museum-wide Scavenger Hunt, which allow attendees to enjoy and explore the Museum of Science and Industry's many spectacular exhibits while searching for the answers to a series of questions. Companies can form scavenger hunt teams and compete against other corporate teams as a part of the "Corporate Challenge."

Winning corporate and noncorpomte participants will receive a magnum of champagne, and the winning corporate team will receive a traveling trophy. Individuals not participating in the scavenger hunt can also take the opportunity to explore and enjoy the Museum of Science and Industry's many exhibits throughout the evening.

Additional highlights will include a silent auction, a raffle, dancing, hors d'oeuvres, a buffet dinner, dessert and an open bar, all of which are included in the ticket price.

The chairs of the 1999 "An Uncommon Evening - Swing Into the Millennium" event are Scott Stanton and Laura Celesia, both of Chicago. "An Uncommon Evening" raises funds to support the Museum's educational program - Role Models and Leaders, Science Club Network, Summer Science Camps, Teacher Workshops and Learning Labs, and attracts nearly 1,000 of Chicago's young professionals.

For more information on the Museum of Science and Industry Kinetic Council's 1999 "An Uncommon Evening" event, please contact Kristen Hobbs at the Museum at (773) 947-4172.

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Sun. Feb. 14 John Barry Trio 6:30pm-10:30pm
Thurs. Feb. 18 Jerry Ostrego 6pm-10:30pm
Fri. Feb. 19 Mike Martinez Latin Band 9pm-1am
Sat. Feb. 20 Lou DiJanza Swing Band 9pm-12:30am
Sun. Feb. 21 Jack Carr 5pm-9pm
Thurs. Feb. 25 Mike & Kelley 6:30pm-10:30pm
Fri. Feb. 26 Mike Martinez Latin Band 9pm-1am
Sat. Feb. 27 Lou DiJanza Swing Band 9pm-12:30am
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READ THE BUGLE

Dining / Entertainment

Chicago Percussion to perform at library

Variety is the key to their program, "Percussion Around the World" when the Chicago Percussion Quartet plays calypso, salsa, reggae, Dixieland, and cartoon music on the vibraphone, marimba, and xylophone at the Lincolnwood Public Library at 2 p.m. on Sunday, Feb. 21. The program features music and instruments from four continents.

The musicians augment their three keyboard percussion instruments with a large variety of drums and small percussion instruments such as the agogo bells, tamborin, bending gong, and temple blocks, adding the color and rhythmic flavor of the music from different regions of the world. The unique instruments are from Africa, Brazil, China, Cuba, and Mexico as well as the United States. The quartet demonstrates each percussion instrument individually and features it in an arrangement.

Tickets are required for the program and are available at the circulation desk now to Lincolnwood residents and one week before to non-residents. The library is located at 4000 W. Pratt Ave., phone (847) 677-5277.

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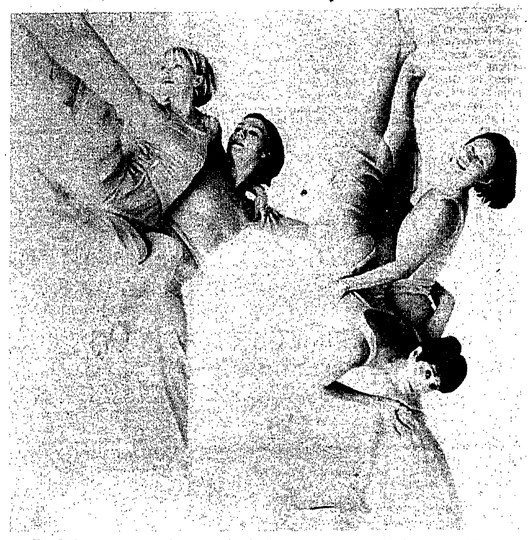
The Ruth Page Dance Series announces 1999 season



The Ruth Page Dance Series, now in its eighth year, unites many of Chicago's most dynamic dance companies in performance showcases featuring ballet, modern jazz, and tap dance. In response to the popularity and success of last season's "Primarily Premieres" focus, this season the series will again present world premiere works by every dance company featured. "Our audience's response to Primarily Premieres was overwhelmingly positive, so we have decided to continue this format," notes Series Artistic Director Venetia Stifler. "In addition, this year each choreographer has agreed to create a new work inspired by Ruth Page to help celebrate the centennial of her birth."

Showcases Performances: February 25, 26, 27, 1999 at 8 p.m., February 28, at 2 p.m.

All performances are at the Northeastern Illinois University Auditorium, 5500 North St. Louis Avenue, in Chicago; Free Parking available in Lot "D" at Central Park and Bryn Mawr. Tickets: 16/general admission, $10/students and seniors. Subscriptions and Group rates available.

For tickets; 773/794-2538.

For ticket information on master classes and lecture demonstrations contact: Rachel Burton at 773/794-6138.

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Library exhibits water colors by Mikhail Kanevskiy

Water colors by Skokie resident Mikhail Kanevskiy are being featured at the Lincolnwood Public Library, 4000 W. Pratt Ave., through February 27. His wonderfully eclectic subjects range from scenes of Chicago's downtown to a Western motiff, to yachts and carnations. A graduate of Lvov University, Ukraine, he worked for more than 40 years as an artist and an architect. His main interests are watercolors and graphic arts. He has lived in the U.S. since 1993 and is a member of the Skokie Arts Guild.

From the Left Hand

Continued from Page 1

was not likely.

In 1959 the late Ken Scheel came into our office on Milwaukee Avenue and announced he was running for election as an independent trustee candidate. It was unlikely one man could beat a political machine but Ken thought he would make a statement that it was time for a change in Niles. Ken garnered about 1,000 votes but fell short of being elected. But village officials were impressed with Ken's effort and appointed him to the zoning board along with another 35 year old, Bob Wente. During the next two years Ken and Bob led the fight against an invasion of multiple dwellings and high rise buildings which a developer eventually built in the unincorporated area on Golf Road.

Two years later Bob and Ken formed an independent political party along with District 71 school board member Len Szymanski and chose a Niles newcomer, Nick Blase, and Marge Lieske to complete their ticket.

The incumbents were backed by the Niles Township Democrats. Second and third party candidates were supported by other township Democrat and Republican parties, and Ken's independent group competed in a rousing four-party election.

In 1961 Niles was a very young community. The majority of families were headed by people who came out of World War II, having moved from Chicago to the suburbs. There was energy busting out all over the community. There were people named Hazucha who led the way to the creation of the library. Door-knockers were continuously banging on their neighbors' doors asking for support for more grammar and high schools. Churches were busting their seams resulting in new and larger church buildings. Niles was being transformed from a quasi-rural community into a highly energized vibrant suburb (Campbells Soup Company was still picking tomatoes in the fields at Dempster and Milwaukee Avenues).

Young people, uninitiated to politics, jumped into the 1961 campaign, many rallying behind the young turks in Scheel's independent party. The cry for change caused the 30's crowd to spurn the old line established politicians, rejecting the township political parties' tickets and overwhelmingly voted for the new young independents. The changing of the guard brought to the village hall the young 30 year olds to replace the older incumbents who ran Niles during the 1940's and 1950's.

When the 2001 year rolls around that old 1961 revolution will be 40 years old. Only Nick Blase is still around from the original independent political ticket. Among today's village trustees, Blase hand-picked most if not all of them.

We thought the new millenium might bring another mini-revolution that would thrust younger people onto Niles political stage. But it's not likely to be. Blase will continue as village president as long as he remains in good health, continuing to oversee the village's workings.

Today, Niles prosperity is everywhere. The sales tax money from all the shopping centers insures a successful future for Niles. Today's Nilesites see the new village hall and wellness center. They ride the free buses and make use of the services of the social workers. They see a park district with two beautiful pools and a great nine hole golf course, and they see the huge new library building, while they pay lower taxes than most of their neighbors. So why would they vote new people into office?

At the start of the new millenium Blase will be seated at the head of the village's government. When he decides to step down he'll anoint one of the officials from one of Niles public boards to replace him.

Could outsiders re-kindle another revolution like the one we had in 1961? Sure they could. But Fitzgerald's "there's no second acts in American lives" will likely prevail. And the long distance runner, Blase, will pass his baton to one of his appointed officials and Yogi's "deja vu all over again" will only be a cliche.

Timothy Bryski

Marine Pvt. Timothy L. Bryski, son of Larry Bryski of Des Plaines and Margaret A. Bryski of Niles, recently completed basic training at Marine Corps Recruit Depot, San Diego. Bryski successfully completed 12 weeks of training designed to challenge new Marine recruits both physically and mentally. He is a 1998 graduate of Notre Dame High School for Boys of Niles.

Our Lady of Ransom

Honor Roll

First Honors:

Grade 5: Joseph Boruch, Stacy Delvo, Colleen Jaacks, HeeWoo Lim, Nick Marcucci, Lisa Nannini, Alex Nellessen, Joey Randazzo, Elizabeth Ryznar.

Grade 6: Justin Capadocia, Chris, Cichon, Konrad Dziamski, Stanley Migala, Lauren Misiewicz, Daniela Palafox, Stephanie Perea, Nicole Puszynski.

Grade 7: Michael ERnst, Meghan Garstka, Keith Hosokawa, Jenny Jaacks, Amish Kuvadia, Anthony Mulé, Joanne Narrido, Dan O'Keefe, Vinear Patel, Christine Richardson, Dan Zipp.

Grade 8: Jeff Albert, Cassandra Bilson, Jamee Castillo, Genny Charet, Adil Chandiwala, Steve Cielinski, Adam Cien, Vinne Goy, Nicole Nellessen, Jennie Parungao, Lizette Penalber, Jason Rose.

Second Honors:

Grade 5: Joseph Ambat, David Budzinski, Adnenne Carmona, Katherine Cien, Margaret Domanski, Kevin Florentino, Casey Guzman, Corinne Keane, Suzie Kim, David Lesner, Katherine Magdongon, Michael Maliwanag, Christine Marabotti, Christopher Mezyk, Timothy Mueller, Mary Beth Naples, Vicool Patel, Brittany Santillan, Adam Tandez, Greg Udzielak, Justin Zakowski, Stephanie Zipp.

Grade 6: Tony Aquila, Andrew Beil, Jim DiSandro, Katie Eichstaedt, Joy Espino, Dan Halperin, Richie Kloser, Jonathan Komperda, Jessica Lapinski, Ken Orth, Monica Ostrega, Katherine Zalewski.

Grade 7: Jenny Bendyk, Lester Dominguez, Godfrey Henry, Lauren Hilo, Nick Jochim, Pritul Patel, Joann VanWitzenberg, Ashley Zimmermann.

Grade 8: Lana Avakian, Emanuel Ban, Aaron Beley, Eric Bendyk, Mary Chaharbakhshi, Mark Kapolnek, Kevin Keane, Anna Lapinski, Robbie Manauis, Brian Murphy, Jayneelee Narrido, Mina Pepe, Jessica Romaniuk, Mike Scipione, Rosahlee Solomon, Mark Sutor.

Emerson

The Cavemen Do It Again!

Seventh graders from Emerson Middle School, known as the Cavemen, recently took top honors at the National K-12 Grade Chess Championship held in December in Oakbrook. Over 1,400 players competed for the top spot.

A total of 25 players representing the Cavemen Chess Club attended the tournament, ranging in grades from kindergarten through freshmen in high school. The Club serves all of District 64 and includes former club members who now attend area high schools.

Senior housing . . .

Continued from Page 1

ed the Feb. 6 meeting that the district might run out of space should enrollment increase in the future. Zalewski said the recently expanded Culver School was capable of absorbing any enrollment increases projected for the foreseeable future.

Zalewski said the district reached its peak enrollment of 850 in 1965, adding that he doubted enrollment would even reach 800 again. Current enrollment is around 500, and the building could accommodate an additional 150 to 175 students, Zalewski said. Some non-classroom space could be converted to class room use when and if the need arises, he added.

Zalewski said that in any case, the South School building is no longer appropriate for school use and that Culver can be further expanded if necessary to accommodate enrollment increases.

Board member John Lombardi dismissed a resident's suggestion that the district demolish the school building and keep the property vacant, which would be an economical way of retaining the property for future use, should it be needed.

Lombardi said that option had been dismissed because retaining vacant land would not generate any benefit for the district, even though it does not cost much to maintain.

Driscoll presented a conceptual plan of the proposed facility at the Feb. 6 meeting. The preliminary plan calls for construction of the facility at the north end of the property, with a large parking area at the south end. Location of the facility at the north end will distance it from residences on the south and also promote visibility along Touhy Avenue, Driscoll said.

Driscoll projected that the average facility resident would be a woman in her 80s, and the average stay would be between two and three years.

The goal of the facility would be to provide a more cost effective care facility than a full-fledged nursing home, something between independent living and full-time custodial care, Driscoll said.

An in-depth market evaluation will be conducted to determine how many units will be needed, Driscoll said, although present projections call for about 100 units in a multi-story facility, he added.

Candidates . . .

Continued from Page 1

Beusse, Val Engelman, Mel Hayes and Elaine Heinen.

In the **Golf-Maine Park District**, David Greenfield and Mike Yesner are running for the **two 6-year terms** available.

Ariye Ginzburg, John Jekot, Mary Pat Jordan, Anne Marzullo and Sonja Mess will vie for the **three 4-year terms open in East Maine.**

In **Niles High School District 219, three 4-year terms** will be sought by five candidates Howard Dane, Sharon Deemar, Leon Finkel, Jeffrey Greenspan and Donald India.

In **District 207, three 4-year terms** will be sought by Roger Crawford, Ben Herman and Donna Pellar.

The **three 4-year terms** in **District 71** will be sought by Vincent Bugarin, Dave Scheler and John Zuckerman.

Steve Leiber, Jane Meagher and Barbara Jones will seek the **three 4-year terms in District 64.**

Notre Dame

Commended Students

The principal, Mr. Paul Maloney, of Notre Dame High School for Boys announced that seniors Joshua S. Boock and Jeffery Show have each been named a Commended Student in the 1999 National Merit Scholarship Program. A Letter of Commendation from the school and National Merit Scholarship Corporation (NMSC), which conducts the program, will be presented by the principal to these scholastically talented seniors.

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Church & Temple News

Preschool registration at EPLC

Registration/information forms are available in the church office at Edison Park Lutheran Church, 6626 N. Oliphant Avenue, for the 1999-2000 Preschool year.

Preschool classes are for children who will be four years old by September 1, 1999. Morning classes meet four times a week; afternoon classes meet three times a week. The school year runs from mid-September through the end of May.

Registration will be at 9 a.m. on Wednesday, March 10, 1999. Registration forms must be accompanied by a $50 nonrefundable fee.

Edison Park Lutheran Church Preschool admits students of any race, color, national and ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school. Call the preschool/church office for further information (773-631-9131).

Our Lady of Ransom Church
8300 N. Greenwood, Niles
847-823-2550

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Mayer Kaplan JCC travels to Spertus University

On Wednesday, March 17, 1999 the Mayer Kaplan Jewish Community Center, 5050 W. Church Street, Skokie will take a trip to the Spertus University to view the exhibit Fruits of our Labor which depicts Jewish workers at their professions. After the exhibit, our group will enjoy a specially prepared lunch by the teachers and students of Chicago's famous Culinary Institute served in the most elegant fashion.

This day trip price is $38 (JCC members receive a $6 discount) and includes the exhibit, lunch, and luxury bus transportation. The bus wil leave the MKJCC at 9:15 a.m. and return at 3 p.m. For more information and to register please cal (847) 967-2200. Please register early, as space is limited.

Heedong Choi

Navy Lt. Heedong Choi, son of Soonwoon and Hyangsook Choi of Glenview, is currently halfway through a six-month deployment to the Western Pacific Ocean, Indian Ocean and Arabian Gulf aboard the guided missile cruiser USS Shiloh. The 1986 graduate of Maine East High School of Park Ridge, joined the Navy in May 1990.

SJB third grade animal study

The third grade classes at St. John Brebeuf School recently extended their science unit on animals by exploring the range of wildlife inhabitants in our local area. A naturalist from the River Trails Nature Center brought the outdoors to the classrooms. Students examined wildlife exhibits ranging from beetles to mammals. They had the chance to handle pelt of different animals to compare the characteristics. The food chain was discussed, and the students could see how animals were equipped for finding food. The naturalist assured the group that all the pelts and stuffed exhibits were from animals that had been fatally wounded by a predator or had died from natural causes. The program reinforced a respect for all living creatures.

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OLPH Phoenix Support Group

The Phoenix Support Group invites all separated, divorced, and widowed persons to meet on Friday, March 5 in Our Lady of Perpetual Help Church's McDonnell Hall, Grove and Church streets in Glenview, at 7:30 p.m. There will be a reconciliation service and Lenten mass celebrated by Father Bishop, associate pastor of Our Lady of Perpetual Help Church. Light refreshments will be available.

Direct inquiries to (847) 673-3411. A donation of $4 is requested.

A small group sharing session will be held immediately following the meeting.

RETIREMENT HOME AND NURSING HOME GUIDE

Information Guide

Enjoying The Retirement Years

Guide to:
- Retirement Living
- Assisted Living
- Extended Care

Extended Care And Activities

Housing choices for seniors

Gathering information about senior housing options and planning a move are an important way for seniors to ensure maximum control over their lives and get peace of mind. Today's senior housing market provides many choices. One of the most popular choices is moving into a rental retirement community, such as Summit Square in Park Ridge.

At Summit Square no endowment is required. A monthly rental fee includes either a spacious studio or one-bedroom apartment with maid and linen services, utilities, including cable TV, and three meals served daily. A full program of recreational activities is included. Community amenities, such as banks, shops, churches and medical facilities are close at hand. They are made even more accessible by the transportation provided in Summit's chauffeur driven automobile and 25-passenger bus. For added peace of mind, the Wellness Center staff provides health care services.

If you, or a family member, are considering moving into a retirement community, check out your choices, compare services and compare rates. The staff at Summit Square will be pleased to answer any questions you may have and to explain the many benefits that living in a retirement community provide. (847) 825-1161.

THE ROAD TO REHABILITATIVE RECOVERY

Hospital

Transitional Care

Home

The Transitional Care Unit (TCU) at Glenview Terrace provides short-term, intensive physical, occupational and speech therapy for persons in need of transitional care between a hospital stay and home.

For more information, contact the Transitional Care Unit Program Coordinator at Glenview Terrace (847) 729-9090.

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Cookie Baskets for Valentine's Day

After the "High Tea" and decorating cookies, Maine Township Seniors made special gift baskets for their Valentine's Day gifts. Showing off their hard work before putting on the final wrapping are, from left: Laurie Merckel and June Opel, both from Niles.

11th Annual Heart Fair to be held at LGH

Lutheran General Hospital's 11th Annual Heart Fair will feature specially priced lipid tests, free blood pressure screenings, presentations by physicians and health professionals on reducing cardiovascular risk factors, exhibits and a "HeartSteps" walking clinic.

The event will be held from 7 a.m. to 12:30 p.m. Saturday, February 20, in Olson Auditorium, Grainger Atrium and other locations in the hospital.

For more information, to schedule a lipid test or reserve a place in the "HeartSteps" clinic, call HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622).

From 7 to 11 a.m., specially priced lipid screenings (cholesterol profiles) will be provided to individuals 18 and older for a $10-per-person fee in the hospital's Nursing Resource Center. A 14-hour fast is required for this blood test, which screens total cholesterol, HDL, LDL and triglyceride levels. In addition, free blood pressure screenings will be provided.

The lecture schedule for the day begins at 8:45 a.m. in Olson Auditorium with opening comments, followed by "Lipids ... It's More Than Cholesterol" presented from 9 to 9:30 a.m. by Walter Myalls, M.D., cardiologist, Lutheran General Hospital; "Women's Cardiac Health Issues" addressed from 9:40 to 10:50 a.m. by Barbara Dudczak, M.D., cardiologist, and Edward Linn, M.D., chairman of obstetrics and gynecology, Lutheran General Hospital; "Complementary Medicine: Magic or Myth?" discussed from 11 to 11:30 p.m. by Kristin Yager, Pharm. D., Lutheran General Hospital; and "Caring for the Heart of Your Family" addressed from 11:40 a.m. to 12:10 p.m. by Charles Kanakis, M.D., cardiologist, Lutheran General Hospital.

Other lectures presented in the 10 East cafeteria at the hospital include "Making Exercise A Family Affair" from 9:40 to 10:10 a.m. featuring Brian McDermott, manager, Lutheran General Fitness Center; and "Fat: Friend or Foe?" from 10:20 to 10:50 a.m. with Paula Pfluger, dietitian, Lutheran General Hospital.

In addition, a 45-minute "HeartSteps" walking clinic will be offered by the American Heart Association in the Nursing Resource Center at 8 a.m., 9 a.m. and 10 a.m. Participants will learn about the health benefits of walking, different walking styles, proper walking techniques and how to buy the right kind of walking shoes. Registration for this program is required by calling HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622).

Everyone who attends the Heart Fair will receive a comprehensive information packet with details about preventing and reducing cardiovascular risk factors.

Exhibits will be available focusing on Lutheran General's cardiovascular services, complementary/alternative medicine options, Lutheran General Women's Health Resource Center, Lutheran General Fitness Center, HealthAdvisor, older adult services, behavioral health, nutrition and the American Heart Association.

Pastoral Care Department of Holy Family committed to patients

How does an Adult and Geriatric Long Term Care and Physical Rehabilitation Center deal with the enormous amount of personal, emotional and spiritual needs of their residents, patients and family members?

At Holy Family Health Center the Pastoral Care Department and their committed team members realize the spiritual consequences that take place and the issues that are brought into the minds of the sick, elderly and disabled individual. They pride themselves in reaching their residents and patients spiritually, providing a connection between the mind body and spirit. "As we age and life changes become out of control, especially for people entering LTC facilities, we need to make sure that patients and family members are receiving the support they need. To make sure a resident is not feeling warehoused, but feel they just have a different "address," a sense of purpose, and their own beliefs that will guide them in strength," states Pastoral Care Director, Deacon Don Wehling.

The Chaplains (ministers of care, sister visitors, clergy, rabbinical support, and community parish member's) at Holy Family HealthCenter work together with the clinical staff to help a resident express their own belief system and faith in order to instill a sense of wholeness and spiritual strength. For the patient going home after rehab it is important to maintain the level of spiritual awareness that they came in with creating an environment that allows them to go back with support. Whether it be a support group, church or synagogue; partaking in the life of their community is an important outreach. For the resident who remains in long term care it is important to make their life at the facility feel like a community with accessible resources to help carry out their personal and spiritual needs. "We endeavor to keep the patient or resident as close to the real world as possible and maintain relationships with the community they have just left," states Deacon Wehling.

Within the first few hours of an admission to Holy Family Health Center the patient/resident is visited by a Pastoral team member, whether it be the Priest, Deacon or Sister and within 24-48 hours an assessment and availability of services are discussed. "With a majority of people, the knowledge of a spiritual presence in a facility is comforting," states Father Ron Scarlatta, (who resides at Holy Family Health Center and assists other parishes in the community) "and people are touched when they know someone is praying for them no matter what religion they follow."

The Pastoral Care at HFHC is also the connecting link between residents and families. Their purpose is to help a resident no matter what their faith is, to secure the sources that help them heal spiritually. "It is an emotional rollercoaster when a family is deciding on a living will, determining that their loved one can not go home due to safety issues, or just trying to cope with an illness and/or decision processes. It is also important to keep in mind where a patient is psychologically and spiritually, and not determine where we want them to be," sates Deacon Wehling.

The Pastoral Care Department at Holy Family Health Center also missions themselves to draw groups of people to a better understanding and strengthen relationships that have been strained because of life stresses. States Deacon Wehling, "In the midst of someone's difficulty and pain a person can find a core of spiritual truth that lightens the darkness of every situation. That is what we are here for. We also allow grieving to take place in a compassionate setting even though he/she is not in the comfort of their own home."

At Holy Family Health Center the Pastoral Care Department models itself after a Hospital's Pastoral Care Program with very similar guidelines. It is also one of the few Long Term Care and Rehabilitation Centers that provide an extensive Pastoral Care Department. With a number of religious services, available weekly, holiday observances and pastoral support for the resident and their families; Holy Family Health Center is confident that their mission of pastoral care is focused on the right direction, helping to heal wholistically.

Ronald McDonald at Holy Family

Holy Family Patients and Children to be Visited by Ronald Bearing Teenie Beanies.

WHO: Ronald McDonald will pay a special visit to the patients and child care center at Holy Family Medical Center Ronald will make patients and children laugh and smile while making rounds throughout the hospital.

WHAT: Bearing "teenie beanie babies," Ronald will arrive decked out in his colorful costume and make-up bringing joy and laughter to patients, staff and children of all ages.

WHEN: Friday, February 19, 1999, 2:30 p.m. (Ronald will meet and greet with patients for 30-45 minutes)

WHERE: Holy Family Medical Center, 100 North River Road, DesPlaines, IL 60016 Corner of Golf and River Roads.

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The Power of Strength Training

by Amy Joy Lanou, Ph.D.

For many years, older people have been urged to walk or swim for better health and endurance. And while these activities remain extremely important for maintaining a healthy weight, reducing cancer risk, and keeping the heart healthy, strength training is another form of exercise that can also benefit your health and well-being in some amazing ways.

As individuals get older, peak strength can drop by as much as 30-40%, making it more and more difficult to maintain an independent lifestyle. Weak arms and legs make simple tasks, such as climbing stairs, shopping, dressing and even getting up from a chair, much more difficult. As muscle strength diminishes, balance also declines, increasing the risk of falls. In fact, falls are responsible for roughly one-half of all injuries in persons over 65 years of age.

Luckily, many age-related changes in muscles are due more to lack of use than to age. Researcher William Evans states, "The capacity of older men and women to respond to strength training is preserved into very old age." Strength training produces very similar results in older and younger muscles both in terms of size and strength increases.

Exercise specialists all over the world recommend strength training as a way to help older people regain much of the strength that has left them over the years. In addition to muscles, strength training is also good for strengthening bones. Because the use of the bones stimulates increase in bone density, strength training can significantly reduce the risk of fractures. Individuals who maintain or increase their muscular strength can protect themselves better from falls and other injuries, and are often able to maintain their independence much longer.

Until recently, many doctors shied away from recommending strength training for older people because they feared individuals might injure themselves. Now, it is universally recognized that, with some basic training on proper techniques, older individuals can safely strength train. Furthermore, using just a little weight will still yield impressive results.

Many community centers, YMCA's, parks and recreation departments, and private gyms have workout facilities that include weight machines or free weights, as well as instructors to help you get started. If you prefer to exercise in private, resistance machines are available from sports equipment companies for in-home use. Less expensive yet effective strength training aids, like sand-filled wrist and ankle weights, are also good choices. Even heavy household objects, such as soup cans or detergent containers, can make good hand weights.

When starting a strength training regimen, make sure to get some personalized direction or good written instructions on safe techniques from your local exercise center, senior center, or library. It is also very important to get your doctor's permission before you begin any exercise program. Start slowly and work up to regular sessions, lasting at least 20 to 30 minutes, three to six times a week. Begin with weights that feel heavy, but that you can lift at least eight times before having to rest. Rest between exercises and avoid working the same muscles on consecutive days. If you feel sharp pain while doing any exercise, stop doing it. Strengthening exercises should make your muscles tired, but they should not hurt.

Aerobic exercise and strength training are two different types of exercise that provide unique health benefits. Aerobic activities, such as walking, biking and swimming, require moving large groups of muscles thousands of times against small amounts of resistance.

"Senior Savvy" is provided as a public service by the American Institute for Cancer Research, 1759 R Street, NW, Washington, DC 20009.

Retirement / Nursing Home

DesPlaines Valley Geological Society

On February 18 the DesPlaines Valley Geological Society will have the second program of the mini series on "karst." It will be presented by Dr. Rickard S. Toomey of the Illinois State Museum in Springfield.

He will speak on caves archeology and why some caves were used by animals for shelter and why human habitation occurred in only a few selected caves.

Dr. Toomey is a member of the National Speleological Society's section Paleontology and Biology.

The public is invited, all ages are welcome, and refreshments will be served.

Monthly meetings of the Des Plaines Valley Geological Society are held on the third Thursday of each month at Our Lady of Ransom School, 8300 N. Greenwood Ave., Niles, at 8 p.m. We encourage all interested persons to attend. Bring a friend.

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Township Officials Dress Up

Maine Township elected officials chipped in to help at a recent Maine Township Seniors' Victorian "High Tea" social gathering to celebrate Valentine's Day. Helping out as costumed greeters and servers were, from left: township Trustee Anita Rifkind, Township Clerk Gary K. Warner, and Township Collector Audrey N. Nankervis.

Victorian Valentines Day Sweetheart 'High Tea' a grand time for seniors

With fancy hats, white gloves and little fingers pointed skyward while sipping tea, over 130 Maine Township Seniors and staff members recreated the atmosphere and fun of a Victorian age "High Tea" celebration. Besides tea and sandwiches, the seniors also learned how to decorate cookies for Valentine's Day and how to create colorful baskets to contain them for their special Valentine, family member or friend.

"This special celebration tried to recreate how people of the Victorian era would experience a traditional High Tea, which was an opportunity for all to show off the latest fashions and meet new friends at a major social affair," said Sue Neuschel, Maine Township Director of Senior Services. "We want to show how to include romance and elegance in our last Valentine's Day of the century."

The gala affair was held at the Karrington of Park Ridge, 1725 Ballard Road, a new senior citizen assisted living complex, who also co-sponsored the event providing the location and food for the seniors attending.

Both Maine Township staff and elected officials, along with Karrington staff members, dressed up in either traditional garb or formal wear to add to the flavor while acting as servers during the social. "Everyone at the Karrington had a great time with this event," said Karrington Director of Community Relations Fred Gafnick, who hoped to work with Maine Township Seniors again soon.

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Medication and communication

Few people think about their eyes when they take their medication," says Paul Klein, O.D., a member of the Better Vision Institute Advisory Council. Individuals should be aware that some medications may cause reactions to their eyes.

It is a good idea to keep your eye care and health care professionals up to date on ALL your prescription and nonprescription medications, including vitamins.

Many people are taking multiple medications that could make them more susceptible to complications affecting the eyes.

Some common drug classifications that *may* cause vision irregularities include: *analgesics, antidepressants, antacids, antihistamines, antianxiety, medications, anticoagulants, antihypertensives, antibiotics, corticosteroids, diuretics, anticonvulsants and oral contraceptives.*

Joseph Toland, M.D. also a member of the BVI Advisory Council, states that "patients react differently to different medications," and that-"a medication that causes visual changes in one person may not affect another."

Some common visual side effects from medication which *may* occur include: *blurred vision, dry eyes, poor night vision, sensitivity to light, teary eyes, changes in color vision, puffy eyelids, droopy eyelids, brown spots around eyes, double vision or dilation.*

If you think your medication may be causing changes in your vision, consult your eye care professional. "It's critical that you follow your doctor's recommendation," adds Dr. Toland.

Retirement / Nursing Home

Volunteer computer instructors needed for SeniorNet

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' monitros who can spend at least one hour per week helping people age 55 and over learn and/or expand their computer skills.

This 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 (JCC) 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.

For more information, please call Laurie Schnittman at 847-205-9480, ext. 3061.

Morton Grove Park District walking club

The Morton Grove Park District will once again be offering its Walkie Talkie Walking Club. The program will be held in the gym due to the inclimate weather, and is offered to people ages 55 and up. It runs every Thursday from 8-9:30 a.m., February 18 until April 8. The gym walk will be held in the Prairie View Community Center, 6834 Dempster St., Morton Grove. This program is open to both residents and non-residents. The fee for new participants is $10 for residents and $12 for non-residents. The fee for returning walkers is $6 for residents and $7 for non-residents. Participants can register at the Prairie View Community Center. For more information call Catherine Dean, 847-965-1200.

The Lincolnwood Seniors Club

The Lincolnwood Seniors Club invites the community to join us on Tuesday, March 2 for a trip to the Grand Victoria Riverboat Casino - Elgin.

The price of $13 for members, $15 for guests includes admission to the Casino, fabulous lunch buffet and transportation (Deluxe Motorcoach).

Departure time is 11 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Ave., with return scheduled for approximately 5 p.m.

The community is invited to join us on Friday, March 5 at 10 a.m. for coffee and 10:30 a.m. for a book review at the Lincolnwood Library. March's book reviewer is Connie Adelman. The title of the book is to be announced.

Join us on Tuesday, March 9 at 10:30 a.m. to hear Molly Hoffer, Educator with the University of Illinois Cooperative Extension Service speak on the topic of "The Changing American Family".

Please join us for an extremely interesting meeting. Our speaker will inform us of how American families have changed over the last 150 years and how these enormous changes have deeply affected the form and function of American families. We will also discuss possible ways to help support families.

The meeting will be held at the Lincolnwood Village Hall Council Chambers, 6900 N. Lincoln Ave., Lincolnwood.

Brandon S. Lee

Marine Pvt. Brandon S. Lee, son of Sung W. and Bok J. Lee of Glenview, recently completed basic training at Marine Corps Recruit Depot, San Diego. He is a 1995 graduate of Glenbrook South High School of Glenview.

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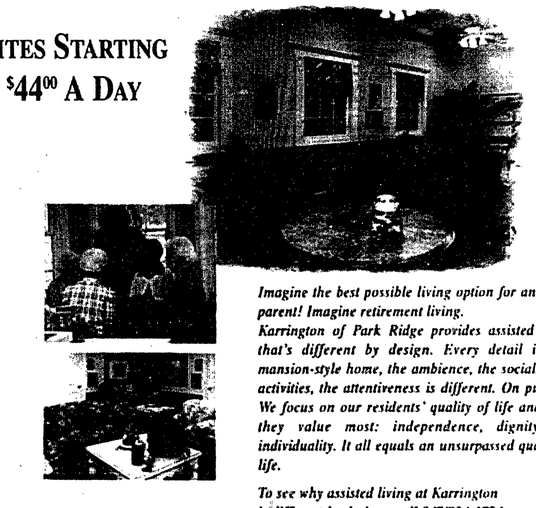

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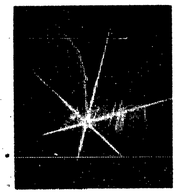

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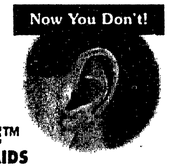

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Retirement / Nursing Home

Sheahan sponsors Law Enforcement Academy

Cook County Sheriff Michael F. Sheahan invites all senior citizens interested in law enforcement and crime awareness issues to enroll in his department's Senior Citizen Law Enforcement Academy to be held at the Morton Grove CNN Lunch Site, 6101 Capulina Ave., in Morton Grove, beginning March 5.

The Sheriff's Office designed the program to open the lines of communication between senior citizens and law enforcement officials. Participants will gain a better understanding of the responsibilities and duties of law enforcement officials as well as receive advice on personal safety and crime prevention.

Sheahan's top staff members will conduct the eight-session Academy. Each speaker provides pertinent information on an array of topics, including law enforcement agency operations, crimes against seniors, gang and drug awareness, understanding the criminal justice system and functions of the Cook County jail.

The Academy at the Morton Grove CNN LUnch Site will meet Friday mornings, 9:30-11:30 a.m., through Monday, April 30, when all participants will be honored at a graduation ceremony. The Sheriff's Office offers the program free of charge to all seniors living in Cook County.

Sheriff Sheahan will bring the Academy to any senior citizen club, organization or center throughout the county. For more information, or to register for the Senior Citizen Law Enforcement Academy in Morton Grove, please call the Sheriff's Office at 773-869-7725.

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St. Matthew Lutheran Home is a program of Lutheran Social Services of Illinois

Oakton's Emeritus Program offers art seminars

Oakton Community College's Emeritus Program offers two non-credit seminars that will increase your knowledge of and appreciation for art. These seminars, designed for the older student, are held at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

The Tribes of South Africa: Artists as Guides (ART S97-71, Touch-Tone 9094) features work of the Zulu, Xhosa, and Ndebele peoples and others who reflect the South African experience. Instructor Linda Rubin, a former resident of South Africa, will also share her collection of fine beadwork from the area. The four-week class meets from 9:30-11 a.m. on Thursdays, beginning March 4.

The American Impressionists and "The Ten" (HUM E72-71, Touch-Tone 6979) focuses on a group of successful New York and Boston artists who joined in an informal alliance to exhibit their art. This new generation of American painters - including Theodore Robinson, John Twachtman, J. Alden Weir and Childe Hassam - were influenced by Impressionism and remained faithful followers into the 20th century. The four-week class meets from 10-11:30 a.m. on Thursdays, beginning March 4.

The fee for each of these seminars is $80; in-district residents age 60 and over pay half this price. Students who have registered for Oakton in the last five years and have a correct Social Security number on file may register for the lecture by using the Touch-Tone system at (847) 635-1616. Registrations can also be taken via FAX at (847) 635-1448. Both methods require payment by a major credit card (Visa, MasterCard or Discover).

For more information about this class and a listing of future Emeritus programs and events, call (847) 635-1414.

Oakton offers courses in contract bridge

Whether you're a newcomer to contract bridge, or an old hand wishing to perfect your game, Oakton's Emeritus program has a class designed for you. These non-credit classes meet at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

Bridge for Beginners (REC S60-81, Touch-Tone 5404) teaches the basics of contract bridge. Come learn from a patient and fully accredited bridge teacher. This class meets for six weeks on Wednesdays, beginning March 17, from 1-3 p.m. Course fee is $98.

Advanced Bridge (REC S64-81, Touch-Tone 5418) is a skills-building class for advanced players. Students at separate tables play the same pre-arranged hands, followed by instructions on how to bid and play each hand. Questions are encouraged. The newest bidding conventions and subtle playing skills are taught in a relaxed, fun atmosphere by an accredited Teacher of the American Contract Bridge League. This class meets for eight weeks on Mondays, beginning March 15, from 1-3 p.m. Course fee is $120.

In-district residents age 60 and older pay half the listed fee. Students who have registered for Oakton in the last five years and have a correct Social Security number on file may register for these classes by using the Touch-Tone system at (847) 635-1616. Registrations can also be taken via FAX at (847) 635-1448. Both methods require payment by a major credit card (Visa, MasterCard or Discover).

For more information about these classes and a listing of future Emeritus programs and events, call (847) 635-1414.

Niles Public Library to show movies

The Niles Public Library District will be showing movies on Tuesday afternoons in the Large Meeting Room for Niles District Library residents only. Tickets will be given out at 1:30 p.m. on a first come, first serve basis. The movie will begin at 2 p.m. Maximum Room Capacity is limited to 125 people. Please have your Niles District Library card ready to show to receive your ticket. We are unable to hold or reserve any seats. The Library policy of "No Food, No Drinks" will apply. The Niles Public Library District is located at 6960 Oakton, at the corner of Oakton and Waukegan.

March 9, 2 p.m., Deep Impact (PG-13, 121 minutes) starring Robert Duvall, Tea Leoni, Elijah Wood, Vanessa Redgrave, Maximilian Schell and Morgan Freeman will be shown. Fourteen-year-old Leo Beiderman did not expect to make an earth-shattering discovery when he joined his high school astronomy club. He didn't expect to make any discoveries at all. He simply hoped that classmate Sarah Hotchner would discover him. Yet a photograph he takes through his small telescope makes him co-discoverer of Comet Wolf-Beiderman...a comet that scientists determine is on a fatal collision course with the Earth. This sets off a thrill-packed mission.

March 23, 12:30 p.m., Titanic (PG-13, 194 minutes) starring Leonardo DiCaprio, Kate Winslet, Billy Zane, Jonathan Hyde, Danny Nucci, Gloria Stuart, David Warner, Victor Garber and Bill Paxton will be shown. Two people from different worlds meet and fall in love on the brief, tragic maiden voyage of the grand ocean liner Titanic.

Home Delivered Meals program

Advocate Older Adult Services at Lutheran General Hospital offers a Home Delivered Meals program in Park Ridge and Des Plaines for home-bound seniors and persons recovering from illnesses who are unable to cook or shop for themselves.

Meals are delivered by volunteers to participants' homes between 11:30 a.m. and 1:30 p.m. Monday through Friday. Each meal costs $4 and is planned by a registered dietitian. Hot and cold selections are available, and extra meals can be ordered for weekend use.

Persons interested in signing up for the Home Delivered Meals program will be visited and assessed by a social worker.

For more information, call Advocate Older Adult Services' senior information and referral office at 847-723-7770.

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Retirement / Nursing Home

Oakton Emeritus seminars on artistic vision

Using different media, artists have unique ways of interpreting and expressing their visions of the world. Join Oakton's Emeritus Program for a non-credit seminar exploring the works of various artists.

Gustave Dore: Inconographer of the Imagination (ART S98-71, Touch-Tone 9066) examines the art of the influential 19th century illustrator of Dante's *Divine Comedy* and Milton's *Paradise Lost*. Slides and video clips shown by graphic designer Daniel Bernstein will examine why Dore's lush illustrations became icons. This seminar meets from 10:30-11:30 a.m. for nine Fridays, beginning March 5. Course fee is $100.

Four More From France: The Cinema of Ambiguity (HUM S68-71, Touch-Tone 7053) features screenings, lectures and discussions of a select group of contemporary French filmmakers, including Bertrand Tavernier (*Sundays in the Country* and *The Clockmaker*), Patrice Leconte (*Monsieur Hire*) and Claude Miller (*The Accompanist*). Moviegoers who revel in the complexities and ambiguities of life will enjoy this four-week seminar, which meets from 9:30 a.m.-12:45 p.m. on Tuesdays, beginning March 9. Course fee is $80.

The seminars meet at Oakton's Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. In-district residents age 60 and over pay half the listed price. Students who have registered for Oakton in the last five years and have a correct Social Security number on file may register for the seminars by using the Touch-Tone system at (847) 635-1616. Registrations can also be taken via FAX at (847)635-1448. Both methods require payment by a major credit card (Visa, MasterCard or Discover).

For more information about these seminars and a listing of future Emeritus programs and events, call (847) 635-1414.

Tour Southern Italy in March

Join the Prairie View travel Club as we tour Southern Italy March 8 through March 16, 1999. Italy on Sale is a nine day trip for only $1,349 per person for a double room. This extraordinary price covers air fare, 7 nights lodging in a modern first class hotel on the Mediterranean coast and all meals plus the exciting tour of Italy.

See famous cities such as Rome and visit St. Peter's Basilica, the Vatican City and the Sistine Chapel. Tour the ancient ruins of Pompeii, where time was frozen in 79 A.D. by the eruption of Mount Vesuvius and view glorious Naples which has mesmerized its visitors. Each day offers a new discovery and a new facet of Italy's personality.

For further information call Catherine at 965-1200 or register at Prairie View Community Center, 6834 Dempster Street, Morton Grove.

Publishing your genealogy

Have you collected a book's worth of information about your ancestors and relatives? Tips for putting your book together will be given at the February 18 meeting of the Northwest Suburban Council of Genealogists. The meeting begins at 7:30 p.m. at the Forest View Educational Center, Room 100, 2121 S. Goebbert Road, Arlington Heights.

"Producing Your Book Some Options" will be discussed by speaker Allen Carr, who has worked in the publishing business for 33 years. He will offer tips on producing different types of genealogical books, from simple personal histories to scholarly works.

Prospective members and visitors are welcome to attend. For more information, call (847) 398-1884, or (847) 593-8160.

Symptoms and treatments of arthritis

A doctor diagnoses arthritis based on specific symptoms, a physical exam and testing. While there are more than 100 different types of arthritis, each with different signs and treatments, the following are common symptoms found in most types of arthritis.

- Swelling in one or more joints
- Early morning stiffness
- Recurring pain or tenderness in any joint
- Inability to move a joint normally
- Obvious redness or warmth in a joint
- Unexplained weight loss, fever or weakness combined with joint pain
- Symptoms, as described above, persisting for more than two weeks

According to the Arthritis Foundation, if any of these symptoms persist in or around a joint for more than two weeks, a doctor should be consulted. If arthritis is diagnosed, the doctor can prescribe the appropriate treatment for the specific type of arthritis. Common treatments include:

- Medicines (prescription or over-the-counter) to help reduce pain and swelling
- Exercise to lessen pain, increase movement and reduce fatigue
- Rest/relaxation to save energy (periods of rest should be intermingled with periods of activity)
- Heat or cold over joints or muscles to give short-term relief from pain and stiffness and help prepare for exercise
- Self help aids with special features outlining ways to make everyday tasks easier
- Joint protection to avoid extra stress on the joint
- Surgery, only when other treatments have failed (most people with arthritis will never need surgery)
- Self-help techniques which teach arthritis sufferers how to manage their symptoms, and how these symptoms affect daily life activities.

For more information on specific symptoms and treatments of arthritis, contact the Greater Chicago Chapter of the Arthritis Foundation at (312) 616-3470, or 1-800-735-0096.

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Enriching Recreational Opportunities
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Chapel on Premises

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- Sister M. Elizabeth - Administrator

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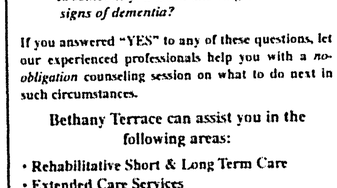

Let Our Family Help Yours

- 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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Accredited by JCAHO and approved by Medicare

Property tax deferral program for seniors

"Tax bill time can be worry time for senior citizens who have a hard time making ends meet," says Cook County Treasurer Maria Pappas. "That's why I want to remind them of a property tax deferral program my office administers."

The program provides low-interest loans issued specifically to pay real estate taxes. The money comes from a special State of Illinois fund. And it need not be repaid until the home is sold or the owner passes away.

The rate on these loans is 6% simple interest. People who qualify may participate in the program for several years, as long as they make a new application every year before the 1st Installment tax payment deadline.

The program generally is available to senior citizens who own their own residence, who have lived in that residence for three years, and whose annual household income (whether a single person or a married couple) is less than $25,000. Specifically, a person must be 65 by June 1st. A husband and wife can own the property jointly and qualify, as long as one of them is 65. A residence can be a house or an apartment in a condominium or cooperative building. Household income includes Social Security and other pension or disability payments, as well as money that's earned working and income from rents or investments.

"Only a very small number of people have applied for this help in the past," Pappas said, "when we know there are a lot more senior citizens participating in other programs that affect their real estate tax bill - the senior freeze, the homestead exemption or the circuit breaker. We want them to know about this program, too."

Pappas added that the program is better known in some suburban communities than in other towns "where the world is spread through active senior citizen activities. This program should become just as well know in the City of Chicago and in other suburbs as it is in these suburban communities."

The deadline for filing the froms is March 1st. To obtain the forms necessary, or for other information, people can call the Cook County Treasurer's office at 312-443-5100.

You Are Invited
to an
Open House and Personalized Tour of our New Dementia Special Care Unit
at
Norwood Park Home
Wednesday, February 24th, 1999
1 p.m. to 5 p.m.
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Skokie SeniorNet Learning Center

The Skokie SeniorNet Learning Center, which operates out of the Mayer Kaplan Jewish Community Center, 5050 Church St., Skokie, is offering two new classes this March during its Winter Mini Session. SeniorNet is a computer learning program for people 50 and older. Classes are taught on state-of-the-art IBM compatible computers using Windows 95. The two new classes are:

•Are You Computer Phobic?

The introduction to computers preparatory course is for those who have never faced a computer, booted it up, used a mouse or a keyboard, or even know what any of this means. In three weeks, this course will identify parts of the computer, teach you how to turn it on and off, handle the mouse, open and close a program and file, use a typing tutorial to learn the keyboard, and other basics. This course will prepare you to take the eight-week Introduction to Computers course.

•Tax Preparation With Turbo Tax

Learn to use its tax software which smoothly guides you through your tax preparation. It interviews you, completes the forms, and prints them out ready to file.

In addition to these two new classes, Skokie SeniorNet will offer Introduction to Computers, Word Processing, Money Management, and Internet/Online during this Winter Mini Session.

If you are interested in learning more about these programs, or would like to register for a class, please call Edie Friemark at (847) 675-2200 ext 273.

Niles Senior Citizens 588-8420 – 588-8000

NILES SENIOR CENTER REGISTRATION

The *New* Niles Senior Center, now open at 999 Civic Center Drive, behind the Village Hall, serves residents of the Village of Niles age 62 and over, and their younger spouses. To register for classes, trips, purchasing tickets, etc., you need to be a member of the Niles Senior Center. If you are interested in obtaining additional Senior Center information, or you wish to become a member, call or visit the Center and be placed on the mailing list.

TOURS OF THE *NEW* CENTER OFFERED

Make reservations for the next scheduled tour of our new facility at 999 Civic Center Drive on Wednesday, Feb. 24. Call the Senior Center at 588-8420.

SPECIAL SENIOR AFTERNOON

Please remember to set aside Sunday, April 25 for our Special Senior Afternoon. Displays, Activities, and Performances -- not to mention Refreshments!

VOLUNTEERS NEEDED FOR APRIL 25

Volunteers will be needed to assist at the April 25 Special Senior Afternoon Event. We will need volunteers to serve as ushers and to help with refreshments. Anyone who may be interested should sign up with Mary Olesky.

INCOME TAX ASSISTANCE AVAILABLE

The Niles Senior Center in cooperation with A.A.R.P. offers free income tax service to Niles Residents 65 and older. To schedule an appointment, contact the Center at 588-8420.

CANDY MAKING WORKSHOP

Join Rhonda Morkes of Morkes Chocolate at 12:30 p.m., on Thursday, Feb. 18, as you make and assemble your own box of candy. Price: $6, includes instructions and candy. So be our Valentine and attend this fun filled workshop. Registration required.

FRIDAYS AT THE MOVIES

In honor of Presidents' Day, February *Fridays at the Movies* will feature a patriotic theme. At 1 p.m., Friday, Feb. 19, *Patriot Games (1992, R)* will be shown. Harrison Ford is a retired spy who returns to work after an assassination attempt.

FEBRUARY LITE LUNCH & MOVIE

The patriotic theme continues with the *February Lite Lunch and Movie* on Friday, Feb. 26, 12 noon, in Room 127. Enjoy Brown's Chicken, choice of 2 pieces of chicken (white or dark meat), mashed potatoes, coleslaw, biscuit, and apple slice, followed by the movie, "*The American President*" (1995, PG-13). Michael Douglas stars as the widowed president who falls in love with an environmental campaign strategist, Annette Bening. A fun film! Cost: $5. Registration required.

CARBON MONOXIDE PROGRAM
FREE RESIDENTIAL INSPECTIONS

Carbon Monoxide program offers free residential inspections for carbon monoxide emissions and natural gas leaks. Appointments may be made by calling the special number, 588-8480.

RULES OF THE ROAD

Secretary of State Jessie White, in cooperation with Niles Senior Center, offers a monthly Rules of the Road Review Course for all Niles citizens. The purpose of the course is to help applicants pass the Illinois drivers license renewal exam. The next course is 2 p.m., Monday, March 1 at the Senior Center. Registration required.

UNDERSTANDING CHOLESTEROL LEVELS"

"Understanding Cholesterol Levels" is a free lecture presented by Sue Friedman RN, Director of Quality Assurance from Regency Health Centre at 2 p.m., Wednesday, March 3, at the Senior Center. Participates will learn how to interpret cholesterol results, evalulate good and bad cholesterol levels, and make dietary changes to reduce their cholesterol level. Registration required.

COOKING CLASS CHANGES

The schedule for the Spring Cooking Classes has been changed:

Diabetic Cooking:
Wednesday; March 3, 10, 24, & 31; 9:30 a.m. to 11:30 a.m.

Low Salt Cooking:
Wednesday, March 3, 10, 24, & 31, 12 noon to 2 p.m.

Low Fat Cooking:
Wednesday; Apr. 14, 21, 28, & May 5; 9:30 a.m. to 11:30 a.m.

Vegetarian Cooking:
Wednesday; April 14, 21, 28, & May 5; 12 noon to 2 p.m.

All classes are $12, and include instruction and supplies. Registration required.

Morton Grove Senior Citizens 470-5223

"WRITING YOUR STORY"

The Morton Grove Park District has a special writing class for seniors who would like to pass on to their children and grandchildren, memories of their life experiences. This six-week class meets on Mondays from 1 to 3 p.m. starting February 22 at the Prairie View Community Center. The fee is $12 for residents, and $14.50 for non-residents, and the instructor is Laura Johnson, a published writer and retired teacher. For more information, call Senior Adult Supervisor, Catherine Dean at the Park District, 965-1200.

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, Feb. 23 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the previous evening meal.

"ELDERHOSTELS"

Elderhostels are a great opportunity for travel and learning, or expar ling on an interest. Join the Morton Grove Park District's "*Take Time For Thursdays*" program at 1 p.m. on Thursday, Feb. 25 as John Sanner, a worldwide elderhostel student and video professional, entertains by describing his elderhostel experiences. Call Catherine Dean at the Prairie View Community Center, 965-1200 for a reservation.

SENIOR CITIZEN ASSESSMENT FREEZE

The Cook County Senior Citizen Assessment Freeze Exemption is a valuable form of property tax relief. Those who qualify will have their property tax assessment frozen at the assessed value of the year prior to their application. This "frozen" value will be maintained for as long as the homeowner continues to qualify. All taxpayers receiving the Senior Freeze will also automatically receive the Senior Citizen Exemption and the Homeowners Exemption, with no further application process necessary. To qualify for the Freeze, the following conditions must be met by the homeowner:

1. Be 65 years of age or older in 1998.
2. Have a household income of no more than $35,000 for 1997.
3. Owned and resided in the home since January 1, 1997.
4. Be liable for the payment of 1997 and 1998 property taxes.

Contact the Cook County Assessor's Senior Freeze Department at (312) 603-6600.

MORTON GROVE HOMECARE SERVICE

The Morton Grove Homecare Service is a program offered by the Village of Morton Grove and funded by a Cook County Community Development Block Grant. The service is for residents age 62 and older who may need assistance with a combination of the following: bathing, laundry, personal care, companionship, preparing meals and light housekeeping. The amazing thing about this program is that all services are provided at no charge for a duration of up to six months through Evanston Northwestern Healthcare. To qualify, a person must be age 62+, be a Morton Grove resident, demonstrate a medical need for home care, meet income (less than $28,150 annually) and asset (less than $50,000) eligibility criteria. For more information, contact Morton Grove's Senior Citizens Services at 965-4100, ext. 6110.

INCOME TAX RETURN ASSISTANCE

Income tax assistance is available free of charge for residents age 60+ who have low or moderate incomes that can be reported on basic IRS forms. Call the Senior Hot Line at 470-5223 for a personal appointment on a Monday, Wednesday, or Friday at the Morton Grove Village Hall Senior Center beginning in February. Appointment times are 9 and 10:30 a.m.

Volunteers trained by the IRS will assist in completing Federal and State of Illinois returns. Bring in W-2, Social Security 1098 and 1099 forms along with a copy of the 1997 tax return.

* * * * * * *

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.

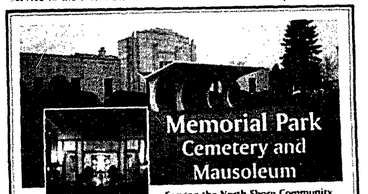
Skokie Nursing Home offers Shabbat Services

by Cory Fosco

A little over a year ago, ManorCare Health Services of Skokie, 4660 Old Orchard Road, realized that they could do more to service their resident and patient population which was of the Jewish faith. The skilled nursing facility was offering Shabbat services to its resident and patient population two times a month and, admittedly, was not doing much more than that. Jamie Weibeler, Administrator at ManorCare states, "We came to understand that the needs of this unique population were not being served. Several members of our staff began investigating some of the additional services we could provide to our residents and patients." The staff members learned that in addition to offering Shabbat services *every* Friday night, the facility could order traditional Kosher "take-out" meals from a local caterer. "Every Friday night, we now have 15 to 20 people coming to our facility to worship and have a traditional kosher meal," Weibeler explains. "The residents, patients and their family members enjoy the spiritual interaction with one another and have asked us to extend these services to the community."

ManorCare Health Services was built over thirty years ago and provides short-term rehabilitation services and 24 hour long-term skilled nursing care. Residents sometimes feel disconnected with the members of the Skokie community. "Many residents have told me that they used to love going to Shabbat services and seeing their neighbors during services," Laura Alterio, Admission Director at ManorCare of Skokie, states. "We are hopeful that by opening the Shabbat services to the community, some of our residents and patients can reconnect with that special part of their lives."

ManorCare Health Services is now offering the weekly Shabbat service to the North Shore community. "We want the community to embrace our patients and residents and be able to worship and build new relationships," Weibeler says. Anyone interested in coming to the weekly Shabbat service at ManorCare Health Services should contact the facility by 5 p.m. on the Thursday before any Friday service. The number is (847) 676-4800. A traditional kosher meal will be provided.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Lutheran General Senior Breakfast Club meeting

As part of its five-part series on complementary medicine, the Lutheran General Senior Breakfast Club will present a program from 8:30 to 10 a.m. Friday, February 19, on chiropractic therapy featuring Tom Collins, D.C., chiropractor.

Club meetings, sponsored by Lutheran General Older Adult Services, are held once a month in the 10 East cafeteria of the hospital, and feature presentations by health care professionals, free continental breakfast and social time. Seating is limited and reservations are required. To sign up, call 1-800-3-ADVOCATE (1-800-323-8622).

Upcoming topics in the 1999 Senior Breakfast Club series include therapeutic massage/body-word services on March 19, classical homeopathy on April 16, acupuncture/Chinese traditional medicine on May 21, selecting a doctor on June 18, and dementia/Alzheimer's on July 16.

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Retirement / Nursing Home

Patients with cardiac chest pain identified by immediate testing at LGH

Physicians at Lutheran General Hospital in Park Ridge are utilizing a novel approach for patients who come to the emergency room with chest pains. The treatment protocol enables physicians to determine which patients are having true cardiac pain and need to be admitted; or non-cardiac pain, and be treated safely in the emergency room and sent home.

Traditionally, patients experiencing chest pain are admitted and over the next 12 to 24 hours their blood is tested for enzymes to detect if a heart attack has taken place. In an effort to determine the patients' status more quickly, and diagnose a cardiac cause for chest pain, cardiolyte testing is used at Lutheran General Hospital.

"Patients who come to the ER with chest pain are evaluated using a resting cardiolyte test which enables us to determine whether they are suffering from acute ischemia (lack of blood supply to the heart). If they are, they are then taken to the cardiac catheterization lab and the appropriate intervention is performed," said Nagui Sabri. M.D., cardiology, Lutheran General Hospital. "We can determine in an hour or so, what used to take 24 hours."

Patients treated with an appropriate intervention in the catheterization lab are often home within a day or two.

"To date, the patients we have sent home from the emergency room with a negative cardiolyte test have done very well," said Dr. Sabri. "None have been readmitted with a reoccurrence."

Cardiologists at Lutheran General Hospital have been assessing chest pain patients this way for two years with excellent results. Non-cardiac patients are identified, treated, sent home from the emergency room and followed closely, eliminating an unnecessary admission while maintaining a high quality of care and follow-up. This method of patient evaluation has resulted in a 25% reduction in admissions to the Cardiac Care Unit.

"There are so many benefits to diagnosing chest pain patients this way," said Dr. Sabri. "The patients who need treatment get it more quickly, they have a shorter hospital stay, and patients who do not need to be admitted are sent home safely and not burdened by a costly, unnecessary hospital stay."

Lutheran General Hospital, Park Ridge, is a recognized leader in cardiology services, with 42 board certified or board eligible cardiologists, and 3 cardiac surgeons. Three state-of-the-art catheterization labs, operating 24 hours a day / 7 days a week, perform over 3,000 procedures each year with 2 physicians present at each interventional procedure to ensure that experience and quality are always provided. Surgery is performed in two operating rooms dedicated to cardiac surgery around the clock.

In-patients have access to a 10-bed Cardiac Intensive Care Unit (CICU) and a 56-bed Telemetry Unit.

Lutheran General Hospital cardiology research activities focus on nearly one dozen clinical trials, and quality assurance protocols for chest pain and congestive heart failure provide full treatment plans resulting in reduced readmission rates for patients.

In 1997, Lutheran General Hospital performed invasive cardiology procedures that included 1,400 adult and pediatric catheterizations; 1,100 interventions; 67 pace maker insertions; and 270 adult and pediatric electrophysiology studies.

Non-invasive testing included 6,165 nuclear cardiology; 28,410 ECG's; 750 Holter monitoring; 230 Transesophogeal Echo; 975 Stress Echo; 8,363 adult and pediatric Transthoracic Echo.

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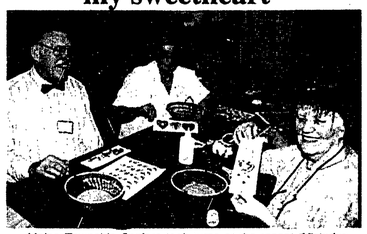
'Cookies for my sweetheart'



Maine Township Seniors took turns at the recent "Victorian High Tea" to learn how to decorate cookies for Valentine's Day. Showing off the result of their fun are, from left: Chester Luka, Niles; Trudy Mariano, Park Ridge; and LaVerne Luka, Niles.

Join the seniors to see Jesus Christ Superstar

The Lincolnwood Seniors club invites the community to join them on Thursday, March 18, 1999 for a trip to Drury Lane Theatre, Oakbrook to see Jesus Christ Superstar.

The cost of $44.50 members, $47.50 guests includes show, gourmet lunch and transportation (Deluxe Motorcoach).

Lunch includes a choice of Rotolo di Pasta tri-colored layer of pasta with fresh ricotta and spinach then baked with pink tomato sauce. Comes with a side of fresh vegetables or Orange Roughly (seasoned fillet, baked and served in a lemon sauce) or Roast Sirloin of Beef (sliced prime sirloin served in its natural juices). All entrees include a courtyard salad, chef's selection of graden vegetables, potato, rice or pasta of the day, fresh baked bread, dessert and choice of beverage.

Departure time is 11:30 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Avenue, with return scheduled for 5:30 p.m. (approx.).

Looking for a few good men & women

The award winning "Speechcraft" program, sponsored by Pak Ridge Toastmasters, is looking for you. The Book of Lists shows that the fear of public speaking is the number one fear of individuals, even out-ranking the fear of dying. Participants in the aforementioned workshop will overcome this fear - and learn to be more confident while speaking - in just six weeks.

"Anyone who is in business today needs good speaking and listening skills," says Club President Melinda Mitrovic. "At Toastmasters, we pride ourselves in belonging to an organization that has helped thousands of individuals improve their communications skills and gain more self-confidence." There is a fee of $48 for the workshop. The first session is February 18. Sessions begin at 7:30 p.m. and will be held on consecutive Thursdays. For more information, contact Speechcraft Coordinator Bob Carr at (847) 967-5662 or VP of Membership Dick Storer at (847) 296-3853.

What is Stroke Connection?

Stroke Connection is a unique service coordinated by the American Heart Association. It demonstrates a part of the association's dedication to serving survivors and their families and educating the public about stroke, or "brain attack."

Stroke Connection is a grass-roots network of alliances, coalitions, outreach programs and support groups dedicated to improving the quality of life for survivors and caregivers. These community partnerships provide hope and encouragement to stroke families while promoting post-stroke education, prevention, early treatment and rehabilitation.

Stroke family volunteers in the national phone bank provide hope and encouragement, daily living tips, resource information, and support group referrals over the toll-free "warmline" 1-800-553-6321.

This is the only such resource in the country where stroke patients, their families and their caregivers can call for free and talk to people who can answer most any question about stroke. Callers can also be assured that the person they are talking to when they call Stroke Connection has a strong link to stroke. It is a more comfortable feeling for callers when they know they are talking to someone who has been through what they are going through.

Stroke Connection works with over 1,200 stroke groups or clubs and more than 130,000 stroke survivors, caregivers and professionals throughout the country. Stroke Connection supports the development of stroke groups and offers program ideas and activities (such as workshop guidelines) to groups that are registered in the Stroke Connection directory.

Stroke groups and clubs may register by calling 1-800-553-6321. Registered groups receive several benefits.

Stroke Connection Magazine is the main publication and one of the benefits of registration. For information on ordering Stroke Connection Magazine and subscription rates, call 1-800-553-6321.

Sports/Parks & Library News

Holiday basketball tournaments

For the 33rd consecutive year, the North American Martyrs Council 4338, Knights of Columbus, sponsored the Holiday Basketball Tournaments at St. John Brebeuf, Niles. During December and January, one hundred nineteen teams, covering 4th, 5th and 6th grade boys and girls from all over the area, competed for first place honors in the single elimination tournament. All proceeds from the tournament, approximately $3000, were donated to St. John Brebeuf School's Athletic Fund to assist in the many programs provided.

Tournament Chairmen Ken Lee and Dan Kosiba along with Grand Knight Rich Zaprzalka and PGK Bob Bianchi of Council 4338, presented special trophies to all first and second place teams in each category. The winning teams are: Girls: 4th Grade - Mary Seat of Wisdom School; 5th Grade - Queen of All Saints School; and 6th Grade - St. Thecla School. Boys: 4th Grade - Queen of All Saints School; 5th Grade - St. Luke School; and 6th Grade - St. Mary of the Woods School.

The officers and brothers of Council 4338 offer their congratulations to all the winning teams and a special thanks to all teams that competed in this year's successful tournament.

Book Discussion Group at Morton Grove Library

Thinking Out Loud, the Library's book discussion group, will meet Tuesday, February 23 from 7:30 to 9 p.m. to discuss *Under the Tuscan Sun: At Home in Italy* by Frances Mayes. Would you rather be in the gorgeous Italian countryside in February instead of in cold Chicago? In this memoir about buying, renovating, and living in an abandoned villa in Tuscany, Mayes reveals the sensual pleasure she found in the simple lifestyle of rural Italy. Cooking, gardening, and painting are not chores but rather skills to be practiced and enjoyed. Mayes gives a literary and intellectual account of her rural idyll. This book discussion is free and open to everyone.

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

MG Park District offers writing class

Morton Grove Park District is offering a six week adult writing class starting Monday, February 22 until March 29.

Laura Johnson, a retired teacher and published writer conducts the class at Prairie View Community Center, 6834 Dempster Street. The cost of the class is $12 residents and $13 for non-residents. In class you will learn basic story telling skills. Participants can develop their writing abilities by choosing to write about family histories or any topic of interest. A sample of something you have written may be brought to the first class. Register by February 15 at Prairie View Community Center or for further information call Catherine at 965-1200 or Laura at 965-1464.

Trident Senior Men Bowling/Niles Bowl

Wed., Feb. 3, 1999

POS	STANDINGS	TEAM NO
1	White Eagle	12
2	Minelli Bros	16
3	Monarch Alarm	20
4	Skaja #1	6
5	Windjammer	17
6	Candlelight	2
7	State Farm	14
8	Skaja #2	15
9	ReMax	7
10	Callero & Catino	8
11	Dr. Bello	5
12	Heatmasters	18
13	Penny's Team	19
14	Malec & Sons	10
15	Northshore Auto	3
16	Colonial	4
17	The Bowling Store	11
18	F D R. Post	1
19	Miner's Team	9
20	Park Nat'l. Bank	13

"HOT SHOTS"

Joe Kozbil		626
Joe Churchill		624
Charles Halter		610
John Zawistowski		578
Bob Schaub		560
Ed Pasdiora		556
Tom Poulos		552
Fred Spizzia		549
Walter Kubacki		549

Photos of Italy at Morton Grove Library

An exhibit of black and white photographs of Italy will be on display for the month of February in the Lincoln Avenue entry of the Morton Grove Public Library. The photographs were taken by Ross Jensen, a student at Evanston Township High School.

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.

Helen Silas' paintings at MG Library

An exhibit of brilliantly colored acrylic and oil paintings by artist Helen Silas will be on display for the month of February in the Baxter Room of the Morton Grove Public Library. Portraits, landscapes, and animals are featured. A collection of denim jackets and sweatshirts painted by the artist is also on display in the Children's Department.

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.

Hoffmann's Animal Kingdom at Morton Grove Library

Saturday, February 20 at 2 p.m., the Children's Department of the Morton Grove Public Library will host Bob Hoffmann's Animal Kingdom in the Baxter Room. Hoffmann's Animal Show educates and entertains with the help of live animals such as Chico the Monkey, Beau the Dog, Harriet the Hornbill, Martha the Macaw, Peter the Rabbit, Opal the Parrot, Ozzie and Harriet the Hedgehogs, and Slim Jim the Boa Constrictor. This program is free and open to the public. For more information, or for mobility and communication access assistance, please call 847-965-4220, TDD 965-4236.

Results for NPD Commissioner ballot positions

The Niles Park District held a public lottery on February 3 at 4 p.m. for the April 13, 1999 Consolidated Election for two Park Board Commissioner positions. The results of the lottery placed Elaine E. Heinen as 1st on the ballot and Valentine R. Engelman as 2nd. As of February 5, the unofficial ballot positions are as follows: (1) Elaine E. Heinen (2) Valentine R. Engelman (3) Mel Hayes (4) Walter M. Beusse.

Catholic Women's Bowling League

Wed. Feb. 3, 1999

TEAM	W	L
Candlelight Jewelers	24	11
Windjammer Travel	21	14
Classic Bowl	19	16
Skaja Terrace	16	19
Grand Nat'l. Bank	14	21
Thomas Drozdz, DDS	11	24

HIGH SERIES

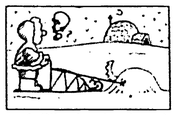
Geri Kenny	605
Marybeth Cruz	465
Millie Kroll	458
Lisa Vanco	458
Pam Kenny	454

HIGH GAMES

Geri Kenny	228
Lisa Vanco	176
Pam Kenny	173
Millie Kroll	172
Rita Slechta	160

Greece travel program at library

Sandy Goldman presents a mixed media program at the Lincolnwood Public Library on *Greece: a Journey of Contrasts* with slides, narration and music on Friday, Feb. 19. Mr. Goldman who has traveled Europe with his wife and friends for 14 years will take his audience on a trip that shows Greece as it is and as it was. The imaginary journey by foot and by ship includes stops in Athens, Delphi, Mycenae, Nafplio, Ithaca, Corfu, Crete, Santorini and Mykinos, plus a day trip to Saranda, Albania. The program is one in the Travel Through Time lecture series. Coffee at 10 a.m.; program at 10:30 a.m. The library is located at 4000 W. Pratt Ave., phone 847-677-5277.



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- S/F Hard Candy
- Dried Fruits
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School News

Deadline for Oakton scholarship application

Numerous scholarships have been established at Oakton Community College through the generosity of businesses, organizations and individuals. These scholarships reward student achievement, encourage student leadership and accomplishment, and provide financial assistance.

All individuals wishing to be considered as candidates for the 1999-2000 academic year must submit a Scholarship Application by March 1, 1999. The Scholarship Selection Committee will notify all candidates of award decisions in June.

Scholarships are open to 1999 high school graduates, district residents and Oakton students. Criteria for each scholarship vary, depending upon the donor, and may differ according to the candidate's residency, enrollment status (e.g., full-time or part-time), academic achievement, earned college credit or pursuit of a particular college major.

To request an Oakton scholarship application, call the Financial Aid Office at (847) 635-1708 or pick up the application at the DesPlaines campus (Room 1250) or at the Ray Hartstein Campus (Room A100).

Nationally acclaimed speaker to speak at Notre Dame

Nationally recognized motivational speaker, Mark Scharenbroich, Minneapolis, Minnesota, will address an all-school assembly at Notre Dame High School, 7655 W. Dempster St., Niles on Thursday, February 18, 1999 at 1:45 p.m.

Scharenbroich's powerful and affirming message, tailored to inspire students is delivered with the precise timing of a stand-up comedian. The presentation will focus on the importance of participation and personal growth during the high school years.

Scharenbroich performed in the film entitled "The Greatest Days of Your Life...(so far)" which has been seen by over ten million students worldwide. He is also the author of two award-winning films, "One of a Kind" and "Pathways to Performance". Mark also wrote and performed in the ABC Television special, "Doing Great" which earned him an Emmy award. Scharenbroich is also the author of three award-winning courses which deals with positive self esteem, goal setting and leadership training.

Mark has personally spoken in over 2,500 high schools from above the Arctic Circle to below the Panama Canal.

Resurrection

RES-MA-TAZZ

A red, fully loaded 1999 Volkswagen Beetle will be raffled off on February 27, 1999 at Resurrection High School, 7500 W. Talcott. Only 350 tickets will be sold. Winners need not be present to win.

The 1999 Beetle raffle is just one of the many attractions planned for Res-ma-tazz 1999 Mardi Party, a fundraiser for the school. Other activities include:

• **Beanie Baby Game** - Resurrection High School has made a special purchase of 400 Beanie Babies for this event, each sporting a Resurrection T-shirt. Guests have the chance to win retired and rare Beanie Babies.

• **Silent, Live and Celebrity Auctions** - Guests have the opportunity to bid on one and two-week vacations, a role as an extra in a movie or a television show or a custom-framed photo of Michael Jordan's LAST championship shot from the 1997-98 season.

• **Dance Contests and Karaoke** - All aspiring Freds and Gingers can put on their dancing shoes to compete for great prizes by performing their best Twist, Swing and Polka. DJ Greg Lynch from Innovations in Music will also lead the Karaoke as guests belt out their favorite tune.

• **Grand Buffet** - The dinner buffet will feature an array of Creole specialties, as well as chef-carved sirloin of beef.

• **And much more!**

Price per person is $25. Guests must be 21 or older to attend. For more information, reservations or to buy a raffle ticket, please call (773) 775-6616, Ext. 42.

St. John Brebeuf School
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Faith for a Digital Future
Catholic Schools

REGISTRATION FOR PRESCHOOL THROUGH 8TH GRADE & EARLY CHILDHOOD OPEN HOUSE

Sunday, February 21
10:00 am to 1:00 pm

Visit our Preschool (for three & four year olds) and Kindergarten
Meet the teachers.
Talk with parents of current students.

For more information call 847-966-3266

LEGAL NOTICE

Sealed bids will be received until 11:00 a.m. on Tuesday, March 9, 1999, at Niles Elementary School District 71, 6901 W. Oakton Street, Niles, Illinois 60714 which bids will be opened at 11:05 a.m. on Tuesday, March 9, 1999, at Niles Elementary School District Number 71, 6901 W. Oakton Street, Niles, Illinois 60714 for:

(1) Selection of a vendor for the major school and office supplies for 1999-2000

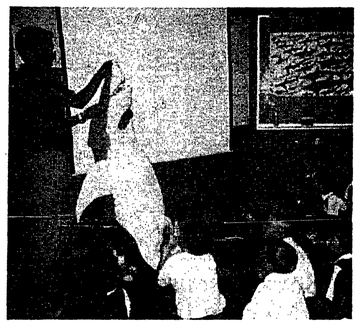
Bid specifications may be picked up at Niles Elementary School District Number 71, 6901 W. Oakton Street, Niles, Illinois 60714 beginning February 17, 1999, between the hours of 8:30 a.m. and 3:30 p.m.

The Board reserves the right to reject any and all bids.

Clifford Drexler
Secretary, Board of Education

Eugene H. Zalewski
Superintendent

Ransom students attend Shedd Aquarium



Third grade students from Our Lady of Ransom watch as a docent explains about sharks at their field trip to the Shedd Aquarium - Oceanarium recently.

Notre Dame announces first semester honor roll

The following area Notre Dame students have achieved either first or second honors on the honor roll. Rodolfo M. Carmona Jr., Jose Fidel Galvez, Bum Yong Kim, Nicholas John Sweeney, and Joseph Walter Wagner of Des Plaines; Eric Thomas Hirtzig of Glenview; Vito Michael Battista, Ian David Benemerito, Jin Yong Chung, Dennis James Foster, Christopher H. Gorr; Jomit Jose Joseph, David Kaliss, Richard N. Lamorena, Kevin Patrick Moritz, Michael Matthew Moritz, Michael James Pisula, Roustam Safar-Zade, Ryan Richard Sheehan, Nicholas John Streit, Michael Francis Tennant, Danny A. Valencia, and Michael F. Wallenberg of Morton Grove; Eric Timothy Albert, Brian Andrew Benko, Brian Michael Ellefson, Christopher Paul Enger, Michael James Lowder, Joseph C. Maddalozzo, Nicholas J. Marchetti, Joseph Michael Marrese, Louis James Marrese, Michael Ronald Peplow, Bryan Joseph Perrone, Saul Jerome San Juan, and George H. Steinfels, of Park Ridge; William W. Fan, Patrick Joseph Pucher, Paul Thomas Carey, and Marian Mihai Otil of Skokie; Matthew Robert DiSandro, Brendan Patrick Diamond, Konstantin Drapkin, Mark P. Grzynski, Thomas Patrick Handler, Timothy John Handler, Michael Joseph Hanley, Donald Jason Hetzer, Ronald S. Hobbs, Joseph John Kurez, Christopher P. Kurien, Thomas Philip Lesniak, Anthony Joseph Lupo, Narciso Nicholas Madrid, Mark William Majewski, Christopher Milan, Michael P. Misek, Kevin Thomas Mcvogni, James Edward Morrissey, Joo S. Oh, Thomas Harry Perkowski, Michael D. Schweigert, Brian C. Solinski, Michael Thomas Stoll, Alan Michael Swanke, Thomas Ted Szarek, Justin John Thet-Oo, Paul William Tokarz, Scott Robert Trefilek, and Brian C. Zagorski of Niles.

DeVry to hold open house

An open house on career opportunities in technology-based business and electronics fields, as well as the educational programs offered at DeVry Institute of Technology, is scheduled promptly at 1 p.m., Sunday, February 21, at DeVry's Chicago campus, located at 3300 North Campbell Avenue.

The seminar will include a film on opportunities in technology-based fields as well as several discussion sessions during which DeVry representatives will answer questions on technology career opportunities and DeVry curricula, financial aid and career services.

DeVry offers bachelor's degree programs in electronics engineering technology, computer information systems, telecommunications management, technical management, business administration and accounting as well as an associate degree program in electronics.

DeVry Inc. is an international higher-education system. For additional information, contact the DeVry admissions office at 773/929-8500.

School News

Cherry Pie Festival to be held

Maine East's Maine Historical Society is currently organizing the school's annual Cherry Pie Festival for late February. Officers (front Bumika Gor of DesPlaines/president, (middle, l-r) Jucy Panicker of DesPlaines/treasurer and Kara Beil of Niles/secretary, (top) Noel Jani of DesPlaines/activities director, and (not pictured) Sheryl Thomas of Niles/vice-president want the group's members to maintain an important Maine East tradition while still finding time to organize new activities. For example, after finishing first semester finals on Thursday, January 21, several Maine Historical Society members visited with residents at the Holy Family Nursing Home.

Dominican

Open Figure Drawing Sessions

The Art Department of Dominican University, 7900 West Division Street, is offering open figure drawing sessions on Thursdays through April 29, from 6-9 p.m. All sessions will be held in room 422 of Lewis Hall. Sessions will not be held on March 4 or April 1.

Participants will be able to use their imagination and their choice of medium. The first half hour of the session will consist of five minute gesture poses for participants to draw. The remaining part of the session will include one or two poses.

All sessions are open to the public and cost $6 per session. Participants are asked to bring their own supplies. No registration is required. For more information, call (708) 524-6842.

Maine East

Debate Tournament

Maine East will host the fifth annual Maine East Debate Tournament, Friday through Sunday, Feb. 19 to 21. Nearly 400 high school students from 30 high schools are expected to compete. Last year there were 56 teams in the open division, and 40 teams in the novice division.

Awards will be presented, according to Jerry Kantrovich / Maine East's assistant debate coach, to top 11 speakers in each division and all elimination-round participants.

The '98-'99 topic is Resolved: That the United States should substantially change its foreign policy toward Russia.

In previous years, high schools throughout Illinois as well as from Colorado, Iowa, Michigan, Missouri, and Wisconsin participated in the Maine East Debate Tournament.

Area residents graduate from Purdue

Purdue University awarded approximately 2,585 degrees to students during commencement ceremonies in December. The university presented about 1,985 undergraduate degrees and about 600 advanced degrees during commencement ceremonies.

Area graduates are: Iksan Lewono, Richard James Warren, and Lainie M. Christopher of Des Plaines; Evia Yee-Wai Cherk of Glenview; David Ronald James of Park Ridge, and Pravit Leo Kopsombut, Alexander Chen-Yu Wei, and Rowena Dacumos of Skokie.

NIU Dean's List

A total of 1,485 Northern Illinois University students have been named to the dean's list for their outstanding academic work during NIU's Fall 1998 semester.

The dean's list is compiled by NIU colleges according to varying criteria. The Colleges of Education, Liberal Arts and Sciences, Visual and Performing Arts, and Health and Human Sciences use a minimum semester grade point average of 3.75 on a 4.0 scale. The College of Business bases selection on class rank among the top ten percent of their class.

Area students are: Tossaporn Bhudvanbhen, Luke Joseph Datberl, Brooke M. Dankowski, Brittany R. Fulle, Laura Beth Glueckert, Diana Margaret Illing, John Anthony Lamonica, Matthew M. Reimann, Marzena E. Siedlarz, Anthony J. Sigismondi, Jack Kenneth Sorenson, Holly Kay Szalajka, and Anthony William Waski of Des Plaines; Jessie George, Leslie Marie Roberts, Daniel M. Roubitchek, and Corey Parker Wolf of Glenview; Lori Ruth Janus, Christie Ann Mahnke, Natalie Ovetsky, Rachel B. Rubenstein, and Kelly Anne Szlak of Morton Grove, Melissa Ann Dauksch, Mary A. Staunton, and Janet M. Wasilewski of Niles; Daniel Joseph Bratek, Heidi Lynn Funk, Samantha D. Lazich, and Lorena Samaniego of Park Ridge; Esther Fuller and Julie Young Kim of Skokie.

Dominican University to host career development workshop

The School of Business of Dominican University in cooperation with JA Human Resource Initiative will host, "Career Resiliency: What Have You Done For Yourself Lately?" an informational workshop on career development. The program will be held on Saturday, February 27 from 8 a.m. to 4 p.m. in the Presidents' Lounge, Lewis Hall, 7900 West Division Street.

The seminar will present an overview of how to maintain career resiliency in the changing environment of work. Participants will learn how to evaluate their potential, the appropriate strategies to market themselves and methods of developing a personal career plan of action. An individual assessment survey will be administered. The workshop also will offer specific information on the labor market, future employment trends and salaries.

Cost for the workshop is $145 and includes seminar manual, related materials, refreshments and lunch. Cost for current students and alumni of Dominican is $50. For more information about the seminar, call (708) 524-6810.

Career Options Explored Through Guidance Activities

Maine East sophomores, juniors and seniors have the opportunity to explore career choices in-depth--thanks to the efforts of Verne Farrell, Maine East college/career counselor. From mid-February through mid-March, she's organized several activities, including a careers' options fair, field trips, and a guest speaker discussing internships and apprenticeships.

A Careers' Options Fair is scheduled for Thursday, February 18, in the Maine East student cafeteria from 7:30-10 a.m. Representatives include: specialized schools (art, beauty, technical, business, and trade); community college programs (printing, medical, construction, etc.); military (Air Force, Army, Marines, Navy, and Army and Air Guards); Explorer posts (out-of-school career clubs); and part-time and full-time employers (such as UPS and Accurate Temporaries).

Five field trips have also been organized: Engineering on Tuesday, February 23; Women in Business on Wednesday, February 24; Heating and Air Conditioning on Thursday, March 4; Culinary (chef) on Tuesday, March 9; and Art on Thursday, march 11. Attendance on field trips is first-come, first serve so Maine East students need to pick up permission forms immediately in the Career Resource Center (CRC).

The special careers' opportunity concludes Friday, March 12, with a presentation titled "How To Put Career Experiences in Your Maine East Schedule." Martha Heck, Maine East's school-to-work coordinator, will talk about career oriented classes in Maine East curriculum, internships and apprenticeships at Maine East for high high school credit, and summer seminars for high school students through Oakton in manufacturing, business technology and health careers. Students planning to attend the second period presentation in the CRC must pick up a "Speaker Pass" prior to March 12.

"High school students have a very narrow picture of the career opportunities that await them and even less idea of the training and education necessary for many occupations. Understanding this can help them to make wiser choices in high school and be happier employees someday," explains Farrell.

Resurrection

Placement test make-up exam

Resurrection High School, 7500 W. Talcott, will hold a Placement Test make-up exam for prospective students on February 19, 1999 at 8 a.m. Students should arrive by 7:45 a.m. and testing will last until approximately 1 p.m. A $20 fee is payable to Resurrection High School on the day of the test.

For more information or to register, please call (773) 775-6616, Ext. 40.

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Business News

Dudycz sworn in as 7th District Senator

Walter W. Dudycz of Chicago was sworn in as the State Senator for the 7th District Jan. 13 during inaugural ceremonies in the Senate Chambers.

Illinois Supreme Court Justice S. Louis Rathje administered the oath of office to Dudycz and his Senate colleagues as the General Assembly convened its 91st biennial session.

State Sen. James "Pate" Phillip (R-Wood Dale) was reelected as Senate President, after a nomination speech by Senator Dudycz, and State Sen. Emil Jones (D-Chicago) was chosen for Minority Leader. Philip then reappointed Dudycz to his fourth term as a member of the Senate Majority leadership team.

"This is an exciting and challenging time to be involved in state government," Dudycz said. "As Assistant Senate Majority Leader, I have an even greater opportunity to address the issues that matter to 7th District residents in a meaningful and effective way. Together we wil continue to work to accomplish our goals."

A detective for the Chicago Police Department, Dudycz has served as a legislator in the Illinois senate since 1985. He and his wife, Oksana, have two daughters.

Walter W. Dudycz

The 7th District Senator's offices are located at 6143 N. Northwest Highway, Chicago, IL 60031 (773/774-7717) and M114 State House, Springfield, IL 62706 (217/782-3650).

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Free Health Promotion to take place in Niles

North Chicago VA Medical Center and the Niles Memorial V.F.W. Post #7712 in association with the Village of Niles Family Fitness Center and the Senior Center will conduct a Free Health Promotion Clinic in Niles for all veterans and their spouses.

Wednesday, March 3, 1999, 9:30 a.m.-1:30 p.m. Niles Family Fitness Center, Room 127, 987 Civic Center drive, Niles, IL 60714 (at the southeast corner of Oakton and Waukegan Road, directly behind the Village of Niles Village Hall).

What should investors do about Y2K?

It's the sort of plot only The X-Files fans could love. At the stroke of midnight, at the turn of the Millennium, the world comes to a screeching halt, like an engine that's just lost its oil. The oil in this case refers to computers that interlink the world's economies and financial markets, as well as many other aspects of our lives. They simultaneously stop working at midnight like a...vast conspiracy.

The conspiracy in this case is really a simple, non-alien problem. Many computers and software programs won't be able to read the year 2000 date because, to save limited and expensive memory, programmers over the years shortened four-digit dates to two digit. Computers and software operating on those two-digit dates won't know whether it's 2000 or 1900. Systems that aren't fixed in time won't function properly or won't function at all. That, warn some people, could cause a worldwide financial disaster.

How serious is the potential problem? What will it mean for you as an investor? Should you make portfolio changes in order to prepare for this potential problem?

The financial impact the computer problem will cause is anybody's guess at this point, but lots of people are guessing. On the one hand, some predict a worldwide recession, perhaps as deep as the 1973-74 U.S. recession, which knocked 45 percent off the value of the stock market and took investors years to recover. They see a collapse of essential government services, including Social Security and Medicare payments, as well as banking and financial systems. It's enough of a concern to some investment managers and advisors that they factor in a company's readiness for the year 2000 when studying whether to buy or sell its stocks or bonds.

Other experts dismiss the whole Y2K issue as empty Doomsday rhetoric. They agree there will be interruptions due to limited computer failures, but they will occur only in isolated pockets with minimal impact. Some think the world and U.S. economics might suffer a downturn, but not a widespread interlinked economic meltdown plunging the world into a long-term depression. Their worst fear is that investors will panic, pull all their money out of the market and create the very problem the investors feared.

One thing is certain at this stage. The cost of fixing computers and software so they will function in 2000 will amount to tens of billions, maybe hundreds of billions, in the United States alone.

Some estimates have put the worldwide total repair bill at $2-$3 trillion. That's money that could have gone to improving productivity or to the corporate bottom line, and that will likely have some impact on the economy. A study commissioned by Business Week, for example, thinks money diverted to fixing the Y2K problem will knock half a percentage point off of growth in the U.S. economy in 2000 and 2001.

What should you do as an investor in light of this uncertainty? Certainly it warrants a watchful eye. One area of concern among many Certified Financial Planner practitioners is foreign markets and economics, whose efforts to fix the Y2K problem is well behind efforts in the United States. But they caution against taking any drastic actions at this point. They worry about people dropping entirely out of the market and stuffing cash under the mattress and buying up gold, which is being advocated by those most alarmed.

What if major economic and financial problems do occur because of the year 2000 computer failures? One question you might ask yourself is, "How did I feel when the U.S. stock market dipped 20 percent at one point in 1998?" If you felt extremely uneasy being invested in stocks, you might want to take a more conservative approach to your portfolio if you are worried about the year 2000. On the other hand, many investors took the decline in stride and stayed invested, perhaps at most making minor adjustments. People who invest for the long term take the view that they can ride out market declines.

READ THE BUGLE

LEGAL NOTICE

For: District Wide Clothing
Owner: Niles Park District

Notice is hereby given that the Niles Park District will accept sealed bids for the purchase and delivery of district wide clothing until 10 a.m. on Wednesday, March 3, 1999 at the Niles Park District Howard Leisure Center, 6676 W. Howard Street, Niles, Illinois 60714. Bids will publicly opened and read aloud at the aforementioned time and place.

Bidding forms and specifications may be obtained from the Niles Park District at the above address. All inquiries should be directed to Kristine Svachula, Executive Administrative Assistant at (847) 967-6633 Ext. 112. All bids shall exclude sales tax and shall be submitted in a sealed envelope clearly marked **"Sealed Bid–District Wide Clothing."**

The Board of Commissioners reserves the right to accept or reject any or all bids and to waive technicalities deemed to be in the Niles Park District's best interest in awarding a contact.

By Order of the Board of Commissioners
NILES PARK DISTRICT
S/ Joseph V. LoVerde, Jr.
Secretary

LEGAL NOTICE

VILLAGE OF MORTON GROVE
Cook County, Illinois

PURCHASE OF TWO NEW TANDEM AXLE DUMP TRUCKS WITH ASPHALT BODIES, TWO NEW SALT SPREADERS AND TWO NEW SNOW PLOWS

INVITATION FOR BIDS

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Cook County, Illinois, that sealed bids will be received for the purchase of two new tandem axle dump trucks with asphalt bodies and two new salt spreaders and two new snow plows.

Bids will be received up to the hour of 10:00 a.m. Local Time, on the 11th day of March, 1999, at the Office of the Director of Public Works, 7840 Nagle Avenue, Morton Grove, Illinois, and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Director of Public Works, Village of Morton Grove, Illinois. Bids must be submitted on the forms provided.

The Director of Public Works has the right to refuse to issue specifications and proposals to any person, firm, or corporation that he considers to be unqualified.

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

Dated at Morton Grove, Illinois, this 18th day of February 1999.

David Erb
Finance Director
Village of Morton Grove

Business News

Which college planning strategies are right for you?

Families funding their children's college education face an array of confusing, and sometimes conflicting, choices and strategies: the education IRA, prepaid state tuition plans, tax credits, saving or non saving in your child's name, using a Roth IRA and more. It's best to talk to a college-funding expert, such as a Certified Financial Planner practitioner. In the meantime, here are several financial scenarios to think about, each with suggested strategies.

Low income, few assets. Financial aid will most likely be a big part of your planning. Look for scholarships and grants, too, since you don't have to pay them back. Many are given on a financial-needs basis. You also can save up to $1,500 a year in taxes by using the Hope Scholarship and Lifetime Learning credits when your child is in college.

Middle income, modest assets. Financial aid will likely be part of your picture, but try to save as much as you can. The majority of financial aid these days is in the form of loans. Saving in your child's name probably won't be worth it, since the tax benefits will be minimal and it will reduce the child's financial aid.

Consider an education IRA, in which you can invest up to $500 a year. Contributions are not tax deductible, but earnings grow tax-free and are not taxed when used to pay for college. However, there are drawbacks. Assets in the account will be treated as your child's and may reduce your financial aid more than if you'd saved money in your own name. Second, currently you can't use the Hope or Lifetime credits in a year you take money out of an education IRA. You'll have to weigh which one is likely to be more valuable at the time. (Basically, you can earn more tax free in the IRA than what you would receive in tax credits?)

High income, high assets. One avenue is to invest in growth assets assuming you've got at least five years until your child enters college. Growth assets will keep your tax bite down while the assets grow, and when you sell, the tax bite will be at low capital gains rates. A prepaid state tuition plan is an option, but if you're a confident investor you'll probably do better on your own.

Investing in your child's name will reduce the tax bite, and won't hurt financial aid prospects since you probably won't receive aid, anyway. Just be sure you're confident your child will use the money for college.

Forget using the new college tax credits. They start phasing out for famlies with joint income above $80,000. The same goes for the new education IRA if your income exceeds $150,000 annually, though your child could put his or her own money in an education IRA.

Little time left. Apply for financial aid, scholarships and grants. You may be able to borrow against the equity in your home, or borrow against your retirement plan, though it's better to leave that money alone for retirement. Don't both with an education IRA. It won't earn enough in a short time and it may disqualify you from using the more valuable Hope or Lifetime credits.

A nervous investor. A state prepaid tuition plan may be a good choice. You don't have to make investment decisions, and some of the loans guarantee to cover tuition. Don't bother with an education IRA, since it conflicts with the tuition program.

You're an older parent. If you will have children in college when you turn 59 1/2, consider a Roth IRA. You can put more into a Roth (up to $2,000) than an education IRA. Once the Roth has been open for five years, you can withdraw the earnings, tax free, to pay for college. Again, however, it may be best to leave the Roth alone for retirement.

Regardless of your financial situation, don't neglect saving for your retirement in order to fund college.

Switzerland tour with Pullman Pillars Club

Imagine experiencing the life of the rich and famous for seven nights at a Switzerland Resort and Spa in Gstaad. Yes, this trip that celebrities pay top dollar for in the winter awaits Pullman Pillars Club members at a fraction of the cost when space is reserved at this famous Swiss playground.

This special tour holiday, beginning June 14, includes lodging at the five-star Grand Park Hotel, round-trip air transportation from Chicago to Zurich on Swissair, all transfers and luggage handling, in-hotel tour coordinator, excursion to Gruyere with a visit to a castle, a full-day excursion to Montreux, a buffet breakfast and full dinner daily, and all service charges and local taxes. Among the resort amenities available to participants will be two massages by a qualified masseuse, water aerobics in the hotel's therapy pool with qualified instructor, toning and conditioning, step stretching, aerobic and inner workout, a saltwater indoor and outdoor pool, whirlpool and sauna, and a Turkish bath.

Cost of the trip is $2,395 per person (double occupancy) or $2,990 (single occupancy). A deposit of $280 per person will confirm a reservation.

To make a reservation for the Switzerland Resort and Spa Holiday or to inquire about the Pullman Pillars Club, call or visit Pamela Major or Fran Pagliari, at Pullman Bank, 6100 Northwest Highway, Chicago, phone (773) 594-2226 or (773) 594-2227.

LEGAL NOTICE

VILLAGE OF MORTON GROVE
Cook County, Illinois

1999 LOCAL STREET RESURFACING PROGRAM
INVITATION FOR BIDS

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Cook County, Illinois, that sealed bids will be received for the "1999 Local Street Resurfacing Program."

Bids will be received up to the hour of 10:30 a.m. Local Time, on the 11th day of March 1999, at the office of the Director of Public Works, Public Works facility at 7840 Nagle Avenue, Morton Grove, Illinois, and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Director of Public Works, Village of Morton Grove, Illinois, upon payment of the sum of Forty five and 00/100 dollars ($45.00) which is not refundable. Bids must be submitted on the forms provided.

The Director of Public Works has the right to refuse to issue plans, specifications and Proposals to any person, firm, or corporation that he considers to be unqualified. All bidders must be pre-qualified with the Department of Transportation, State of Illinois, and the Certificate of Eligibility must be submitted to the Village prior to the issuance of Plans and Specifications. This qualification and eligibility may be waived by the Village.

All bids offered must be accompanied by a bid bond, cash or certified check made payable to the President and the Board of Trustees of the Village of Morton Grove in the amount of not less than five percent (5%) of the aggregate of the bid as a guarantee that if the bid is accepted, a contract will be consummated. In addition, all bidders are required to submit an "Affidavit of Availability" with their bid.

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

Dated at Morton Grove, Illinois, this 18th day of February 1999.

David Erb
Finance Director
Village of Morton Grove

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Essay contest winners announced

"The North American Martyrs Council 4338, Knights of Columbus, again hosted a special essay contest for students of the 7th & 8th grades for three area schools. Over 160 students submitted their essay on the subject, "Is Excellence in Achievement an Old-Fashioned Concept?" to the essary contest committee.

Throughout November & December, 1998, each of the essays were evaluated for content, reader appeal, correct use of English, Spelling and overall neatness by 3 qualified judges. The top ten essays were then presented to qualified representatives of the Knights of Columbus for final judging and determination of the top three essays.

Contest chairman Randy Greco proudly announces the winners to this year's essay contest for 1998. Congratulations to:

1st place: Michael Lushniak, St. Juliana School;

2nd place (tie): Rocio Illera, St. John Brebeuf School;

2nd place (tie): Bernadette Tonietto, St. Juliana School.

The winners will be presented their savings bond and a special plaque at the council's Awards Night, Wednesday, March 17, 1999, in St. John Brebeuf School's Flanagan Hall, 8301 N. Harlem Ave., Niles. Essay contest chairman Randy Greco offers these individuals his heartiest congratulations & special thanks to all the competitors. Even if they did not receive a prize - each young adult is a winner for competing!

White announces license replating plan

Illinois Secretary of State Jesse White announced a license replating program which would produce newly designed plates at no additional cost to motorists who operate the state's 9.1 million motor vehicles.

White originally supported this plan in his successful campaign for secretary of state. The major reason for replating now is that it has not been done since 1984 and law enforcement agencies find many of the old plates worn and difficult to read. A high percentage of crimes involve motor vehicles, and as a result, the two new plates on every Illinois car is an important law enforcement tool.

State Rep. Joel Brunsvold (D-Milan) and State Senator Kathleen Parker (R-Northbrook), the sponsors of the bill, joined White at a press conference in the State Capitol.

Key to the proposal is requiring registration of motorists who currently are driving without proper vehicle registration. Law enforcement officials estimate between 4 and 7 percent of Illinois motorists are driving without current registration and are in violation of motor vehicle law.

Assuming a conservative estimate of 5 percent (450,000) of Illinois motor vehicles are not currently registered, the state will gain an estimated $21.6 million in motor vehicle registration fees by requiring scofflaws to purchase new plates. The White proposal also calls for an advance from the state road fund of $9.1 million to cover the remaining cost of the project.

White noted that the last time Illinois replated in 1984, the secretary of state observed a 7 percent increase in registration fees in the first year after re-issue.

"Experts in law enforcement have expressed to me the importance of this issue in order for them to do their job and better protect the public," White said.

The secretary pointed out the state of West Virginia recently saw a 7 percent increase in registration fees in the first year of replating, and the state of Iowa last year experienced a 5 percent registration fee increase in the first six months of its replating program.

White said the legislation has bipartisan support, and he noted that similar legislation passed the General Assembly in 1997, but was vetoed by the Governor.

"I commend Secretary White for taking on this issue as his first major initiative. Without new license plates the road fund will continue to lose $20 million per year that could be used to fix our ailing roads," said Senator Parker.

White's proposal has three main components:

- It would place 75 cents from each $48 registration fee in a special account to pay for future re-issues.
- It authorizes the secretary of state to begin replating immediately and to issue new plates periodically thereafter.
- It would increase the fine for failure to purchase plate renewal stickers from $75 to $100 with any additional fine revenues earmarked for the Road Fund.

"Illinois drivers have paid more than $5.6 billion for license plate fees since 1984 and it is about time that this important issue of replating be addressed," White said.

PERSONAL Connections

CALL 1-900-988-0020

$1.70 per minute

WOMEN SEEKING MEN

PRETTY, EYE-CATCHING OPERA singer, recently single, vivacious, educated creative, warm, loving athletic with sense of humor, metropolitan, seeks confident, articulate financial, 29-50 with success, style and heart (#11526).

VERY ATTRACTIVE, SURPRISING, athletic, youthful, feminine, expert optimistic, educated white female, 5'2", 110#, likes sports, arts, emotionally available, stable white male, for long-term, excitement, caring and quiet times (#11527).

PETITE BEAUTY, smart, brown hair, blue eyes, romantic, loves movies, dining, comedy, quiet times with male, 32-40, likes NorthShore, Wilmette vicinity (#11542).

BEAUTIFUL, CONTRACTUAL SECRETARY, an attractive, Jewish female seeks serious, honest, intelligent, spiritual, physically fit, fraternal Jewish male, 6'-0", who is ready for an open-minded, romantic life (#11537).

CHILDREN OF INNER SPACE, Jewish female seeks spiritual, fit, fraternal, handsome, Jewish student, whose wisdom, sense of humor, sense of play, sense of awe & depth complement, enhance, enjoy genuine good humor, and fabulous values (#11538).

VERY PRETTY JEWISH FEMALE, educated, fun, good figure, 5'3", 110#s, seeks educated, employed, professional, athletic, Jewish male, 28-35, who enjoys theater, dining, dancing and quiet times (#11539).

CASUAL, DOWN-TO-EARTH WHITE female, 5'7", 115#, medium build, loves to dance, dining, swimming, enjoys both quiet, romantic times and movies. Seeks white male with similar interests, 30-40, 5'10" and 6'0, to prefer no smoking. Lets discuss (#11540).

NICE GUYS OR FINISH FIRST? Attractive, professional, athletic, 25, seeks single white male 'nice guy' for platonic outings to the Chicago Bulls games, but with a right guy, a relationship could develop (#11455).

WANTED: JEWISH MALE to be my soulmate. Divorced Jewish female, 29, with 3-month-old Shetland Sheepdog. 5'7", beautiful inside and out, seeks Jewish professional male, 29-37, who can help me live a positive life (#11507).

PRETTY REDHEAD, 5'-7", 110#s, one child, self-reliant, seeks Italian male, 37-47, medium to tall build, single, free, no barriers, no strangers, will give same to him (#11487).

I'M LOOKING FOR YOU! An active, fun-loving, Asian, 5'-7", 135#, loves both dining and dancing — seeks Asian male, 5'-7" or taller, who enjoys the same. Lets talk, etc. Drawing is a fun evening, dinner & health, while music for dancing and pictures more (#11474).

ATTRACTIVE JEWISH PROFESSIONAL, 5'-3", divorced mom (#2) loves to enjoy simple pleasures, sports, travel and movies. Seeks 28-42 male, 5'-8" or taller, outgoing & self-sincere (#11504).

JANE SEYMOUR, Gender: 30 something, single white female, 5'-7", 120#s, blue eyes, blonde, beautiful, no time for games, no head games. Seeks single/divorced attractive white male, 30-40, who is ready to meet & treat a real lady. Pics please! Serious men need not respond. Midwest, midway photo (#11479).

PRETTY, DARK-EYED, SELF-EMPLOYED professional woman loves good cooking, wishes to share it with white male, 35-45, who's taller, outgoing, romantically straight to the point & knows a lot of good conversation and enjoys food (#11502).

ASIAN PETITE FEMALE, 5', never married, curvy, loving, white male 4'-9" to 5'-4", seeking to settle down, must be (#11514).

STRIKING, SWEET, SINCERE, white female, 5'-6", 115#s, 32, no children, full of life, seeks white male, 30-40, who is honest, romantic, sincere, has a sense of humor, likes to laugh, enjoys the simple things in life, and is ready for a relationship (#11511).

AFFECTIONATE, EASY-GOING, [illegible] (#11512).

LAZY IN BED, 5'-7", 135#, 40-ish, seeks down-to-earth, romantic, fun-loving male, 40-50, who likes to cook, dine out, and watch movies. Let's have fun (#11513).

ARE YOU 30-45... single & down to earth, romantic, fun-loving, honest, sincere, caring, sharing, family-oriented, financially secure, professional, white male? Let's have fun! Let's get serious! Let's meet! Let's share! (#11519).

ATTRACTIVE, DIVORCED MOTHER white female, 5'-4", 125#, seeks white male, 30-40, who is honest, sincere, romantic, fun-loving, likes to laugh, enjoys the simple things in life, and is ready for a relationship (#11520).

MARRIED JEWISH FEMALE, 5'-4", 110#s, brown hair, blue eyes, seeks Jewish male, 30-40, who is honest, sincere, romantic, fun-loving, likes to laugh, enjoys the simple things in life, and is ready for a relationship (#11521).

AFFECTIONATE, SMART, CUTE, hopelessly romantic divorced white female, 35, loves 35-45 single or divorced white male for caring, mature, serious, dependable life. Do you know how to treat a lady like a lady? New Years Eve is coming! (#11543).

PRETTY, PASSIONATE, BLONDE, 5' educated divorced white professional female with sense of humor seeks exceptional, attractive, successful, intelligent well-educated, white professional male, 40-55 with personality, sophistication and sense of humor (#11502).

PETITE, PRECIOUS AND PERKY, Single white Jewish female, 5'-1" from North Suburbs, college educated, seeks single Jewish male, 30-32, professional, for a monogamous relationship. Enjoys exercise, walking, good conversation, driving out and comedy (#11503).

CUDDLY, AMORABLE, Sub-Normal black female, 5'-2" tall, white Jewish female seeks tall, dark romantic white male, 25-35, who can love a big girl from around town and likes a big heart (#11431).

EXPLORERS OF INNER SPACE, Jewish female seeks spiritual, fit, fraternal, handsome, Jewish student, whose wisdom, sense of humor, sense of play, sense of awe & depth complement, enhance, enjoy genuine good humor, and fabulous values (#11538).

VERY PRETTY JEWISH FEMALE, educated, fun, good figure, 5'3", 110#s, seeks educated, employed, professional, athletic, Jewish male, 28-35, who enjoys theater, dining, dancing and quiet times (#11539).

WANTED: JEWISH MALE to be my soulmate. Divorced Jewish female, 29, with 3-month-old Shetland Sheepdog. 5'7", beautiful inside and out, seeks Jewish professional male, 29-37, who can help me live a positive life (#11507).

PRETTY REDHEAD, 5'-7", 110#s, one child, self-reliant, seeks Italian male, 37-47, medium to tall build, single, free, no barriers, no strangers, will give same to him (#11487).

I'M LOOKING FOR YOU! An active, fun-loving, Asian, 5'-7", 135#, loves both dining and dancing — seeks Asian male, 5'-7" or taller, who enjoys the same. Lets talk, etc. Drawing is a fun evening, dinner & health, while music for dancing and pictures more (#11474).

ATTRACTIVE JEWISH PROFESSIONAL, 5'-3", divorced mom (#2) loves to enjoy simple pleasures, sports, travel and movies. Seeks 28-42 male, 5'-8" or taller, outgoing & self-sincere (#11504).

JANE SEYMOUR, Gender: 30 something, single white female, 5'-7", 120#s, blue eyes, blonde, beautiful, no time for games, no head games. Seeks single/divorced attractive white male, 30-40, who is ready to meet & treat a real lady. Pics please! Serious men need not respond. Midwest, midway photo (#11479).

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ASIAN PETITE FEMALE, 5', never married, curvy, loving, white male 4'-9" to 5'-4", seeking to settle down, must be (#11514).

STRIKING, SWEET, SINCERE, white female, 5'-6", 115#s, 32, no children, full of life, seeks white male, 30-40, who is honest, romantic, sincere, has a sense of humor, likes to laugh, enjoys the simple things in life, and is ready for a relationship (#11511).

AFFECTIONATE, EASY-GOING, [illegible] (#11512).

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ARE YOU 30-45... single & down to earth, romantic, fun-loving, honest, sincere, caring, sharing, family-oriented, financially secure, professional, white male? Let's have fun! Let's get serious! Let's meet! Let's share! (#11519).

ATTRACTIVE, DIVORCED MOTHER white female, 5'-4", 125#, seeks white male, 30-40, who is honest, sincere, romantic, fun-loving, likes to laugh, enjoys the simple things in life, and is ready for a relationship (#11520).

MARRIED JEWISH FEMALE, 5'-4", 110#s, brown hair, blue eyes, seeks Jewish male, 30-40, who is honest, sincere, romantic, fun-loving, likes to laugh, enjoys the simple things in life, and is ready for a relationship (#11521).

TALL, DARK AND LOVELY. Professional black female, 5'-10", passionate, kind and sincere soul, loves to enjoy theater, fine dining, jogging and enjoys the fun. Seeks similar compassionate, 30-40 non-smoker, tall, non-conventional, who desires more than a typical date (#11505).

SINCERE, CARING, ATTRACTIVE, professional female, active, athletic, enjoys outdoors, tennis, skiing, theater, movies & adventure. Seeks intelligent, outgoing, white male, 45-52, non-smoker, to devote to LTR (#11534).

CREATIVE, ATTRACTIVE AND MORE, Divorced white female, 5'-8", 135#, non-smoker, educated professional with passion for art, nature, travel, laughter. Seeks white male, 40+, non-smoker, intelligent & professional with humor, integrity and humor (#11504).

LATINO MEN DESIRED. Professional white female, 5'-5", attractive blond, blue eyes, 36, seeks Latino male between 40-50 years, professional, who enjoys movies, music, romantic activities, candlelight dinners, and romance. 36 to 40 possible LTR. I'm game (#11458).

AFFECTIONATE & EASYGOING, recently divorced, financially independent female, 44, loves cats, good cuisine, 40-50, tall, handsome, likes to travel, likes movies, likes theatre (#11529).

LONELY EUROPEAN BORN FEMALE, 40, attractive, loves to dance, Chicago native, seeking white, athletic, financially secure male, 35-45, with down to earth values for friendship, dancing, possible marriage (#11530).

ATTRACTIVE BRIGHT BLOND, 40, enjoys travel, dining, boating and movies. Seeks white male, 35-45, with good sense of humor (#11532).

CLASSY, LEAN & LIGHTLY single Jewish divorced female, 40, loves Democratic partners to share life's pleasures. Spontaneity enhanced with fluency in Spanish(a big plus). Seeks Jewish male, 35-45, non-smoker, cultured and energetic team and giving. A true mensch-plus! (#11535).

SATISFACTION GUARANTEED! Single white female, 40, 5'5", petite, blonde, blue eyes, enjoys almost everything. Seeks white, down-to-earth, professional single white male, 38-45 for friendship, then? (#11536).

STOP RIGHT HERE! Attractive Jewish female, 30, 5'3", petite, active, intelligent, loyal, good sense of humor. Seeks Jewish professional, 28-40, who enjoys sports, bright, successful, for LTR (#11537).

YOU WILL LIKE ME. Latina female, attractive, 5'5", 36, 125#s, brown hair, brown eyes, loving, kind and decent. Seeks 5'10" or taller, professional man with commitment, good character and values for serious relationship leading to marriage. Kids OK (#11540).

FRENCH BUT FRIENDLY, divorced Jewish female, 35, 5'-10#s, brown hair, athletic, very attractive. Seeks mature and kind, Jewish male, 40-45, who is ready for a serious relationship (#11541).

ALWAYS UP ADVENTURE, fit, active, white male, athletic, intelligent, playful, impulsive. No bull-shitting, this personal ad is for real. White professional female, 41, 5'6", 120-125, loves to exercise, travel, meet people, be passionate about life. Is it real? Is it a mid-life crisis? Is it the right time? Is it the right person? (#11542).

SOPHISTICATED, ATTRACTIVE, SEXY, white male, professional, loves dining out, theater, movies, sports, intellectual stimulation, seeks professional female, 25-40, for serious relationship. Let's talk (#11543).

LOVES TO PLAY TENNIS as well as cuddling on a cozy couch. Fit, 5'-6" and fun-loving Jewish female, 30, is looking for a fit, fun-loving, romantic, active male, 28-35, who likes to laugh and enjoys the simple things in life (#11544).

KIM NOVAK TYPE, [illegible] (#11545).

PRETTY CLASSIC ELEGANT [illegible] (#11546).

LET'S GET TOGETHER, [illegible] (#11547).

LET JOANNA TREAT YOU [illegible] (#11548).

EXOTIC WHITE FEMALE, [illegible] (#11549).

NICE GIRL, 5'3", BLUE, PRETTY [illegible] (#11550).

BLONDE/BLUE, JEWISH FEMALE, [illegible] (#11551).

MEN SEEKING WOMEN

ONE WOMAN MAN, 36, 5'11", 170#s, very attractive, fit, successful and single. Seeks female to love and excitement (#11731).

ATTRACTIVE FLEXIBLE, white male, 27, 6'-1", 175#s, enjoys the good conversation, physical fitness, movies, comedy, dancing, loves jazz clubs, sports, walks, quiet times. Seeks white female under 40 for relationship (#11729).

WILL NOT DISAPPOINT, I'm 5'8", 40, and I'm financially secure, 150#s, 5'9", easygoing, enjoy dancing, dining, movies, romance, and evenings. Seek divorced Jewish female 40-50 for LTR. I'm a nice woman that's not hard to please (#11724).

NICE LOOKING, DIVORCED WHITE MALE, 50, 5'9", 170#, enjoys many things but mostly, cars, art, traveling, music, outdoors and romantic nights in. Seeks single divorced white female, attractive, loving, kind, 40-50, for LTR (#11725).

HEART, HEALTH, HUMOR AND HAIR, I'm 45-years, 5'11", 175#s, educated professional, have a sense of humor, enjoy many activities, and long walks in the forest preserves with my dog. Seeking fit, slim, attractive, petite, fun, loving, white female, 28-40, for possible LTR. I'm game (#11708).

AFFECTIONATE & EASYGOING, recently divorced, financially independent female, 44, loves cats, good cuisine, 40-50, tall, handsome, likes to travel, likes movies, likes theatre (#11529).

VERY PRETTY FEMALE, 32, loves being together to meet, do (#11534).

ATTRACTIVE, CARING, INTELLIGENT, loves to enjoy theater, dinner & movies much. Prefers Sushi. Seeking professional, caring, outgoing, friends and lovers. Seeks smart, well-read, well-traveled, white male, 40-50, who likes to laugh and enjoys the simple things in life (#11535).

ATTRACTIVE WHITE FEMALE, 5'-7", loves to meet fun and nice, Catholic, Jewish compatible male, 45-55, for possible LTR (#11525).

ARE YOU A WHITE MALE, 30-40? Tired of games, moves and games? Jewish professional, 5'-7", 120#s, seeks white male, 30-40, who is honest, romantic, fun-loving, likes to laugh, enjoys the simple things in life, and is ready for a relationship (#11526).

GET YOUR MOTOR RUNNING, [illegible] (#11527).

STOP RIGHT HERE! Attractive Jewish female, 30, 5'3", petite, active, intelligent, loyal, good sense of humor. Seeks Jewish professional, 28-40, who enjoys sports, bright, successful, for LTR (#11528).

SEEKING A MENSCH, Vivacious, petite Jewish professional female, 40, 5'-3", seeks mensch, for single dates. Seeks intelligent, romantic, fun-loving, sincere, Jewish male, 35-45, who is employed, athletic, and likes to travel (#11529).

PRETTY, EYE-CATCHING, BRUNETTE, Divorced Jewish female, free, romantic, enjoys, 5'-3", 110#s, likes movies, theater, dining, dancing, sports, seeks fun, romantic, Jewish male, 40-55, who enjoys the same (#11530).

PETITE ASIAN LADY 5'1" divorced, enjoys movies, music, dancing, sports, dining out. Seeking white/Hispanic male, 40-50, active, caring & not too shabby with similar interests for friendship (#11531).

DYNAMITE, SUCCESSFUL, BROWN-EYED blond, fit professional who knows good wine & beer and loves cooking for romantic dinners for two. Seeks professional male, 40-50, who is fit, romantic, and knows how to treat a lady (#11532).

SOPHISTICATED, ATTRACTIVE, SEXY, white male, professional, loves dining out, theater, movies, sports, intellectual stimulation, seeks professional female, 25-40, for serious relationship. Let's talk (#11533).

BRIGHT AND BEAUTIFUL, Jewish white female, professional, never married, 30, 5'-5", 120#s, enjoys sports, theater, dining, movies, and meeting new people. Seeking professional, white male, 28-35, who is employed, likes to laugh, and enjoys life (#11534).

PRETTY PETITE RED HEAD, [illegible] (#11535).

HEART OF GOLD [illegible] (#11536).

ATTRACTIVE BRIGHT BLOND, 40, enjoys travel, dining, boating and movies. Seeks white male, 35-45, with good sense of humor (#11537).

UNFORGETTABLE, STRIKING, [illegible] (#11538).

ACCEPTING APPLICANTS FOR [illegible] (#11539).

TOTALLY HELPLESS GAL [illegible] (#11540).

SEEKING EUROPEAN OR AMERICAN female for long-term relationship. My white single male, 45, professional, financially secure, 5'10", 170#s, handsome, active, extroverted. Are you? You, very attractive, over 5'5". Slender. Loving (#11727).

DANCING, ANYBODY? ARE 25th, 30th LOVES... could you be my 1st? Divorced Jewish male, 5'-10", 210#, Shaved Dirty, would likewise attracted Asian Cuties. You, several female like energetic, clever, pretty, petite, city dwellers and Guys? Are you a (#11710).

SO-SOMETHING WHITE MALE, 39, yrs. in search of professional female, 40-55, for loving, outgoing, humorous who enjoys fine dining and the beach. (#11728).

HANDSOME DUTCH. Divorced white professional male, 5'10", 175#s, 43 years old, brown hair, 5 children, likes intelligent, sensitive, romantic family life and activities. Looking for attractive, petite, slender, 32-40, (#11727).

SHORT, DARK AND HANDSOME. Divorced white professional male, 5'-6", 140#, enjoys theater, fine dining, movies, romance, and quiet times. Seeking petite, slender, attractive female between 25-40 (#11726).

LOOKING FOR MR. RIGHT? Divorced white Jewish male, 5'-7", 175, no North Shore, no attitude, intelligent, sincere, professional, enjoys theater, dining, and the finer things in life. Seeks a female between 25-40 (#11714).

HANDSOME JEWISH GENTLEMAN, 5, successful, professional, wants to meet Jewish woman, 25-40, who likes sports, theater, outdoor activities and romance. Seeking woman who knows, it's all about me (#11715).

SEXY SMOOTH DANCER. Northside, 6'0", 170#, non-smoker, social drinker, enjoys dancing, dining, movies, long walks, romantic times, seeks female, 25-40, for friendship, possible LTR (#11716).

WARM, FRIENDLY JEWISH MALE, 43, intelligent, big heart with a good sense of humor. Many interests, including the out doors, seeks female, 30-40, who is fun, loving, honest, sincere, and likes movies. Please, I like dogs and cats. Lakeview (#11704).

SINCERE, AFFECTIONATE, DIVORCED white male, 5'6, 170#s, with a lot of time, a lot of affection. Looking for warm, caring, loving, honest, romantic, white female, 30-40 (#11717).

DENTIST IN CHICAGO. Divorced white male, 5'-11", 175, no North Shore, likes to dance, likes to travel, likes to cook, likes to entertain and likes to dine out. Seeks divorced white female, 30-40 (#11718).

OUTDOORS MAN. Single white male, 5'-10", 170#s, single, seeks female, for outdoor romantic times in nature, camping, quiet times, loving, honest, romantic, 30-40, (#11719).

SUCCESSFUL, FUNNY, SWEET, Jewish male, 5'-10", 35 years, 170#s, likes travel, movies, comedy, pretty, under 30 female, 21-29, for friendship, LTR (#11720).

CONCISED professional white male, 45, seeking honest, kind, sincere, fun, female, 30-40, for LTR. Let's have fun (#11721).

NOT FLASHY, BUT EXCITING (#11722).

ALONE IN CHICAGO [illegible] (#11723).

PROFESSIONAL WHITE MALE, 42, [illegible] (#11724).

AFFECTIONATE [illegible] (#11725).

VERY ATTRACTIVE ATTORNEY [illegible] (#11726).

HEARTS, SACRED, BEACHCOMBER [illegible] (#11727).

STABLE, AFFECTIONATE, HONEST [illegible] (#11728).

SUGAR COATED [illegible] (#11729).

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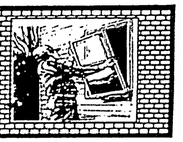

Move-down doesn't apply to luxury, amenities

As the move-down market becomes more specialized, and buyers become more sophisticated, builders are finding that "less is more" may apply to square footage, but when it comes to style, luxury and amenities, move-down buyers are actually moving up.

Highland Property Development, L.L.C., in joint venture with Focus Development, is building 2000 Green Bay Road in downtown Highland Park with the high expectations of this market segment in mind.

2000 Green Bay Road will consist of 61 new-construction condominiums in two four-story buildings overlooking a private, landscaped park. Six floor plans, base-priced from $279,900 to $429,900, range from 1,495 to 2,374 square feet. The homes include two to three bedrooms; 2 to 3 1/2 baths; and one or two heated, indoor parking spaces.

Residence C-1 is a three-bedroom, 2 1/2-bath floor plan with 2,022 square feet. To the left of the Carrera marble-tile entry foyer are two halls closets and a powder room. On the right is the kitchen. In addition to the building's standard GE Profile white-on-white appliances, the 20' by 10' kitchen features a pass-through overlooking the living and dining rooms, as well as a large breakfast area and pantry.

The 18'4" by 12'10" dining room has ample space for entertaining family and friends; while the 14'6" by 13'4" living room offers a setting for more intimate gatherings. Beyond the living room, the east-facing 15'10" by 6' balcony is perfect for a morning cup of coffee. First floor units have a private patio.

A hallway leads to the home's guest bedroom and bath, master suite and optional den/bedroom. Both the guest bedroom and den/bedroom feature double bay windows, and the 12' by 16'10" master suite has a triple bay. The den/bedroom can be connected directly to the master bedroom to create a separate sitting room, or the den can be converted to a bedroom. This allows the guest bedroom to be opened to the living room.

The master bath has split his and hers vanities; a 6' soaking tub with whirlpool option; separate shower with a Kohler base and built-in tile bench; and Kohler fixtures. His and hers walk-in closets and additional linen storage provide plenty of closet space for the master suite.

Standard kitchens at 2000 Green Bay Road include 3/4" granite countertops; Kohler double-bowl porcelain sinks with Kohler faucets; 8" by 8" ceramic-tile flooring; Canac European designer cabinets; prewiring for telephone and cable; and GE Profile white-on-white appliances including: refrigerator/freezer with ice maker; multi-cycle dishwasher; built-in double oven, one of which is self-cleaning; gas, four-burner cooktop; disposal; and microwave/exhaust hood vented to exterior.

Baths feature 4 1/4" by 4 1/4" ceramic wall tile; 8" by 8" ceramic floor tile; Canac designer cabinetry; solid surface vanity tops; a separate shower stall with Kohler base and ceramic tile seat (per plan); a soaking tub with whirlpool option in master bath; mirrored-door medicine cabinets; and Hollywood-style lighting above all mirrors.

Other interior features include: 12" by 12" Italian white Carrera marble tile in entry foyers, plush carpeting in the main living areas, bedrooms and dens; solid-core oak veneer entry doors; and wood-clad, double-pane, insulated glass windows and French balcony doors with screens.

The residences at 2000 Green Bay Road offer in-floor radiant heat and individually controlled forced air heating and air conditioning; in-unit washer/dryer hook-ups; secured lobby with alarm and intercom entry; sprinklers, smoke detectors and carbon monoxide detectors; two high-efficiency elevators; party room; full exercise room; individual storage lockers; and indoor parking with elevator access to home.

2000 Green Bay Road is located at Park Avenue West and Green Bay Road in downtown Highland Park, walking distance to the Metra station and a two-minute drive to U.S. 41, which turns into the Edens Expressway and I-90/94. Express trains reach downtown Chicago in 34 minutes.

Highland Park's established suburban downtown offers world-class shopping, restaurants and entertainment. Renaissance Place, just one block from 2000 Green Bay Road, is currently under construction, and will feature Saks Fifth Avenue, Williams Sonoma, The Pottery Barn, movie theaters and restaurants. Northbrook Court, one of the northern suburbs' largest shopping malls, is only minutes away.

Continued on Page 38

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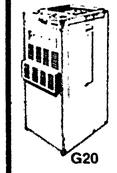

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Home Style

How to rid your home of rodents

Is there a mouse in your house? Have you seen rodent droppings, heard scampering sounds, or recognized signs of recent gnawing? These are all good indications that you have a rodent problem. The question then becomes, what do you do about it? According to Richard Poche, rodent control expert for the maker of dCON® rodenticides, the keys to rodent control and elimination are early detection and prompt action. "Once you've established that there are rodents in your home and have pinpointed possible sources and entry points, the next step is to select the proper rodent control products," says Poche. "Cats, contrary to popular belief, are not the most effective means of ridding your home of rodents. The two most commonly used, and most effective, rodenticide products are baits and traps."

Use baits in low human traffic areas such as basements, garages and attics. Baits are an ideal way to avoid contact with rodents because once they've eaten the bait they leave the area to die. Multiple baiting is a good rodent control strategy since mice are nibblers by nature and may visit various sites to eat. Check the baits every few days to discard wet, dirty or contaminated bait, replacing what has been consumed. If a large amount of bait has been consumed, indicating a significant rodent population, set out larger portions. Also, baiting areas where there one was a rodent problem will help avoid a reoccurrence.

Traps are better suited in high rodent traffic areas where you can see or suspect mice. The two most commonly used traps are snap traps and glue traps. Baiting snap traps with peanut butter, nuts or cheese makes the trap much more appealing to rodents and increases your chances of catching the critters. Check the traps periodically; if mice are not caught in 4-5 days, move the traps to a new location.

The d-CON Ultra Set® Covered Mouse Trap features an easy one-touch setting mechanism, making it easy to bait, easy to set and easy to empty. The unique covered design helps you avoid having to look at or touch the dead mouse or can be emptied, cleaned and reused time and again.

"Set baits and traps close to walls and in dark corners such as behind the stove, refrigerator, washer and dryer," states Poche. "It is also a good idea to set baits and traps simultaneously in various spots in the home to ensure better control of the problem. And remember to always keep baits and traps out of the reach of children and pets."

The maker of d-CON rodenticides offers a free brochure that provides tips on spotting, controlling and preventing rodent infestation. A copy of the brochure is available by calling 1 (800) 395-3266.

Free Colorado blue spruce trees

Ten free Colorado blue spruce trees will be given to each person who joins The National Arbor Day Foundation during February 1999.

The free trees are part of the nonprofit Foundation's Trees for America campaign.

Colorado blue spruces have silver blue-green color and a compact conical shape. They can be used as individual ornamentals, an energy-saving windbreak, a privacy screen, or as living Christmas trees.

The trees will be shipped postpaid at the right time for planting between March 1 and May 31 with enclosed planting instructions. The six to twelve inch trees are guaranteed to grow, or they will be replaced free of charge.

To become a member of the Foundation and receive the free trees, send a $10 contribution to Ten Free Colorado Blue Spruce Trees, National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by February 28, 1999.

Move-down . . .

Continued from Page 37

Cultural and recreational activities abound including Ravinia Festival, an internationally acclaimed, outdoor music theater; the Apple Tree Theater; the beaches of Lake Michigan; as well as many public and private golf courses.

Sales for 2000 Green Bay Road are being conducted from the sales center at 1848 First St., in Highland Park. Exit the Edens Expressway at Central Avenue East. Go east on Central to First Street, and turn left. The sales center is on the left-hand side, in a strip shopping center about 100 feet north of Central. Hours are Thursday through Monday, 11 a.m. to 5 p.m. or by appointment. For more information, call (847) 681-8700.

2000 Green Bay Road is the creation of Highland Property Development, L.L.C., a team of real estate professionals with more than 40 years of condominium building experience, which includes: renowned North Shore architect, James March Goldberg of Goldberg Downey Architects, Inc., North Shore Builder Focus Development, and general contractor Bernard Katz and Associates.

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Home Style

Chicago Botanic Garden 1999 programs

The Chicago Botanic Garden presents a variety of educational adventures for children including an indoor sleepover, crafts and scientific investigations with its Planting Families programs, February through May, 1999.

Planting Families programs offer children the opportunity to learn and discover the world of horticulture in a fun and exciting way. Young children will explore the four seasons of nature through stories, songs, games and take-home crafts. Older kids can enroll in workshops to learn about wind and rain with weather instruments they make themselves and investigate optics with kaleidoscopes.

Parents can join in the fun through family activities. The Garden will host a family sleepover with a flashlight tour of the greenhouses, a spring veggie workshop and a family bird-watch to excite and encourage awareness of the environment together.

Programs and activities are geared to specific age groups from ages 3 to 12.

Planting Families activities take place at the Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe. To receive a Planting Families schedule and registration form, please contact the Education Registrar at 847.835.8261.

The Dark Side: Gardening in the Shade

Is your garden solar-challenged? An expert from the Chicago Botanic Gardens will give a lecture on *The Dark Side: Gardening in the Shade* Thursday, February 25 at 7 p.m. about how to grow colorful, productive, and satisfying gardens in shady areas. Participants will receive handouts for take-home reference.

The program is free, but limited to 100 people. Please preregister for this program beginning February 8 by calling the Reader's Service desk at 965-4220. Priority will be given to Morton Grove residents with a valid library card. Non-residents may also register and will be notified by phone if space is available.

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.

Lincolnwood's Dad and Son Jamboree

The Lincolnwood Recreation Department's Dad and Son Jamboree will take place Saturday, March 13, 1999 from 10 a.m.-12 p.m. in the Lincoln Hall West Gym, 6855 N. Crawford, Lincolnwood. The fees for residents are $20 per couple - $10 each additional son; non-resident fees are $30 per couple - $15 each additional son.

Boys and their dads, uncles, special adults and grandfathers are welcome.

Included in the program will be refreshments, sports, games, relays, trivia, beat the clock and an action photo memento.

For more information, call 847-677-9740.

USE THE BUGLE

Booklet to help design accommodating, accessible kitchens

Universal, adaptable and transgenerational kitchens, three design buzzwords, share one important goal: accessibility. The challenge, say experts at Maytag, is to create kitchens that will remain comfortable over the years for all family members - toddlers and seniors, folks in the middle preparing for life's changes, and others with special requirements.

Sounds like a tall order, with so many factors to consider when remodeling a kitchen, or planning a new one. The height of cabinets and countertops, placements of appliances, materials used - they're just the tip of the iceberg when designing an accommodating kitchen.

They key to accessibility is thoughtful planning. Think about family members, how each person uses the kitchen and what makes each cook special. Then project needs into the future, and imagine what kitchen layout and design features will best accommodate anticipated changes.

To help this planning process, Maytag offers a 24-page illustrated book, The Accommodating Kitchen: Accessibility with Substance...and Style.

Ideas both creative and practical are incorporated in a series of sketches of kitchen settings. Some solutions are quite simple, like replacing door knobs with easy to grasp levers, selecting colors that allow older eyes to see counter edges more clearly, or staggering counter heights and lowering cabinets to different people's comfort zones. Other recommendations include raising appliances six inches of the floor to eliminate bending; using non-glare finishes and glare-free lighting; lowering wall cabinets; installing vertical pull-outs, roll-outs and lazy susans for maximum accessibility, and leaving the area under a cooktop and sink open so a wheelchair or other seat can fit below.

The book also provides a handy checklist of convenience and safety features for readers to consider before remodeling or building a kitchen.

For a copy of The Accommodating Kitchen, send a check or money order for $2 to Maytag, Dept. I.E, Newton, IA 50208.

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America's Disabled, Inc. cares for elderly also

America's Disabled, Inc., is a non-profit organization designed to provide for the medical needs of the homebound elderly and disabled. America's Disabled brings back the old-fashioned medical home visit with the technological advances of today. Many disabled homebound people live without proper medical attention due to inability to visit a doctor's office, and lack of finances. This problem has been increasing with the aging segment of our society.

America's Disabled has developed a program geared toward keeping homebound elderly and handicapped persons as independent as possible, with an emphasis on prevention. Physical evaluation, diagnostic testing and lab work are provided in the home by specialists trained in various areas of medicine. A well-trained staff coordinates all aspects of a patient's individual needs, including ancillary support services, and then maintains close contact with the caregiver and/or relatives. Through this total care, the homebound person continues to live in familiar surroundings, avoiding the inconvenient transportation problem to medical facilities, as well as the prospects of becoming institutionalized.

A wide range of professionals are available through America's Disabled, including physicians, psychologists, medical assistants, social workers and counselors. Specialized care is provided for cardiac and diabetic patients, as well as for conditions such as hypertension, emphysema and arthritis. All patients receive regular monthly home visits by licensed Medical Doctors.

America's Disabled will work with the homebound's personal physician, or one of our doctors can become the primary care physician, if desired. Ancillary services include physical therapists, visiting nurses, homemakers and medical equipment suppliers. Some patients can qualify for government subsidies to help cover the cost of medications and home meal delivery.

These services are available to people in the Chicagoland area. Medicare and most private insurance accepted.

For complete details and more information, call Richard Ansfield at (773) 685-7111.

Phillip Rubow

Army Pvt. Phillip M. Rubow has entered basic military training at Fort Benning, Columbus, GA. Rubow is the son of Bonnie Rubow of Glenview, and Kenneth J. Rubow of Chicago. He is a 1998 graduate of Lane Technical School, Chicago.

Rammy P. Gewargis

Navy Seaman Rammy P. Gewargis, son of Paul and Juliet Gewargis of Skokie, is one of more than 380,000 active duty Sailors celebrating the Navy's 223rd birthday this month. Gewargis is currently halfway through a six-month deployment to the Western Pacific and Indian oceans and Arabian Gulf aboard the amphibious transport dock USS Duluth as part of the USS Essex Amphibious Ready Group. The 1995 graduate of Niles North High School joined the Navy in July 1997.

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Outstanding Volunteer nominations being sought

Do you know someone who has made a difference? Someone who volunteered to help the needy, the elderly, the homeless? Someone who helped a child expand his or her horizons or taught an adult to read or helped in countless other ways? Now is the time to salute these caring people -- and the organizations they serve -- by nominating them for the 1999 Golden Rule/Outstanding Volunteer Awards. The top seven winners will receive not only commemorative sculptures and plaques, but also $1,000 cash awards for their non-profit organizations (except in the category of Outstanding Youth Volunteer, where $500 will be presented to the organization served and a $500 scholarship awarded to the youth) and will automatically qualify for consideration in the National JC Penny Golden Rule Awards Program. Ten other finalists will be presented with Golden Rule certificates and plaques, plus $250 for their organizations.

Three years ago, we were honored to have one of our own local winners, club friend (High School volunteers of School District #300 in Carpentersville who work in an after school mentorship Program with at-risk children) go on to attain recognition as a National Winner. They were awarded $10,000 for their program!

The Golden Rule Awards/ Outstanding Volunteer Program is sponsored by The Volunteer Center of Northwest Suburban Chicago in Partnership with the JC Penny stores at Stratford Square, Woodfield, Randhurst, Spring Hill Mall, Golf Mill, Lincolnwood and Hawthorne. Winners will be chosen by a panel of community leaders. Act now. Take the time to thank the people who have so generously given their time to make a difference. Nominate a volunteer.

For more information or to receive a nomination form, contact The Volunteer Center at 847-228-1320. Deadline for nominations is February 10, 1999.

Des Plaines Camera Club to meet

The Des Plaines Camera Club will hold its inter-club Monthly Slide and Print Competition on Monday, February 22nd at 7:30 p.m. The Club meets at the Des Plaines Park District Leisure Center located at 2222 Birch Street (North of Touhy Avenue) in Des Plaines.

A brief business meeting is held prior to the Competition. Members may submit four color slides and/or print. There are several categories for both color and monochrome (black and white) photographs. The submissions will be judged by a panel of three judges from local camera clubs.

The Des Plaines Camera Club meets twice monthly on the second and fourth Monday, September through May at 7:30 p.m. Refreshments are served between the business meeting and competition.

Guests are always welcome. Whatever your level of interest in photography, you are cordialy invited to attend a meeting. For additional information regarding the Club, call (847) 255-2825 or (847) 824-5926, or check out the Des Plaines Camera Club's website at www.ChicagoTribune.com/link/dpcamera.

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Home Office • Madison, Wis. 53783 http://www.amfam.com

USE THE BUGLE *Classifieds*

(847) 588-1900

Your Ad Appears In The Following Editions

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

INFORMATION ON CLASSIFIED ADS

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.

FULL/PART TIME | **FULL/PART TIME** | **FULL/PART TIME** | **FULL/PART TIME** | **FULL/PART TIME**

ACCOUNTING

CUSTOMER ACCOUNT REP
Office is expanding to NW suburbs. Need immediate full and part time help. Earning potential $1500 to $1700 a month. We train all entry levels.
Call 773-622-3843

ACCOUNTS RECEIVABLE
$30-35K
4-5 years experience needed in all aspects of accounts receivable. Strong computer background, detail oriented. Excellent client benefits.
(847) 699-1453

ADMINISTRATIVE

ADMINISTRATIVE ASSISTANT
Small Northfield survey company is looking for a bright, well organized person, for word processing, accounting, accounts receivable, phone work.
FULL TIME - PART TIME
Call 847-446-3344 or Fax Resume: 847-446-3366

CLERICAL/OFFICE OPPORTUNITIES

OFFICE
Gal/Guy Friday in Skokie.
Call 1-847-679-2521
Listen For Our Message

Notice
Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.

NOTICE
The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.

CAREER/JOB FAIR

FEBRUARY FRENZY!
We are bursting with the best career opportunities at over 2000 area companies! Come and meet our placement experts (averaging over 12 years industry experience)
Matthews Employment and Matthews Temporaries Announces CAREER AND JOB FAIR!
Tuesday, February 23
Hilton-Arlington Park
(near race course just off Route 53)
Arlington Heights
From Noon-7:00pm
STOP BY ON YOUR WAY HOME AND RECEIVE FREE:
•On Point Career Consultation •Interview
•Computer Tutorial/Training •Resume Advice
•Discussion On Area Job Opportunities
DIRECT HIRE & TEMPORARY OPPORTUNITIES at all levels: office, professional, technical, industrial. Join the experts at Matthews for refreshments, PLUS DOOR PRIZES!
LEAVE THE SEARCHING TO US!

CLERICAL/OFFICE OPPORTUNITIES

CLERICAL
Corporate Office of Lighting Manufacturer in Niles Has Opportunity For Individual Who Likes To Work With Figures. Duties Include Handling Cash Applications, Sales Tax Calculation And Distribution Of Invoices. High School Grad And Good Math Aptitude Required. Microsoft Office Helpful.
Call Human Resources Department At:
(773) 792-5711
A.L.P. Lighting
Niles

DATA ENTRY
$8-11/Hour
Growing North Shore company is looking for Data Entry people. Must type minimum of 5000 keystrokes. Accounts receivable experience a plus. For immediate interview call:
Chrissy or Christina
847-296-1026

CLERICAL/OFFICE OPPORTUNITIES

CLERICAL
Forsythe McArthur, a leading lessor of computer equipment to our Fortune 500 customers, is seeking a motivated individual to work as a Billing Coordinator in our Accounts Receivable department. The qualified individual will have a minimum of 2 years work experience in a fast-paced business environment. Learning our business from the ground up, you will be responsible for processing leases, terminations & sales, preparing credit memos & generating invoices, name & address changes, as well as distribution paperwork to other departments. Strong math aptitude & accounting background a plus. Must be organized, detail-oriented, and looking for new challenges. MS Word & Excel desired.
We offer a comprehensive benefits package including tuition reimbursement, plus a great work environment. Please send or fax resume along with salary requirements to: Forsythe Technology, Inc., Attention: Mandi Anderson, 7500 Frontage Rd., Skokie, IL 60077. Fax: 847-673-8017/E-mail: mandman@forsythetech.com
EOE M/F/D/V

PART TIME
CHURCH SECRETARY
15hours a week, flexible, MS Office a must!
Call Pastor Wright
847/966-9233 am

DON'T GET STUCK!
GET HELP . . . LOOK
IN THE CLASSIFIEDS!

CLERICAL / OFFICE OPPORTUNITIES

GENERAL OFFICE
Part Time
SEPTRAN Bus Company in Wheeling has an immediate opening for a mature person with typing and good office skills to work from 12pm to 5pm Monday thru Friday in busy, congenial, casual office. This position offers lots of action and variety for the right person. We will train for C.D.L. Starting Salary:
$9.05/Hour. Generous Paid Vacation.
Contact Don McCarthy
SEPTRAN
2161 Foster - Wheeling
(847) 392-1464
E.O.E. DRUG SCREENING REQUIRED

DATA ENTRY Full Time
For Large Physician Billing Group Located in Lincolnwood Affiliated With Rush Presbyterian St. Lukes Medical Center. Person Must Have Strong Ten Key Touch And Minimum 50 WPM Typing Skills. Required Background And Drug Screening For Position.
Full Benefits Package
Call Pam At: (847) 679-6363
Or Fax Resume To: (847) 679-0551

RECEPTIONIST/ SECRETARY
Established Law Firm Seeks Reception/Secretary With Excellent Phone Skills To Answer Phone And Perform Clerical Work. The Ideal Candidate Must Speak English & Polish Fluently. Computer Skills A Plus!
Call: (773) 631-7100

RECEPTIONIST/SECRETARY
Doctors Office Monday & Thursday Afternoons/Early Evenings Tuesday Mornings
Vic. Foster & California
Typing Skills Necessary
(773) 334-2299

GENERAL OFFICE
Computer knowledge a must, on Macintosh, flexible hours.
Dorothy
(847) 486-1792

OUR CLASSIFIED ADS
••REACH MORE PEOPLE PER WEEK••
•FOR THE LEAST AMOUNT OF DOLLARS!•
See how your money can work for you!
•2 Insertions Per Week
•2 Deadlines Per Week
Specials Designed With Your Needs in Mind
Call us today for details.
Beverly (847) 588-1900
We're always available for your convenience

CLASSIFIED ADVERTISING

FULL/PART TIME | **FULL/PART TIME** | **FULL/PART TIME** | **FULL/PART TIME** | **FULL/PART TIME**

COMPUTERS

COMPUTER USERS NEEDED
Work Own Hours
$20K-$75K/Year
1-800-348-7186
Ext. 3223
www.amp-inc.com

CUSTOMER SERVICE

CUSTOMER SERVICE/ SALES SUPPORT
Des Plaines company is seeking persons with excellent interpersonal communication skills to support sales staff with C/S & inside sales. Fast pace requires attention to detail. Must be organized & flexible. Math & computer skills necessary. Full time positions. Reply with salary history by
Fax 847-541-1642
Or Mail: Penny Tipton
Atlas Bag Inc.
1701 S. Winthrop Dr.
Des Plaines, IL 60018

CUSTOMER SERVICE REPRESENTATIVE
Part Time - Schiller Park
Join the winning team at Enterprise Rent-A-Car. We have 8-10 part time openings for reliable, well organized, Detail oriented people with good communication and phone skills. Dependable transportation and previous customer service experience are required. We offer flexible daytime hours (20-30 hours/week) and an exciting & fast paced environment. Please come in to fill out an application or mail/fax your resume to:
ENTERPRISE RENT-A-CAR
3030 Washington St.
Waukegan, IL 60085
Fax: 847-625-1320
Ph: 847-625-8900
EOE

Customer Account Rep.
Northwest Side of Chicago
We will train
All entry level
Can earn $1,300-$1,600/Month
Call (773) 622-3843

NOTICE
The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.

Our classified ads reach more people per week for the least amount of dollars. We cover the near north suburbs and the north side of Chicago with 2 insertions per week. See how your money can work for you by putting your recruitment ads in both editions of The Bugle. Call us today for details. We will be happy to assist you in placing your ads and in reserving space for our next issue. We offer two deadlines each week for your convenience. AND ALSO, TAKE ADVANTAGE OF OUR SPECIALS! SIMPLY CALL (847) 588-1900, and ask for our classified department. Our trained staff will be available to take your orders.

CUSTOMER SERVICE

CAN YOU COUNT?
If you can then come work for RGIS Inventory Specialist. We are the largest inventory service in the US. Go to retail stores in the North Suburbs and count physical inventory. We pay $9.00 per hour to start. Must have transportation and understand English.

RGIS *INVENTORY SPECIALISTS*
Call: (847) 296-3031
Come work with the people who really count !
Equal Opportunity Employer

MEDICAL / HEALTHCARE

HOUSEKEEPING SUPERVISOR
HOUSEKEEPERS
ST. MATTHEW LUTHERAN HOME
An Agency Of Lutheran Social Services of Illinois Has Full-Time Positions Available
Great Benefits
For Details Phone
VIC BERZINS
847-825-5531
EEOC

MARKET RESEARCH

$$$ EARN $$$
EXTRA MONEY
Market Research Company Needs
MALES & FEMALES
of all ages
To Participate in
TASTE TEST
on an "as is needed" basis.
CALL:
PERYAM & KROLL
6323 N. Avondale
(6300 North - 7300 West)
(773) 774-3155
Ask For Jack

MEDICAL/ HEALTHCARE

Social Services
HAB AIDE
Full-Time/Part-Time
Developmental Trainer
Work with a quality team in our long term facility providing care and training to developmentally disabled adults in our residential facilities. GREAT BENEFITS. Must be 18 years of age. Have a High School diploma or GED. Applications are being taken at:
Clearbrook
2800 Central Road
Rolling Meadows, IL 60008
EEO

HEALTH CARE/HOME
$ Sign On Bonus $
CNA's and Companions
Hourly and Live-in positions available for Chicago and surrounding suburbs.
English speaking.
Interviewing in Highland Park
Call for an appointment
Monday-Friday
Ask for Mary or Linda
Gentle Home Services, Inc.
847-432-9100

MEDICAL / HEALTHCARE

CNAs
C.N.A. positions available for full time with benefits. Part time positions flex hours. Must be on the IDPH registry.
• $500 Sign On Bonus for FT
• $7.00 - $8.50
• Shift & Weekend Differential
• Health, Vision, Dental • 401k with Match
• Tuition Reimbursement • Vacation + more benefits
• Registry - $10.00 Per Hour.
Apply Monday-Friday 9:00 a.m. - 4:00 p.m. at:
Norwood Park Home
6016 N. Nina Avenue, Chicago, IL 60631
Tel: 773-631-4856
Fax: 773-631-4850
(near NW Hwy east of Harlem)
EOE

Health Care
Dialysis Technicians
Dialysis Clinic located in Niles, Evanston and Norridge is seeking Full-Time Dialysis Techs. Position requires a minimum of 6 months medical experience. We provide a 2 week training class in dialysis & an excellent benefit package. Qualified candidates should contact:
Fresenius Medical Care/ Neomedica, Inc.
Human Resources Dept./312-654-2790
a drug free work place/ EOE M/F

CARE PLAN COORDINATOR
A northside SNF, seeks an RN with previous experience and CPC. Must possess strong management and organizational skills, knowledge of state requirements, good interpersonal skills and have the ability to work independently. Hands on approach to ensure excellent resident care required. Resume with salary history to:
Marcel Sanir, RN, DON Lincolnwood Manor
7000 N. McCormick Boulevard, Lincolnwood, Illinois 60645
(847) 673-7166
Fax: (847) 673-5872

GLENBRIDGE NURSING
Has The Following Positions Available:
• RECEPTIONIST
Part-Time/Evenings
• MAINTENANCE
Full-Time
• WARD CLERK
Full-Time
Contact Caryl Kifer:
(847) 966-9190
Or Apply In Person For Interview:
GLENBRIDGE NURSING HOME
8333 GOLF ROAD-NILES

DON'T GET STUCK!
GET HELP . . . LOOK
IN THE CLASSIFIEDS!

OFFICE SERVICES

OFFICE SERVICES ASSISTANT
Get your career start with us. Forsythe Technology, conveniently located off the Expressway at Touhy in Skokie, needs an office services assistant. Responsibilities include delivery of inter-office mail at our 3 building campus, setting-up for meetings, and preparation of copy projects. Additional duties include maintaining supply levels in numerous service areas and assisting in various other projects as assigned. A valid driver's license is required.
Forsythe offers an excellent salary and benefits package including ESOP, tuition reimbursement and 401k, plus a great work environment. Please send or fax resume along with salary requirements to: Forsythe Technology, Inc., Attention: M. Anderson, 7500 Frontage Road, Skokie, IL 60077. Fax: 847.673.8017. E-mail: mandman@forsythetech.com EOE M/F/D/V

CLASSIFIED ADVERTISING

FULL/PART TIME

PROFESSIONAL OPPORTUNITIES

FREE LANCE PHOTOGRAPHER
Needed For Bugle Newspapers
Part-Time
Call: (847) 588-1900
Ask For Marti

•REPORTER
Work Evenings
Covering Board Meetings For
The Bugle Newspapers
Experience Preferred
Call: (847) 588-1900
Ask For Marti

GRAY PERSONNEL SERVICES Is Seeking:
•Phlb's •RN's •LPN's
•CMA's •CNA's
•X-Ray Techs
•Data Entry Clerks &
•Ms. Office Operators
Bilingual A Plus!
Apply Thursday & Friday At:
Arlington Heights
Quantum Executive Office Center
3800 N. Wilke Road-3rd Floor
Call Nancy, RN & Phil
For Appointment
1-800-308-GRAY

RESTAURANTS/ FOOD SERVICE

•WAITRESSES
•ORDER TAKERS
Full-Time/Part-Time
Call Vince At:
(708) 867-7770
VINCE'S RESTAURANT
Harlem & Lawrence

•WAITSTAFF
Flexible Hours-All Shifts. Some Exp-Friendly & Co-Op Team Spirit Good Tips-Exc. Transportation
RIGGIO'S-NILES
7530 W. Oakton
(847) 698-3346

NOTICE
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RETAIL

STORE ASSOCIATES
Full & Part-Time
Chicagoland's Leading Retailer Of Fine Wines & Spirits Is Seeking Energetic, Customer Oriented Individual For Our North Suburban Locations To Perform A Variety Of Store Functions. Qualified Persons Must Be Over 21 Years Of Age, Able To Work Day & Evening Hours. Previous Retail Experience Preferred. We Offer Opportunity For Advancement, Attractive Compensation & A Complete Benefits Package.
Call: (847) 674-4200
Or Apply In Person:
Binny's Beverage Depot
5100 W. Dempster St
Skokie

NEW RETAIL STORE NOW OPEN IN NILES LOOKING FOR FULL AND PART-TIME HELP
• CASHIERS
• STOCK PERSON
Call Denise At:
(847) 966-2300

SALES

Get Your RE License!
• Job Placement available
• Earn Extra Income
• Many Locations Available
• Traditional classes starting soon.
For more information call
Century 21
Real Estate Academy
(847) 296-0410

SALES SUPPORT
Niles manufacturing company needs person with good communication skills for customer contact. Personal computer experience required. Monday-Friday 8:30 am - 5:00 pm. Generous company benefits include 401k.
Send resume: Mrs Morgen
NuArc Company
6200 West Howard Street
Niles 60714

Commercial Real Estate
SALES PERSON
Self motivated individual.
Must be licensed & experienced.
Call David or Vicki
For An Appointment
847-498-6000
Or Fax Resume To:
847-498-4529

SOLD!
45-55K per year Skokie area company seeks Sales Manager! Lots of trade shows! Bonus plan!
MATTHEWS EMPLOYMENT
(847) 215-0060

RETAIL SALES
CALICO CORNERS
Leading home decorating fabric and furniture company now hiring sales associates. Interior design background helpful. Opportunities for advancement. Wilmette location.
Call 847-256-1500 or fax resume 847-256-9937

AVON PRODUCTS
Start A Home-Based Business
Work Flexible Hours
Enjoy Unlimited Earnings
Call Toll Free:
(888) 561-2866

TELEMARKETING

• TELEMARKETING
To Sell Advertising - For Niles Newspaper
Part-Time – 2-3 Days A Week – 9AM - 5PM
Must Have Experience Selling
Some Computer Knowledge
$80/Day Plus Commission
(847) 588-1900
Ask For Beverly

TELEPHONE SOLICITORS!
Work from your home. Salary and commission.
Call Paul at
(773) 279-9200
Midwest Stone Supply

TRADES

COORDINATOR WANTED
To Begin Implementing The 1999 Summer Program For French Teenagers. Enjoyable, Part-Time From Your Home, Financially Rewarding. Must Be Community Oriented And Self-Motivated.
Please Call:
419-436-1894
Or Write
LEC PO Box 268
Bascom, OH 44809

• HOTEL •
Looking For Smiling Faces
•GUEST SERVICES REPS
Full-Time/Part-Time
•HANDY PERSON
Full-Time/Part-Time
Apply In Person Or Call:
BAYMONT INN & SUITES
1625 Milwaukee Ave.
Glenview, IL 60025
(847) 635-8300

• CASHIER
Currency Exchange - Full Time Mature Individual For Permanent Position. Experience Preferred But Will Train.
Health Insurance & Paid Vacation.
Bi-Lingual (English/Spanish) A Big Plus! Apply At:
1200 E. Dundee Road
Palantine
Or Call:
(847) 438-9242

TRADES

3 Permanent Positions
Three openings now exist in a local branch of An international company. This is an impressive opportunity for ambitious people who want to get ahead.
To Qualify:
Must have a Positive Mental Attitude, Self-confidence, and a pleasant personality.
We Provide:
Complete company benefits - major medical, dental and 401(k) plan.
Also:
Previous experience not necessary. Income $35,000 - $50,000 depending on qualifications.
Please Call
Peter Hunziker @
(847) 205-2055
Mon & Tues – 10 am - 6 pm

PEST CONTROL TECHNICIAN
Smitherean Co., an expanding 110 year old leader in this industry, has excellent opportunities for motivated, service-oriented individuals. We require good verbal/written customer service skills & the ability to perform high quality service while working independently. We offer a complete training program, good salary, bonuses and benefits package. Greater O'Hare area.
Call Terry at:
847-455-0043
for North Chicago area
Call Bruce
773-878-5100

Our classified ads reach more people per week for the least amount of dollars. We cover the near northern suburbs and the northside of Chicago.

CLASSIFIED ADVERTISING

FULL/PART TIME

TRADES

Warehouse
Nightingale-Conant Corporation
is renowned as the world's largest producer of self-development audio programs. We have an immediate opportunity available for a dedicated individual to join our organization.
Shipper
(7:00am-3:30pm, Mon-Fri)
In this position you will oversee the packaging and shipping of our products including Federal Express single and multiple orders, the run of 4th class and the UPS manifest, process write-outs of packages, work on the shipping line computer and build skids when necessary. Some Saturdays and Mandatory Overtime during the week is required.

We offer competitive pay and benefits. Interest applicants should apply in person Mon-Fri. 9:a.m. to 4:p.m., or send a letter of application to:
Nightingale-Conant Corporation
7300 N. Lehigh Ave.
Niles, IL 60714
No Phone Calls Please.
eoe m/f/d/v

DRIVERS
Experienced Bus Drivers Can Start
•At $13/Hour And Up
•Plus 10% Performance Bonus Monthly!!
Part Time - No Experience Necessary
Mini Bus $8.65 - Big Bus $12.00
SEPTRAN needs responsible drivers who enjoy children for routes in the Northwest Suburban area. Will train on easy-to-drive, fully automatic school buses, vans & 9 passenger suburbans.
•3 HOURS/DAY •PAID TRAINING
• 10% PERFORMANCE BONUS MONTHLY
Transportation to & from work for minivan & suburban drivers. If you are over 21, with a good driving record & valid DL for 3 years call today!
Seniors Welcome -Drug Screen Required
SEPTRAN (847) 392-1464
2161 Foster - Wheeling

MANUFACTURING
Fast pace metal Manufacturing Company has the following opportunities available:
SWISS-STYLE AUTOMATIC SCREW MACHINE OPERATORS
CNC OPERATORS (experience) • MAINTENANCE PERSON
TOOL CRIB/INVENTORY CONTROL PERSON
SHIPPING & RECEIVING • ENGINEERING CLERK
CUSTOMER SERVICE CLERK (computer and good math skills)
1st and 2nd Shift needed experienced/trainee for the listed above openings. Experience required some tool changing, instruments (caliper and micrometer), blueprint reading, computer and good math skills. Good benefits - salary and cash bonus after a completion of a full year. Please send resume by mail/fax or apply 9:00 AM - 3:30 PM.
Swiss Precision Machining Inc.
7550 N. Oak Park Ave • Niles, Illinois 60714
Fax No. (847) 647-7110
EOE

RELIEF HOUSE MANAGER
Part-Time House Manager
For A Transitional Homeless Shelter In West Rogers Park. Knowledge Of Jewish Customs A Plus. Hours Include Sundays 9 AM to 9 AM Monday And One Week Night 4 PM to 9 AM
Call Bella Meyers, Director
(773) 973-1000 - Ext. 234

ELECTRICAL ENGINEER
Design/PLC Programming. Start To Finish Projects. Growing Manufacturing Company Of Graphic Equipment. Customer Interface. Good Benefits. Chicago/North.
(773) 777-7100-Ext.133 Phil

FACTORY
Packers/Assembly
to $8/hour
Forklift to $10/hour
(Arlington Heights, Palatine, Buffalo Grove)
PLUS
MUCH MORE!
MATTHEWS TEMPS
(847) 215-0060

LIGHT KENNEL WORK
Play With Dogs!
Part-Time/Ideal For Students
Flexible Hours Plus Saturdays
(847) 724-0272
Carriage Hills Kennel - Glenview

TRADES

SECURITY OFFICER
American Heritage Protective Services Has New Positions For Security Officers. Must have Auto. Position(s) Available In Glenview, Franklin Park, North & Northwest Suburbs & Chicago Area.
Weekly Pay - $8-$10/Hour
Double Time On Holidays.
Apply Tuesday, Feb. 16
9 AM - 2 PM
CLUB HOTEL
Mannheim & Touhy
Des Plaines, IL
Or Call For Appointment
(773) 239-2547

★★★★★★★★★★
Drivers
If you hear opportunity knocking, it's a Triton recruiter!!
Local Owner Operators
◆ Home Nightly
◆ $1700 + per Week
◆ Sign-on Bonus
OTR Owner Operators
◆ $2000 + Weekly
◆ Home 2-3 Times/Week
◆ Sign-on Bonus
Call Mike Holliday
800-321-7623 (days)
800-369-0694 (eves/wknds)
Triton Transport Services, Inc.
www.tritontransport.com
★★★★★★★★★★

SERVICE TECHNICIAN
Printing Equipment Manufacturing Company Fast Growing-Mechanical/Electrical Background Required. PLC A Plus-Travel. Call Hank:
(773) 725-4900

MISCELLANEOUS

REAL ESTATE

APTS. FOR RENT

Niles-7630 N. Milwaukee Ave.-1Bedroom
$575-$600-Available -Now
(773) 764-0802

HOMES FOR SALE

GOVT. FORECLOSED
Des Plaines/Townhouse-2BR-$87,000
Rolling Meadows-5BR-$150,000-$250
Low Down - Make Offer
Western Realty
(630) 495-6100

MISCELLANEOUS

REAL ESTATE

IN THE CIRCUIT COURT OF Cook County, Illinois County Department — Chancery Division Fleet Mortgage Corp., Plaintiff, vs. Bouna Jacie, et al., Defendants. No. 96Ch 13076
PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on July 15, 1997, The Judicial Sales Corporation will at 10:30 a.m. on March 2, 1999 in its office at 33 N. Dearborn Street, Suite 201, Chicago, IL 60602-3100, sell at public auction to the highest bidder for cash, as set forth below, the following described real estate:
Commonly known as 8345 Kay Street, Niles, IL 60714.
The real estate is improved with a single family residence.
The judgment amount was $218,941.68.
Sale Terms: This is an "AS IS" sale for "CASH". The successful bidder must deposit 10% down by certified funds. Balance, by certified funds, within 24 hours. NO REFUNDS.
The subject property is subject to general real estate taxes, special assessments or special taxes levied against said real estate, water bills, etc. and any prior mortgages of record and is offered for sale without any representation as to quality or quantity of title and without recourse to plaintiff. The sale is further subject to confirmation by the court.
Upon payment in full of the bid amount, the purchaser shall receive a Certificate of Sale which will entitle the purchaser to a Deed to the real estate after confirmation of the sale.
The property will NOT be open for inspection. Prospective bidders are admonished to check the court file to verify all information.
For information contact the sales clerk at SHAPIRO & KREISMAN, 4201 Lake Cook Road, Northbrook, IL 60062 (847) 498-9990 between the hours of 1:00 p.m. and 3:00 p.m. only. Please refer to file number 96-4668.
NOTE: Pursuant to the Fair Debt Collection Practices Act you are advised that the Law Firm of Shapiro & Kreisman is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.
531296C

AUTOS FOR SALE

LOREN BUICK/HYUNDAI
1620 Waukegan Road, Glenview
(708) 729-8900

FOR SALE

Free Grinnell Upright Piano
Except Moving Cost
(847) 692-2135

FURNITURE FOR SALE

DESIGNER MODEL HOME FURNITURE CLEARANCE
Sofa/LS Sets Hunter Green $495. Earthtones $595. Sect'l/Recliner 3-piece $1195. Sofa White $350. Also: Plaids, Florals, Leathers, Etc. Dining Room Sets 10-Piece From $1395 Cherry, Mahogany, Oak, White, Etc. Bedroom Sets From $995.
(847) 329-4119 Or
(630) 778-3433
www.modelhomefurniture.com

PERSONALS

POWERFUL PRAYER TO THE HOLY SPIRIT
You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days, without mentioning the favor and publish. A favor will be granted. Thank You. L.D.

St. Jude's Novena
May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day, for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. B.D.

POWERFUL PRAYER TO THE HOLY SPIRIT
You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days, without mentioning the favor and publish. A favor will be granted. Thank You. B.D.

RUMMAGE SALE

BETH HILLEL
Quality Merchandise & Furniture Galore
3220 Big Tree Lane, Wilmette, IL
2 blocks So. Lake Street East 1/2 Block
To LaVergne South To Bldg
Sun-2/21-9 AM-1 PM
Mon-2/22-9 AM-11 AM

SITUATIONS WANTED

Need full time Nanny.
Monday-Friday
Call (847) 329-1541

TANNING

WOLFF TANNING BEDS
TAN AT HOME
Buy DIRECT and SAVE!
Commercial/Home units from $199
Low Monthly Payments
FREE Color Catalog
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