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Niles Parks to be debt-free in 4 years

by Lisa Croke

Provided Niles Park District finances maintain their steady course, the park district may be able to pay its bond debts by 2004.

"The basic assumption we have is that if everything stays the same, we should be virtually debt free by the end of 2003, 2004," said Park Board president, James Hynes, who reported highlights

from the completed 1998 Park District Finance Committee Audit at Tuesday night's park board meeting.

Hynes said the close to \$15 million principal debt on bonds used to finance construction completed in 1992 and 1993, was reduced to \$9.6 million by the end of 1998. Additionally, appropriate

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District 63 planning for increasing enrollment

By Rosemary Tirio

As enrollment in Niles Dist. 63 continues to rise, officials are considering options for the coming school year to relieve overcrowding until the Stevenson School is prepared for reopening in August of next year.

Although projected enrollment for the coming year, 3,850, is an increase of 315 students over the 1994-95 enrollment and a 230-

pupil increase over last year, Dist. Superintendent Robert Varga said the growth of the district is not as bad as initial reports indicated.

Varga said enrollment has grown by 2 percent each year for the last five years, but in some years enrollment has actually declined when compared to the pre-

Continued on Page 28

Area code overlays put on hold up to 3 years by ICC

New procedures issued June 30 by the ICC may delay the imposition of area overlays and 11-digit dialing by as much as three years.

Carriers will now receive phone numbers 1,000 at a time as opposed to the old procedure of issuing 10,000 numbers at a crack. No additional numbers will be issued to a carrier until 75 percent of their existing numbers have been assigned. Unused

numbers must be returned to a new pool of numbers, instead of being hoarded as was the practice in the past.

The new rules will be phased in over the next six months and began July 15 with the mandatory return of unused numbers in the 630 area code. Unused numbers in the other area codes, 312, 773 and 847, will be returned in August, October and February.

Continued on Page 28

After early retirements, Dist. 63 seeks replacements

by Rosemary Tirio

Despite 12 retirements and the resignation of the English as a Second Language coordinator, Niles District 63 Superintendent Dr. Robert Varga is optimistic about opening school in September with a full staff.

"When a large number of people retire, it's difficult to replace them all at once," Varga said. However, the present situation is

not a crisis and, "not by a long shot" the worst hiring problem Varga has experienced. "We've had far worse [vacancies] and we've hired far later [in the summer]," Varga said.

In addition to the 12 retirements, Cheryl Woelfel, director of English as a Second Language resigned July 13. Woelfel was

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Former Fireside and Suburban Motel sites
part of Morton Grove's TIF Redevelopment project

Supermarket, auto dealer planned for Waukegan Rd.

By Rosemary Tirio

Come what may, a 56,000-square-foot grocery is planned for the east side of Waukegan Road on or very near the site of the Suburban Motel, Morton Grove officials announced at their July 19 meeting.

The Suburban Motel will be the third motel to be condemned and appropriated by Morton Grove in its effort to clean up Waukegan Road and make it a viable shopping corridor. The Admiral Oasis Motel was demolished to make way for a Walgreens Drug after much controversy and legal maneuvering. The former Fireside Motel has also been razed to make way for the redevelopment project.

Three supermarket chains are in the running for occupying the new store while the village is gearing up for a condemnation

battle. Next Realty, the developer of the proposed supermarket is expected to be the victor. Continued on Page 28

Niles Police Department ranked 29th in 1998 DUI arrests

by Rosemary Tirio

The Niles Police Department 550 municipal police department was recently recognized as one of the Top 30 Police Departments by DUI (Driving Under the Influence) arrests.

Niles ranked 29th in the state (not including Chicago) in DUI arrests for 1998 according to a study by the Alliance Against Intoxicated Motorists (AAIM), the Schaumburg group that surveyed

550 municipal police departments. Niles ranked 29th among the 63 percent of agencies that responded to the AAIM survey.

The number of DUI arrests in Niles during 1998 was 213. Buffalo Grove ranked first in the survey with 880 DUI arrests. Highland Park ranked 25th with 227 DUI arrests, and Mount Prospect was 27th with 220 DUI arrests.

'Clown Around' for free at Pioneer Park



Everyone is invited to the Niles Park District's annual "Clown Nite" at Pioneer Park. This well-known event happens on Wednesday, August 4 from 7-8 p.m. (Rain Date is Thursday, August 5).

Those who come "dressed up for the occasion" (wearing a costume - adult or child) will receive a prize! So come and play a round of Mini Golf, or swing to the pitched balls at the batting cages - It's All Free! There will also be a raffle drawing to win more prizes. This one-hour event is filled with laughter, fun and smiles for everyone. Don't miss out! For more information, call Julene at (847) 647-9092.

Shown in the photo is Julene Valle, Facility Manager, and Pioneer Park staff.

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Maine Township Drop-In Center earns Governor's Hometown Award

Representatives from Maine Township were in Springfield last week to accept one of several Governor's Home Town Awards presented to participating communities throughout the State of Illinois. The award recognizes the efforts of volunteers and Township support of the Maine Township Youth Drop-In Center, which for several years has provided a safe place for youth to gather and participate in structured and positive activities.

"The giving spirit of these volunteers is an inspiration to all Illinoisans," said Governor Ryan of all the winners. "In dozens of cities across our state, we are seeing Illinois become a better place to live, work, and raise a family because of their efforts."

Administered by the Illinois Department of Commerce and Community Affairs (DCCA), the awards follow a three-step process of application, on-site visits and recommendations from previous winners within several divisions based on total population of cities, towns, counties and townships. "Actually, Maine Township won this award once before in 1995," pointed out Maine Township Supervisor Mark Thompson. "Back then the Center was located in smaller quarters at Stevenson School, so this recent award is a re-affirmation of the continuing progress we've

made in our new larger facility." The Drop In Center is located at 9511 West Harrison in unincorporated DesPlaines. The Center's hours are Tuesdays and Thursdays from 6:30 to 9 p.m. for 5th through 8th graders and Mondays from 6 to 9 p.m. for 8th through 12th graders.

The awards were presented to the winners in each division by Lt. Governor Corinne Wood, who commended the participants for making a difference. "We commend you for giving of yourselves to make a difference in your home town," she said.

On hand to receive the award were Township Supervisor Mark Thompson, Trustee Bob Dudycz, MainStay Assistant Manager Dayna Berman, Drop-In Manager Amy Jobb, Drop-In Assistant Manager George Chivvara and Drop-In Volunteer Ellen Calhoun.

"Another Academy graduate, Gerald Menard, has also become a Niles auxiliary police officer following his CPA graduation. "As you can see, our graduates want to be involved in our community on a continuing basis," said Sgt. John Fryksdale, director of the CPA.

The next Citizens Police Academy will begin in Sept. 7 and run through Nov. 9. Students will learn about many police programs, such as DARE and have hands-on experience with police procedures such as fingerprinting, dusting for prints and making traffic stops.

The culmination of the course is an eight-hour ride-along with a Niles police officer. For more information or to sign up for the Sept. 7 Citizens Police Academy, call Sgt. John Fryksdale at the Niles Police Department, (847) 588-6506.

Krazy Daze prize winners announced

The Morton Grove American Legion Post #134 thanks the public at this time for their support in the annual fund raiser, the Krazy Daze carnival held recently. Post Commander-elect Jerry Weaver reports residents' comments and attendees show their shared beliefs in the works the local Legion strives to perform.

Prize Chairman Bill Smith said the \$5,000 top award went to Richard Bessi. Second prize of \$500, was awarded to C. Frawley and the \$250 third prize was given to Ray Grezwade.

Residents received tickets and a letter announcing the carnival in advance from retiring commander Tom Williams. These tickets were eligible for the grand prize drawing after competing in a savings bond give away each night of the carnival. Smith indicates the savings bonds were through the courtesy of the First National Bank of Morton Grove.

First night bond winner was Althsa Halawi; Fri. night's winner, Harry Orsen; 3rd night, Mary Gabriel; Sun. prize winner, Keith Curtis; and final 4th of July evening bond recipient, Ed Guzier.

Culver hires teachers to replace retirees

Culver School Principal Alexandra Nicholson announced June 19 that she will request that the board create an additional part-time Spanish position at the school.

Culver students participate in the foreign language program in 4th grade and 5th grade when they are introduced to Spanish and French. By the end of 5th grade, they choose one of the languages to continue to study. Late-ly more students are opting for Spanish than French, necessitating the addition of a half-time teaching position, Nicholson said.

In addition, the board approved the hiring of Paula Karas to replace one of the two science and math teachers who retired at the end of the last school year. Karas, who will be a full-time teacher, will teach math and science to 6th, 7th and 8th graders, Nicholson said.

Nicholson said she is still interviewing candidates for the second science and math position. District 71 also is in need of a school secretary to replace a se-

Village of Niles plans 100th Birthday Party

The Village of Niles will celebrate its 100th Year Birthday with an outdoor party for the residents of the Village on Tuesday, Aug. 17, from 6:30 p.m. to 9:30 p.m. Prior to the party, the Village Board will hold a brief board meeting in the Village Hall Council Chambers at 6 p.m. The party will be held in the parking lot of the Human Services Building at

Join the Citizens Police Academy

Mark your calendar, the Niles Police Department is hosting another session of the Citizens Police Academy beginning in September, 1999.

Retirement party for Todd Bavaro for Aug. 20

Plans for a party honoring the 20-year career of retiring Code Enforcement Director Todd Bavaro are being firm ed up for Friday, Aug. 20, at the White Eagle, 6829 Milwaukee Ave. Bavaro served as housing director from 1979 before becoming code enforcement director in 1993. His retirement will become effective Aug. 27.

Bavaro, who was a masonry contractor before his appointment as housing director, has lived in Niles 40 years.

Anyone wishing to attend the celebration can contact Evie Gaertner at (847) 588-8042 or Kim Frederick at (847)588-8043. Reservations should be made before July 30.

Maine Township now at 'www.maintownship.com'

Even though Maine Township has had a presence on the web for some time through the NorthStar-Net Library system, those wishing to access Maine Township information on the World Wide Web can now go directly to an easy to remember web address "www.maintownship.com" and learn about Maine Township services.

"We'll be maintaining our presence on the library system, but we know the shorter and more direct web address would make it easier for residents and others to find us," said Maine Township Supervisor Mark Thompson.

Besides listings and photos of elected officials, Township departments and other information, the most recent electronic version of the township's quarterly newsletter "Mainly News" can be accessed, along with a complete text of the Township's Annual Report. "Visitors only need to click on one of the subjects in the table of contents to instantly see the section of the report they chose," said Thompson. "We've found that many people refer to the site for information about Maine Township, and will continue to add to the site in the future."

Presently, several hotlinks to area governments and agencies are included, and more will be added as requested, restricted to government, community or non-profit agencies serving Maine Township residents. Plans are to continue upgrading the "maintownship.com" website, adding additional information of value both to local residents, demographics and other information for those out of the area researching the Township and local communities.

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Lincolnwood teen returns from once-in-a-lifetime experience with Shedd Aquarium

Natasha Dragoi, 16, a Lincolnwood resident and a junior at Niles West High School in Skokie, is back from a one-week adventure aboard Shedd Aquarium's 85-foot research vessel, the *RV Coral Reef II*, where she learned about the ocean and its wonders in the Bahamas from July 5-11. Each year, Shedd Aquarium's High School Marine Biology program (HSMB) gives 30 high school students an opportunity to engage in hands-on experiments, activities and discussions both at Shedd and aboard the Aquarium's research vessel.

"I want to become more acquainted with marine biology, a career I'm interested in pursuing," said Dragoi before the trip. Dragoi will present research findings from the Bahamas to peers, parents and Aquarium staff during a presentation at Shedd on Aug. 5.

For three decades, Shedd Aquarium has given high school students this unique opportunity to learn about marine biology. The journey starts in Chicago by diving into learning through laboratory exercises, lectures and discussions. The adventure continues in the Bahamas for a week of intense study. Using *RV Coral Reef II* as a floating laboratory, students become scientists at sea—surveying tidepools, invertebrates, marine debris, currents

and more. Students also explore the underwater world of reefs, turtle grasses and mangroves. Upon their return to Chicago, students discuss and present their findings.

"This once-in-a-lifetime opportunity lets students to test out the waters of the life of a marine biologist," said Michelle Wildes, director of the HSMB program. "Students will encounter aspects of life they've never imagined, and we hope they take this knowledge and experience back with them to influence their future decisions and promote conservation."

Shedd Aquarium is the world's largest indoor aquarium, with more than 8,000 animals representing some 650 species of fish, reptiles, amphibians, invertebrates, birds and mammals from waters around the world. Since it opened in 1930, the Aquarium's mission has been to enhance public understanding and appreciation of the aquatic world. Today, this educational goal has gained urgency as more species become endangered.

Shedd Aquarium is supported by the people of Chicago through the Chicago Park District.

It's better to creep along slowly on the right road, then to march confidently along the wrong.

Village of Niles Finance Department receives award



The Village of Niles has been awarded a Certificate of Achievement for Excellence in Financial Reporting by the Government Finance Officers Association of the United States and Canada for its comprehensive annual financial report.

Mayor Nicholas B. Blase presented the Award of Financial Reporting Achievement to Finance Director George Van Geem who was primarily responsible for preparing the award-winning comprehensive annual financial report.

Pictured above (left to right) are: Trustee Bart Murphy, Finance Director George Van Geem, Mayor Nicholas B. Blase, Assistant Finance Director Scot Neukirch, and Trustee Robert Callero.

Self-Help Closet & Food Pantry of Des Plaines Formally: Salvation Army Food Pantry

On the second Tuesday of each month, Holy Family's Community Liaison, Meg Shepstone, will provide free blood pressure screenings at the Self-Help Closet & Food Pantry of Des Plaines, 609 W. Dempster/Thacker in Des Plaines from 1-2 p.m. Call the Self-Help Closet & Food Pantry of Des Plaines at (847) 981-9111 for more information.

Free blood pressure screenings will continue to be available at the following locations in the community.

• Holy Family's Wheeling Professional Building, 201 E. Strong Avenue in Wheeling, will

provide free blood pressure screenings for the second and fourth Wednesdays of each month from 1:30-3 p.m. For more information, please call (847) 465-4808.

• Holy Family Medical Center's Community Liaison, Meg

Maine Township Emergency Food Pantry needs food donations

The Maine Township Emergency Food Pantry is in need of non-perishable food items, and instead of requesting specific types of food, the call is for "...just about everything!" according to Marsha Warnick, Maine Township Director of General Assistance. "Our stocks are dwindling overall and we could sure use some help in maintaining our stock of food," Warnick says that any nonperishables in boxes or cans would help.

"Each year we supply approximately 6,000 families who might otherwise go hungry or lack the proper foods essential for proper nutrition -- especially for kids and seniors," added Warnick. "We're hoping that as residents do their weekly shopping, think about adding an extra can or two of food into the shopping basket, and set it aside for the Food Pantry. We can use it!"

The Maine Township Emergency Food Pantry is the only

Shepstone, will also be providing free blood pressure screenings on the third Monday of each month from 9:30-10:30 a.m. at the Des Plaines Public Library, 841 Graceland Avenue in Des Plaines. For more information, please call the Des Plaines Library at (847) 827-5551.

food pantry in the area that is open 5 days a week, and is located at Maine Township Town Hall, 1700 Ballard Road in Park Ridge. For information on drop off locations, contact Marsha Warnick at (847) 297-2510.

Professor receives professional recertification

Chandrakant M. Ganger, professor and chair of air conditioning, heating and refrigeration technology at Oakton Community College, was recently recertified as a Certified Plant Engineer (C.P.E.) by the Association for Facilities Engineering in Cincinnati, Ohio.

Ganger, a resident of Niles, has been a member of the Oakton faculty since 1977. He is a graduate of Chicago Technical College and a State of Illinois Registered Professional Engineer.

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Health News

Holy Family Medical Center launches web site

Having a presence on the internet is more important than ever before. It seems like almost every group, company and individual has a web site these days. More importantly, individuals are relying on web sites for information about local companies and organizations.

Holy Family Medical Center in Des Plaines is pleased to announce its new web site at: <http://chicagotribune.com/link/holyfamily>. This internet opportunity is provided as a community

service in collaboration with Chicago Tribune Digital Cities. Holy Family's web site features a current calendar of events and programs, support groups, medical center services and employment opportunities. Information is also available on volunteer opportunities and how to make donations to Holy Family Medical Center. For more information about Holy Family Medical Center's programs and services, please visit us at: <http://chicagotribune.com/link/holyfamily>

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Pet therapy workshop to be held at Resurrection Medical Center



Jennifer Shigemura of Chicago (right) and her Chinese pug Xena assist Resurrection Medical Center patient Ingrid Weston of Chicago (left) in her rehabilitation. Resurrection's new animal-assisted therapy program allows patients like Weston to receive therapy for anxiety, depression, and decreased motor and socialization skills. The program is seeking new certified volunteers through a workshop to be held on Saturday, July 31.

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People and their pets can become certified volunteers for animal assisted therapy (AAT) through a workshop to be held Saturday, July 31, from 10 a.m. to 3 p.m. at Resurrection Medical Center.

For \$65, attendees will receive an AAT manual and video tape, and have their pets evaluated and screened for the animal's ability to provide therapy to patients at hospitals, rehabilitation centers and nursing homes.

To register or for more information about the workshop, call Kathy Feuillein in Day Rehab at (773) 594-7867.

Dr. Zaacks joins cardiology group

For Stephen M. Zaacks, M.D., the term "family medicine" takes on a broader meaning. Dr. Zaacks, who recently joined the North Suburban Cardiology Group, is one of three physicians in his immediate family, which includes both his father and wife, Laura, who is a rheumatologist in Evanston.

Dr. Stephen Zaacks, who previously practiced at Rush-Presbyterian-St. Luke's Medical Center, becomes the eighth member of the North Suburban Cardiology Group, which is affiliated with St. Francis Hospital, Evanston, Northwest Community Hospital, Arlington Hts., and St. Alexius Medical Center, Hoffman Estates. A resident of Northbrook, Dr. Zaacks and his wife have one son.

Health News

Appointed to Board of Directors at Holy Family

Holy Family Medical Center is pleased to announce the appointment of William C. Anderson, III, to Holy Family's Board of Directors.

Anderson is a partner of the law firm, Lord, Bissell & Brook located in Chicago.

Anderson received his bachelors of arts degree from Georgetown University in 1969. He also graduated cum laude as a Juris Doctor from Villanova University in Pennsylvania in 1975.

He obtained his licensure from the Illinois Supreme Court in 1979 and United States Supreme Court in 1989.

Anderson is also an active member on the International Association of Defense Counsel, American Academy of Hospital Attorneys and American College of Trial Attorneys. He was also former director of the Society of Trial Lawyers.

His background also includes numerous professional presentations and publications. A few arti-



William C. Anderson III
His articles include: *A History of Delaware Corporation Law, 1976 and The Expansion of Hospital Liability in Illinois: The Use Abuse of Apparent Agency, 1988.*

Additionally, Anderson is actively involved in community service. He is a member of the Kenilworth Club, Union League Club of Chicago and the North



John Wieland, J.D., M.D.

Shore Country Club.

Holy Family Medical Center is pleased to announce the appointment of John Wieland, J.D., M.D., to Holy Family's Board of Directors.

Wieland, J.D., M.D., is a Holy Family Medical Center staff physician specializing in gastroenterology as well as a licensed law-

yer.

Dr. Wieland received his bachelors of science degree from Loyola University. He also attended Northwestern University School of Law and Emory University School of Medicine. His residency was completed at Northwestern University Hospital in 1975.

He is certified by several professional medical boards including: National Board of Medical Examiner, American Board of Internal Medicine, American

Board of Gastroenterology; and American Board of Law in Medicine.

Dr. Wieland is also an active member of numerous medical and legal associations including: Chicago Bar Association; Chicago Society of Gastroenterology; American College of Physicians; and American Medical Association.

He lives in Wilmette with his wife and has four children, two daughters and two sons.

Young dentist opens practice in Mount Prospect

Anthony M. Spina, DDS, MD, has joined the office of Associates for Oral, Maxillofacial and Implant Surgery, Ltd., 10 North Ridge Avenue, Mount Prospect.

Dr. Spina graduated from the St. Viator High School in Arlington Heights in 1982 and received a bachelors degree in biology from Loyola University, Chicago. He received his dental degree from the Loyola University School of Dentistry in 1990 and his medical degree from the State University of New York at Buffalo School of Medicine in 1993. His specialty is oral and maxillofacial surgery.

Dr. Spina has co-authored a paper on latex allergies within the dental profession that appeared in *Oral Surgery Oral Medicine Oral Pathology* and currently is preparing other papers. He also is preparing a chapter on mandibular fractures for a multi-volume textbook on Oral and Maxillofacial Surgery.

In 1998 and 1999, Dr. Spina was named Faculty Member of the Year, University of Kentucky College of Dentistry, Lexington. Other awards include the Fixed Prosthodontics Award, Loyola University School of Dentistry (1990), and General Dental Practitioner Award, Loyola University School of Dentistry (1990). He was salutatorian of the Loyola University School of Dentistry (1990), where he also graduated magna cum laude.

Dr. Spina is a member of the American Dental Association, the Illinois State Dental Society, and the Chicago Dental Society. Associates for Oral, Maxillofacial and Implant Surgery Ltd.

also has offices at 4935-37 West Irving Park Road, Chicago, (773) 736-3300 and 110 South Oak, Barlett (630) 289-5002. For

more information about Dr. Spina, or to schedule an appointment, call the Mount Prospect office at (847) 255-7080.

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Women's News

Morton Grove resident receives John Heissler English Award



Donna (Leusch) Blackall, daughter of Ray and Evelyn Leusch of Morton Grove, received the John Heissler Excellence in English Award at the annual Heads of Illinois Secondary English Departments conference held in Normal, Illinois on Friday, April 16. This award, presented by the Illinois State University English Department, honors a leader in the field of English language arts who has made a sustained and significant contribution to the improvement of the teaching of English in Illinois.

Donna teaches at Thomas Middle School in Arlington Heights School District 25 where she is also language arts department chair. Among her many professional involvements is a past presidency of the Illinois Association of Teachers of English and service as a current member of the Language Arts Advisory Committee for the Illinois State Board of Education.

Donna is a graduate of Golf School and Niles North. She received her Masters Degree in Education from Western Michigan University.

Shown with Donna is her husband Matthew and son Matthew Ray.

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The Center of Concern, located at 1580 N. Northwest Hwy., Park Ridge, offers a wide range of programs that make a difference in the quality of life of our community. The Center provides these services to individuals of any age, disability, financial status, sex, or national origin.

Because The Center is a multi-purpose agency, our staff can address a client's needs in diverse ways. Following is a list of our programs.

For more information about any of the above listed programs call The Center of Concern, (847) 823-0453.

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The Susan G. Komen Breast Cancer Foundation

Credited as the nation's leading catalyst in the fight against breast cancer, the Susan G. Komen Breast Cancer Foundation and its powerful network of volunteers continue to lead the fight against the disease. Established in 1982 by Nancy Brinker to honor the memory of her sister, Susan G. Komen, who died from breast cancer at the age of 36, the Foundation's mission is to eradicate breast cancer as a life-threatening disease. As the nation's most progressive grassroots organization fighting breast cancer today, the Komen Foundation boasts more than 30,000 volunteers who work through local Komen Affiliates and Komen Race for the Cure® events in 106 communities across the country. In addition to funding major

national research initiatives, the Foundation delivers the life-saving message of early detection to hundreds of thousands of women and men, and funds education, screening and treatment projects for the medically underserved in communities from coast to coast.

The Komen Foundation has a National Toll-Free Helpline (1-800-1-M AWARE) answered by trained, caring volunteers who provide timely and accurate information to callers with breast health and breast cancer concerns. In addition, the Foundation's award-winning web site (www.breastcancerinfo.com) offers visitors up-to-the-minute breast cancer information, as well as the latest Foundation news and activities.

Losing pounds for summer can harm your teeth

Many people have begun dieting for summer, but the loss of a few pounds to get into a bathing suit may put the oral cavity in danger, says a Chicago dentist.

"Fad or crash diets, appetite suppressants, or fasting can affect teeth, gums and other oral structures in a negative manner," says Sharon Lyn-Malinowski, DDS, a general dentist who practices in Chicago. "For example, diet pills may decrease salivary flow and cause dry mouth. Saliva flow neutralizes plaque acids; without saliva, tooth decay can occur quickly. Another example is fasting which can cause a decrease of necessary minerals needed to maintain a healthy body as well as optimal oral health."

Dr. Lyn-Malinowski stresses that patients who are dieting should inform their dentists so their doctors can record it in the medical history and monitor the oral implications of weight loss. She notes the following behaviors and their impact on teeth.

• Vegetarian lifestyle. Some researchers believe that a raw food diet creates an increased risk of tooth erosion. Strict vegetarians risk deficiencies in calcium, vitamin D, vitamin B-2, vitamin B-12 or complete proteins. Adults on a vegetarian diet for prolonged period may experience an increase in gum disease. "Generally, vegans learn about food combinations to ensure that adequate nutrition is achieved," says Dr. Lyn-Malinowski. "But some people jump in without research. They should know that it's important to brush with a soft-bristle toothbrush to protect teeth, brush with a fluoride rinse or use a concentrated fluoride gel, and take a multivitamin."

• Fasting can lead to a deficiency of vitamins and minerals. A calcium deficiency can result in osteoporosis, a rise in blood pressure, and oral health problems such as periodontal disease and eventually tooth loss. Though tooth enamel usually is formed by age 6, they continue to require calcium through adulthood. "Eat crunchy foods because the detergent action scrapes plaque off teeth," says Dr. Lyn-Malinowski. "Take a multiple vitamin daily, including a calcium supplement. An important source of calcium is dairy products, although many people won't eat them either. Try other good calcium sources, such as leafy green vegetables, calcium fortified tofu, and the soft bones of fish such as sardines or salmon."

The best advice, says Dr. Lyn-Malinowski, is to diet logically. "Take your time, do it slowly to maintain weight loss," she says. "Many people can lose weight very quickly, but don't do it at the expense of your oral or overall health."

Diet pills cause a decrease in salivary flow which increases the risk for cavities, gum disease,

Treat The Family To Dinner

Women's News

Panel of businesswomen to share insights at WBDC luncheon

"Where There's a Will, There's a Way" will be the theme of the Women's Forum Luncheon at the Entrepreneurial Women's Conference, sponsored by the Women's Business Development Center (WBDC), on Wednesday, Sept. 8, at Chicago's Navy Pier, 600 E. Grand Avenue, in Chicago.

The prominent businesswomen who will participating are: Jane Applegate, syndicated columnist and writer; Gloria Castillo, president, Monarch Marketing Group; Almada E. Dunn, president and CEO, Star Detective & Security Agency, Inc.; Marcia Gillespie, editor in chief, Ms. Magazine; and Christy Haubegger, publisher and founder, Latina magazine.

The panel will be moderated by Terry Savage, a syndicated columnist, television personality and best-selling author. She is also president of Terry Savage Productions, Ltd.

The WBDC's Entrepreneurial Women's Conference runs from 7:30 a.m. to 6:30 p.m. and includes the Women's Business and Buyers Mart for women business owners who want to sell their product or service to corporate and government buyers. There will also be the annual Hall of Fame Awards Breakfast, during which time outstanding women entrepreneurs will be honored.

In addition, there will be concurrent panel discussions, for both start-up and existing businesses, in the morning and after-



Terry Savage

noon. These business panels will feature many local women entrepreneurs and cover certain topics such as strategic alliances, financing your business and expanding your market share.

The cost to register for the Conference, including the Hall of Fame Awards Breakfast, the Women's Forum Luncheon, the Women's Business and Buyers Mart, concurrent panel discussions and the networking reception is \$110 before Sept. 1, and \$150 thereafter. The cost to attend only the Hall of Fame Awards Breakfast is \$40, and the cost to attend only the Women's Forum Luncheon is \$80. Discounted registration is available to selected not-for-profit organizations. Please call for further information.

If you register by September 1, you will receive a \$25 Discount Travel Certificate from United Airlines, which is good anywhere in the United States, Puerto Rico or Canada. Conference participants will also be eligible to win a state-of-the-art "Dream Office for the New Century." Contest rules and regulations will be re-

ceived at registration on the day of the Conference.

Founded in 1986, WBDC provides women entrepreneurs with entrepreneurial training, individualized consulting, financial counseling and assistance, business and strategic plan development, and WBE certification and procurement opportunities. For further information, contact the WBDC website at www.wbdc.org or call (312) 853-3477, ext. 24.

Osteoporosis Screening for Niles residents

1.3 million fractures are caused by osteoporosis every year in the United States. Do you have bone loss due to osteoporosis?

Osteoporosis is a disease that gradually weakens bones, so they become more and more fragile. It is called the "silent disease" because bone loss occurs without symptoms, affecting both men and women. This disease is a major threat to 20 million women and 5 million men in the United States at this time.

A simple, painless five minute bone density scan of the forearm can diagnose this disease. Niles

residents can have a bone density scan of the forearm done at the Niles Senior Center, 999 Civic Center Drive on Friday, August 6th from 9 a.m. to 3 p.m. and Saturday, August 7th from 9 a.m. to 12 noon.

Eligibility: Female residents, 35 and up; and men, 45 and up, can receive this test for \$25. By advance appointment only. Residents must come in to make an appointment and payment is due at this time.

For more information, please contact Terry Sprengel, RN, BSN, at 588-8420.

Shopping centers rank high in U.S. tourist attractions

If you are planning your summer vacation and want to stop at some of the country's most popular tourist destinations, you'll want to purchase The ICSC Guide To U.S. Shopping Centers of Interest. This 349-page book profiles more than 170 U.S. shopping centers and includes information on the center's physical characteristics, hours of operations, and the center's stores and restaurants. Admittedly, shopping centers do not conjure up thoughts of summer vacation. However as shopping centers, particularly large regional malls, incorporate more restaurants, entertainment venues and specialty tenants, they are becoming more than just places to shop.

"When enclosed malls were first developed in the late '50s and early '60s, they were unique and developers used to print elaborate postcards of their centers. Tourists, as well as locals who visited these new malls often sent the postcards to friends and relatives. It was sort of a 'Look, our town got a mall!'" explained John Konarski, senior

vice president of research and government relations, ICSC. "While few malls today print postcards to promote themselves, they have developed elaborate marketing and advertising campaigns to attract shoppers near and far. These include web sites, center-produced publications, television and radio commercials, and print advertisements in travel guides. Many centers even advertise overseas."

Their efforts seem to be paying off. In Alabama, Riverside Galleria is the state's No. 1 tourist attraction. Illinois identifies Gurnee Mills as second, following the Lincoln Park Zoo. And Virginia's top attraction is Potomac Mills in Dale City, about 30 miles from Washington DC.

Shopping centers have good reason to court foreign tourists. In 1996, the U.S. Commerce Department found that 85 percent of international visitors rated shopping as their No. 1 tourist activity while in the United States.

Preparation is key for healthiest pregnancy

The desire for a healthy baby is every pregnant woman's dream. But often, women are not aware of the steps they can take to make sure this dream comes true before they become pregnant.

In order to ensure women have the healthiest pregnancy possible, Holy Family Medical Center's New Beginnings Maternity Program will present, "Pre-conception: Helping You Prepare for Pregnancy Before You Become Pregnant." The presentation will be held on Monday, August 16 at the Medical Center, 100 N. River Road in Des Plaines, and will begin at 7 p.m.

Dr. Yuhang Shek, an Obstetrician and Gynecologist, will review how nutrition, the environment, and social and family history can impact pregnancy. In addition, Dr. Shek will also offer pro-active advice on how a woman can prepare for pregnancy and childbirth.

The New Beginnings Maternity Program at Holy Family Medical Center provides a holistic approach for the care of the mother, child and family. This program ensures proper pre- and post-natal care for women, regardless of their financial means. For more information or to register for this free lecture, please call Holy Family's New Beginnings Maternity Program at 847-813-3040.

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Community Calendar

Center of Concern Calendar of Events

The Center of Concern has announced the following calendar for the month of August:

Monday, Aug. 2, 9, 16, 23, 30. Employment Counseling - by appointment only.

Monday, Aug. 2, 9, 16, 23, 30. Weight Loss Support Group, 10 a.m.

Tuesday, Aug. 3, 10, 17, 24, 31. Medicare Counseling - by appointment only.

Thursday, Aug. 5 Alzheimer

Support Group, 11 a.m.

Thursday, Aug. 5 Wills Counseling - by appointment only.

Thursday, Aug. 5, 12, 19, 26. Grief and Loss Support Group - 2 p.m.

Saturday, Aug. 7, 14, 21, 28. Legal Counseling - by appointment only.

Saturday, Aug. 28. Blood Pressure Testing and Blood Sugar Screening, 10 a.m. to Noon. Appointment not necessary.

Movie in the park - The Love Bug (Rated G)

On Friday, August 6, the Morton Grove Park District and the First National Bank of Morton Grove will sponsor a free showing of the movie "The Love Bug." You'll "fall in love" all over again with a down-on-his-luck racecar driver and Herbie, an emotional white Volkswagen. Together, the two pave the road to success and find unsuspecting romance in one of Disney's all time classics. The movie begins promptly at dark at the Harrer Park Pavilion located at 6250 Dempster Street in Morton Grove.

For more information contact the Morton Grove Park District at (847) 965-1200.

Square Spares Square Dance Club

A square dance club for singles. The Square Spares square dance club dances every 2nd, 4th and 5th Monday nights of the month, all year. The location of the dance is The American Legion Hall, 6140 Dempster St., Morton Grove, approximately 1 mile east of Waukegan Rd. on the north side of the street. Starting time for the round dances is 7:45 p.m. the starting time for square dancing is 8:15 'til 10:30 p.m. Refreshments are at every club dance. Singles and couples are welcome. "Square Dancing Is Friendship Set To Music." For more information call Amelia: (773) 775-9427 or Bob: (847) 967-5782.

ART

Aug. 3 Gallery Walk
Terra Museum of American Art will host a gallery walk themed, "Samuel Morse and the Daguerrotype in America," on Tuesday, August 3, at 6 p.m., at 664 N. Michigan Ave., in Chicago. The program coincides with the museum's latest exhibition, American Photographs: The First Century, from the Isaacs Collection in the National Museum of American Art, which features works by Edward Steichen, Ansel Adams, Doris Ulmann, William Bell and Laura Gilpin, and examines the variety and influence of photographic media during the nineteenth and early twentieth centuries. The exhibition runs through Sunday, September 26. There is no cost to attend the gallery walk. For more information, call the Education Department at Terra Museum of American Art at (312) 654-2255.

July 31 Walking Tour
Terra Museum of American Art will host a day-long gallery tour

Don't let office work be a pain in the neck



by Dr. Robert L. Richart

If you're not careful, slouching at a desk all day or tapping away at a computer keyboard can lead to painful and disabling strains in your wrists, shoulders, elbows and back.

In the past, we used to believe that occupations like construction caused most on-the-job injuries. However, someone who works at a computer is putting considerable stress on their wrists, shoulders, neck and spine, and this can cause some really painful work-place injuries.

Repetitive motion injuries like carpal tunnel syndrome have become increasingly prevalent in recent years, as more and more people spend long hours in front of a computer screen.

Today, it's not just the administrative assistant who uses a computer. Most corporate executives spend their work day in front of a computer, too. When the work day ends, many people go home and "surf the net" for hours on their own PC's.

Carpal Tunnel syndrome alone affects approximately 230,000 people every year and accounts for nearly half of all workplace illnesses, costing the country nearly \$800 million in health care benefits and rehabilitation. Other injuries include low back pain, postural and spinal stress and tendinitis - conditions that affect a person's work, as well as make life painful.

To reduce the possibility of suffering one of these painful and possibly disabling injuries follow these suggestions.

- Make sure your chair fits correctly. There should be 2 inches between the front edge of the seat and the back of your knees. Ideally, the chair should tilt back so you can rest while you're reading what's on the screen.
- Sit with your knees at approximately a 90 to 120-degree angle. Using an angled foot rest may help you sit more comfortably.
- Position your computer monitor so the top of the screen is at or below eye level, with adequate lighting and no glare.
- Keep your wrists in the neutral position, not angled up or down, while you type. A wrist rest can help.
- Take periodic stretch breaks.

If you do suffer from strains or injuries on the job, see a doctor of chiropractic. Dr. Robert Richart is a 1986 graduate of Palmer College of Chiropractic. In addition, he has completed postgraduate programs on the diagnosis and treatment of soft tissue injuries through National College of Chiropractic and Texas Chiropractic College. He maintains a practice in Niles at 8933 West Golf Road. To receive a complimentary spinal examination, please contact Dr. Richart at (847) 827-8686.

covering the museum's latest exhibition, American Photographs: The First Century, from the National Museum of American Art on Saturday, July 31, from 10 a.m. to 3 p.m., at Terra Museum of American Art, 664 N. Michigan Ave., in Chicago. A box lunch at the museum and a tour of three photography galleries is included. Reservations for the gallery tour are required. Cost to attend is \$20 for members, students and educators, and \$25 for non-members. For more information, call the Education Department at Terra Museum of American Art at (312) 654-2255.

CHILDREN

Aug. 4 Bed-Wetting Treatment
Resurrection Pediatric Nephrologist Kenneth Miller, M.D., will lead a discussion on new options for treating bed-wetting in children six years and older. The seminar will be held at Resurrection Medical Center, 7435 West Talcott Avenue, on Wednesday, Aug. 4, from 7 to 8:30 p.m. in the Mother Hedwig Room. The class will feature a video and slide presentation fol-

lowed by a question and answer period. To register call 1 (877) 737-4636, toll free.

ENTERTAINMENT

August Marked Tree
Seanachai Theatre Company Theatre Building, 1225 W. Belmont. Box Office 773-327-5252. Thursday, Friday, & Saturday @ 8 p.m., Sunday @ 3 p.m. Prices \$20-24. Group discounts available *Thursday August 12th, 1999 (*7:30 performance) September 19th.

Through Sunday, January 2, 2000

Sue: The Inside Story
Take a look inside the skull of Sue, the largest and most complete T. rex ever found. The Field Museum's scientist, aided by a state-of-the-art CT scanner, have developed new insights about the creature that has captured the human imagination. Don't miss this exciting chance to learn the secrets of T. rex. Free with Museum admission. For more information, call The Field Museum at (312) 922-9410.

Continued on Page 12



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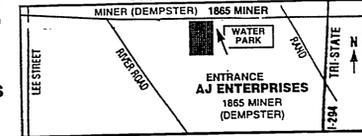
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Chicago 800-261-8875

Community Calendar

ENTERTAINMENT

Continued from Page 10
Saturday, Aug. 28, 9 a.m.
His Holiness The 14th Dalai Lama

Experience the wisdom and spirituality of His Holiness the 14th Dalai Lama in his public address at The Field Museum. This exclusive appearance is in conjunction with the exhibition, The Tibetan Art of Healing. His Holiness is the spiritual and political leader of Tibet's government-in-exile and an influential human rights advocate dedicated to preserving Tibetan culture. This presentation is organized in collaboration with Tibetan Alliance Chicago. Tickets go on sale Sunday, August 1. For more information, call The Field Museum at (312) 965-7200. Note: The Museum will be closed to the general public until 1 p.m. on August 28.

Popular couple to star in The Fireside's production of 'State Fair'



The Fireside Dinner/Theatre, Ft. Atkinson, WI, a popular destination for both individuals and groups from northern Illinois, will present Rodgers & Hammerstein's hit musical "State Fair" opening July 29 and running through October 10.

Appearing in the leading romantic roles are Doug Ladendorf, a native of Des Plaines, and his wife, Ingrid Olsen Ladendorf. The young couple starred in The Fireside's production of "Phantom" last fall and were so well received by the audiences they were asked to come back for "State Fair."

"State Fair" is a Broadway musical suitable for all audiences. It is the story of the Frake family's visit to the Iowa State Fair, where Father Frake hopes to win a blue ribbon for his prize pig and Mother Frake hopes for first place in the mincemeat contest. And daughter and son are in search of true love, the greatest prize of all.

There are nine shows of "State Fair" weekly, Wednesday through Sunday, with both matinee and evening performances. Dinner is served prior to each performance. The Fireside complex includes several gift shops with an extensive collection of unique merchandise.

The Fireside Dinner/Theatre is an easy 2-hour drive from Chicago, located on Business Hwy. 26 on the south side of Ft. Atkinson, WI. For ticket information for individuals or groups call The Fireside toll-free 1 (800) 477-9505.

SINGLES

Fri., Aug. 6
North Shore Jewish Singles 50+

5 p.m. Cocktail Hour at Matty's Wayside Inn, 1727 Waukegan Rd., Glenview. Reservation a must. (847) 296-3965. For membership info., call (847) 359-3556.

Sun., Aug. 8
North Shore Jewish Singles 50+

11 a.m. Brunch at Sasha's, Doubletree Hotel, 9599 N. Skokie Blvd., Skokie. Reservation a must. Call (847) 676-2977. For membership info., call (847) 359-3556.

Lincolnwood Town Center Calendar of Events

Lincolnwood Town Center is pleased to present the following events during the month of August:

- August 6 - Voter Registration
- 10 a.m. - 5 p.m., Center Court. August 13-15: Sports Card & Memorabilia Show. Lincolnwood Town Center will host the Sports Card & Memorabilia Show taking place Friday August 13, Saturday August 14 and Sunday, August 15 during all mall hours. Featuring a variety of different sports cards, autographed pictures, sports memorabilia, signed baseballs, pennants and sports plaques, the show is sure to please all sports enthusiasts.

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For more information call the Lincolnwood Town Center shopping line at (847) 674-9220. Lincolnwood Town Center is conveniently located at 3333 West Touhy Avenue at the corner of Touhy and McCormick in Lincolnwood.

Community Calendar

New children's thrill ride, season passes highlight 40th anniversary season at Santa's Village

There's plenty of excitement around the Three World's of Santa's Village this 40th anniversary season.

Ready to cause screams of delight this season is the Frog Hopper. This exciting ride offers children the unique sensation of brief weightlessness as they "hop" straight up and down to heights of 20 feet. "Kids will have a blast on it while adults will love watching children ride it," said Grant Dahlke, Director of Marketing and Communications. "It certainly maintains our reputation as being number one in Chicago-area family fun."

Frequent visitors to Santa's Village will also find something new to their liking...unlimited visit season passes. Prices are \$59.95 for each individual pass and \$159.95 for a four member family pass. Additional family members over the initial group of four are \$39.95 each. Application forms can be found on the park's website at www.santasvillageil.com.

The 55-acre park, nestled among the tall oaks and pines of the Fox River Valley area in Northeast Kane County, was originally built in 1959 as a duplicate of two other parks located in California. The park now features three themed areas: Coney Island, Santa's World, and Old McDonald's Farm.

A \$15.95 admission includes unlimited use of more than 30 rides, shows, and attractions. Park guests can also challenge their skill in arcade games, browse souvenir shops, or eat at restaurants, picnic areas and fun food stands. Plus, no visit would be complete without touching the original frozen North Pole and visiting Santa Claus!

When the action gets too hot at Santa's Village, families can cool off at the adjacent Racing Rapids Action Water Park. Offering "splashtastic" fun for the entire family, this 10-acre waterpark features two, 50 foot tall by 400

foot long free standing water-slides, the Twister Tube Slide, a smaller children's waterslide, Bumper Boats, "Fun Island" children's play area, the Lazy River Tube ride, and the Auto Kid's Wash. Guests can also wind dry their hair while testing their driving skills on the Gran Prix Go-Karts.

Admission to Racing Rapids is \$12.95 which includes unlimited use of all rides and attractions. Guests desiring to visit both park on the same day can do so at the reduced combination ticket price of \$21.95. In addition, children 2 years and under are admitted free to both parks.

Unlimited visit season passes to Racing Rapids cost \$49.95 for individuals, \$134.50 for a four

member family pass, and additional family members over the initial group of four are \$33.50 each.

Racing Rapids is open daily through August 22, the weekend of August 28 and 29, and Labor Day weekend, September 4, 5, and 6.

Offering a full day of fun for the entire family, Santa's Village and Racing Rapids are located 45 minutes from downtown Chicago at Routes 25 and 72 in East Dundee, IL. Call 847-426-6751 for Santa's Village detailed information and 847-426-5525 for Racing Rapids detailed information. Or, visit the parks' shared website at www.santasvillageil.com for dates/hours of operation and special offers.

The last tunes at Tuesday concert

Come join Bill Archer's Big Fun Band on August 3, at 7 p.m. for Morton Grove Park District's last concert of the summer. The theme for the evening is "fun" as the Band will feature a full horn ensemble and music from the 70's and 80's. This free concert is being sponsored by the Morton Grove Park District and will be

held at the Harrer Park Gazebo located at 6250 Dempster Street in Morton Grove.

The Morton Grove Best's Koshier Outlet will be on-hand at 6 p.m. to sell food and beverages. For more information contact the Morton Grove Park District at (847) 965-1200.

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*Must present ad. Limit 2 offers per item. Not valid with other offers. Exp. 8-31-99

What's new at the Campus?

The Museum Campus Chicago is kicking off its second fun-filled summer. The Campus, a 57-acre park connecting three world-renowned natural science institutions - Adler Planetarium & Astronomy Museum, The Field Museum and the John G. Shedd Aquarium - has even more to offer visitors this year. It's a unique urban destination unlike any other in the world, and it's right here in Chicago.

Where else can you ride a trolley, take a trip through the galaxy, have a picnic, see spectacular views of the city, ride a water taxi, go on an "Underground Adventure," and listen to the "Seahorse Symphony" - all in one day? Only at Museum Campus Chicago.

Improved trolley service - two free routes connecting the Campus to public transportation and parking lots.

Explorer Guides - a new program to help make a visit to the Campus and the three museums a fun and exciting learning adventure.

More trees - 114 new shade trees, with additional landscaping

Gregory O'Brien, CLU Managing Director at Prudential's Des Plaines agency, located at 1011 Touhy Avenue #255, recently was selected to attend the company's President's Conference in St. Thomas. The agency can be reached at (847) 298-8020.

O'Brien was selected to attend this prestigious conference in recognition of his excellence in managing the sales of insurance and financial products and in providing quality customer service and is among a select number of top performing managing directors and sales managers from Prudential agencies across the country to qualify to attend the conference.

O'Brien resides in Park Ridge.

Park Ridge resident to attend President's Conference

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'Shadow' visits Morton Grove Seniors



The bomb-sniffing police dog, "Shadow" paid a visit to the Morton Grove Senior Center during the recent Law Enforcement Academy presented by Cook County Sheriff Michael Sheahan. With Shadow, are her trainers, Officer Dabbie Theodos and Officer Joe Garcia. Shadow demonstrated her skills by detecting, and retrieving samples placed throughout the Senior Center. For more information about Morton Grove Senior Citizens Services, Special Events, or the Senior Nutrition Site, call the Morton Grove Senior Hot Line at 470-5223.

AARP Chapter #3470 meeting

Skokie AARP will hold its next meeting on Tuesday, August 3 at 1 p.m. at the Petty Auditorium of the Skokie Library, 5215 Oakton, Skokie.

Marc D. Blakeman, Director of External Relations for Ameritech Telephone Company will enlighten us on "The State of Telecommunications." What we should know about area codes, slamming, cramming, telephone bills and charges. Members and guests are invited to enjoy refreshments after the meeting.

Please call Sid Sonin, President, for further information at (847) 663-0013.

We will also have exciting information about the "Entertainment 2000" Book.

Emeritus Program announces fall tours

Oakton Community College's Emeritus program is taking adults on a one-day trip to White Pines State Park (SOC S72-61 OC/SK) on Wednesday, Sept. 22. The tour is from 9 a.m. - 6 p.m. Travelers will leave by bus from the Ray Harstein campus, 7701 N. Lincoln Avenue, Skokie.

The tour of White Pines State Park, home to a beautiful natural habitat, offers an enjoyable day in Chicago. Participants can spend the day by drawing, writing and photographing the surrounding landscape - or by taking a relaxing stroll throughout the park. The afternoon ends in the theater of the White Pines main complex with the musical revue, *Lullaby of Broadway*, which includes famous Broadway melodies from *Titanic*, *Les Miserables* and *Chicago*.

Future Emeritus tours include the Chicago Symphony Orchestra on Oct. 1; the award-winning performance of *Fosse* on Nov. 3 and Nov. 10 at the Ford Center for Performing Arts; and the production of *Anthony and Cleopatra* at the new Shakespeare Theatre at Navy Pier on Nov. 17.

Reservations for the White Pines State Park tour close Sept. 8; call (847) 635-1414 soon to reserve your space. Lunch is included in the \$60 tour fee.

NARFE meeting

A regular meeting of the National Association of Retired Federal Employees will be held on Friday, August 6, at 1 p.m. at Warren Park Field House, 6601 North Western Avenue, Chicago. All active and retired federal employees are welcome.

USE THE BUGLE

Morton Grove Senior Citizens 470-5223

CHOLESTEROL SCREENING

Cholesterol is a soft, fat-like substance found in body cells. Cholesterol is made in the liver and consumed via animal fat in foods. Egg yolks, meat, poultry and dairy products all contain cholesterol. Everyone needs some cholesterol, but not too much. Eating foods low in animal fat is one of the best ways to lower cholesterol. Cholesterol screenings will be offered from 9 to 11 a.m. on Tuesday, Aug. 3 in the Morton Grove Village Hall Senior Center. This is a finger stick blood test and gives a total cholesterol reading only. For Morton Grove seniors (age 65+) there is a charge of \$3. For those under 65 or for non-residents the charge is \$4.

WALKING CLUB

Enjoy the great outdoors this summer and fall by joining the Walkie Talkies from 8 to 9:30 a.m. on Thursdays at the Prairie View Community Center. Walk for an hour and then enjoy juice, coffee and camaraderie. Various parks, forest preserves and the lake-front are delightful walking venues. The current session extends to August 5, and the new session begins August 12. The cost is \$10 for residents and \$12 for non-residents (first timers will receive a club t-shirt) and \$5 for returning residents and \$6 for returning non-residents.

CRUISE LAKE MICHIGAN TO MACKINAC ISLAND

Imagine an island surrounded by blue waters so peaceful that motorized vehicles aren't allowed. No, it's not some far off place, it's Mackinac Island in Michigan. Begin this four day trip from August 14 to 17 with a cruise across Lake Michigan on the SS Badger Car ferry. Features of the trip include: Sleeping Bear Dunes, lunch at the Grand Hotel, crossing mighty Mackinac Bridge, horse-drawn carriage tour, Music House, seven meals, and home pick-up. The cost is \$559 for a triple, \$595 for a double, and \$699 for a single. For more information or to register, contact Senior Adult Supervisor, Catherine Dean at the Morton Grove Park District, 965-1200.

55 ALIVE

55 Alive Mature Driving is an eight-hour two-day course for older motorists. It focuses on the changes that accompany aging and ways drivers can improve their driving. The next course offered at the Morton Grove Village Hall Senior Center starts at 8:30 a.m. on both Thursday, Aug. 19; and Saturday, Aug. 21. Call the Senior Hot Line at 470-5223 to sign up.

IT'S THE CUBBIES

It's summertime and the season wouldn't be complete without spending a day at the old ballpark on Wednesday, Aug. 25. Watch the Chicago Cubs battle the San Francisco Giants. Maybe Sammy Sosa will slam a homer or two out of the "friendly confines." Who knows, maybe this is the year the Cubbies make it to the World Series. They are certainly due for a pennant. The bus leaves the Prairie View Community Center at 11:30 a.m. and will return at 4:30 p.m. The cost is \$26 for residents, and \$29 for non-residents. For more information, or to register, contact Senior Adult Supervisor, Catherine Dean at the Morton Grove Park District, 965-1200.

THE ADLER PLANETARIUM

A GOOD PLACE TO VISIT

The Adler is an integral part of Chicago's Lakefront Museum Campus. The campus consists of the Adler Planetarium, the Field Museum and the Shedd Aquarium/Oceanarium. The Field Museum and the Aquarium are of course each worth a trip also. A great deal of money has been funneled into the Museum Campus lately by a number of agencies, particularly the Pritzker Foundation. Located on the beautiful Lake Michigan shoreline, it will soon be expanded and improved by the inclusion of Meigs Field.

The Adler is in the final stages of an expansion and renovation program which includes greatly improving its facilities in terms of creature comforts. Great attention has been paid to the needs of the handicapped as well as to the comfort of all of its visitors. But most of all, the Adler has greatly upgraded its facilities for showing the great discoveries that are taking place in today's astronomy. Today's discoveries are sometimes displayed directly on Adler's state of the art screens. In addition there are shows that depict the heavens as seen and described by the shepherds of early Biblical times.

As a surprise to most people, the Adler is a world-class astronomy museum, and it conducts an extensive multi-level educational program which is open to the public at a minimal cost. But best of all, seniors are most welcome. It's a good place to visit and new members are welcome.

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION

The New Niles Senior Center - 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 - please call or visit the Center and be placed on the mailing list. Membership is FREE.

TOUR THE NEW CENTER

If you are interested in touring our Center, please call Mary O. at 588-8420.

MEALS ON WHEEL DRIVERS NEEDED

Volunteer drivers are needed to deliver meals to homebound Niles residents. Volunteers can volunteer as much as once a week or as little as once a month. For more information, contact Kelly Mickle at 588-8420.

NEW - MONTHLY SUNDAY AND EVENING PROGRAMS

The Niles Senior Center is now open one Sunday every month, and one evening every month through October. All Niles seniors are welcome. We're hoping Niles seniors who can't come to the Senior Center during regular hours will join us on Sunday or in the evening. Call to register so we know how much food to order.

AUGUST TICKET SALES

August Ticket Sales begin Wednesday, Aug. 4 at 9 a.m. (Doors open at 8:30 a.m.) Tickets are sold to all senior registrants on a first-come-first-served basis.

August Lite Lunch and Movie - Friday, Aug. 20, 12 noon to 3 p.m. Enjoy an Italian Submarine Sandwich followed by the box office hit, *You've Got Mail* starring Tom Hanks and Meg Ryan. Cost: \$2.

Evening at the Center - Street Fair is Wednesday, Sept. 8 from 5 p.m. to 8:30 p.m. Enjoy Italian Beef and Cold Salads. Dance under the setting sun into the moonlit sky to Mr. T. spinning tunes from the 30's, 40's, & 50's. Cost: \$6.

Sunday at the Center - Jazz Brunch is Sunday, Sept. 19, 11 a.m. to 3 p.m. (Center is open until 4 p.m.) Brunch features Vegetarian Quiche, Baked Ham, Fresh Fruit Salad, and assorted muffins and breads. Then relax to the wonderful Jazz sounds of Ken Cooper & Co. Cost: \$9.

An Autumn Adventure III is Wednesday, Sept. 22, from 8 a.m. to 5 p.m. Enjoy a day at beautiful Shannon State Park for sight-seeing, fishing, and more! Travel to the Lincoln Inn for a buffet style luncheon featuring Chicken Parmigiana and Roast Beef. Then tour historic Geneva, Illinois. Cost: \$20.

The Silver Anniversary Ball is Friday, Oct. 1, from 5 p.m. to 10 p.m. An extra special occasion celebrating our 25th anniversary. Join us as we enjoy an elegant meal featuring spinach & strawberry salad, filet mignon, twice-baked potato and a special dessert. Then listen and dance to the musical sounds of Mario & his Society Orchestra. Cost: \$22.50.

JULY FRIDAYS AT THE MOVIES

July 30 is the last date for the July family oriented movies - to be enjoyed by grandparents and grandchildren. Showtime is 1 p.m. in Room 127. *Alaska* (1996, PG) is the story of a brother and sister who take off in search of their father and his downed airplane. This is a grand scale of a movie with magnificent, snowy scenery featuring an irresistible polar bear who befriends the young people.

FALL CLASS REGISTRATION BEGINS

Enjoy the fun and challenge of broadening your horizons this Fall by attending one of the many classes being offered. The classes include: Basic Car Care, Beginners Bridge, Advance Beginners Bridge, Canasta, Beginners & Advance Ceramics, Choral, Computer Classes, Cooking Classes, Ballroom Dance, Country Swing, Jazz Dance, Line Dance, Square Dance, Tap Dance, Drama, Kitchen Band, Mahjongg, Pool (Billiards), Oil & Watercolor, Quilting, Sculpting and Wood-carving. Class registration begins on Monday, August 2 at 9 a.m. For information on any classes, call the center at 588-8420.

GENERAL TICKET SALES

Check on ticket availability for the following event: Evening at the Center - Ice Cream Social & Bingo is Wednesday, Aug. 25, 5 p.m. to 8:30 p.m. Enjoy ice cream sundaes with all the toppings followed by an evening of Bingo with fabulous prizes. Cost: \$2.50.

Five generations --- from 1 to 103 years



Louis LaBarbera, 103, and a resident of Holy Family Nursing Centre, is proud of the fact that he has 5 generations of descendants in his family. Shown above: top row left to right, Mari Kazakeich, granddaughter and Kimberly Oliver, great-granddaughter. Second row, Nancy Montalbano, (Louis' daughter) holding Payton Oliver (1 year old) great-great-granddaughter and Louis (103) with Ashley Oliver (7) also a great-great granddaughter, on his lap. Louis, formerly a resident of Morton Grove, has 4 living children, 7 grandchildren, 14 great grandchildren, 7 great-great grandchildren and 1 on the way!

Norwood Park area resident wins Operation ABLE's award

Iris Baudendistel, 70, of Norwood Park Township recently won a Special Achievement Award at a gala luncheon held in the Grand Ballroom of The Palmer House Hilton Hotel. More than 500 people attended, and 91 honorees 50 years and older received awards. NBC 5 Chicago and BlueCross BlueShield of Illinois cosponsored the event, and Warner Saunders, NBC's anchor, was the emcee. Iris is an Administrative Assistant at the Home Sharing Coordinator at The Center of Concern. She was nominated by her employer for outstanding performance, attendance, and commitment; willingness to learn new skills; and influence on other workers. Her employer described Iris as a person who "has a wonderful ability to put people at ease. She comes to work with a smile on her face and in her voice."

Operation ABLE (Ability Based on Long Experience) was created in 1977 with the vision of helping workers 55 and older find employment opportunities. In 1990, ABLE revised its mission statement to include services to individuals of all ages, while maintaining its original emphasis on serving the unique needs of the older worker. The main office is located at 180 North Wabash, Chicago.

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Church & Temple News

Pastor to celebrate 50 years as minister

St. Paul Lutheran Church is hosting a celebration luncheon, for Pastor Ruedanz, in honor of his 50th anniversary as an ordained minister. This will be held following the late service at 10:45 a.m. on August 1. Any former member wishing to help us celebrate by attending, please call the church office to let us know. Call (708) 867-5044 no later than July 23rd. St. Paul Lutheran Church, 5650 N. Canfield, Chicago.

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Eugene M. Anderson, dedicated volunteer dies at 70



Eugene M. Anderson

Eugene M. "Jerry" Anderson unexpectedly passed away May 19 at Rush North Shore Hospital of complications related to a kidney disorder. Jerry was born in Chicago on August 5, 1928 to Wallace H. & Adelaide Anderson. He and his brothers Wally, Dick & Chuck grew up in Wilmette. In 1946 Jerry graduated from New Trier High School and attended James Millikin University and Roosevelt College. On May 26, 1951, he and life-long Niles resident Ida Franson were married.

Jerry worked for Baxter Laboratories in Morton Grove until the early 1960s. He then worked more than 30 years for the American Academy of Pediatrics as the advertising and exhibit manager.

Despite the demands of raising four children, Ida & Jerry always made time for community service. Ida dedicated her life to teaching, serving as a substitute teacher for the Niles Public School District for almost 40 years.

Jerry's first volunteer job in Niles was a tough task - Little League umpire and later coach. His longest term of volunteer service was to the Boy Scouts of America.

OBITUARIES

ALFIO BASTIANI
 Alfio Bastiani, 78, of Des Plaines, died Wednesday, June 16. He was born Monday, September 20, 1920 in Chicago. Beloved husband of Gladys (nee Mousseau) Bastiani. Beloved father of Jeanette (Richard) Zirnigbl. Grandfather of 4. Brother of Mimi (the late Jack) Sullivan and the late Mario (the late Marian) Bastiani. Services were held June 18. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

HAROLD W. WANKLE
 Harold W. Wankle, 83, of Glenview, died Wednesday, June 23 at Lutheran General Hospital, Park Ridge. He was born Saturday, August 28, 1915 in Chicago. Beloved husband of Eleanor (nee Mroczkowsky) Wankle. Beloved father of Linda (Darrell) Ebert and Paul (Cathy) Wankle. Grandfather of Ann and Amy Ebert. Uncle of many. Services were held June 28. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Ridge-wood Cemetery, Des Plaines.

GAIL THIBODEAU
 Gail Thibodeau, 62, of Niles, died Wednesday, June 23 at Lutheran General Hospital, Park Ridge. She was born Thursday, September 3, 1936 in Chicago. Beloved daughter of Leslie and the late Alma (nee Robbins) Lind. Beloved wife of Alcid Thibodeau. Beloved mother of Michele, the late Pamela and the late Christy Thibodeau. Services were held June 28. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Montrose Cemetery, Chicago.

In addition to all the "formal" volunteer activities, Jerry found time to help his friends and neighbors with rides, home repairs and always a kind word. In recognition of all his volunteer service, Jerry was selected as Niles' recipient of the Sheriff's Senior Medal of Honor in April, 1998.

Jerry was predeceased by his wife Ida, son Greg, and brother Charles "Chuck" Anderson. He is survived by his children, Sharon Anderson, Lori Russo and Wally Anderson and their respective spouses, Jack Patton, Rich Russo and April Anderson; his beloved grandchildren, Terri & Kristin Russo and Megan, Gregory and Danielle Anderson; his brothers Wally (Pat) Anderson and Dick (Ann) Anderson; his sister-in-law Linda (Mrs. Charles) Anderson.

Margaret Pierog

Margaret Pierog of Niles was recognized as a member of the Lambda Sigma Honor Society of Northern Illinois University at the society's 20th annual awards ceremony held in April.

Lambda Sigma is an honor society composed of Sophomores exhibiting distinguished ability and achievement in scholarship, leadership and service. A minimum GPA of 3.2 on a 4.0 scale is required, as well as enrollment in good standing in the university.

CHARLES SALVATORE LaPAGLIA
 Charles Salvatore LaPaglia, 92, of Niles, died Wednesday, June 30 at Maryhaven Nursing Home. He was born Tuesday, February 26, 1907 in New York. Beloved husband of the late Josephine LaPaglia. Beloved father of Tami (William) Cobb, Tina (Robert) Ladwig, Sam (Judy) LaPaglia, and the late Angelo (Frances) LaPaglia. Grandfather of 7. Great-grandfather of 6. Services were held July 3 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

FRANK KUCZEK
 Frank Kuczek, 59, of Norridge, died Thursday, July 1 at Norridge Health Care Center. He was born Monday, February 26, 1940 in Poland. Beloved husband of Maria (nee Pajak) Kuczek. Beloved brother of Helen Czuj, Maria Czarnik, and Wladyslaw Kuczek. Services were held July 3 at St. Stanislaus B & M Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

ANN FRANCES RUX

Ann Frances Rux, 89, of Niles, died Sunday, June 27. She was born Tuesday, March 8, 1910 in Chicago. Beloved sister of Adeline (the late Orin) Halverson, Martha (James) Porte, the late Henry Rux, the late Jack (Ethel) Rux, the late Phyllis (Otto) Holly, the late Bernard Rux, the late Eleanor (Howard) Unger, the late Sister Mary Annunziata, the late Raymond Rux, the late Edward (Rose) Rux, and Alice (Russell). Aunt of many nieces and nephews. Services were held July 1 at St. Benedict Home, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

JOSEPH P. GIALLOMBARDO

Joseph P. Giallombardo, 77, of Morton Grove, died Friday, July 9. He was born Tuesday, November 1, 1921 in Chicago. Beloved husband of the late Rose (nee DiMaggio) Giallombardo. Beloved father of Dominick (Carol) Giallombardo and the late Joseph Giallombardo. Grandfather of Joey and Danny Giallombardo. Brother of Tina (Sam) Catalano, Dominic (Toni) Lombardo and the late Steve (the late Pauline) Lombardo. Services were held July 13 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Queen of Heaven Cemetery, Hillside.

OLGAM GENOVALDI
 Olga M. Genovaldi, 82, of Park Ridge, died Thursday, July 15. She was born Tuesday, January 9, 1917 in Chicago. Beloved wife of the late Sam Genovaldi. Beloved mother of Robert (Sandra) Genovaldi and the late Raymond Genovaldi. Grandmother of Madelyn Genovaldi. Sister of Columbia Gronchi, Norma (Tom) Belgrado and Clara (the late Larry) Genovaldi. Services were held July 17 at Our Lady of Hope Church, Rosemont. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Mausoleum, Des Plaines.

GARY SPINKS

Gary Spinks, 49, of Morton Grove, died July 23 at Lutheran General Hospital, Park Ridge. Beloved son of Preston and Marianne Spinks. Brother of Richard Spinks. Services were held Tuesday, July 27. Arrangements handled by Simkins Funeral Home. Memorials to: Leukemia Research Foundation, Wolff-Berger Chapter, 820 Davis Street, Suite 420, Evanston, IL 60201. He was a member of the Leukemia Research Foundation, Wolff-Berger Chapter and a chapter delegate to the Central Council. Gary was a very willing worker for leukemia, involved in every fund-raising project.

Church & Temple News

Poles at St. John Brebeuf continue their tradition of Sunday Mass



Shown from left: Deacon Tom Paluch, Fr. Andrew Barzyk, Fr. Stanley Gruchot and Fr. Marek from Poland.

On a sunny afternoon of May 23, Poles from Niles and local neighborhoods had at least two reasons to be joyful. Thanks to the generosity of Father Thomas May, the Polish community of St. John Brebeuf was able to organize and celebrate the first Polish mass on Sunday that was also a prayerful applaud to honor the Pope's birthday. Both occasions had an enormous significance; they were a call to unite and cooperate, a call to value and cherish common heritage and traditions.

And a mass on Sunday is one of the most important traditions for Catholic Poles. Those who

have just immigrated to the United States, as well as those who have lived here for years, remember holy masses from Poland where after the Sunday Eucharist family and friends visit each other to rest and contemplate the mystery of Christ's resurrection.

That is why the Sunday Polish mass at St. John Brebeuf gathered all generations of Poles who through prayer and music wanted to experience once again the depth of liturgy in their own language and manner. The celebrants of the mass, Father Andrew Barzyk from St. John Brebeuf, Father Stanley Gruchot

from St. Andrew's Nursing Home in Niles and Father Marek from Chicago, as well as the musical youth group, gave the mass a character of the pious and joyful worship. After the Eucharist, the faithful Poles had a chance to look at an exhibition of pictures displaying the life and work of John Paul II and join a reception dedicated to the Pope.

The Polish mass on May 23 brought new hopes for the continuation of Polish traditions at St. John Brebeuf. The Polish community will also show its gratitude to a pastor of the parish, Father Thomas May. Thanks to his kindness and understanding, as well as to the engagement of his Polish parishioners, freshly started tradition of a Polish mass on Sundays at St. John Brebeuf can continue every week, starting this September.

Adam Wallace Czerwinski

Adam Wallace Czerwinski, a 1999 Maine East High School graduate, has been awarded a DePauw Academic Scholarship for \$6,000 to attend DePauw University beginning this fall.

Czerwinski is the son of Mr. and Mrs. Ralph E. Czerwinski of Niles. DePauw awards academic scholarships to graduating high school students who demonstrate outstanding academic achievements and potential for leadership.

Man is made of dust, and dust that is stuck on itself is mud.

Host families needed for Rosh Hashanah dinners

Families from the former Soviet Union who have been here for as few as eight days and as many as eight years wish to celebrate Rosh Hashanah in an American home. The Jewish Community Centers of Chicago's (JCC) New Family-To-Family Program offers American families the opportunity to invite a Russian family to share Rosh Hashanah dinner so they may experience the holiday traditions of the New Year. Invitations can be for the evenings of Friday, September 10 and/or Saturday, September 11.

All Russian families speak some English and many can provide their own transportation. Host families are needed! Make a difference by calling Shelley Stone (847) 933-9030 x155 as soon as possible.

Lori R. Janus

Lori R. Janus of Morton Grove, and attends Northern Illinois University, was inducted as a member of Phi Kappa Phi, an international honor society for juniors and seniors at NIU's University Honors Day banquet held in April.

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School News

Niles North

Recognition Scholarships

Twenty-two Niles North students have been named eligible applicants for the Merit Recognition Scholarship 1999-2000 academic year. The Illinois General Assembly and the Governor approved funding for the 1999-2000 Merit Recognition Scholarship (MRS) program at a level that will allow the Illinois Student Assistance Commission (ISAC)

to make awards. Eligibility for an MRS award requires that the students rank in the top five percent of their class based on the seventh semester grade point averages.

The eligible students are: Arun Aggarwal, Yau-Ru Chen, Eric Cohen, Caroline Fan, Amul Gandhi, Brian George, Linda Hue, Girish Kashyap, Anju Lal, Iolanta Levin, Elizabeth Mokyr, Adam Mrohen, Nainita Patel, Kristin Rakowski, Yuliya Ratner, Avshalom Rubin, Rose Schreier, Jason Shah, Yoay Sharon, Cathy Spathis, Gai Walny, and Jennie Wei.



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Is your child registered for school?

Having fun and learning at Kids' College



Jacob Weinger of Skokie inspects the volcano he built as part of a science course offered through Oakton's Kids' College. The summer enrichment programs gives children in grades K-5 the opportunity to explore new territory and build new skills in daily, three-hour classes. There are two sessions scheduled before summer's end: Aug. 2-5 and Aug. 9-12. For information about registration and upcoming classes, call (847) 982-9888, press option #3.

Knowledge Systems Institute hosts Open House

Knowledge Systems Institute (KSI), a NCA-accredited graduate school, hosted an Open House on Wednesday, July 21. Knowledge Systems Institute is a degree granting not-for-profit institution of higher learning dedicated to the enhancement of computer literacy. Originally established in 1978 for research and professional academic purposes, KSI has grown in both scope and magnitude and now offers job training, as well as certificate programs, in addition to the internationally acclaimed Master's program in Computer and Information Sciences and Management Information Systems.

KSI's Open House provided prospective students with the opportunity to meet and mingle with

KSI staff and students. In addition, "mock classes" were held to give interested parties a view of the KSI method of instruction. Participants were encouraged to ask questions as well as participate in course demonstrations. Knowledge Systems Institute is located at 3420 Main Street, Skokie, IL 60076. More information about programs and policies can be accessed from the internet at <http://www.ksi.edu>. KSI continues to remain at the forefront of technology and is dedicated to providing the metropolitan Chicago and suburban areas with quality instruction. Regular office hours are: Monday-Friday 10:30 a.m.-9:30 p.m. and Saturday 9:30 a.m.-5 p.m. For further information call (847) 679-3135.

Jaswinder Bolina



Jaswinder's achievements have merited being named to the College of Arts and Sciences' Deans List. In the tradition of Jesuit higher education, the College of Arts and Sciences of Loyola University of Chicago is dedicated to excellence in undergraduate education. An achievement like his is a concrete demonstration of that excellence, as well as a most satisfying reward for the efforts that he and his family have undoubtedly put into his education.

Piano classes at Oakton

Explore new musical dimensions by learning to play the piano at Oakton Community College's Des Plaines campus, 1600 E. Golf Road. Register now for fall classes that begin the week of Aug. 23.

Beginning and Intermediate piano classes are offered from 10:10-11:50 a.m. on Mondays and Wednesdays. Advanced instruction is offered from 9:30-10:20 a.m. on Tuesdays and Thursdays.

For more information about these classes and other music courses offered at Oakton, call Glenna Sprague, coordinator of music, at (847) 635-1905.

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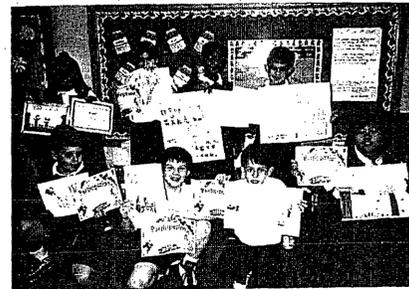
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School News

Earth Day poster contest at Sony



Students in Mrs. Sandie Beierwaltes's second grade class at St. John Brebeuf School recently participated in an Earth Day poster contest through Sony Electronics. The class was sponsored by Mrs. Beierwaltes's husband, Dave, who is employed by the Sony division in Niles. Eight children chose to participate and were awarded certificates and frisbees. Michael Carr, Mikey Bartley, Danny Mazzolini, Myrene Gallardo and Jennie Scoletta received certificates of participation. Raymond Ramos and Ronald Vick were named semi-finalists and Arielle Ordonez was a finalist. Congratulations second graders!

Students new to the district urged to register

If you hate delays and missing out on valuable instruction time, register now for classes at Maine Township High School District 207. Students who have moved into the district over the summer and who have not yet enrolled in school immediately. By starting the registration process now, students can avoid delays caused by the large number of students who wait until the first day of school

to register. Students may call the director of student personnel services at their respective school to arrange for an appointment. At Maine East, contact Mr. Vic DiPrizio at (847) 692-8526; at Maine South, Ms. Maryanne Kelly, (847) 692-8213; and at Maine West, Mr. John Rauch, at (847) 803-5757.

In order to register, the student's original birth certificate, three proofs of residency, and a copy of the student's grades or transcript are required. Entering freshmen and transfer students who do not have a physical on record must also have a physical exam. Physical forms are available in the Student Personnel Services offices at the three schools. Other items may be required depending on individual circumstances. The first day of classes for the 1999-2000 school year is Wednesday, August 25.

Katherine L. Corrigan



On May 9, 1999 Katherine L. Corrigan of Niles graduated from St. Joseph's College in Rensselaer, Indiana completing a double major of biology and chemistry. She also played catcher on the softball team for four years.

St. John Brebeuf youngsters skate the evening away



Brothers Carl & Eric Carrabotta of Niles skate together at the St. John Brebeuf Early Childhood Roller Skating Party held at the Playdium in Glenview on May 3, 1999.

On May 3 the younger St. John Brebeuf students had their own roller skating party at the Playdium in Glenview. Children from preschool through second grade were invited to come for an evening of rollerskating, socializing, eating and just having fun. The

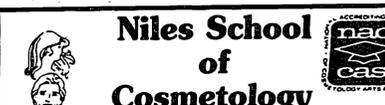


Nicole Carrao of Round Lake Beach, Jaclyn Lochner of Morton Grove, and Kristy Getty of Niles have fun at the St. John Brebeuf Early Childhood Roller Skating Party held at the Playdium in Glenview on May 3, 1999.

children were encouraged to invite their whole family and their friends to come too. We had about 130 people in attendance. We skated the All Skate, Couples, and Backwards Skate. We

did the Chicken Dance and the Hokey Pokey on skates. It was amazing to see the level of ability some of these very young skaters had. Everyone had such a good time.

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Dominican Honor Society named Chapter-of-the-Year

Dominican University's Epsilon Nu chapter of Sigma Iota Epsilon (SIE), the honor society of the Academy of Management, has been named the 1998-99 National Chapter-of-the-Year. This is the second time in three years that Dominican's Epsilon Nu chapter has received the award. The chapter was named the 1996-97 Chapter-of-the-Year. A plaque and a check will be presented to Molly Burke, dean of the School of Business, at the Annual Academy of Management Meeting at the Hancock Tower in Chicago on Sunday, August 8.

In addition, a Dominican University student, Heather Wasielewski, was selected to win the top 1998-99 SIE undergraduate scholarship. Wasielewski will receive a check for \$1,200 at the annual meeting.

Epsilon Nu has been a very active chapter since it began at Dominican University in 1993. To date, Dominican's chapter has inducted 286 members, including students and honorary professional members.

For more information, contact the School of Business at (708) 524-6810.

The troubles of yesterday added to the worries of tomorrow are too heavy to be carried today.

Resurrection

Accreditation extended

Resurrection High School Principal Therese Fenney has announced that the school's North Central Association accreditation has been extended through the 1998-99 school year. The NCA's Commission on Schools renewed Resurrection's accreditation during the Association's recent Annual Meeting in Chicago. Accreditation is for one year at a time and requires a reapplication each year.

Police News

Trailer fire

An Arlington Heights landscaper was hauling landscape materials in the 8800 block of Milwaukee Avenue around 8:15 a.m. July 23 when the trailer ignited burning two lawnmowers. The Niles Fire Department responded to the scene and extinguished the flames.

Stolen Auto

A Park Ridge government employee reported that a relative borrowed his 1989 yellow Chevrolet Caprice to visit her mother in the 7100 block of Milwaukee

Avenue. The car was parked overnight in a parking lot between 10:30 p.m. July 22 and 9:15 a.m. July 23 when it was discovered missing. The keys had not been left in the auto, nor had the condo association had the vehicle towed. Police are investigating.

A 19-year-old dishwasher from Niles reported that his gray 1989 Toyota Corolla was removed from a rear alley parking space behind the 8800 block of Cumberland Avenue sometime between 4 p.m. July 22 and 6 a.m.

July 23.

A 29-year-old DesPlaines man told police his black 1993 Chevrolet Blazer was stolen by unknown person(s) from the parking lot of a home improvement store at 901 Civic Center Plaza between 4:45 p.m. and 5:30 p.m. July 24. A witness told the victim he saw his vehicle traveling southbound on Waukegan Road. Police are investigating.

Criminal damage to property

A Northfield man who owns a vacant building in the 7300 block of Dempster Street reported that a hard object was used to break the 3-foot by 4-foot glass portion of an entry door on the east side of the building. Four windows on the north side of the structure were also shattered. The cost to repair the damage was estimated at \$5,000.

Damage to property

A 39-year-old Lockport woman reported that the rear window of her gray Dodge Durango 4 x 4 was smashed out when it was struck by a foul ball from a league game played in the east baseball diamond of a high school in the 7600 block of Dempster Street around 6 p.m. July 19.

Theft

A 24-year-old coordinator from Morton Grove reported that her driver's license, credit cards and three checks were removed from her purse which she kept in an unlocked drawer at her office in the 6300 block of Touhy Avenue sometime between 1 p.m. July 20 and 3 p.m. July 21. The victim's credit and debit cards were used to steal a total of \$2,816.27. The victim told police she shared the office with two other people.

Theft from auto

A 73-year-old Glenview man reported that unknown offender(s) removed the spare tire from underneath his green 1998 Oldsmobile Bravada between 8:30 p.m. and 8:45 p.m. July 19 while it was parked in a lot in the 8200 block of Golf Road. The cost to replace the tire and the lock that the offender(s) broke to remove the tire was estimated at \$500.

Burglary

A 46-year-old housewife returning from vacation with her family discovered that unknown offender(s) had used a pry type tool to enter the rear west side sliding glass door of her home in the 8400 block of Oriole. Unknown offender(s) had ransacked all the bedrooms in the home and a small office. Star Wars figures and an unknown amount of cash taken from a cash box were the only things reported missing.

A neighborhood canvass was conducted and revealed that two

residents observed a dark or black sport utility vehicle in the driveway of the home July 16 or July 17. Police said the offender(s) bypassed several expensive televisions, video recorders and computers.

Arson

A couple leaving a church festival around 11:30 p.m. July 18 reported seeing a fire in the loading dock area of a building in the 7400 block of Oak Park Avenue. The Niles Fire Department arrived at the scene and extinguished the fire.

More Anti-Father Legislation?

On July 15, Illinois Governor George Ryan signed into law an anti-crime legislative package targeting gang members, sexual predators, drunk drivers and...fathers?? Among the new laws was House Bill 1774 which allows notice of court proceedings to be sent by regular mail to non-custodial parents (generally fathers). These notices serve to inform the parent that they may be held in contempt of court for failure to make child support payments. Up until now, notice of proceedings had to be made by certified mail or personal service. This was important because there was verification that the notice was received, and it afforded the defendant his right to a day in court for presenting his defense.

This change could lead to the incarceration of many fathers who otherwise may have been able to present a winnable de-

fense had they known that they had a court date. Noted fathers' rights Attorney Jeffery M. Levning states that, "...Trial by ambush is not the American way of justice. No one should ever be denied the right to their day in court if their liberty is at risk. Such a safeguard that is afforded accused murderers and drug dealers should also be afforded non-custodial fathers. Actual notice requirement serves as a check-and-balance mechanism within the legal system. What also worries me is that this law may serve as a tool for certain unscrupulous individuals to fabricate notice to defendants in the hopes of having them quickly sent to jail...[this] may work now, because the check-and-balance mechanism no longer exists. I am concerned that this new law will likely set a national precedent which other states will soon follow."

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

More than 110 students from Robert Frost School and 60 students from St. Raymond School, both in Mount Prospect, 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.

"Law enforcement officials and educators must work together to convince children of the dangers of gangs and drugs," Sheriff Sheahan said. "By working closely in classrooms directly with students, our officers are making a tremendous impact."

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

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LGH 'Blues Busters' a special kind of volunteer

Imagine a person whose sole purpose is to ask, "Do you need anything?" Unlike other dedicated volunteers at Lutheran General Hospital, the "Blues Busters" are new and have more of a bedside focus for patients and their families. Their job? To provide comfort services that range from providing reading materials and playing cards to listening with a sympathetic ear and running small errands around the hospital.

"We felt there was a gap, a need to provide care for our patients on a more personal, comfort service level," said Kevin Crowe, director, guest and volunteer services. "The Blues Busters

help the clinical staff fill that gap."

Blues Busters volunteer once a week for a three to four hour shift and currently make their rounds in three different patient care areas. Each Blues Buster goes through training with another volunteer before they begin visiting patients. They learn how to approach patients with the intention of visiting and chatting. They also learn to be sensitive to patient responses and when to leave.

Nurses let the Blues Busters know which patients might need a visit that day.

"Some people need more than

others," said Josephine Belmonte, a new Blues Buster who also works in purchasing at the hospital. "Many times patients have no family and there is no one to do the little things for them."

The Blues Busters program was piloted in March and April and has been well received by patients and their families.

"Blues Busters are volunteers who have great listening skills, a lot of compassion and the time to really sit with a patient and give them the one-on-one attention they need," said Pat Lynn, director of volunteer services. "It has gone so well that we plan to expand into other patient areas."

For information on becoming a Blues Buster, call (847) 723-6105.

LEGAL NOTICE PLEASE TAKE NOTICE

THE MORTON GROVE PLAN COMMISSION will hold a public hearing scheduled for Monday, AUGUST 16, 1999 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois, to consider the following case:

CASE PC99-8
Requesting approval of a telecommunications antenna on an existing smokestack located on property at 8501 Frontage Road, at a height limitation of 45 feet in the C-2 Zoning District. The applicant is Nextel Communications, LLC, c/o CIS Communications, LLC, 165 N. Meramec Avenue, Suite 400, Clayton, Missouri 63105.

All interested parties are invited to attend and be heard.
Steven L. Blonz
Chairman

LEGAL NOTICE

Niles, Illinois

REQUEST FOR PROPOSALS

The Village of Niles will be accepting proposals for the following:

Portable Radios For Law Enforcement Use

General information and proposal forms will be available Thursday, July 29, 1999, in the Office of the Purchasing Agent, Village of Niles, 1000 Civic Center Drive (southeast corner of Waukegan Road and Oakton Street), Niles, Illinois 60714, (847-588-8011).

Sealed proposals will be accepted until 12:00 Noon, Wednesday, August 11, 1999, at Niles Village Hall, 1000 Civic Center Drive, Niles, Illinois, (southeast corner Oakton Street and Waukegan Road).

Proposals will be opened at 3:00 P.M. Wednesday, August 11, 1999, in the Conference Room at Village Hall.

Nothing herein is intended to exclude any responsible firm or in any way restrain or restrict competition. All responsible and eligible firms are encouraged to submit proposals. The Village reserves the right to accept or reject any or all proposals, to waive informalities or technicalities in any proposal and to accept the proposal which it deems to be in the best interests of the Village.

New therapy offers hope to patients with angina

A new and highly effective treatment for coronary artery disease is being offered as an approved clinical therapy for the first time in the Chicago area, promising measurable relief for heart patients diagnosed with chronic chest pain, known medically as angina.

The North Suburban Cardiology Group has recently begun performing the EECPC (Enhanced External Counterpulsation) outpatient therapy, which in most cases markedly improves a patient's condition, even when more radical procedures were previously tried, but can no longer be used. Research provides evidence that the painless, non-invasive treatment can enhance the development of new networks of blood vessels supplying the heart, thereby countering the effects of arterial blockage.

The new EECPC therapy represents a major breakthrough for the almost seven million Americans diagnosed with angina and is most often used for those who have had bypass surgery and/or angioplasty, but can no longer be treated with these procedures.

The disease, which causes severe chest pain triggered by exercise or emotional stress, results from blockage of arteries supplying oxygen in the blood to the heart muscle. Following a series of EECPC treatments, most patients report a significant reduction (or complete elimination) of the frequency and intensity of chest pain, decrease (or even total absence) in the need for anti-anginal medication and a vastly improved quality of life.

Research began at Harvard University more than 40 years ago on EECPC, which was later perfected, clinically tested and is now approved for medical use and insurance coverage. During the treatment a patient lies on a

bed wearing pressure cuffs (not unlike blood pressure cuffs) placed on the upper and lower legs. When activated by sensors in the device, air inflates the cuffs, which compress the lower limbs to move a blood pressure wave in the arteries toward the heart. The sequence of compressions is electronically synchronized with the patient's heartbeat in order to increase blood flow to the heart at the precise moment the muscle is relaxing. When the heart pumps again, the pressure is released and the cuffs instantly deflate to lower vascular resistance in the legs and allow blood to be pumped more easily from the heart.

Over a period of several weeks of one-hour treatments, 93 percent of patients report noticeable improvement in their condition. Depending on the degree of heart disease, the therapy series can include up to 35 sessions over a seven-week period, which hospital studies show have resulted in total elimination of angina in more than half of patients.

The North Suburban Cardiology Group, which established the local EECPC center, is affiliated with St. Francis Hospital, Evanston, Northwest Community Hospital, Arlington Hts., and St. Alexius Medical Center, Hoffman Estates. The eight-member team of cardiologists also has helped introduce several other advances in coronary medicine, which include being among the first area users of the coronary angiogram; the first balloon angioplasty; the first holmium "cold" laser angioplasty; and several of the newest vascular stent procedures.

The Cardiology Group, which has offices in Evanston and Arlington Hts., operates one of 62 EECPC centers currently offering the therapy nationally. Because the angina treatments last one hour each, the doctors have equipped the new facilities with an entertainment center complete with television, VCR and music so patients can pass the time in a relaxing environment.

USE THE BUGLE

LEGAL NOTICE PLEASE TAKE NOTICE

THE MORTON GROVE ZONING BOARD OF APPEALS public hearing scheduled for Monday, AUGUST 16, 1999 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois, is hereby cancelled due to a lack of business to be conducted before the Board.

Steven L. Blonz
Chairman



FOR SALE

The Bugle Newspapers

HOME STYLE

• Real Estate • Home Improvement



Heatherfield Single-Family Residences Nearing Sell-Out

Five single-family homes remain at Heatherfield in Glenview, a residential development by Heatherfield Venture, one of the James Companies. Located on Waukegan Road, just south of Willow Road, Heatherfield is a maintenance-free community with a broad mixture of over 300 residences that include single-family homes, villas, townhomes, rowhomes, and condominiums.

Priced from \$464,900, the remaining Heatherfield single-family homes range from 2,115 to 3,559 square feet and include traditional second-floor master bedrooms or first-floor master bedrooms, formal or combined living and dining rooms, great rooms, lofts, full basements, patios, first-floor laundries, and attached two-car garages. High-end amenities include hardwood floors, Corian countertops and cedar shake roofs.

Among Heatherfield's attached homes, the townhomes, rowhomes and villas are com-

pletely sold out. Sixty-five of the 70 single-family homes are also sold. Phase I of the Heatherfield condominiums, scheduled for Fall occupancy, has nine residences remaining. Phase II has 22 condominiums remaining with Spring 2000 occupancy. Both of the 2 three-story buildings feature 29 condominiums.

The condominiums at Heatherfield are priced from \$229,000 to \$399,000. Eight floorplans offer from 1,360 to 2,063 square feet of living space with 1-3 bedrooms, 2 to 2-1/2 baths and underground parking. Each building is equipped with two elevators and security systems.

Heatherfield is situated on approximately 90-acres of land, with more than 45 acres of landscaped green space and seven "pocket" parks. The property will include more than 90 varieties of trees and shrubs. The community offers an adjacent 10-acre park, dedicated to the Glenview Park District. A new Jewel/Osco bor-



ders the community at the 11.6-acre Shops of Heatherfield. In addition, Heatherfield Center offers a diverse mix of professional services. Its tenants include Northwestern Health Care outpatient facility. Heatherfield is on Waukegan Road, just south of Willow Road. Sales are being conducted from the Coventry Model at Heatherfield on Westleigh Road off Waukegan Road, south of Willow Road in Glenview. Sales hours are 10 a.m. to 5 p.m. daily and Sunday 11 a.m. to 5 p.m. for information, call (847) 486-9700.



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Home Style

ISA Web Site a great resource for tree care information

With the summer heat in full force, homeowners and tree care professionals will take extra care to ensure the health of their trees - and the International Society of Arboriculture web site at www.ag.uiuc.edu/~isa is a complete tree and plant care resource to help those projects go smoothly.

Information for Homeowners
Originally designed to assist tree care professionals in developing and maintaining effective plant health care programs, the web site now provides information for consumers as well. Homeowners and the like can find valuable information on several topics, including:

• **Buying High-Quality Trees.** Demonstrates problems with roots and injuries, and discusses issues to be aware of when purchasing trees.

• **New Tree Planting.** Covers a wide range of topics from selecting a location for the tree through eight steps of planting.

• **Trees and Turf.** Covers a variety of considerations when mix-

ing woody plants with turf: tree selection, competition between plants, maintenance and special situations.

• **Pruning Young and Mature Trees.** For young trees, explains the importance of getting trees started toward a strong healthy scaffold of branches. For mature trees, explains the unique concerns for pruning larger and mature trees, outlining the correct and incorrect practices, while clarifying some of the myths about tree care.

• **Why Hire an Arborist.** Covers several key topics, including services an arborist can provide, what to look for when choosing an arborist and a brief explanation of the ISA Certified Arborist Program.

About the ISA.
The International Society of Arboriculture is a non-for-profit organization that has served the tree care industry since 1924. For more information, e-mail the ISA at isa@isaarbor.com. Or write to the International Society of Arboriculture at P.O. Box 3129, Champaign, IL 61821. Phone: (217) 355-9411.

Where in the yard should you plant a tree?

Planting a tree is like buying a home, in that the three most important matters to consider are location, location and location.

Simply planting a tree correctly does not guarantee that the tree will grow well or meet expectations if it is selected for or planted in the wrong location. It is crucial to consider soil conditions, sun and wind exposure, human activity, drainage, space constraints and other issues before planting trees.

• **Properly placed and cared for,** trees increase the value of our homes," says R. Dan Neely, president of the International Society of Arboriculture (ISA), a not-for-profit organization dedicated to providing tree-care information. "A healthy landscape improves every aspect of your home - paying big dividends by beautifying surroundings, creating buffers from noise and contributing other enhancements."

Knowing the Right Location
Neely said there are several tips to keep in mind when selecting the location to plant a tree, including:

• **Near Water - Do not plant water-loving trees, like willows, near septic fields or water sources.** Relocate or change tree species.

• **Wind Exposure - Align trees for wind screens where they will block winter wind and not where wind will funnel around or between them.**

• **Seasonal Growing Patterns - Avoid planting evergreens where they block winter sun. Instead, plant deciduous trees for summer shade and winter solar radiation.**

• **Space Needs - Avoid planting trees too close to the house. Plant further away, or plant smaller trees and shrubs.**

• **Hazards - Avoid planting trees directly under utility lines. Locate trees away from lines or plant smaller, low-growing trees or large shrubs.**

• **Root Space - Plant trees away from sidewalks to allow root ex-**

panion without pavement buckling.

For More Information
The ISA publishes books, informational brochures and educational posters teaching proper tree care and maintenance. For information on tree maintenance, a list of ISA Certified Arborists, as well as other helpful information, contact the International Society of Arboriculture at P.O. Box 3129, 1400 W. Anthony Dr., Champaign, IL 61826-3129. Phone: (217) 355-9411. Fax: (217) 355-9516. E-mail: isa@isa-arbor.com.

Or visit the ISA Web site, which contains articles and other useful tree maintenance information, at www.ag.uiuc.edu/~isa.

Beat burglars to the punch

Burglars will not target a home if they believe someone is there. That is why burglars prey upon residences that look unoccupied.

Police call these "larges of opportunity" - homes virtually signaling themselves as ripe for burglary.

• **Almost one-third of all burglaries committed during 1997 were made without forced entry,** says Tony DeMarco, spokesperson for the Burglary Prevention

Council (BPC), a nationwide known-profit organization dedicated to educating the public on crime prevention measures.

DeMarco knows how criminals think. A Chicago Police Officer, with more than 30 years of experience in the field, DeMarco has served on several different divisions, ranging from Narcotics to Organized Crime.

"People need to know that burglars can be prevented by paying attention to the simplest security measures combined with developing a greater alertness of your surroundings," said DeMarco.

10 Simple Steps to Safeguard Your Home

DeMarco and the Burglary Prevention Council recommend the following 10 steps for safeguarding your home against intruders.

• **Close and lock all doors when leaving, even for short periods.** This includes garage or connecting doors.

• **Use automatic timers.** Timers can be set to turn on and off lights, radios and televisions at varying times of the day.

• **Illuminate the yard area.** Darkness is a burglar's best friend.

• **Lock up ladders, tools or lawn furniture.** These items could be used by burglars to gain entry into the home.

• **Trim trees and shrubs surrounding the home.**

• **Start a neighborhood watch program.**

For More Information
Tips and approaches to home security are described in detail in the Burglary Prevention Council's 12-page booklet, "Safe and Secure." The booklet also addresses issues specific to townhouses, condominiums and apartment buildings. The free booklet can be obtained by sending a self-addressed, stamped envelope plus \$1 for postage and handling to the Burglary Prevention Council, 221 N. LaSalle St., Suite 3500, Chicago, IL 60601.

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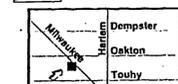
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Dry lawn recommendations

Is summer beginning to take its toll on your lawn?

For the hot and dry months ahead, heavy watering is the best strategy for helping to rejuvenate a dormant lawn. You'll need to water 1 to 2 inches weekly to be effective. Light watering with techniques such as hand spraying can actually weaken grass seedlings, according to Philip Jones, of The Home Depot. To gauge the amount of water your lawn is receiving throughout the week, he recommends you place an empty tuna fish can somewhere conspicuous and, when it's full, you know your lawn is satisfied.

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Home Style

Will your home stand up to the wind?

Last November, a storm blew through the Chicago area so intensely that had it been over the ocean, it would have classified as a hurricane. Branches and whole trees fell, traffic signals and signs blew loose, and homes throughout the area sustained everything from loosened shingles to major structural damage.

Now that Spring has past, many homeowners are reevaluating the strength of their home against the forces of nature. According to Michael Klein, principal of Airoom Architects and Builders, homeowners can employ a variety of modern construction methods to strengthen their home against the wind.

Techniques to Protect Against Wind Damage:

- Installing heavy-weight, 365 lb., 40-year, roof shingles
- Use of hurricane clips
- More nails
- Heavier roof sheathing
- Installation of high performance windows - classified 60 or higher
- 2 x 6 exterior walls
- Routine inspection of the home's exterior for any nail or caulking irregularities
- Periodic examination of all doors and windows

One example of a renovation by Airoom that added strength to a home was in Evanston, on the lakefront. There Airoom transformed a two-story brick house into a three-story Tudor-style home.

The house's location on Lake Michigan necessitated a number of structural elements in the renovation to resist the stronger-than-average winds coming off the lake. The new roof peaked on the east end and in the center, uses engineered beams for strength against the wind. The newly added high performance Marvin Windows on the second and third floors are more wind-resistant than standard windows. The front entrance, previously topped by a narrow ledge, was completely redefined by a two-story covered deck supported by wood-impacted steel beams.

"This home had special needs, but the wind-resistance of any home should be considered in a major renovation," said Klein. "The question to answer is, what can be done in a cost-effective way to increase a home's wind resistance? An experienced builder will know in each case."

Maintenance of a home's exterior will increase its worth. Pre-

ventive measures should be taken to avoid situations that can become time-consuming, costly problems. The best place to start is with a yearly inspection. "It's all too easy to become complacent about minor problems," says Klein. "What was once a minor problem, can quickly become a major disaster, especially during a storm."

Homeowners interested in home maintenance and wind damage prevention estimates can contact Airoom Architects & Builders at (847) 763-1100.

Founded in 1958, Airoom Architects & Builders pioneered the design/build concept in the Chicago area. A full-service firm, Airoom Architects & Builders are the leading home addition and design firm in the Chicago area. The company operates a 30,000-square-foot showroom at its corporate headquarters in Lincolnwood and a satellite office in west suburban Hinsdale.

USE THE BUGLE

Protecting your home, maintaining peace of mind

Have you done all you can to safeguard your home against break-ins? A little common sense, some simple upgrades and good solid lighting may be just what you need to help protect you and your property.

Chris Carter, an expert with The Home Depot, offers the following suggestions as the first step toward feeling safer and making your home less attractive to burglars.

Use Common Sense
Avoid being an easy target by making your home look difficult to enter. Criminals don't want to work too hard to get in. Never hide keys in predictable spots. It's best to get to know your neighbors - they can keep your key for emergencies and keep an eye on your home when you're away.

Update Your Garage Door Opener

If you have an attached garage, here's some important news. One of the most popular ways to enter a home is by stealing garage door opener codes. You have a one in ten chance that a criminal can use a generic opener with a code that matches your home, unless your opener is digital. The latest digital openers change those odds to

one in 4.5 billion.

Make Your Home Look Occupied

Use inexpensive timers that will periodically turn on lights throughout your house. Consider leaving a television or stereo on when you're out.

Illuminate Entrways

Another major deterrent for burglars is a well-lit home. Keep extra bulbs on hand to replace outdoor lights as soon as they burn out. Install a motion-activated light for all shaded areas around your home.

Secure Doors and Locks

Start with a quality door, preferably steel with wood or steel frames. Use deadbolts with long screws that firmly attach the lock's plates to your door frame. Buy a security door with iron grates for added protection.

Check Out the Windows

Use window guards or pins for windows with easy access. Sliding glass doors should be locked shut with a block of wood or a large plastic tube.

Block Decks and Porches

Make it tough to enter your home from unseen areas, especially if these spots lead from your backyard to your back door.

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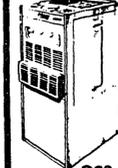
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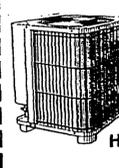


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Early retirements ...

Continued from Page 1
hired just last fall to administer the program for the large number of students in the district whose first language is not English. She accepted a position in the Wheeling District 15 because it is nearer to her home, Vargas said.

Varga said he is currently conducting interviews for an ESL director, a Director of Learning Technologies, at least two bilingual positions and two or three primary grade positions.

Varga said the number of students needing bilingual language support services is growing rapidly. Last year, the district hired two Spanish bilingual teachers at the beginning of the school year and had to hire two more before the year had ended, Varga said.

In addition to Spanish bilingual classes, Varga said he is keeping a watchful eye on the large number of students throughout the district who speak Polish, Russian, Korean and Gujarati, one of the languages of India, as their first language.

According to state law, when a school has 20 or more students speaking the same foreign language in a school building, it is required to hire a bilingual teacher who can teach those students in their native language.

Qualifications for the ESL Coordinator's position include a type 75 certificate and a background in ESL and bilingual education.

The Director of Learning

Technologies, another administrative position, has just been created to replace the former Coordinator of Technology who recently retired.

"We restructured the position and made it an administrative position," Varga said. The director will oversee the instructional components of the classroom on a districtwide basis, aligning the curriculum with technology, he added.

That position will also require a Type 75 certificate along with classroom teaching experience and a background and experience in computers, though not necessarily a formal degree in computers, Varga said. The Director of Technologies will not teach computers but rather will make the learning process easier throughout the district by enhancing capabilities of the classroom teacher who will no longer be merely a lecturer.

With a computer in every classroom as well as access to the DuKane multi-media system, a broad-based information-seeking system, which is cable linked and Internet linked and has access to the local library, teachers will be able to illustrate whatever they are teaching about right in their own classrooms, Varga said.

Varga also said a number of teacher assistants are needed throughout the district.

Niles Parks ... Dist. 63 ...

Continued from Page 1
tions made for the park district's 1999-2000 budget will further reduce the debt. Hynes said that at the end of 1999, the debt should be down to \$7.8 million.

The board president partially credited bond debt reduction to financial foresight in budgeting for these debts, but said that "improvement and efficiency in the park district" has played a great role in increasing revenues.

Summarizing the accompanying Comprehensive Annual Financial Report (authored by the Finance Committee director, Tom Elenz), Hynes said revenues for 1998 for all park programs and funds were up \$900,000 dollars from 1997.

Expenditures were also up, to the tune of \$400,000, but Hynes said that when comparing 1998's net income to net loss, 1998 shows positive growth. "1997 had a net loss of \$150,000 (negative \$150,000), in 1998 there's a positive \$324,000. That's a turn about of almost \$475,000 in all of the fund for the year," said Hynes.

Once the bond debts are paid, the park district's financial solvency will be strong enough to increase its funds through bonds.

Hynes said those funds will be available "if needed" for long-term goals such as expanding the ice-rink or building new gymnasiums.

"There will be plenty of money available if it is indeed needed and appropriate."

Tom Elenz said the growth of the Enterprise Fund (which draws its revenues from sales at swimming pools, ice rink, golf course and food operations) has contributed greatly to 1998's improved finances.

No other revenue source is supposed to be used for those operations except for revenues generated by these funds, but Elenz said the Enterprise Fund was facing a \$403,166 net loss before 1998.

Elenz said not only was the loss recovered, but the Enterprise Fund saw a net income of \$9,800.

"In 1998 we saw a lot of changes as far as how we handle finances in the park district," said Elenz. "Expenditures were watched very closely and eliminated. We're in the process of now planning to expand on the \$9,800 net income so we can have a surplus in improvements for those funds. My goal for the future is for all of the Enterprise Funds next year to have a net income."

GlenBridge hosts rummage sale
Glen Bridge Nursing and Rehabilitation Centre in Niles will be sponsoring their 6th annual Rummage Sale on Saturday, July 31 from 9 a.m. to 4 p.m. at 8333 West Golf Road, Niles. Vendors are welcome to rent a space and join in the festivities.

Please contact Brenda Sewell for further information at 847-966-9190.

Continued from Page 1

year-round "school of choice" or possibly a magnet school has been discussed. Varga said he doubts either of those options will come to fruition because it would take too long to set up a year-round or magnet program in the building and obtain commitments from parents and teachers. "It is not feasible to make it happen by August of 2000," Varga said.

Making Stevenson a kindergarten through 5th grade or a 1st through 5th grade or a K through 6th grade building are more likely options in Varga's view.

Varga said a committee has been exploring options since last November. If the current trend in enrollment growth continues, Varga said the district should probably look into building permanent additions to one or more of the schools.

Another possibility is redistricting and redefining neighborhood boundaries, which Varga described as a "convoluted and difficult process."

Niles District 71 at the other side of town is selling off the South School which was no longer needed after a large addition was built on the Culver School convert it from a middle school to a K-8 building.

Varga noted that reaching the perfect balance point between facilities and enrollment in a school district is pretty difficult. However, he describes the present situation as a "health problem," because the district is growing and adding things. He much prefers accommodating those kinds of problems to having to cut educational programs and eliminate teachers' jobs.

Converting Stevenson to a

Supermarket ...

Continued from Page 1

pected to approve a redevelopment agreement at the next board meeting Aug. 9 when they will likely announce the grocery chain that will occupy the building.

The supermarket would be part of the village's second Tax Increment Financing district known as redevelopment area B on the east side of Waukegan Road south of Churchill Street.

Next Realty had planned to build three condominium buildings south and west of the proposed grocery site but has since abandoned plans to build residences.

Another possibility for the TIF is the addition of an automobile dealership which would be built between Churchill and the former Fireside site. Village Manager Larry Arft said he has been in communication with Oldsmobile, although the actual dealership has not yet been decided. Arft said he hopes the auto dealership and supermarket agreements can both be in place by the Aug. 9 meeting so that the entire TIF parcel can be approved at one time.

The first part of the TIF development involving the Walgreens store is almost completed. The supermarket and auto dealership

projects, although considered part of the same TIF district, are not actually related to the Walgreens project, officials said.

Area code ...
Continued from Page 1

The Citizens Utility Board, a utilities watchdog group, has fought the area code overlays more than a year, beginning with a petition drive a year ago.

The phone number conservation plan was suggested by CUB associate director Seamus Glynn who convinced the ICC that the phone system would be far more efficient without the addition of three area codes that weren't actually needed.

The conservation plan was tested last year in the 847 area code where it proved successful according to ICC spokeswoman Beth Bosch.

The Federal Communication Commission is watching the outcome of the Illinois conservation plan with an eye to possibly duplicating the plan nationally.

The dramatic increase in phone number demand is due in large part to the proliferation of pagers, fax machines and modems.

Stratford Festival: An outstanding theatre experience and a bargain

Each year, close to 20,000 people travel from the Chicago area to the Stratford Festival in Ontario, Canada. Many of them come from the north and northwest suburbs. More than half a million people make an annual pilgrimage to Stratford, a small town in the heart of Canada's dairy-land. That makes Chicago's contingent considerable. From May to November, the Stratford Festival is summer-theater at its best.

St. Gregory Armenian Church Fest

St. Gregory Armenian Church hosts its 25th Annual Armenian Fest, Saturday, August 7 from 5 p.m. till 10 p.m. and Sunday, August 8 from noon till 8 p.m. on the church grounds, 6700 West Diversey, Chicago.

Come savor the taste specialties of Armenia. Tempting appetizers - lamb and chicken shish kebab - incomparable homemade Armenia baked goods and desserts.

For an "ethnic touch," Armenian music will be provided on Sunday for your listening and dancing pleasure. Games, pony rides, and a surprise game for the children on Sunday.

Admission is free and there is plenty of free parking.

by Rochelle & George Baum
Because the town is named after William Shakespeare's English birthplace, his plays naturally get top billing. But with three theaters to fill, the Festival puts on other great plays and musicals as well.

It is the variety and high quality of performances that have brought some people back every year since this theaterfest began 47 seasons ago. Many more are first-timers who come as families to give their children an experience they could never get just by reading Shakespeare's plays in a classroom.

We have taken this trip four times now and each time we've been in awe of Shakespeare's way with words and his way of manipulating emotions of his audience.

After seeing all four Shakespearean plays presented this season, we think he probably would feel right at home writing for television: *A Midsummer Night's Dream* surely could compete with the wackiest of television situation comedies. And talk about violence on television - wait till you see *Richard II*, or *Macbeth*. And then there's *The Tempest*, a fairy tale with a twist.

We also saw a first-class staging of Leonard Bernstein's *West Side Story*. *Dracula* is the other musical presented at the Avon theater this year. Don't miss Jane Austen's *Pride and Prejudice*, a beautifully staged and costumed

rump through 19th century English mentality. Two other comedies are being performed this season: Ben Jonson's *The Alchemist* and Sheridan's *The School for Scandal*.

Because the Avon Theater has a traditional stage with an orchestra pit, musicals are performed there. The Festival and Tom Patterson theaters have audiences sitting on three sides of the stage. The sight lines in all the theaters are excellent. And no ties or jackets are required: it's all casual, matinee or evening.

You can also get a behind the scene look at many of the productions through the Festival's backstage and costume warehouse tours, informal conversations with the actors and guest lectures by experts on Shakespeare.

When you consider that one American dollar equals \$1.47 Canadian, this outstanding theater experience is a bargain. You get almost a 50% discount on prices that range from \$25 to \$64 Canadian, there are also senior citizen discounts of up to 55% on selected performances.

The Visitors Guide to the festival has information on the plays, lodging, restaurants and sightseeing. To receive the guide, call 1-800-567-1600, or make contact on the internet at www.stratfordfestival.on.ca.

Stratford is less than a day's drive from Chicago on I-94 to Windsor on the Canadian border,



Scene from *A Midsummer Night's Dream* by William Shakespeare. Directed by Richard Monette. Co-directed by Paul Leishman. Designed by Teresa Przybylski. Lighting Design by Michael J. Whitfield. Music composed by Don Horburgh. Sound Design by Keith Handegord. Choreography by Valerie Moore. Fight direction by James Binkley. Shown from 1 to 4 are: Juan Chioran as Oberon and Jordan Pettie as Puck. same length of time. Or you can fly to Toronto, an exciting city on a 90-minute drive from Stratford.

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SOCIAL SECURITY NUMBER: _____ T-SHIRT SIZE: _____
MOTHER'S NAME: _____ FATHER'S NAME: _____
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Early retirements ...

Continued from Page 1
hired just last fall to administer the program for the large number of students in the district whose first language is not English. She accepted a position in the Wheeling District 15 because it is nearer to her home, Vargas said.

Varga said he is currently conducting interviews for an ESL director, a Director of Learning Technologies, at least two bilingual positions and two or three primary grade positions.

Varga said the number of students needing bilingual language support services is growing rapidly. Last year, the district hired two Spanish bilingual teachers at the beginning of the school year and had to hire two more before the year had ended, Varga said.

In addition to Spanish bilingual classes, Varga said he is keeping a watchful eye on the large number of students throughout the district who speak Polish, Russian, Korean and Gujarati, one of the language of India, as their first language.

According to state law, when a school has 20 or more students speaking the same foreign language in a school building, it is required to hire a bilingual teacher who can teach those students in their native language.

Qualifications for the ESL Coordinator's position include a type 75 certificate and a background in ESL and bilingual education.

The Director of Learning

Technologies, another administrative position, has just been created to replace the former Coordinator of Technology who recently retired.

"We restructured the position, gave it a more sophisticated title and made it an administrative position," Varga said. The director will oversee the instructional components of the classroom on a districtwide basis, aligning the curriculum with technology, he added.

That position will also require a Type 75 certificate along with classroom teaching experience and a background and experience in computers, though not necessarily a formal degree in computers, Varga said. The Director of Technologies will not teach computers but rather will make the learning process easier throughout the district by enhancing capabilities of the classroom teacher who will no longer be merely a lecturer.

With a computer in every classroom as well as access to the DuKane multi-media system, a broad-based information-seeking system, which is cable linked and Internet linked and has access to the local library, teachers will be able to illustrate whatever they are teaching about right in their own classrooms, Varga said.

Varga also said a number of teacher assistants are needed throughout the district.

Niles Parks ... Dist. 63 ...

Continued from Page 1
tions made for the park district's 1999-2000 budget will further reduce the debt. Hynes said that at the end of 1999, the debt should be down to \$7.8 million.

The board president partially credited bond debt reduction to financial foresight in budgeting for these debts, but said that "improvement and efficiency in the park district" has played a great role in increasing revenues.

Summarizing the accompanying Comprehensive Annual Financial Report (authored by the Finance Committee director, Tom Elenz), Hynes said revenues for 1998 for all park programs and funds were up \$900,000 dollars from 1997.

Expenditures were also up, to the tune of \$400,000, but Hynes said that when comparing the 1998's net income to net loss, 1998 shows positive growth.

"1997 had a net loss of \$150,000 (negative \$150,000), in 1998 there's a positive \$324,000. That's a turn about of almost \$475,000 in all of the fund for the year," said Hynes.

Once the bond debts are paid, the park district's financial solvency will be strong enough to increase its funds through bonds.

Hynes said those funds will be available "if needed" for long-term goals such as expanding the ice-rink or building new gymnasiums.

"There will be plenty of money available if it is indeed needed and appropriate."

Tom Elenz said the growth of the Enterprise Fund, which draws its revenues from sales at swimming pools, ice rink, golf course and food operations) has contributed greatly to 1998's improved finances.

No other revenue source is supposed to be used for those operations except for revenues generated by these funds, but Elenz said the Enterprise Fund was facing a \$403,166 net loss before 1998.

Elenz said not only was the loss recovered, but the Enterprise Fund saw a net income of \$9,800.

"In 1998 we saw a lot of changes as far as how we handle finances in the park district," said Elenz. "Expenditures were watched very closely and eliminated. We're in the process now of planning to expand on the \$9,800 net income so we can have a surplus in improvements for those funds. My goal for the future is for all of the Enterprise Funds next year to have a net income."

GlenBridge hosts rummage sale

Glen Bridge Nursing and Rehabilitation Centre in Niles will be sponsoring their 6th annual Rummage Sale on Saturday, July 31 from 9 a.m. to 4 p.m. at 8333 West Golf Road, Niles. Vendors are welcome to rent a space and join in the festivities.

Please contact Brenda Sewell for further information at 847-966-9190.

Continued from Page 1

year-round "school of choice" or possibly a magnet school has been discussed. Varga said he doubts either of those options will come to fruition because it would round or magnet program in the building and obtain commitments from parents and teachers. "It is not feasible to make it happen by August of 2000," Varga said.

Making Stevenson a kindergarten through 5th grade or a 1st through 5th grade or a K through 6th grade building are more likely options in Varga's view. Varga said a committee has been exploring options since last November. If the current trend in enrollment growth continues, Varga said the district should probably look into building permanent additions to one or more of the schools.

Another possibility is redistricting and redefining neighborhood boundaries, which Varga described as a "convoluted and difficult process."

Niles District 71 at the other side of town is selling off the South School which was no longer needed after a large addition was built on the Culver School convert it from a middle school to a K-8 building.

Varga noted that reaching the perfect balance point between facilities and enrollment in a school district is pretty difficult. However, he describes the present situation as a "health problem," because the district is growing and adding things. He much prefers accommodating those kinds of problems to having to cut out educational programs and eliminate teachers' jobs.

Converting Stevenson to a

Supermarket ...

Continued from Page 1

pected to approve a redevelopment agreement at the next board meeting Aug. 9 when they will likely announce the grocery chain that will occupy the building.

The supermarket would be part of the village's second Tax Increment Financing district known as redevelopment area B on the east side of Waukegan Road south of Churchill Street.

Next Realty had planned to build three condominium buildings south and west of the proposed grocery site but has since abandoned plans to build residences.

Another possibility for the TIF is the addition of an automobile dealership which would be built between Churchill and the former Fireside site. Village Manager Larry Arft said he has been in communication with Oldsmobile, although the actual dealership has not yet been decided. Arft said he hopes the auto dealership and supermarket agreements can both be in place by the Aug. 9 meeting so that the entire TIF parcel can be approved at one time.

The first part of the TIF development involving the Walgreens store is almost completed. The supermarket and auto dealership

projects, although considered part of the same TIF district, are not actually related to the Walgreens project, officials said.

Area code ...

Continued from Page 1

The Citizens Utility Board, a utilities watchdog group, has fought the area code overlays more than a year, beginning with a petition drive a year ago.

The phone number conservation plan was suggested by CUB associate director Seamus Glynn who convinced the ICC that the phone system would be far more efficient without the addition of three area codes that weren't actually needed.

The Federal Communication Commission is watching the outcome of the Illinois conservation plan with an eye to possibly duplicating the plan nationally.

The dramatic increase in phone number demand is due in large part to the proliferation of pagers, fax machines and modems.

Stratford Festival: An outstanding theatre experience and a bargain

Each year, close to 20,000 people travel from the Chicago area to the Stratford Festival in Ontario, Canada. Many of them come from the north and northwest suburbs. More than half a million people make an annual pilgrimage to Stratford, a small town in the heart of Canada's dairy-land. That makes Chicago's contingent considerable. From May to November, the Stratford Festival is summer-theater at its best.

St. Gregory Armenian Church Fest

St. Gregory Armenian Church hosts its 25th Annual Armenian Fest, Saturday, August 7 from 5 p.m. till 10 p.m. and Sunday, August 8 from noon till 8 p.m. on the church grounds, 6700 West Diversey, Chicago.

Come savor the taste specialties of Armenia. Tempting appetizers - lamb and chicken shish kebab -- incomparable homemade Armenia baked goods and desserts.

For an "ethnic touch," Armenian music will be provided on Sunday for your listening and dancing pleasure. Games, pony rides, and a surprise guest for the children on Sunday.

Admission is free and there is plenty of free parking.

by Rochelle & George Baum
Because the town is named after William Shakespeare's English birthplace, his plays naturally get top billing. But with three theaters to fill, the Festival puts on other great plays and musicals as well.

It is the variety and high quality of performances that have brought some people back every year since this theaterfest began 47 seasons ago. Many more are first-timers who come as families to give their children an experience they could never get just by reading Shakespeare's plays in a classroom.

We have taken this trip four times now and each time we've been in awe of Shakespeare's way with words and his way of manipulating emotions of his audience.

After seeing all four Shakespearean plays presented this season, we think he probably would feel right at home writing for television: *A Midsummer Night's Dream* surely could compete with the wackiest of television situation comedies. And talk about violence on television - wait till you see *Richard II*, or *Macbeth*. And then there's *The Tempest*, a fairy tale with a twist.

We also saw a first-class staging of Leonard Bernstein's *West Side Story*. *Dracula* is the other musical presented at the Avon theater this year. Don't miss Jane Austen's *Pride and Prejudice*, a beautifully staged and costumed

rump through 19th century English mentality. Two other comedies are being performed this season: Ben Jonson's *The Alchemist* and Sheridan's *The School for Scandal*.

Because the Avon Theater has a traditional stage with an orchestra pit, musicals are performed there. The Festival and Tom Paterson theaters have audiences sitting on three sides of the stage. The sight lines in all the theaters are excellent. Amno ties or jackets are required: it's all casual, matinee or evening.

You can also get a behind the scene look at many of the productions through the Festival's backstage and costume warehouse tours, informal conversations with the actors and guest lectures by experts on Shakespeare.

When you consider that one American dollar equals \$1.47 Canadian, this outstanding theater experience is a bargain. You get almost a 50% discount on prices that range from \$25 to \$64 Canadian. There are also senior citizen discounts of up to 55% on selected performances.

The Visitors Guide to the festival has information on the plays, lodging, restaurants and sightseeing. To receive the guide, call 1-800-567-1600, or make contact on the internet at www.stratford-festival.on.ca.

Stratford is less than a day's drive from Chicago on I-94 directly to Stratford in about the

same length of time. Or you can fly to Toronto, an exciting city on a 90-minute drive from Stratford.



Scene from *A Midsummer Night's Dream* by William Shakespeare. Directed by Richard Monette. Co-directed by Paul Leishman. Designed by Teresa Przybylski. Lighting Design by Michael J. Whitfield. Music composed by Don Horsburgh. Sound Design by Keith Handegord. Choreography by Valerie Moore. Fight direction by James Brinkley. Shown from l to r are: Juan Chioran as Oberon and Jordan Pettie as Puck.

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TOURNAMENTS **BANQUET**

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 CITY: _____ BIRTH DATE: _____ AGE: as of Aug. 1, 1999: _____
 PHONE NUMBER: _____ T-SHIRT SIZE: _____
 SOCIAL SECURITY NUMBER: _____ FATHER'S NAME: _____
 MOTHER'S NAME: _____
 I HAVE A FULL TEAM: (BUMPERS = 3 BOWLERS) (JUNIORS = 5 BOWLERS) (SENIORS = 5 BOWLERS)
 PLEASE LIST NAMES: _____

Tips on dealing with your HMO

With Congress focused on impeachment matters for the past months, many important issues unfortunately have fallen by the wayside. The one issue that never should have got lost in this confusion is patients rights and managed care accountability.

A number of bills introduced last year would have allowed patients nationwide to hold health maintenance organization (HMOs) responsible if these groups denied them proper care. Most Americans believe in personal and corporate accountability, so allowing HMOs to exercise power over medical treatment

without legal liability for their actions is indefensible.

But until Congress seriously addresses this issue and the managed care system is fixed, there are many ways you as a consumer can shield yourself from getting the short end of the HMO stick.

In his new book *Fight Back and Win: How to Get Your HMO and Health Insurance to Pay Up*, consumer attorney William M. Shernoff offers a practical guide to all patients who worry that their health care coverage won't be there when they need it most. The bottom line? Don't give up!

According to Mr. Shernoff, the

by Mark S. Mandell & Martin J. Healy

following steps will ensure you satisfaction on your medical claims.

•Take an active role in the claims-filing process: With conventional insurance policies, patients are responsible for filing their own claims. However, HMOs handle these claims for you. But that means if anything is wrong with the claim - for example, a form incorrectly filled out - the HMO may deny your claim or delay payment.

To guard against this, ask your HMO to send you copies of all claims filed on your behalf. Review them, and provide any missing

information. The goal is to establish a written record that supports your case. Remember, you have the right to see how the HMO has written up your problem. And the HMO is less likely to drag its feet if it knows you're taking an active role in your care.

•File an immediate appeal if your claim is denied: Do this in writing, following the complaint procedure outlined in your HMO handbook. In your appeal, explain why you believe your benefits were wrongly denied, state exactly what action you want your HMO to take, and request a written response within 30 days.

If possible, have your HMO doctor also write the HMO on your behalf.

Send your complaint letter by registered mail, return receipt requested, so the HMO cannot claim it never received correspondence from you. Include all relevant documents supporting your claim. Make copies of everything for your own files.

If the HMO again denies your claim, go on to the next step in the appeals process. Exhaust all the remedies outlined in the HMO handbook. Remember, if you feel your HMO is being unfair, you

Continued on Page 31

HMO...

Continued from Page 30

have the right to bypass the HMO's appeal process and go straight to arbitration before an independent third party (this party is listed in your handbook).

•Get a second opinion from doctors outside your HMO: Do this if you feel you need immediate treatment that your HMO doctor is reluctant to order because of its cost or "experimental" nature. If the outside doctors agree with you, have them write the HMO on your behalf. This also provide you with a written record supporting your claim.

If you seek emergency care in an emergency room not affiliated

with your HMO network, request a letter documenting that you had a real medical emergency and that you could not be transferred to an emergency room within the HMO network without jeopardizing your health.

•Make some noise: Don't hesitate to complain if you're unhappy with your HMO's treatment. Tell the human resources department at your place of employment. File a complaint with the appropriate state regulatory agency - and let your HMO know you've contacted that agency. Contact consumer organizations and consumer affairs reporters.

Don't sit back quietly - your health or that of your family is at stake.

These and other tips found in William Shernoff's book provide a sound way to protect yourself and fight back if you feel your HMO is not treating you or your family properly. If, at the end of all these efforts, your HMO still refuses treatment, then you might consider seeking legal redress. Find a plaintiff's lawyer specializing in "bad faith" cases against insurance companies had HMOs.

Hire the attorney on a "contingency fee" basis - this means that the lawyer gets nothing if you lose, and only gets paid an agreed upon percentage of any amount recovered from the HMO if you win.

Hopefully, you and your family

are enrolled with a quality HMO and will never need to follow these guide points. Here's wishing you and your family a healthy, happy year.

Fight Back & Win: How to Get Your HMO and Health Insurance to Pay Up is available from Bottom Line/Capital Books in Greenwich, CT.

For more health and safety information and tips, please visit ATLA's "Keep Our Families Safe" Web site at <http://familysafety.atla.org>.

Mark S. Mandell, president of the Association of Trial Lawyers of America, is a partner in the Providence, RI law firm of Mandell, Schwartz & Boisclair.

Martin J. Healy, president of the Illinois Trial Lawyers Association, is a partner in the Chicago law firm of Martin Healy & Associates.

Michael Tam

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Heartsaver FACTS instruction available at area community training centers

The American Heart Association and the National Safety Council have joined forces to develop a comprehensive life-saving program that combines cardiopulmonary resuscitation (CPR) instruction, automated external defibrillator (AED) training and first aid practices. The program, available at area community training centers beginning this month, couples the American Heart Association's expertise in emergency cardiovascular care training with the special knowledge of the National Safety Council's First Aid Institute.

The new program will be called Heartsaver FACTS. The "FACTS" in the titles is an acronym for the program's components: "F" is for first aid, "A" for AED's, "C" for CPR, "T" for training and "S" for system. Goals of the new program are

to set a new standard in comprehensive lifesaving training, strengthen the chain of survival throughout the nation and save thousands of additional lives each year.

"The four links in the chain of survival are early access to an effective 911 Emergency Medical Services (EMS) system, early CPR, early defibrillation and early advanced medical care. The American Heart Association is placing special emphasis on the need for early defibrillation because it is the only treatment to correct ventricular fibrillation—the most common cause of sudden cardiac arrest," said Marion Henderson, R.N., chair of the Illinois Emergency Cardiovascular Care Committee for the American Heart Association.

"This partnership between the AHA and the National Safety Council will allow us to effi-

ciently combine the efforts and talents of acknowledged experts in the safety and health arenas to teach people how to save more lives in Illinois," said Henderson.

Even as Heartsaver FACTS courses become available to the general public, the American Heart Association is still working to remove legal barriers for trained AED users.

Due in large part to efforts by the American Heart Association, over 20 states have passed AED-related legislation since January 1998. However, some states still fail to explicitly include AEDs in their laws or have burdensome requirements.

With the support of both the American Heart Association and the National Safety Council, nearly 200,000 instructors will teach the eight hour program at 9,000 training centers throughout

the nation. The AHA trains over 6 million people each year in emergency cardiovascular care. The Council's First Aid Institute has trained 4 million people since its inception more than seven years ago.

The National Safety Council is a not-for-profit, membership organization dedicated to reducing unintentional injuries in the workplace, on the road, in homes and the community. The Council serves more than 16,000 organizations and individual members.

Call the American Heart Association at 1-800-AHA-USA1 for course information. For a National Safety Council agency near you, call 1-800-621-7651, or visit the Council Web site at www.nsc.org.

District 207 commended students

Each month the Maine Township High School District 207 Board of Education commends Maine students deemed worthy of recognition for their outstanding achievements. Recommendations are made by each building's principal and reflect honor upon the individual students, their schools, and the entire district.

Area students from Maine South are: Holly Bothman, Christine Mullarkey, Erin Stopa, Amanda Briggs, Karen Corsello, Juliette Jurczyk, Amy Goodwin, Michelle Fricke, and Kelly Leszczynski.

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Hair today...gone today at the speed of light

Millions of Americans agonize over excess, unwanted body hair. Each year, Americans spend millions of dollars on shaving and waxing products, chemical depilatories and tweezing. Daily, both men and women remove unwanted hair using a variety of temporary hair removal strategies that can be time consuming, painful and expensive. In Hollywood, eyebrow waxing can cost as much as \$100 per brow. Even after all that hard work and money, the hair always grows back!

Electrolysis was once considered the breakthrough, permanent, treatment of choice. But some feel the procedure is tedious and too slow an alternative for hair removal. "New laser technologies that are emerging in the treatment of unwanted body hair hold real promise. Recent improvements in the understanding of laser-to-skin interactions, coupled with advances in laser technology now offer new and exciting

possibilities in laser-assisted hair removal," said Melanie C. Grossman, M.D., Clinical Assistant Professor of Dermatology, Cornell University Medical School, NY. Hair can now literally be removed at the speed of light!

Lasers enable the precise treatment of large surface areas in a short time span. It is now possible, for example, to treat an entire back, leg or chest in one treatment session. Previous treatment options took much longer, requiring numerous treatment visits. Some lasers specialize in a substantial growth delay, rather than inducing permanent hair removal. Success varies depending upon the individual and the location of the hair on the body. Currently, FDA-approved methods of hair removal include: the Long Pulsed Ruby Laser; the Q-Switched Nd:YAG Laser in combination with a carbon suspension; Long Pulsed Alexandrite

Laser; Diode Laser, and the Non-coherent light source.

The Q-Switched Nd:YAG laser provides a one-two punch in combination with a carbon-based topical suspension. The day before treatment, hair is removed from the skin surface by shaving. The day of treatment, the carbon suspension is applied and low energy laser pulses are delivered to the treatment area, which directs the carbon into the hair follicles. Higher dose pulses are then delivered to the skin surface, targeting the carbon-filled follicles. This treatment is most often used on the face, trunk and extremities. Various body sites and individuals respond differently, but overall, the results are very positive.

The Long Pulsed Alexandrite is another FDA-approved method which is used to treat the trunk, the extremities and the face. Hair-bearing areas must be shaved prior to treatment. In addition, a Non-coherent broad spec-

trum light source is also used to treat areas shaving prior to treatment. A cooling gel is applied to the surface of the skin and then laser light pulses are delivered.

The newest FDA-cleared method is the Laser Diode. Under investigation are several additional sources for the treatment of hair removal: a Long Pulsed YAG Laser; and a light therapy which utilizes a topical drug Amino Levulonic Acid (ALA) which targets hair follicles for destruction using a red light source known as Photodynamic Therapy," Dr. Grossman added.

The cosmetic management of unwanted hair offers specific advantages and disadvantages. Management includes: Epilation—basically plucking individual hairs. This is time consuming and may cause skin irritation and acne lesions; Shaving—although it is easiest, cleanest and cheapest, it is psychologically unacceptable to most women for areas other

than the legs and underarms; Electrolysis—probably the only permanent method of hair removal. Minor acne eruptions may result, and needle sterilization needs to be meticulously maintained. Waxing—quite effective for hair on the upper lip, this treatment can cause skin irritation, and requires hair to be somewhat long for the procedure to work well; Depilatory Creams—these preparations act by softening the hair. They can cause irritation, are expensive and must be used repeatedly.

Laser use in dermatology provides state-of-the-art treatment that is clinically proven to be safe, quick, and increasingly effective for hair removal. Your dermatologist can offer advice about which laser treatment is right for you.

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<p>ICE RINK CUSTODIAN Niles Park District Iceland Skate and Swim Is Seeking A Full-Time Ice Rink Custodian. The Duties Involve Maintenance Of The Ice Surface And Opening Building. The Hours Are 5:00 A.M.-1:30 P.M. Monday-Friday Excellent Benefits Package Available If Interested Please Contact David Santee At 847-297-8010</p>		<p>AIR CONDITIONER FOR SALE Window Air Conditioners-5000 BTU \$95 10000 BTU \$195-18000 BTU \$255 Excellent Condition-(773) 582-5846</p>	<p>PERSONALS</p> <p>HAPPY "75TH" BIRTHDAY Olga Sliva August 1 To The World's Greatest Mom & Grandmother! We Wish Only The Best To You Now & For Many More Years. WE ALL LOVE YOU! Beverly, Russell, Natasha & Derek</p>	<p>PERSONALS</p> <p>NOVENA TO ST. THERESA St. Theresa of the Child Jesus and the Holy Face, I come before you to offer this Novena and beg you to answer the request I now place before you (state request). Say 24 "Glory Be's" each followed by "St. Theresa of the child Jesus, pray for us". Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spread word of it so others may offer it.</p>
<p>DRIVERS/ LABOR Full-Time Or Part-Time Must Have Clean Record Non-Smoking Apply In Person: 650 Church Street Lake Zurich, Illinois Or Fax Resume To: (847) 550-8183 Salary Based On Qualifications</p>		<p>AUTOS FOR SALE 1993 F150 Ford XLT Under 50,000 miles, super cab fully loaded, tomy lift gate Asking \$15,500 obo 847-965-4477</p>	<p>PERSONALS</p> <p>SITUATIONS WANTED CNA - Looking For Work With Elderly/ In Home Care 15 Years Experience (847) 673-2239</p>	<p>PERSONALS</p> <p>WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-830-985-2742 Fax: 1-830-985-8181</p>
<p>WAREHOUSE Distributor seeking detail oriented person. Duties include picking, packing, shipping, receiving, UPS and Fed Ex manifesting. Must have experience with computerized UPS & Fed Ex systems. Own car a plus. Hours 10:00 a.m.-7:00 p.m. \$8.00 starting with benefits Apply in person at: Customer Pick-up CONSOLIDATED INTERNATIONAL 8130 River Road Morton Grove 2 Bldgs. N. of Oakton 1 Bldg. W. Lehigh</p>		<p>FOR SALE Bikes - Two Used Boys Bikes, "16" For \$35, "20" For \$85. O.B.O. Good Condition. Electronic Life Styler Treadmill - 6 Years Old. Very Good Condition, \$100. O.B.O. (847) 823-9329 Please Leave Message</p>	<p>PERSONALS</p> <p>TANNING WOLFF TANNING BEDS TAN AT HOME Buy DIRECT and SAVE! Commercial/Home units from \$199.00 Low Monthly Payments FREE Color Catalog Call TODAY 1-800-711-0158</p>	<p>PERSONALS</p> <p>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.</p>
<p>WAREHOUSE Distributor seeking detail oriented person. Duties include picking, packing, shipping, receiving, UPS and Fed Ex manifesting. Must have experience with computerized UPS & Fed Ex systems. Own car a plus. Hours 10:00 a.m.-7:00 p.m. \$8.00 starting with benefits Apply in person at: Customer Pick-up CONSOLIDATED INTERNATIONAL 8130 River Road Morton Grove 2 Bldgs. N. of Oakton 1 Bldg. W. Lehigh</p>		<p>DESIGNER MODEL HOME FURNITURE CLEARANCE Sofa/LS Sets Hunter Green \$495; Earthtones \$595; Sect/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</p>	<p>PERSONALS</p> <p>WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-830-985-2742 Fax: 1-830-985-8181</p>	<p>PERSONALS</p> <p>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.</p>

SATURDAY



LINCOLN MERCURY

SERVICE

8:30AM - 3:30PM Quality Care at your service

FROM MAJOR SERVICE TO MINOR SERVICE...WE'RE HERE WHEN OTHERS AREN'T!

TIRES • GOODYEAR • BRIDGESTONE • FIRESTONE • GENERAL • CONTINENTAL • UNIROYAL • BF GOODRICH

<p>ONLY... \$74.99 Size 185/65R14</p>	<p>ONLY... \$29.95</p>	<p>ONLY... \$86.95 Size RTS 23575 R15</p>
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GOODYEAR EAGLE GA OIL CHANGE & TIRE ROTATION GOODYEAR WRANGLER

SHOCKS • BRAKES • TIRES

<p>MOUNT AND BALANCE \$12.00 EACH WITH PURCHASE OF TIRES</p>	<p>FRONT END ALIGNMENT ONLY... \$59.99</p> <p>4 WHEEL ALIGNMENT ONLY... \$89.99 SHIMS EXTRA</p>	<p>ONLY... \$12.00</p>
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MOUNT & BALANCE ALIGNMENT TIRE ROTATION

SHOCKS • BRAKES • TIRES

<p>10% OFF ALL PARTS PURCHASED OVER THE COUNTER</p>	<p>Oil Change ONLY... \$17.95</p>	<p>Spring Cooling System Drain & Fill ONLY... \$39.95</p>	<p>Transmission Fluid Change WITH T-TECH MACHINE (Filter Extra) ONLY... \$115.95</p>
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1 1/2 miles west of the Edens on Touhy Ave. OR 1 mile east of Milwaukee on Touhy Ave. (Next to The Leaning Tower YMCA)

ChicagoLand's Discount Warehouse

LANDMARK

SE HABLA ESPAÑOL. MOWIMY PO POLSKU

Sales Hours:
 Mon-Fri 9am-9pm
 Sat 9am-6pm
Service Hours:
 Mon-Fri 6am-7pm Sat 8am-3pm

INTERNET ADDRESS: www.landmark-ford-niles.com

6200 W. Touhy Ave., Niles (847)647-2000

Good Old SUMMERTIME Picnics



Fun In The Sun SPECIALS

**WHILE
QUANTITIES LAST**

	<u>WAS</u>	<u>NOW</u>
Spanish Peanuts R/S	\$1.90	\$1.50
Almonds	\$5.75	\$5.00
Walnuts	\$4.95	\$4.50
Macadamias	\$10.50	\$9.50
Trail Mixes	\$3.00	\$2.50

• NUTS ROASTED FRESH DAILY

**WEDNESDAY
Senior Citizen
10% Discount**

**"Ty"
Beanie
Babies**

*Gift Giving
Ideas For
Everyone*

Store Hours

Monday Thru Friday: 7:00 am - 6:00 pm
Saturday: 9:00 - 3:00 pm **CLOSED SUNDAY**

**WE
SHIP
U.P.S.**

**Visit Our Retail Store
7500 Linder - Skokie
(Between Touhy & Howard on Linder)
(847) 677-NUTS**



**PERSONAL
CHECKS
ACCEPTED**