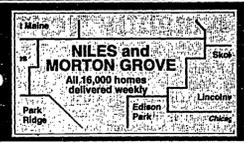




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THURSDAY, AUGUST 12, 1999 VOL. 43, NO. 7

ComEd studies system upgrade for Niles/Park Ridge

Despite the existence of Commonwealth Edison's "Emergency Electric Plan", approximately 2,800 customers in Park Ridge and Niles lost power during last month's heat wave.

The Emergency Electric Plan, which calls for a hierarchy or steps to divert and increase power in the effort insure that outages such as the ones seen last month will not occur, failed to prevent loss of power to customers for al-

Village of Niles Centennial Birthday Party

The Village of Niles will celebrate its 100 year Birthday on Tuesday, August 17, 1999. Join us as we celebrate 100 years of spirit, strength and success!

Grace Period for Vehicle Licenses

The Village of Niles has extended the grace period for the purchase of vehicle licenses until August 31, 1999. This extension recognizes that residents may be out of town for summer holidays and allows sufficient time for compliance before the penalty is applied.

Village of Niles Free Health Fair

The Village of Niles and the Niles Healthy Community Partnership are sponsoring a free community Health Fair on Sunday, August 29, from 10 a.m. to 1 p.m. at the Niles Family Fitness/Human Services Building, 999 Civic Center Drive. There will be screening for vision, cholesterol, diabetes and many other health related areas.

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Proposed condo development leads Niles and DesPlaines to fill objections with Cook County Zoning Board

Flooding/traffic concerns over Golf Road condos

Concerns of potential flooding problems and traffic congestion prompted the village of Niles and the city of DesPlaines to submit formal objections to the Cook County Zoning Board regarding a proposed condominium development on Golf Road in Maine Township.

does not permit Maine Township to file such an objection, Supervisor Mark Thompson did send a letter detailing their concerns with the increased traffic and flooding in that area.

Thompson said the area could see 300 to 500 vehicles entering and exiting the complex during

Niles' water storage reservoirs set for cleaning

The Niles Village Board of Trustees has approved a request by Public Services to hire Liquid Engineering Corp. to clean the bottom and video inspect the village's four water storage reservoirs, and videotape them for any needed repairs.

The village had budgeted \$26,550 for the project and cost of possible repairs, so there will be no additional taxpayer expense. Public Works Director Jun Noriega said the reservoirs are cleaned and inspected every three years.

Liquid Engineering Corp will

Sheriff honors Morton Grove resident at Awards Ceremony



Cook County Sheriff Michael F. Sheahan (left) presents David Lee (center) with an award at the Sheriff's Eighth Annual Employee Awards Ceremony held recently to honor employee excellence. Lee, who resides in Morton Grove, works in the Sheriff's DOC. Also pictured is Director Ernesto Velasco.

'Grand Celebration' Call today to obtain your invitation!

In honor of the 100th Year Anniversary of the Village of Niles, a "Grand Celebration" has been scheduled for Saturday, October 16, 1999, 6 p.m., at Przybylo's House of the White Eagle, 6845 North Milwaukee Avenue, Niles. Entertainment will be provided by Franz Bentler and his Orchestra.

Knights News & Views

Mark your calendars for the annual Formarty's Steak-Fry, Saturday, August 14, Flanagan Hall. The famous crew of chefs will be providing a great steak dinner with all the trimmings and beverages for only \$12.50 for members & their families and widows of members. Tickets are only \$15 for guests. Reservations are required. Deadline is August 9 - contact Rich Zaprzalka at 847-966-5953 to reserve your spot at the table, now!

Scouting coordinator, PGK Andy Beierwaltes along with Grand Knight Rich Zaprzalka congratulate Cub Packs & Troop 175 on their selection as 1st place float in the 1999 Niles Independence Day parade. The scouts designed and built the float with little help from their leaders. The Council co-sponsors the pack & troop as part of their youth programming.

Please pray for our sick & distressed, especially Cecylia Tatkowski, Claire Lee, Betty Dahlgren, Adeline Bradke, Ted Lenart, Ted Lesniak, Mike & Joan Provenzano and Jimmy Gerstenberger. May God bless them with good health very soon!

Looking for a great way to help the people of your community? Join the Knights as they support and assist many charities (and people) throughout the area!

Please encourage all Catholic gentlemen to join the Knights of Columbus. We need your help to secure new members.

For information on the Knights and how to join this great organization - call Bob Galassi at 847-965-0920.

Dates to remember:
 Aug. 4 - Next regular business - Flanagan Hall, 8 p.m.
 Aug. 14 - Formarty's - Steak-Fry, Flanagan Hall, 6 p.m.

Join us at our annual Steak-Fry

Mark your calendars for the North American Martyrs Annual Steak-Fry, to be held on Saturday, August 14, in Flanagan Hall, 8301 N. Harlem Ave., Niles. Social hour starts at 6 p.m., with dinner following.

The famous crew of chefs will be providing a great steak dinner

with all the trimmings and beverages for \$12.50 for members and their families and widows of members. Tickets are \$15 for guests. Reservations are required.

Don't delay - contact Rich Zaprzalka at (847) 966-5953 to reserve your spot at the table.

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Great turn out at GOP picnic



Elephants entertained the crowd that turned out for the 19th Annual Northwest Suburban Republican Family Picnic held at Busse Woods on Sunday, August 1st. The event sponsored by the Republican organizations of Maine Township, Elk Grove Township, Palatine Township, Schaumburg Township, and Wheeling Township spanned 5 picnic groves at Busse Woods.

"It was a great turn out for a non-election year", stated Picnic Chairman Gary Warner.

The picnic not only featured elephant rides, but included pony rides, a moonwalk petting zoo, children's games, bingo with prizes, and dancing, with music performed by "The Rock-in' Fenderskirts. The family ticket price of \$5 included free corn, beer, soft drinks, and buttered popcorn. "Everyone is invited to attend. The picnic is held the first Sunday of every August", stated Warner.

Many elected officials were in attendance including Attorney General Jim Ryan who was a scheduled speaker for the event. Others in attendance included State Senators Walter Dudyzy



United States Senator Peter Fitzgerald (pictured right) was a surprise guest at the 19th Annual Northwest Suburban Republican Family Picnic which was held at Busse Woods on August 1st. Pictured with Senator Fitzgerald is Picnic Chairman Gary K. Warner.

(7th), Dave Sullivan (28th), and Wendell Jones (27th), State Representatives Suzanne Bassi (54th), Mike McAuliffe (14th), and Terry Parke (53rd). A surprise guest at the event was United States Senator Peter Fitzgerald.

Maine Township Seniors join in with Hawaiian dancers



Maine Township Seniors were entertained during their August luncheon at the Chateau Ritz in Niles by dancers and performers from Des Plaines based Barefoot Hawaiians. To the delight of the crowd, Niles resident and senior citizen Mike Provenzano (right) volunteered from the audience and performed with one of the dancers, and for a moment or two stole the show with his own interpretation of a Hawaiian dance.

Bethany Terrace: Good Neighbor during heat wave

During last year's summer heat spells and winter storms, Bethany Terrace Nursing Centre experienced many brownouts or blackouts because there was such a great drain on the electrical power available in our area. Like most other nursing homes, Bethany Terrace ran its generator just to give some light to corridors and to run some of the medical equipment. Non-essential services and offices did not have electrical power.

All that is now changed! Last year, Bethany Terrace decided that this situation could not continue. The Terrace felt what was needed was a first-class, state of the art electrical generator that powers the entire facility. This generator would have to maintain the facility for many hours (or days) due to the acuity of its residents and the somewhat questionable service record of ComEd. The Terrace could not chance a long brownout or blackout with its residents.

Thus last year, Bethany Terrace installed a new high-powered electric generator. Now, when the "Dog Days of Summer" come wagging their tails, the Terrace manages its own supply of energy by turning on its generator, which also reduces the electrical load within the community. By not using ComEd power and providing an extra source of energy to neighbors, they, too, can hopefully stay cool and comfortable. At the same time, Bethany Terrace residents, families and employees - are safer and more comfortable with a self-sufficient power source.

It should be known that during the recent heat related power outages, Bethany Terrace utilized its own generator power for approximately forty hours...residents and visitors did not experience any interruption in services! The addition of this new generator system has put Bethany Terrace Nursing Centre a step above the rest with the ability to provide its high quality of care in a safe and comfortable environment.

If you'd like to learn more about your good neighbor, Bethany Terrace Nursing Centre...or the services provided through its facilities, please contact Ms. Suzanne Crow at (847) 965-8100.

Dominican Dean's and Honors Lists

In recognition of Carolyn M. Weritz's outstanding academic achievements during the spring 1999 semester she was named on the Dean's and Honors Lists at Dominican University, 7900 West Division Street. Weritz, a resident of Park Ridge and a graduate of Maine South High School, is a sophomore psychology major at Dominican University.

Students with a cumulative grade point average of 3.50 qualify for the Honors List. Students with a semester grade point average of 3.80 (on a 4.00 scale) based on twelve credit hours (full-time enrollment) qualify for the Dean's List.

Plans submitted for Rosemont Casino

H.P., Inc., the casino operator selected to build what could be the state's most lucrative casino, submitted architectural drawings, a preliminary site plan and letters of approval from Rosemont Mayor Don Stephens and the Rosemont Village Board to the Illinois Gaming Board July 20.

The proposed casino would be the first in Cook County. H.P. must also submit an application to renew its casino license through which the investor group operated the Silver Eagle Casino in East Dubuque until it closed in 1993.

Following that application, the gaming board will conduct the usual investigation into the individuals behind the group and their financial backing.

H.P. plans to build a two-story barge on a largely empty site between Balmoral Avenue and Bryn Mawr Avenue in Rosemont. The barge will be docked in a man-made pool in accordance with state law prohibiting

land-based casinos.

The 76,000-square-foot Emerald Casino, as the barge will be known, will have an adjacent parking lot that will connect it to the Rosemont Convention Center and several hotels by pedestrian walkways.

Surrounding structures presented on the architectural plans are described only as future retail development. A multiplex movie theater is also planned for the north side of the site.

H.P. hopes to receive approval from the gaming board by September so that construction can be begun before winter and the casino can open by next summer.

A gaming board official, however, said that because the license will involve a new facility, the investigation will take longer than the investigation for a renewal. If the investigation drags on for several months, H.P. will either have to tighten the construction schedule or push back the opening into 2001.

Maxwell Street Klezmer Band returns

The Village of Niles Leaning Tower Concert Series continues on Thursday, August 19 with Maxwell Street Klezmer Band. They are back by popular demand - nine (9) instrumentalist vocalists will dazzle you with "soul music" of America's Russian Jewish immigrants. The big-band sound has been called "Yiddish Dixieland" with its evocative Gypsy cadences and earthy spirituality.

The Maxwell Street Klezmer Band will have you on your feet and dancing to the Yiddish Classics and improvisations of old-world themes. The Maxwell Street Klezmer Band is funded in part by a grant from the Illinois Arts Council - an agency of the State of Illinois.

The Leaning Tower Concert Series is free and open to the public and is from 7-9 p.m. each

Thursday evening. Food will be available by Shaul's Presentation Catering & Events in Niles, (847) 647-9304. Please bring your own lawn chairs. If you have any questions, please call the Village of Niles at (847) 588-8000.

Thursday, August 26 will bring the final concert event of the season. The Connexion is a seven-piece band with two lead female vocalists, guitar, bass, drums, keyboards/trumpet and keyboards/sax. They entertain everyone by playing a variety of music such as rock, Motown, retro 70's and 80's, and current top 40. Do the electric slide, the macarena, and dance all night! Food will be available from Shaul's Catering in Niles. Come out and join the fun! The Battle of the Bands which was scheduled for this evening, has been cancelled.

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Just as one dog can start all the dogs barking, so one person can start a whole group to gossiping.

Edison Park-Norwood Park-O'Hare Kiwanis Club presents awards



Three local high school students were recipients of Leadership and Community Service Awards from the Edison Park-Norwood Park-O'Hare Kiwanis Club during a recent special ceremony luncheon. Making the presentations are Marcia Hagopian (left), Kiwanis Club program planner, and Jon Skor, Kiwanis Club president, to recipients Iliana Ramos, a sophomore at Resurrection High School, Katie Bundalo, a sophomore at Ridgewood High School, and Jacqueline Foucre, a junior at Resurrection High School. Winners received a \$100 U.S. Savings Bond and a plaque. Entrants were judged on their community service, school leadership, school activities, long-term plans and goals, and other related achievements. The presentations took place at Moretti's Ristorante/Pizzeria, 6727 N. Olmsted Ave., in Edison Park. Kiwanis is an international organization that fosters community improvement and leadership.

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SCORE expands workshop schedule

August 17, 1999: Home Based Business: Covers necessary regulations and licenses. Overcoming the obstacles of working alone.

August 24, 1999: Business Insurance: The best cost effective way to protect your business regardless of type of ownership.

August 24, 1999: Buying or Selling a Business: If you need money to begin your dream, this is the best way to start.

August 31, 1999: Obtaining a SBA Guaranteed Loan: Know the SBA program and how to work through a bank for them.

August 31, 1999: How to Manage a Business: Understand the principles of management and how to develop your skills.

All workshops are conducted at 500 W. Madison Street, Suite 1250, Chicago. Registration for all workshops are at 8:30 a.m. Half-day workshops end at noon, full-day workshops end at 3:30 p.m. Registration fee for the half-day session is \$20, full-day is \$40. All fees are payable in advance.

Blake Sloan Day

Sunday, August 15, 1999 3 to 5 p.m., Harrer Park Pavilion has been proclaimed "Blake Sloan Day in Morton Grove." You're invited to meet Blake Sloan, Morton Grove native and a member of the 1999 NHL Champion Dallas Stars. You will also have the opportunity to view the Stanley Cup. An autograph and picture-taking session will be held between 3 p.m. - 5 p.m. Help us celebrate our hometown champion and don't forget to bring your camera!

For more details, please call the Morton Grove Park District at (847) 965-1200 or the Village of Morton Grove at (847) 965-4100.

Congregation's Singles Club sets August program

Congregation B'nai Jehoshua Beth Elohim's friendship singles activity club for Jewish singles 40+ years of age, Chaired by Marion Rosenberg, Glenview, is planning activities to meet the varied interests of the group.

Tuesday evening, August 31 at 7:30 p.m., will see the group enjoying Jack Diamond, the "musical Historian" and the music of Judy Garland. There is a \$5 fee.

For information contact (847) 729-9547 or on-line at: <http://www.shamash.org/reform/uahc/congs/il1010>

Legion seeking exhibitors for Craft Show & Flea Market

The Rifle Squad of Morton Grove American Legion Post #134 will hold their annual Craft Show-Flea Market on Aug. 28 and 29 from 10 a.m. - 6 p.m. at the Memorial Home at 6140 Dempster.

Exhibitors are being sought, and Squad Cmdr. Don Terlap may be reached at 847-966-8044 to reserve a spot or for further information.

Display areas are ten foot on the outside grounds and sixteen feet on the inside of the air con-

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Health & Fitness Guide

Calcium may help prevent gum problems

Getting enough calcium may lower a person's risk of developing periodontal or gum disease, according to information published in the July issue of the Tufts University Health & Nutrition Letter.

Dental researchers at the State University of New York at Buffalo made the finding when they looked at records of calcium consumption and the extent of periodontal disease in nearly 15,000 people. Men and women who had calcium intakes of fewer than 500 milligrams, or half the recommended daily value, and a higher risk for detachment of the gums from teeth. The association was particularly evident for adults in their 20s and 30s.

Periodontal disease is an infection caused by bacteria that accumulate in pockets between the teeth and gums. If the infection progresses far enough, the jawbone that keeps teeth in place eventually is destroyed, causing teeth to loosen and fall out. Advanced cases of periodontal disease are the leading cause of tooth loss in the United States. But stronger bone reinforced by calcium is believed to better withstand the bacterial onslaught.

The full results of the SUNY study have not yet been published, though researchers are confident that a relationship between calcium intake and gum disease exists. Researcher Sara Grossi, DDS, MS, notes that the relationship makes sense in light of the results of other studies that suggest tooth loss goes hand in hand with osteoporosis - a bone-thinning disease that's known to be related to a deficiency of calcium in the diet.

A 1996 study conducted at Tufts showed that postmenopausal women who lose teeth also were losing bone density in their hips and the rest of their bodies at a faster rate than women who did not lose teeth. "If you lose bone everywhere else in the skeleton, you're also likely to lose bone in the jaw," says Elizabeth Krall, PhD, who led that research project. "Conversely, if calcium has a good effect on the rest of the skeleton, you might expect to see benefits in the jaw too."

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Don't let pains, strains muscle in on your travel

by Dr. Robert L. Richart



Traveling can be rough on your body. Whether your destination is a business meeting or a tropical vacation, you can hardly make the most of the trip if the three-hour drive or 24-hour flight leaves you tired, stressed, stiff and sore.

Even though you're sitting in a plane, car or bus, there is still activity in your body. There are pressures and forces at work. Those forces can flatten your spine when it should remain curved or tilt your head at an awkward angle.

Treat travel as an athletic event: Warm up before you settle into the seat of a car or plane, and cool down when you reach your destination. Realize that a one-size-fits-all seat may not fit any one well.

Use rolled up pillows or blankets to maintain the normal S curve of your spine when you sit in your seat. Tuck a pillow behind your back and just above the beltline and lay another pillow across the gap between your neck and head. If the seat is hollowed from wear, use folded blankets to raise your buttocks a little.

Check all bags heavier than 10 percent of your body weight. Overhead lifting of significant amount of weight should be avoided to reduce the risk of pain in the lower back or neck. While lifting your bags, stand straight, away from the overhead compartment so the spine is not rotated during the process. Do not lift your bags over your head, or turn or twist your head and neck in the process.

When stowing belongings under the seat, do not force the object with an awkward motion using your legs, feet or arms. This may cause muscle strain or spasms in the upper thighs and lower back muscles. Instead, sit in your seat and, using both hands, stow your bags in the space directly in front of you.

Do not sit directly under the air controls. The draft can increase tension in your neck and shoulder muscles.

Shrug your shoulders up and down, and back and forth. Stretch your neck gently from side to side; take deep breaths and exhale regularly.

When driving, first adjust the seat to your body; vary your arm position on the steering wheel; and breathe deeply. By breathing deeply, you increase airflow, stimulate circulation and reduce fatigue.

Whether driving or flying, stretch after you reach your destination. Take time to stretch your neck, shoulders and legs to increase circulation.

Dr. Robert Richart maintains a practice in Niles at 8933 West Golf Road. To receive a complimentary spinal examination and consultation, please contact Dr. Richart at (847) 827-8686.

Expect heavy hay fever season

August 15 officially kicks-off the hay fever season which runs through the first frost, according to The Board Certified Allergists of Greater Chicago, providers of the public service Allergy/Asthma Hot Line: 312-409-3364.

This complimentary information reports the ragweed pollen count and mold spore count Monday-Friday.

Due to high humidity, allergy sufferers have already had a particularly uncomfortable summer with itchy, weepy eyes; running nose; sneezing spells; fatigue and occasionally transient depression, says Joseph J. Leija, M.D., who calculates and reports the daily mold spore and pollen count to the community for the non-profit Board Certified Allergists of Greater Chicago, specialists in treating allergy and asthma.

Dr. Leija adds that about 87 percent of sufferers have a family history of these problems.

It is the high humidity that sends the mold spore count soaring and tears flowing. Mold accounts for the mushroom-like plants you see on otherwise manicured lawns and the musty, moldy odors that can permeate clothing and make your nostrils twitch, according to Dr. Leija, a medical scientist.

His diagnostic tool is an Aero-allergen Rotorod Sampler, a device which collects airborne pollen and mold spore samples on the rooftop of his medical office building adjacent to Gottlieb Memorial Hospital in Melrose Park.

During the summer ragweed season, highly allergic patients can also experience itching of the tongue or throat which increases with ingestion of melons.

Dr. Leija is seeking to develop a data base of pollen and mold counts in relation to weather and barometric changes and pollutants.

Protect your skin from itchy summer rashes

Ivy is an innocuous green leafy plant. Oak is a strong, towering tree. But add the word "poison" in front of either and you have the bane of hikers, gardeners and, in fact, anyone outdoors.

According to *Mayo Clinic Guide to Self-Care*, poison ivy and poison oak produce a colorless, odorless oil called resin, which can cause an allergic skin reaction. Red, swollen skin, blisters and severe itching can develop within two days of exposure, although sometimes symptoms appear after only a few hours.

The rash normally peaks five days after exposure and disappears within two weeks. Allergic reactions also can be caused by poison sumac, heliotrope, ragweed, daisies, chrysanthemums, sagebrush, wormwood, celery, oranges, limes and potatoes.

Mayo Clinic Guide to Self-Care offers these tips for avoiding and reducing the itch of poison ivy, poison oak and other plants with irritating resin:

- Learn to recognize poisonous plants. Poison ivy leaves are oval and spoon-shaped. Poison oak leaves resemble oak leaves. Both plants' leaves grow in clusters of three and change from green to red in the fall.
- Wear protective clothing when appropriate.
- Wash the harmful resin off your skin with soap within five or 10 minutes after exposure. You may be able to reduce the severity of or avoid a reaction.
- Do not try to remove resin by taking a bath. Bathing can spread resin to other areas of your body.
- Wash any clothing that may have been in contact with the plant, including jewelry, shoes and shoestrings. Resin can easily transfer from clothing to skin.
- Be careful around pets that may have walked through irritating plants. Resin easily transfers from pet hair to human skin.
- Try not to scratch.
- Over-the-counter preparations such as Calamine lotion or hydrocortisone cream can help ease itching. Or try a paste of baking soda or Epsom salts in water.
- Applying alcohol can make itching worse.
- Creams and lotions do not help much when blisters are open, but they can be used again when blisters close.

Mayo Clinic Guide to Self-Care provides information on how to prevent illness, detect illness before it becomes serious and to avoid unnecessary trips to a clinic or emergency room. It provides reliable, practical and easy-to-understand information on more than 150 common medical conditions and health-related issues. For more information about *Mayo Clinic Guide to Self-Care*, call 800-291-1120 and refer to order code 440, or check your local bookstore.

Health & Fitness Guide

Helpline for allergy/asthma sufferers

Free information for allergy and asthma sufferers is available by calling 312-409-3364, the Helpline provided by the non-profit Board Certified Allergists of Greater Chicago.

Monday through Friday, the Helpline reports area pollen and mold spore counts, which can cause discomfort and allergic reactions in sinuses, eyes, nose, throat and lungs of sufferers.

The Board Certified Allergists Helpline also advises callers of an Allergy Alert, very high pollen and/or mold spore counts that can aggravate symptoms.

To interpret the Ragweed Pollen Count: Low (less than 10 grains per cubic meter of air); Moderate (10-50 grains); High (51-500 grains); Very High/Alert (over 500 grains).

Healthtalk: Getting the lowdown on high blood pressure

As you are reading this newspaper, your blood pressure could be high - and you wouldn't even know it.

There are usually no symptoms at all, and yet hypertension or high blood pressure - is one of the leading causes of both heart attacks and strokes," said Kathryn Caubert, PhD, a Senior Scientist with the American Heart Association.

When your blood pressure is high, it means your heart is working too hard to push blood through the veins and arteries in your body. "The longer that you have untreated hypertension, the more damage it does to your blood vessels," said Dr. Caubert.

The only way to know your blood pressure is by taking a blood pressure reading, which your doctor should perform at each visit. For most people, your blood pressure is considered high if it is greater than 140/90.

While the exact causes of hypertension are not known, many risk factors contribute to blood pressure. Some you can't control, like having a family history of hypertension, being African American or getting older.

Other risk factors you can control - like your weight and your diet. Here are some steps you can take to control your blood pressure, based on recommendations from the American Heart Association:

- Ask your doctor what your current blood pressure is. If your blood pressure is high, ask your doctor what your goal should be and how often your blood pressure should be checked.
- If you are overweight, losing even a small amount of weight may improve your blood pressure. Eating a low-fat diet that is rich in fruits and vegetables is a healthy way to help you lose weight.

ported: Low (less than 5 grains per cubic meter of air); Moderate (5-20 grains); High (21-200 grains); Very High/Alert (over 200 grains).

Trees: Low (less than 15 grains); Moderate (15-90); High (91-1,500); Very High/Alert (over 1,500).

Mold Spore Counts: Low (less than 900 spores per cubic meter of air); Moderate (900-2,500 spores); High (2,501-25,000 spores); Very High/Alert (over 25,000 spores).

The Board Certified Allergists, specialists in diagnosing and treating asthma, allergy and sinus conditions, recommend staying indoors with air conditioning during hot, windy, dry weather when there is an Allergy Alert.

- Limit alcohol to no more than one 12-ounce can of beer, one glass of wine or 1-1/2 ounces of hard liquor a day. Avoiding alcohol can also help you lose weight.
- Cut salt from your recipes - and from your table. For flavor, try spices like thyme, oregano and dry mustard, or herbs, garlic, onions, lemon and vinegar.
- Talk to your doctor about starting an exercise program that is right for you. Regular exercise - even walking 30-60 minutes several times a week - can help you lose weight and feel better.
- If you are on blood pressure medicines, take your medicine every day, exactly as prescribed. Remember, although you may feel good, your blood pressure could be high.
- Tell your doctor all the medications you are currently taking. Some medications, like steroids, nasal decongestants, diet pills, antidepressants, and many over-the-counter non-prescription medicines, may raise your blood pressure.

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Resurrection Medical Center honors its nurses



Resurrection Medical Center recently honored its nurses during National Nurses Week. Ruthanne Hayes, R.N., celebrates by sporting a nurses' uniform from the past (right), while discussing a patient chart with Rosalinda Vasquez (left).

learn more about high blood pressure and heart disease:

American Heart Association
800-242-8721
www.americanheart.org
National Heart, Lung and Blood Institute
800-575-9355
301-592-8573
www.nhlbi.nih.gov
American Dietetic Association
800-366-1655
www.eatright.org

Stephanie E. Mazzeo-Caputo, MSW, MS, RD, is Vice President of Health Education for Doctors+Designers in Westfield, New Jersey, a relationship marketing company that specializes in Patient-Centered Health Education Programs. ©

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Health & Fitness Guide

Healthtalk: Education is key to managing childhood asthma

One of the most frightening scenes for any parent to watch is a child with asthma struggling to breathe. Fortunately, childhood asthma can often be controlled with medication and education that includes simple lifestyle changes that can prevent children from having asthma attacks.

"In managing asthma, knowledge is power," said Nancy Sander, president of the Allergy and Asthma Network/Mothers of Asthmatics, Inc. (AANMA). "Parents who understand how asthma works and what triggers an asthma attack will understand the importance of eliminating allergens and the irritants in the home environment to reduce the occurrence of their children's asthma episodes," said Sander.

Not all children with asthma have allergies, however, and eliminating allergens should be directed specifically to what your child is allergic to. Asthma may be "triggered" by a wide variety of things including exercise, respiratory infections, emotional changes, change in the weather, and irritants such as cigarette smoke. Here are some of AANMA's recommendations to safeguard your home if your child is

- allergic to dust mites, mold, or pets:
 - Use nonallergic, plastic-zipped covers for mattresses, box springs, and pillows.
 - Wash your child's bedding every week in hot (158 degrees) water. Avoid wool, down, chenille, and padded comforters and pillows.
 - Vacuum and dust at least twice a week including the walls, under the beds, and behind furniture.
 - Replace upholstered furniture with furniture that can be wiped clean.
 - Replace heavy curtains and blinds with shades or washable curtains.
 - Keep bedroom windows closed, especially in the morning when pollen counts are high.
 - Avoid dolls and stuffed animals that cannot be washed.
 - Keep shoes and clothes in a closed closet when not being used.
 - If you have bunk beds, children with asthma should sleep on the top bunk.
 - Reduce home humidity to avoid mold, mildew, and dust mites. A room dehumidifier can be used in damp places.

- Keep pets outdoors or at least out of your child's room. Brush pets outdoors and bathe them often.
 - If your child is attending camp this summer, meet with the camp director and nurse to review your child's medication schedule and any side effects your child may experience.
 - You may also want to bring a list of your child's known asthma triggers and request that the list be distributed to all camp personnel.
 - Good planning and creating a healthy environment for your child can help you achieve long-term success in preventing your child's asthma attacks.
- For further information about asthma contact:
- Allergy and Asthma Network/Mothers of Asthmatics at (800) 878-4403 or www.aanma.org
 - Asthma and Allergy Foundation of America at (800) 727-8462 or www.aafa.org
 - American Lung Association at (800) 586-4872 or www.lungusa.org
 - Stephanie E. Mazzeo-Caputo, MSW, MS, RD, is Vice President of Health Education for Doctors+Designers in Westfield, New Jersey, a health communications company that specializes in Patient-Centered Health Education Programs.

Substance Abuse Program director named

Holy Family Medical Center's substance abuse program, "Keys to RecoverySM" is pleased to announce the appointment of Philip E. Kolski, LCSW, CADC as the program's Administrative Director.

Previously associated with ProCare Centers, formerly known as Proviso Family Services in Broadview, Illinois, Kolski served as director of the recovery center for ten years.

"In these challenging times of rising health care expectation and managed care limitations, we cannot lose sight that all of our patients must be treated with respect and dignity," commented Kolski. "Patients come to us in emotional pain with their self-esteem and their life's expectations crushed by their addiction.

It is our mission to instill hope and to help them rebuild their lives drug and alcohol free."

Kolski obtained his bachelor of arts degree in sociology from the University of Notre Dame in South Bend, Indiana and his master's degree in social work from Loyola University of Chicago. He is a Licensed Clinical Social Worker and Certified Alcohol and Drug Counselor in the state of Illinois.

He and his wife, Cindy, live on the northwest side of Chicago and have two adult children.

Holy Family's substance abuse program, "Keys to RecoverySM" was developed in 1991 in response to the community's need for an affordable, high quality treatment program designed to meet an individual's needs.

Do diet colas damage teeth?

Though diet colas do not contain sugar, they still can pose hazards for teeth in some cases, says a local dentist.

"Diet cola is acidic and like any acidic food or beverage, it can break down tooth enamel," says Trucia Drummond, DDS, a general dentist who practices in Chicago. "Some people who take medications and who may suffer from chronic dry mouth as a side effect may have some extra problems because the acid can attack teeth, causing the enamel to deteriorate. The result can be cavities."

The caffeine in regular or diet colas can cause further dryness in the oral cavity.

"People who drink excessive amounts of soft drinks and who hold it in their mouths for longer periods, which some people do, can increase the likelihood of damaging teeth," says Dr. Drummond. "People who have these habits should consider drinking with a straw. This allows the soda to go directly to the back of the

throat, bypassing teeth and minimizing damage."

Luckily, she says, more people are drinking diet soda drinks which do not promote the growth of decay-producing bacteria or the formation of plaque. "The evidence is very clear that sodas with sugars do far more damage than diet drinks, but we still have to watch out for the acidity in both types of drinks," concludes Dr. Drummond. "Drinking sodas with meals as well as drinking them in moderation limits the dangers they pose."

Holy Family's Ultrasound receives accreditation

Holy Family Medical Center's Ultrasound Imaging Services have been awarded a three-year accreditation in Obstetrics & General Services by the American College of Radiology (ACR). The accreditation recognizes the achievement of high practice standards after a voluntary evaluation of the department.

Jack Hansen, MD of Des Plaines Radiologists said, "This national recognition is just another way Holy Family Medical Center expresses its mission of providing quality health services to the community."

The American College of Radiology is a national organization with a membership of more than 30,000 radiologists, radiation oncologists, and medical physicists. The organization provides programs which focus on the practice of radiology and the delivery of comprehensive health services. The ACR Committee on Ultrasound Accreditation evaluates and accredits ultrasound practices in hospitals and in private offices across the United States.

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Women's News

Engagement

Thompson - Weis



Stanley and Edwina Thompson of Niles, announce the engagement of their daughter, Jody Ann, to Eric Christopher Weis, son of Jack and Renee Weis of Oswego, Illinois, and Nels and Terri Moe of Newark, Illinois.

The bride-to-be is a 1988 graduate of Maine East High School and a 1992 graduate of Loyola University. She received her Juris Doctor in 1997 from Northern Illinois University College of Law. She is employed as an Assistant State's Attorney with the Kane County State's Attorney Office.

The future groom is a 1990 graduate of Oswego High School and a 1994 graduate of North Central College. He received his Juris Doctor in 1997 from Northern Illinois University College of Law. He is employed as an Assistant State's Attorney with the Kendall County State's Attorney Office.

The wedding will be in September at St. John Brebeuf Church in Niles.

Walter M. O'Donnell

Army Reserve Spec. Walter M. O'Donnell participated in a training exercise termed "New Horizons (Nuevos Horizontes)" in Guatemala. The soldier was a member of a task force comprised of reserve components from all branches of the U.S. military service who continue helping the people of Central America recover and rebuild their nation and lives after the devastation caused by Hurricanes Georges and Mitch in 1998. He is the son of Patrick O'Donnell of Morton Grove and brother of Florence O'Donnell of Rogers Park. The specialist is a 1982 graduate of Maine West.

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European-trained skin care therapist opens Niles studio

by Rosemary Tirio

Just in time to soothe and smooth your summer-dried skin, Blanca Skin Care studio has opened at 7627 1/2 Milwaukee Ave. in Niles.

Blanca Krupski, who has worked in the U.S. for over three years at various skin care studios, brings her specialized training in facial massage, ex-foliating, alpha-lifting treatments, anti-wrinkle treatments and all the latest techniques, equipment and skin care products.

She also does wedding make-up and skin assessments using special skin sensors to determine the moisture and oil content and type of skin she is dealing with. She can treat any problem or type of skin, from teenage acne problems to dry skin and wrinkles in more mature skin. She especially recommends the beta-exfoliating system for acne and

wrinkles.

There are so many treatments and cures, most people get very good results, Blanca said. However, she cautions, "everything takes time, but you can see the difference, even after just one treatment."

Blanca promises your skin won't look "so dull and dark" because she will use moisturizers, cleansers, toners, a scrub with brushes to massage your face for up to an hour. She uses her hands and "high generation machines" to work her magic. Ending your facial with a facial masque, you'll come out with clean, healthy and younger-looking skin.

Other services expertly done by Blanca include deep pore cleansing, eyebrow and eyelash tinting, waxing, paraffin treatment and hand massage.

Prices are remarkably reason-

able, and Blanca will give you a complimentary skin consultation at your convenience. Blanca's skin care gift certificates make great end of the summer or back to school gifts.

For more information or to make an appointment, call (847) 663-1595. Walk-ins are also welcome at Blanca's Skin Care Studio.

'Cooking with Soy'

The Women's Health Resource Center of Lutheran General is sponsoring a program addressing the health benefit of using soy in your diet.

"Cooking with Soy," will be conducted from 7 to 8:30 p.m. Thursday, August 19, in the 10 West Special Functions Dining Room, Lutheran General Hospital, 1775 Dempster, Park Ridge. Members of Lutheran General's food and nutrition department will demonstrate how to incorporate soy products, such as tofu and soy milk, into everyday meal preparation. To register, call HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622). A \$5 fee will be collected at the door.

The Women's Health Resource Center of Lutheran General Hospital is an access point for the public to learn about the hospital's women's programs, services, support groups and community resources. The center, located in the Yackman Children's Pavilion of Lutheran General Hospital, is open from 9

a.m. to 5 p.m. Monday through Friday, with evening and weekend visits available by appointment. For more information on the center and its services, call 847-723-8810 (TTY line for hearing impaired, 847-723-8885).

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Women's News

Womens golf clinic offered at The Notre Dame Golf Center

Notre Dame Head Golf Coach Bob Beckman, will be offering two golf clinics during the month of August for women of all ages who wish to learn the basics of golf. Coach Beckman begins his 11th season this fall as head coach and has just completed his second year as golf instructor for the Park Ridge Park District. The two clinics will highlight the following areas of instruction: Basic Grip, Posture, Ball Position, Full

Swing, Pitching (set-up, technique, strategy), Lob Shot, Bunker Shot, Distance Wedges (set-up, technique, strategy), Chipping, Putting, Basic Rules. All the instruction will take place at the new Notre Dame Golf Center which consist of a 1500 sq. ft. astro turf putting green, pitching area, sand bunker, and four swing stalls. Both clinics will run Monday thru Friday from 6 p.m. to 7 p.m. at a cost of \$100 per person.

Clinic #1 will begin on August 16. Clinic #2 will begin on August 23. For further information please call Coach Bob Beckman at (847) 965-2900, Extension 8619.



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PERSONAL CHECKS ACCEPTED

Park Ridge resident installed as chair of YLS

Aurora N. Abella-Austraco, of Park Ridge, was recently elected and installed as chair of the Young Lawyers Section (YLS) of the Chicago Bar Association (CBA).

The first Asian American to chair the YLS, Abella-Austraco will hold the position for a one-year term. Prior to assuming the chair position, she served as chair-elect, vice-chair and treasurer.

A staff attorney at Attorneys' Title Guaranty Fund, Inc. (ATG), she handles lender relations, marketing, and underwriting issues. Prior to ATG, she was in private practice for more than three years where she concentrated in real estate litigation.

Active in the legal community, Abella-Austraco was recently appointed director of the American Bar Association's (ABA) Young Lawyers Division (YLD) for a one-year term. She also chairs the F-3 Committee on Mortgages and Home Ownership Financing of the ABA Real Property Probate and Trust Section, and recently served as vice-chair of the ABA YLD National Conference Team. She is a former chairperson of the CBA YLS Real Estate Law Committee and



Aurora N. Abella-Austraco

served as an investigator for the CBA Judicial Evaluation Committee. In addition, she is a member of the Asian American Bar Association, Illinois Real Estate Lawyers' Association, DuPage County Bar Association and the Illinois State Bar Association.

Abella-Austraco received a B.S. degree in 1987 and a J.D. degree in 1990 from DePaul University.

She is married to Dr. Jerome Austraco and has two young daughters, Danielle and Isabelle.

New Beginnings Membership Drive

The New Beginnings Women's chorus is starting their third year under the direction of Mary Jane Robertson and is looking for new members to come and enjoy the fun of singing and making new friends...we do a variety of music from the oldies to present day contemporary music.

We are preparing for a Christmas concert and after the holidays we will prepare for a Spring concert in May. There are no rehearsals during the months of June, July and August.

Our members come from the Northwest suburbs including Niles, Morton Grove, Park Ridge, Mt. Prospect, Arlington Heights, Rolling Meadows, Des Plaines, etc.

Please come and join us on Mondays beginning September 13, at 9:30 a.m. until 12 noon, at the Church of the Incarnation, 330 West Golf Road, Arlington Heights. For information call Lyle at 696-2954 or Joanne at 359-8750.

Scouting news

Scoutmaster David Okun proudly announces that the young men of Troop 175 and Cub Pack 175, of St. John Brebeuf Church received 1st place honors in the 1999 Village of Niles, Independence Day Parade.

The float, conceived, designed and built by the scouts, again received 1st place in the association category of the annual competition and will be receiving a special plaque in the near future. The plaque will be proudly displayed in Flanagan Hall.

Ketura Hadassah membership luncheon

Ketura Hadassah will hold its annual membership luncheon on Tuesday, August 31, at 11:30 a.m. at Maggiano's 175 Old Orchard Center, Skokie. Sidney Friedman, Phenomenalist will entertain. Cost is \$22, new members as of June 1 free. For information call 847-674-7786.

Special thanks to Benny Costes, Ralph Kozeny and Ken D'Aquila Sr. for their time, efforts and donations to the float construction.

Congratulations and thanks to all the young men that participated in the winning efforts. Cub Pack 175 and Troop 175 are sponsored by the St. John Brebeuf Holy Name Society and the North American Martyrs Council 4338, Knights of Columbus.

Free healthy heart cooking demonstration offered

The Women's Health Resource Center of Lutheran General Hospital is sponsoring a cooking demonstration entitled "Cooking with Heart: A Woman's Recipe for Health" from 6:30 to 8:30 p.m. Wednesday, September 1, at Whole Foods, 1331 N. Rand Road, Palatine.

Join this free discussion of the essential facts all women must know to preserve their heart health. A cooking demonstration on delicious, low-fat, low-cholesterol heart healthy dishes is included. Featured speakers are Farag Patel, M.D., cardiologist and Mary Lou Torrison, of Whole Foods and an American Heart Association representative. To register, call HealthAdvisor at 1 (800) 3-ADVOCATE (1-800-323-8622).

The Women's Health Resource Center of Lutheran General Hospital is an access point for the public to learn about the hospital's women's programs, services, support groups and community resources. The center, located near the main entrance of Lutheran General, is open from 9 a.m. to 5 p.m. Monday through Friday, with evening and weekend visits available by appointment. For more information on the center and its services, call (847) 723-8810 (TTY line for hearing impaired, (847) 723-8885).

"Experts tell us that girls who

Girl Scouts announce celebrity all-star team

Girl Scouts of the USA (GSUSA) recently announced the formation of its "GirlSports 2000" All-Star Team of seven former Girl Scouts who have excelled in a variety of sports careers. The All-Stars will serve as national role models and spokespersons for "GirlSports 2000," a GSUSA initiative designed to encourage girls nationwide, including those from Girl Scouts of Chicago, to develop life-long health and fitness habits.

The GirlSports 2000 All-Star Team includes: WNBA star Rebecca Lobo, Olympic speed skating gold medalist Bonnie Blair, Women's World Cup member Shannon MacMillan, Olympic swimming gold medalist Jenny Thompson, fitness expert Donna Richardson, Paralympic snow skiing medalist Bonnie St. John Deane, and Olympic basketball medalist and women's basketball commentator Gail Marquis.

In appearances nationwide throughout 1999 and 2000, the All-Stars will deliver motivational messages, challenge girls to reach their full potential and share stories about their days as Girl Scouts. They'll also explain how being Girl Scouts helped prepare them for their professional careers.

"Experts tell us that girls who

are active in sports have a more positive body image and higher levels of self-esteem," said Marty Evans, GSUSA National Executive Director. The fact that these athletes were all Girl Scouts is proof that Girl Scouting does indeed help girls grow strong in body, mind and spirit.

All seven All-Stars believe that the values and good habits they learned as Girl Scouts helped them become successful athletes. "It is one of the first places where you learn how to share and how to work with other people," Lobo said.

"I remember having to set goals to earn badges. I had to apply myself to do something and set a time schedule to accomplish it. That was a great learning experience for me that helped me in skating," said Blair.

More than 1,800 Girl Scout events are scheduled to take place in 1999 in 48 states and Puerto Rico, as well as in Austria, Bolivia, Greece, Indonesia, Japan, the Marshall Islands, The Netherlands, Nigeria, and the United Arab Emirates. In Chicago, more than 300 Girl Scouts of all ages will have the opportunity to participate in summer soccer clinics. In November, Girl Scouts of Chicago and A Sporting Chance Foundation will co-host a Game

Day for Girl Scouts that includes participation in a wide variety of sports-related activities.

With more than 2.5 million girl members, Girl Scouts of the USA is the world's preeminent organization dedicated solely to girls -- all ages -- where, in an accepting and nurturing environment, girls build character and skills for success in the real world.

For more information, contact Girl Scouts of Chicago at (312) 416-2500.

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With over 16 years of experience with State Farm Insurance Companies as both an agent and in management, policyholders in Suzette De Salvo's insurance agency receive the benefit of Suzette's mission statement: "First and foremost, do the right thing for our clients."

When Suzette first became a State Farm agent in Evanston in 1983; she promised herself and her policyholders that at the end of each meeting, the policyholder would definitely understand every aspect of insurance that they needed or wanted to know about. As Suzette says, insurance is such a confusing entity, and one that most people find both intimidating, but necessary.

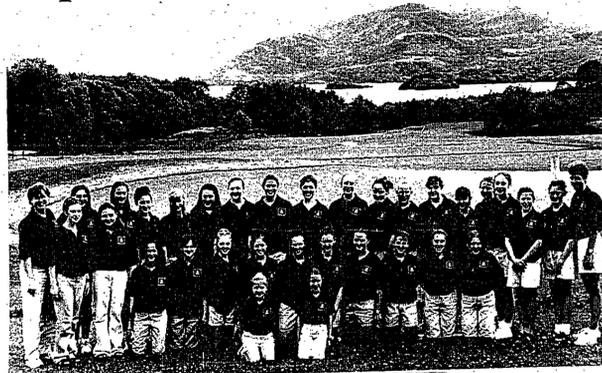
Suzette's office is now located in Chicago, near the corner of Harlem & Foster. Besides having Suzette's expertise in all lines of insurance including Auto, Home, Boat, Business, Life and Health, she is now helping her clients with their retirement plans with the addition of the Roth IRA funded through "Variable Products." With the choice of different Mutual Funds offered through State Farm, the use of variable products gives the benefit of the stock market plus the familiarity of the State Farm Agent who knows you and your needs.

The longtime, well-known Company slogan of "Like A Good Neighbor, State Farm is There" personifies this agent and her fully licensed staff that serve her policyholders six days a week.

For more information and/or a Free Family Insurance Check-Up, please stop by or call (773) 774-1147 or toll free (888) 547-4414.

Community Calendar

Irish dancers complete performing tour of Ireland



Shown by the Lakes of Killarney in Co. Kerry, Ireland are 31 dancers from the McNulty School of Irish Dance, Illinois and the Claddagh School of Irish Dance, its sister school, Dubuque, Iowa who recently returned from a performing tour of Ireland. The dancers, ages 7-17, along with their instructors Barbara McNulty, Niles, and Ann Schroeder, Peosta, Iowa and 77 family members made the trip. Dancers from the Niles-based school were chosen at open auditions last October. The dancers performed in Westport, Co. Mayo, Ennis, Co. Clare and Killarney, Co. Kerry and worked with teachers from the areas as part of their tour.

The trip was sponsored in part by Chicago Celtic Arts, Glen Ellyn.

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Cuff Link Society to host exhibition & sale

The National Cuff Link Society will conduct its sixth annual Exhibition & Sale at the Ramada Hotel O'Hare, 6600 N. Mannheim Rd. (Mannheim and Higgins Roads), Rosemont, on Saturday, August 14 and Sunday, August 15. The hours are 1 p.m. to 5:30 p.m. on Saturday, August 14 and from 11 a.m. until 3 p.m. on Sunday, August 15. The public is invited to attend and admission is free.

The event is an activity of the National Cuff Link Society's annual convention. The Society is a membership organization dedicated to the cuff link collector and wearer.

Highlights of the Exhibition and Sale are:

- * Free cuff links (one pair per family)
- * View cuff links once owned by famous people
- * Thousands of pairs of cuff links for buying, selling and swapping
- * See modern and antique cuff links (some up to 350 years old)
- * Free cuff link evaluations (Bring that pair from the attic trunk!)
- * Get free advice from cuff link fashion experts

- * Meet cuff link designers, shirt-makers and authors of books for cuff link collectors
- * Attend a live cuff link auction

* Enter cuff link competitions "Cuff links are the ideal collectible," said Society president, Eugene R. Klompus. "They are educational, available, affordable and easy to display and store. And, they are a collectible and wearable that the whole family can enjoy."

The National Cuff Link Society is a membership organization dedicated to the cuff link enthusiast. The \$30 annual dues provides many benefits including a giant quarterly magazine, *The Link*, discounts at participating antique shops, flea markets, and jewelers; free appraisals and cuff link "Locator" services. Interested persons should contact the Society at P.O. Box 5700, Vernon Hills, Illinois 60061. The Society's telephone and Fax number is (847) 816-0035.

Skokie Community Chorus needs singers

The Skokie Community Chorus begins rehearsals for its 1999-2000 concert year beginning Monday, September 13, 1999 at 8 p.m. at the Old Orchard Jr. High School at 9310 Kenton in Skokie. Especially needed are tenors, basses and baritones. A theme of "Americana" is planned with a January 2000 concert date. For further information, please call Janice Weinman at 847-675-3859.

ENTERTAINMENT

Aug. 13-14-15 Gold Coast Art Fair

The 42nd Gold Coast Art Fair will be held from 10 a.m. to 8 p.m. Fri., Sat., and Sun., Aug. 13, 14, 15. It will be held between Ontario, Huron, Wells and LaSalle in Chicago's River North area. Admission is free. The closest elevated stops are at Franklin and Chicago and at the Merchandise Mart. The closest subway stops are at Chicago and State and at Grand and State. Artists who wish to exhibit should mail their name, address and medium with slides and a self-addressed, stamped envelope to Gold Coast Art Fair, 222 W. Ontario-St. 502, Chicago, IL 60610-3695. They should not telephone.

HEALTH

Mondays
Co-Dependents
Co-Dependents Anonymous, a
Continued on Page 13

Community Calendar

HEALTH

Continued from Page 12

12 step group that focuses on moving beyond old patterns in relations with others meets weekly on Mondays at the Kenton Building, 9700 N. Kenton, Skokie from 7:30-9 p.m. (847) 498-4864. Free.

THURS., Aug. 19

Attention Deficit Disorder

Lawrence Goslawski, M.D., will discuss the diagnosis, treatment and management of attention deficit disorder (ADD) on Thursday, Aug. 19, from 7:30 p.m. at Resurrection Medical Center, 7435 W. Talcott Ave. The free program is entitled "ADD: All You Ever Wanted To Know About Attention Deficit Disorder." For more information and to register, call toll free (877) RES-INFO (877-737-4636).

LECTURE

Aug. 24

Civil War Photography

Keith Davis, fine arts program director of Hallmark Cards, Inc., will conduct a lecture covering the museum's latest exhibition, American Photographs: The First Century, from the Isaacs Collection in the National Museum of American Art, on Tuesday, August 24, at 6 p.m., at Terra Museum of American Art, 664 N. Michigan Ave., in Chicago. Entitled "A Terrible Distinctness: Photography from the Civil War Era," the lecture will examine the photographic documentation of the Civil War including the photographers, the diverse audiences and major themes, and the complex nature and various visual conventions. There is no cost to attend the lecture. For more information, call the Education Department at Terra Museum of American Art at (312) 654-2255.

SINGLES

Wed., Aug. 18

North Shore Jewish Singles 50+ 7:30 p.m. \$5. Speaker, refresh-

ments and socializing (847) 945-3784. Join us at Beth Hillel Congregation, 3220 Big Tree Lane, Wilmette. For membership info., call (847) 359-3556.

(847) 679-2953. For membership info., call (847) 359-3556.

Sat., Aug. 28

North Shore Jewish Singles 50+ 10 a.m. \$15. Harrah Casino, includes Buffet, Bus \$15 back in chips. Call by Aug. 18 with reservation (773) 477-5805. For membership info., call (847) 359-3556.

Historic Methodist Camp Ground Country Fair



41st Annual Country Fair to be held at 1250 Camp Ground Rd. (On Algonquin Rd. 2 blocks east of River Rd), Des Plaines.

- * Craft Show/Sale
- * Civil War Encampment
- * 1860s Baseball Demonstration
- * Beanie Babies sales
- * homemade pies & baked goods
- * food - food - food!
- * Quilt Show
- * Live entertainment
- * multimedia historical tour
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Date: Saturday & Sunday, August 14 & 15, 1999

Time: 10 a.m. - 4 p.m. both days - Rain Or Shine

Cost: Parking \$1, Free Admission

Telephone: 847-824-4924, line 1

Coordinator: Russ Thompson

Contact: www.cdca.org Or info@cdca.org Or 847-824-4924.

Kidney Cancer Association steps up to a cure

Friends of Kidney Cancer Association will "Step Up to a Cure" at 11:30 a.m. on Sunday, September 26 in The Grand Ballroom at The Chicago Hilton and Towers Hotel, 710 S. Michigan Avenue. The event will include a gala brunch, entertainment by J.D. Music and a silent auction.

Tickets are \$65 per person, with proceeds supporting the Evanston-based Kidney Cancer Association's mission to strive for a world without kidney cancer.

For ticket information, call the Kidney Cancer Association at (847) 332-1051.

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) 967-3782.

If you are all sugar, the world will eat you. If you are all vinegar the world will spit you out.

Walking Club starts today

Be sure to enjoy the great outdoors this summer and fall. Join the Walkie Talkie walking club on Thursdays from 8 a.m. to 9:30 a.m. We walk for an hour and enjoy juice, coffee and camaraderie. Various parks, forest preserves and the lake front provide a delightful experience of the outdoors.

A new session starts August 12 through September 30. The cost is \$10 for residents, \$12 for non-residents (first time includes a shirt) and \$5 returning residents and \$6 returning non-residents. Register at Prairie View Community Center, 6834 Dempster St.

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Fri. Aug. 13 *Low DiGangi Swing Band* 9pm-1am
Sat. Aug. 14 *Low DiGangi Swing Band* 9pm-12:30am
Sun. Aug. 15 *Judy Roberts & Gregg Fishman* 5pm-9pm
Thurs. Aug. 19 *Jack Carr* 6:30-10:30pm
Fri. Aug. 20 *Danny Long Trio* 9pm-1am
Sat. Aug. 21 *Danny Long Trio* 9pm-1am
Sun. Aug. 22 *Danny Long Trio* 9pm-1am

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Dining / Entertainment

Marriott Theatre presents Victor/Victoria

Can a "she" who pretends she's a "he" who pretends "he's" a "she" find romance with a "he"?

Kary M. Walker, Executive Producer of the award-winning Marriott Theatre in Lincolnshire, is proud to present *Victor/Victoria*. Preview performances begin August 18 and run through October 24, 1999.

Is she a he? Or is she really a he like she's supposed to be? The she's and he's are all mixed up in this wild gender bending romp. Based on Blake Edwards hit film, we follow the fantastically funny adventures of the dulcet-toned Victoria. Flat broke in Paris, she uses good ol' Yankee ingenuity to transform herself into "Count Victor Grazinsky," female impersonator extraordinaire. At first, no one suspects the "Count" is really a woman playing a man playing a woman, until big shot American businessman King Marchan comes along. He thinks Victor is something else alright - in more ways than one. Will he find out he's a she? Can she stay a he to save her career? Or will she be she just for he? It's all here in this outrageous Parisian holiday, set to the music of the great Henry Mancini and featuring the hit song "Le Jazz Hot."

Joel Daly and the Sundowners to perform

The Village of Niles Leaning Tower Concert Series continues on Thursday, August 12 with Joel Daly and the Sundowners. ABC-Channel 7's Joel Daly has lots going on - news anchor, lawyer, and country western music performer. The Sundowners are an eight-member country western group with a specialty in yodeling.

The Leaning Tower Concert Series is free and open to the public and is from 7-9 p.m. each Thursday evening. Food will be available by Shaul's Presentation Catering & Events in Niles, (847) 647-9304. Please bring your own lawn chairs. If you have any questions, please call the Village of Niles at (847) 588-8000.

Thursday, August 19, The Village of Niles will welcome the Maxwell Street Klezmer Band. They are back by popular demand - nine (9) instrumentalist vocalists will dazzle you with "soul music" of America's Russian-Jewish immigrants. The Maxwell Street Klezmer Band is sponsored in part by the Illinois Arts Council. Food will be available from Shaul's Catering in Niles.

Thursday, August 26, The Village of Niles will welcome The Connexion. The Connexion is a seven-piece band with two lead female vocalists, guitar, bass, drums, keyboards/trumpet and keyboards/sax. They entertain everyone by playing a variety of music such as rock, Motown, retro 70's and 80's, and current top 40.

Thursday, August 19, The Village of Niles will welcome the

Who Dares Lampon O'Neill?

Returning once again to their rich history of performing literary parody, The Free Associates delight in presenting the final new show of their ninth season, *A Long Play's Journey Into One Act*.

A Long Play's Journey Into One Act, Eugene O'Neill Unscripted opens Sunday, August 15, 7:30 p.m. at the Ivanhoe Theater (750 W. Wellington). \$10/Previews are August 13-14, 8:15 p.m. Through September 26, regular performances run Fri./Sat., 7:30 p.m. Single tickets are \$12. Limited seating. Call for reservations, (773) 975-7171.

Reveling in O'Neill's darty poetic dialogue, the Company relentlessly goes for the vernacular at every turn. Lively themes of prejudice, deceit, honor, loss of innocence, and broken trusts are ripe for The Free Associates' knowing, lyrical antics and acerbic repartee. Graced with the Nobel Prize for literature, and recognized four times with the Pulitzer, O'Neill's turgid melodrama is immortal. But in the meantime, why not see what happens when his characters give it a go on the lighter side?

A Long Play's Journey Into One Act, Eugene O'Neill Unscripted opens Sunday, August 15, 7:30 p.m. at the Ivanhoe Theater (750 W. Wellington). \$10/Previews are August 13-14, 8:15 p.m. Through September 26, regular performances run Fri./Sat., 7:30 p.m. Single tickets are \$12. Limited seating. Call for reservations, (773) 975-7171.



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Dining / Entertainment

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On the outside, Daniello's bright green canopy and canvas roof with bright yellow lettering reminds one of the numerous little '50s diners that formerly dotted the landscape along Milwaukee Avenue, now turned restaurant row and home to some of the finest restaurants in the Chicago area. Daniello's, celebrating 20 years at that location, is right at home with the best eateries on the North Shore.



by Rosemary Tirio

The lightest and most tender fried calamari we'd ever tasted, completed the Daniello's appetizer experience for us, a fitting prelude to the delicious feast that was to follow.

Our entrees were served on beautifully handpainted plates reminiscent of the trendiest restaurants "downtown," but the generous portions were strictly Daniello's. People leave Daniello's not with tiny doggie bags, but with grocery bags filled with delicious leftovers they will enjoy the next day.

The vitello Daniello, their signature dish of veal scallops sauteed with mushrooms and garlic in olive oil with fresh-squeezed lemon, was a delicious and exquisite selection. Both dishes were delightful experiences our taste buds won't soon forget.

By this time we were on a roll, and all this magnificent food we followed, incredibly, with three delicious dessert treats. The tiramisu, again homemade, and again, unlike any we'd ever tasted was far creamier and more cheese-based than the usual, a delicious difference.

The canoli, a light, creamy filling in a crunchy homemade shell was perfect, except, perhaps, for the lack of tiny chocolate chips in the filling, which would have made it more interesting. The cheese cake was, as they say, "to die for."

The cappuccinos we enjoyed with our desserts were, in the word of my Italian-American dinner companion, *delizioso!*

It isn't fancy, but for delicious and memorable Italian food served in a comfortable and friendly setting, Daniello's is sure to please.

A large and nicely decorated banquet room on the lower level is also available for holiday parties and such.

what they like on the extensive menu, "just tell us, we'll make whatever they want."

Daniello's is open for lunch Mondays through Fridays 11 a.m. to 3:30 p.m. and for dinner from 4 p.m. to 10 p.m. On Fridays and Saturdays they stay open until 10:30 p.m., and for Sunday dinner, Daniello's is open 4 p.m. to 9 p.m.

For more information or to make a reservation at Daniello's, call (847) 459-7200. [Mari Koz dined at Daniello's and contributed to this article.]

Stepping inside, you'll be greeted by genial host Daniel P. Casale who runs the family business like a papa with daughter Elisa and "Uncle John."

"We have a hall with everybody," said host Casale. "We kid with everybody."

Following a spectacular seven years at the trendy but tiny Hole in the Wall on Skokie Road in Northbrook, Casale sold out and moved to larger quarters bringing the same great family dishes that made his former venue such a smash hit.

The interior, painted in white with terra cotta accents by clay pots and jars of colorful pasta, was decorated by Casale himself "in the Italian style," as he says proudly.

Murals Casale describes as "comic masterpieces," black and white old-time family photos (photos of Casale's mother and father hang above the fireplace) and Italian music, (Andrea Bocelli and "Mob Hits," while there and there) complete the "Old Country Comfortable" ambience at Daniello's.

As for the fare, Chef Gersaine Aparicio appeared, smiling from ear to ear, and he has every reason to smile. Using the original Casale family recipes he learned from the elder Casales 20 years ago, Aparicio has added his own creative touches to produce the area's finest and most authentic southern Italian cuisine. This is the real thing: a menu filled with all the dishes you've learned to love at Italian restaurants.

We began our culinary adventure at Daniello's with two delicious soups from the soup list, all made from "scratch," which changes daily. "Everything's homemade," we make everything ourselves," Casale proudly intoned. The minestrone was wonderful, the cream of zucchini out of this world.

The warm spinach bread, Daniello's homemade Italian bread stuffed with cheese and fresh spinach in olive oil - is the appetizer all the other restaurants try to copy, Casale informed us, and after one taste, we could understand why!

The portobello - mushrooms sauteed in garlic and two kinds of pizza, both delicious, along with

Performance Schedule:
Wednesdays at 2 p.m. and 8 p.m. • **Thursdays at 8 p.m.; Fridays at 8 p.m.; Saturdays at 5 p.m. & 8:30 p.m.; and Sundays at 2:30 p.m. and 7 p.m.
*Added matinee - Thursday, October 15 and Thursday, October 22 at 2 p.m.
Ticket Prices:
Ticket prices range from \$33 to \$38. Students and senior citizens receive \$5 off the full ticket price (excluding Friday and Saturday performances).
Dinner Theatre Packages available for all performances.
**Receive a complimentary dinner with the purchase of a full price theatre ticket for Thursday evening performances. The Thursday Night Complimentary Dinner has a limited availability and is not applicable with any other discount or offer. Reservations with a major credit card can be made by calling the Marriott Theatre Box Office at (847) 634-0200.
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School News

Lewis University expands RN/BSN program

Lewis University has expanded its course offerings to include an RN/BSN degree completion program at Lutheran General Hospital in Park Ridge.

The Lewis RN/BSN program is designed to meet the unique needs of the professional nurse. The 22-month program will offer classes once a week. For information, visit the College of Nursing Web site at www.lewisu.edu/nursing or call (815) 836-5345.

The RN/BSN degree completion curriculum includes value-centered course work in the humanities and natural, social and nursing sciences. Courses are offered at 14 sites, including 10 hospitals, reducing commuting time for working professionals.

Along with Lutheran General, course sites include the Lewis main campus in Romeoville; Lewis Education Centers in Hickory Hills and Schaumburg; Christ Hospital and Medical Center, Oak Lawn; Edward Hospital, Naperville; Elmhurst Memorial Hospital; Good Samaritan Hospital, Downers Grove; Ignalls Hospital, Harvey; MacNeal Hospital, Berwyn; Resurrection Medical Center and Our

Lady of the Resurrection Hospital, Chicago; Oak Forest Hospital, Oak Forest; and Wilbur Wright College, Chicago.

Both the undergraduate and graduate programs of the Lewis University College of Nursing are accredited by the National League for Nursing Accrediting Commission (NLN).

To be eligible for the RN/BSN degree completion program, students must have a current Illinois nursing license, and be a graduate of an associate degree nursing program, diploma school of nursing or foreign nursing program.

Noted for its highly regarded baccalaureate program for students who wish to become nurses, the College of Nursing at Lewis University also offers several options for RNs, including degree completion, master's degrees and certificate programs.

The College of Nursing's philosophy holds that each person is unique and deserves to be treated with dignity and respect.

Lewis students are viewed as adult learners. Learning is considered a lifelong process which requires a commitment to per-

sonal and professional growth and continued development of individual knowledge and abilities.

A Christian Brothers university, Lewis University enrolls nearly 4,100 students with more than half of its students over the age of 25. Late afternoon and evening classes are featured in the degree completion, certificate, and master's degree programs. Advisors are available and University-wide services are offered to all students, including those at cohort sites.

Director of Health Services appointed at NEIU



Jessica Lettow, R.N., M.S.

Melvin C. Terrell, Ph.D., Vice President for Student Affairs/Public Affairs of Northeastern Illinois University (NEIU), announces the appointment of Jessica Lettow, R.N., M.S. to the position of Director of Health Services effective July 1, 1999.

Lettow comes to NEIU from Elmhurst Memorial Home Care and Hospice where she served as a Case Manager and Field Nurse. She has managed health care offices and supervised nursing staff in several positions including at St. Francis Home Health Services in Evanston, Community Nursing Service-West in Oak Park; In-Home Health Care in Westchester, and the Visiting Nurse Association North in Evanston. From 1995-1997, Lettow was an instructor at Concordia University/West Suburban College of Nursing where she provided clinical instruction and coordinated courses in acute care, home care and community setting health care.

She earned both a Bachelor of Science and Master of Science in Nursing at the University of Illinois at Chicago. Lettow received her Diploma in Nursing from Wesley Hospital School of Nursing in Chicago.

Local resident named Lewis Summer Intern



Photo: Michelle Greenfield (standing, left) with the program's benefactors Ila J. Lewis (standing, right) of Glencoe, who presently chairs the Governing Commission of The Hillels of Illinois, Harriet Gerber Lewis (seated, left) of Winnetka and Nancy Lewis Pollock (seated, right), also of Glencoe.

DesPlaines resident Michelle Greenfield is among 26 Chicago-land-area college students who have been awarded a Lewis Summer Internship in Jewish Community Service. The Lewis Summer Intern Program, now in its 28th year, is a competitive program administered by The Hillels of Illinois and funded by the Maurice and Harriet Lewis family.

The internships provide six weeks of paid, pre-professional experience, augmented by cultural and educational activities to enhance Jewish identity. One of the goals of the program is to encourage students to pursue careers in social service as well as volunteer activities in the Jewish community. Lewis interns work in various agencies of the Jewish Federation of Metropolitan Chicago, including summer camps, shelters and adult day care, as well as programs in refugee resettlement, emergency aid to those in need, government affairs and community relations.

Ms. Greenfield, a junior at the University of Illinois, Urbana-Champaign, is working at the Lieberman Geriatric Center in Evanston.

The Hillels of Illinois, a partner in serving our community, is supported by the Jewish United

Fund/Jewish Federation of Metropolitan Chicago and Hillel: The Foundation for Jewish Campus Life. Hillel serves as the Jewish address on campuses throughout the United States and in countries abroad, providing year-round cultural, educational, spiritual, vocational, athletic, social and community service programs designed to engage Jewish young adults.

Dominicans make honors list

Several residents of Des Plaines were recognized for their outstanding academic achievements during the spring 1999 semester by being named to the Honors List at Dominican University, 7900 West Division Street.

Nancy Deblasio is a graduate of John Hersey High School and a junior communication arts & science major at Dominican University.

Rebecca A. Como is a graduate of Resurrection High School and a freshman mathematics major at Dominican University.

Students with a cumulative grade point average of 3.50 qualify for the Honors List.

School News

Daniel Frankfort



Daniel Frankfort of Niles, son of Cynthia and the late Marc Frankfort has just completed his second year at Marian College in Fond Du Lac, Wisconsin. Dan has consistently maintained a G.P.A. above 3.0 during his attendance at Marian and was awarded a certificate of academic achievement. In the Fall Dan will be attending Harlaxton College in Grantham, England where his studies will focus on International Business and Marketing.

One way to defend your church is to attend it.

Final bell rings for shop classes at Maine high schools

by Rosemary Tirio

The close of the 1998-99 school year marked the end of an era in vocational education in the three Maine Township High Schools.

A decline in student interest and enrollment in the hands-on classes prompted administrators to drop shop classes from the curriculum.

According to a study conducted for the U.S. Department of Education as recently as 1982, 14.8 percent of public high school graduates had taken three or more trade- or industry-related courses. By 1994, however, the percentage had declined to only 8.5 percent.

In the three Maine high schools, fewer than 300 of the district's 6,000 students were enrolled in shop classes last semester, calling into question the large expenditure involved in providing the classes, district officials said.

The popularity of shop elective classes such as wood, metals and plastics labs peaked in the late 1970s and early 1980s, according to the study. However, school districts across the nation began cutting the shop electives and replacing them with more college preparatory classes such as math, English and science.

Since shop classes are not in demand at the college level and few students seem interested in shop-related careers, there is little point in continuing the high school shop classes, district officials said.

Some districts have replaced shop classes with applied technology centers filled with state-of-the-art equipment where students can become familiar with the latest advances in manufacturing and construction. Computer assisted design

(CAD) software, robotics, laser optics, animation, desktop publishing, even flight simulation are some of the new technologies high school students are using to learn about the world of work in the 90s.

Students enrolled in shop classes expressed some disappointment that they will not be able to continue. Donald Rosedale, father of Maine West shop student Peter Rosedale, 15, of Des Plaines, who happens to be vice president of the Des Plaines

Chamber of Commerce, was so upset by the district's decision that he persuaded the Chamber to send a protest letter to district officials.

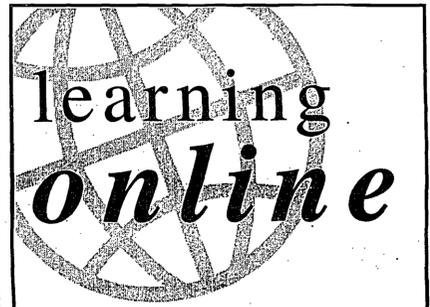
The elder Rosedale, an operations manager at a saw blade manufacturing firm in Des Plaines, said he had relied on the high school industrial classes to provide qualified students with entry-level skills for his business. Rosedale said it is increasingly difficult to find good employees for his firm.

Kathleen M. Weymer

Kathleen M. Weymer has been commissioned as a second lieutenant in the Air Force through the ROTC (Reserve Officer Training Corps) program after graduating with a bachelor's degree from Indiana University, Bloomington. Weymer is the

daughter of Stanley and Karen Weymer of Glenview. She is a 1994 graduate of Maine East High School, Park Ridge.

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- Introduction to Linear Algebra (MAT 260 001)
- Overview of the Internet (WWW 101 002, WWW 101 003)

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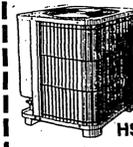
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Church & Temple News

Fall bridge classes at The Mayer Kaplan JCC

The Mayer Kaplan Jewish Community Center has a comprehensive, well respected bridge program, classes for beginners, intermediate players, and those who want to hone their skills, as well as year round weekly duplicate games.

Register now for the following classes beginning the week of September 13:

- Bridge I, Beginning: Use handouts in the beginning and then move to a "hands-on" game.

- Bridge II, Intermediate: This class is a "bridge" between Bridge I for Beginners and Advanced Supervised Play.

- Advanced Supervised Bridge Play: This class is designed for those who want to hone their skills in preparation for our Duplicate Bridge games.

- Supervised Contract Bridge: This class begins with a brief lesson and continues with supervised play.

In addition to these classes, drop in to one of our Duplicate Games which meet Monday, Wednesday, and Thursday afternoons as well as Wednesday evenings. There is also a Sunday Bagels and Bridge game. All classes are held at the Mayer Kaplan JCC, 5050 W. Church Street in Skokie beginning in mid August.

For more information about our complete Bridge program, and to register, please call Susan Kay at 847-675-2200.

MKJCC offers Hebrew and Yiddish lessons

The Mayer Kaplan Jewish Community Center, 5050 W. Church St., Skokie offers both Hebrew and Yiddish classes beginning the week of September 13. Simon Finkelstein, beloved instructor and linguistics expert teaches both classes.

- Hebrew Language: This individual and small group Hebrew learning takes place at the "J" or the informal setting of the instructor's home. It offers students the opportunity to tailor-make their learning.

- Conversational Yiddish: Be a part of the current resurgence of this rich, beloved language and connect to past generations, taught Wednesday evenings from 6:30 to 8 p.m.

For more information, call Susan Kay at (847) 675-2200.

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

OBITUARIES

GERTRUDE AUGUSTA MARIE BROWDER

Gertrude Augusta Marie Browder, 90, of Morton Grove, died August 2 at Lutheran General Hospital, Park Ridge. Beloved wife of the late Stanley. Beloved mother of Myrtle Weigt and James Browder. Grandmother of 9. Great-grandmother of 10. Services were held August 6 at Jerusalem Lutheran Church, Morton Grove. Arrangements handled by Simkins Funeral Home. Interment was in Ridgewood Cemetery, Des Plaines. Memorials to: Jerusalem Lutheran Church, 6218 Capulina Ave., Morton Grove, IL 60053.

JAYNE W. BARRY

Jayne W. Barry, 90, of Morton Grove, died August 1 at Bethany Terrace Nursing Home, Morton Grove. Beloved mother of Thomas Barry. Grandmother of 2. Services were held August 3 at Our Lady of Perpetual Help Church, Glenview. Arrangements handled by Simkins Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

DANIEL B. CHRUSCIEL

Daniel B. Chrusciel, 58, of Elmhurst, passed away. Beloved husband of Millicent (nee Handrich). Beloved son of Marie and Mitchell Chrusciel. Dear stepfather of Alicia Stephens. Brother of Joanne (Frank) Stankowicz and Camille (Nick) Sarich. Son-in-law of Berenice Handrich. Uncle of Sharon (Allen) Fritz, Frank (Kathy) Stankowicz, Mary (Joseph) Krueger, Joseph (Gina) Stankowicz, Sally Creager, James Stankowicz, Michael Yetter (fiancee Brandy), Laura (Craig) Cashon, and Alexandra Sarich. Friend of Ralph and Mary Berg and Terry and Susan Schneider. Also survived by many aunts, uncles, cousins, and great nieces and nephews. Arrangements handled by Pedersen-Ryberg Mortuary. In lieu of flowers, memorials to: National Dysautonomia Research Foundation, P.O. Box 21153, Eagan, MN, 55121-2553.

BERNARD J. BEVERLEY

Bernard J. Beverley, 81, of Niles, died Saturday, July 17 at Lutheran General Hospital, Park Ridge. He was born Sunday, June 23, 1918 in Chicago. Beloved husband of Dorothy (nee Majewski) Beverley. Beloved father of Bernice Beverley, Susan Beverley, Pauline (Ray) Boness and Michael (Sandra) Beverley. Grandfather of 7. Brother of Dorothy (John) Kelley. Services were held July 21 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines. Former member of Niles VFW Post #7712, Knights of Columbus-North American Martyrs Council and Holy Name Society.

JOSEPH P. LEAHY

Joseph P. Leahy, 80, of Niles, died Friday, July 16 at Regency Nursing Home, Niles. He was born Thursday, May 8, 1919 in Chicago. Beloved husband of Patricia A. (nee Naughton) Leahy. Beloved father of Mary Jo Leahy, Peggy Leahy and Patrick Leahy. Brother of the late John Leahy, the late Margaret G. (the late William) Ward and the late Elizabeth (the late John) O'Connor. Services were held July 19 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

HARVEY O. FAERBER

Harvey O. Faerber, 88, of Morton Grove, died Saturday, July 17. He was born Sunday, July 2, 1911 in St. Louis, Missouri. Beloved husband of Audrey (nee Litzinger) Faerber. Beloved father of Joan (the late Ken) Larson. Grandfather of Scot Larson and Dale (Michele) Larson. Great-grandfather of Kenny, Danny and Tommy. Services were held July 21. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Memorial Park Cemetery, Skokie.

LAWRENCE E. KOSABUCKI

Lawrence E. Kosabucki, 50, of Mt. Prospect, died Monday, July 19. He was born Friday, September 10, 1948 in Chicago. Beloved husband of Wanda (nee Suchecki) Kosabucki. Beloved son of Edward and the late Doris (nee Davis) Kosabucki. Beloved father of Christopher and Carolyn Kosabucki. Brother of Patricia and Kathleen Kosabucki. Son-in-law of Lottie Suchecki. Brother-in-law of Casey Suchecki. Services were held July 23 at St. Emily's Church, Mt. Prospect. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

CLIFTON D. WAGNER

Clifton D. Wagner, 82, of Niles, died Monday, July 26 at Glenview Terrace Nursing

Home, Glenview. He was born Sunday, March 11, 1917 in Duluth, Minnesota. Beloved husband of Florence (nee Feret) Wagner. Beloved father of Gary (Rona) Wagner and Kim (Dean) Duley. Grandfather of Lauren, Lisa, Brett and Sara. Services were held July 29. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

LENA FRANCES PARZIALE

Lena Frances Parziale, 74, of Niles, died Tuesday, July 27 at Resurrection Medical Center. She was born Monday, July 28, 1924 in Chicago. Beloved sister of Jenny Curran. Services were held at St. Tarcissus Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Queen of Heaven Cemetery, Hillside.



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Church & Temple News

'Sanctuary' program to focus on helping Kosovars

The next "Sanctuary" program will center on the important and moving involvement of JUF's "Kosovo Relief, Rescue and Resettlement Efforts- Overseas and Chicago," and how these efforts relate to High Holiday themes. The program, to be hosted by Deborah Palmer Herst, will be broadcast on Sunday, Aug. 22, at 11 a.m. on ABC7 (Channel 7).

Guests are Steve Barnett, 1999 Jewish United Fund general campaign chairman; Pamela Seubert, Jewish United Fund/Jewish Federation associate vice president for Government Programs and Resettlement Services; and Rabbi Irving Glickman, spiritual leader of A.G. Beth Israel Congregation.

Barnett visited Kosovo and has been actively involved in JUF's efforts to help Kosovars. Seubert has been at the forefront of resettlement efforts of Kosovars in Chicago. Rabbi Glickman, who also is a vice president of the Chicago Board of Rabbis, will share his insights regarding how JUF's efforts to aid the Kosovars connects to important themes of the upcoming High Holidays.

"Sanctuary," which airs one Sunday each month, is produced by the Jewish Television Commission of the Chicago Board of Rabbis and WJUF, a beneficiary of the Jewish Federation of Metropolitan Chicago. The "Sanctuary" program is on a monthly rotation with the Greater Chicago Broadcast Ministers and Archdiocese of Chicago.

St. John Brebeuf Parish welcomes new priest



St. John Brebeuf parish community recently welcomed two new associates with a champagne toast and cake at the annual family picnic.

Father Arthur Olsen grew up in Westchester, attended Proviso West High School and Northwestern University. He worked as a newspaper reporter in Pennsylvania before entering the seminary. Father Olsen was ordained at Holy Name Cathedral in May, and St. John Brebeuf is his first assignment.

Father Adam Galek is a native of Poland, was ordained in Poland and worked in the Ukraine and Austria. He has been at St. Thecia Parish in Chicago since 1997. Father Galek's brother recently became pastor of a parish on the south side of Chicago, close to Midway airport.

Shown from left to right, Father Adam Galek, Father Tom May, St. John Brebeuf Pastor and Father Arthur Olsen.

MKJCC offers international Relations class

Examine the global events that are shaping our world in the International Relations class from The Mayer Kaplan Jewish Community Center, 5050 W. Church St., Skokie. Led by Lester Mehlman, this lively discussion group explores how U.S. Foreign Policy is affecting us as citizens and Jews.

The class meets Wednesdays beginning September 15 from 11 a.m. - 12:15 p.m. at the Mayer Kaplan JCC.

For more information and to register, call Susan Kay at 847-675-2200.

Aleksandr Grigoryeu

Army Pvt. Aleksandr Grigoryeu has graduated from the motor transport operator course of Fort Leonard Wood, Waynesville, MO. Grigoryeu is the son of Aleksandr Grigoryeu of Ellicott City, MD, and Lyubovae Grigoryeu of Skokie.

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St. Maximilian Kolbe Memorial Mass

On August 14, 1999, the feast day of St. Maximilian Kolbe, Polish people all over the world will commemorate the "Christian Holocaust." The world needs to know that not only Jews died and were victims of Hitler's Holocaust but also in addition Poles and Christians were victims of this same holocaust during World War II.

Father Kolbe, a priest and martyr, was sent to the death camp at Auschwitz "Oswiecim", on May 25th, 1941. There in an incredible act of heroism he gave up his life for his fellow man. Father Kolbe, has become a symbol of those priests, nuns, and other Christians who were slaughtered during the German-Nazi occupation of Poland.

On Sunday, August 15, 1999, the Polish National Alliance will join the Polish community at a Commemorative Mass held at the Holy Trinity Mission, 1118 N. Noble St., Chicago, at 10:30 a.m. in honor of Father Kolbe

and the millions of Christian martyrs of World War II. The celebrant will be Fr. Canon Regis Barwig, Prior of the community of Our Lady Monastery, Oshkosh Wisconsin.

We urge all of Polina and members in our neighboring states to remember Father Kolbe and the Nazi victims of World War II, on his feast day.

Area students receive degrees from Bradley

The following students received degrees from Bradley University during Commencement ceremonies on May 15, 1999.

Nadia Ambereen Alavi, Bachelor of Science, lives in Northbrook.

Sarah Ilyse Oskin, B.S. in Nursing, lives in Skokie.

Nicole Marie Sindermann, Bachelor of Science, lives in Northbrook.

Senior Citizen Law Enforcement graduates



Cook County Sheriff's Police Chief Tom Fitzgerald (left), Wheeling Police Department Sergeant John Taevans (right) and Officer Megan Griffin (second from right) congratulate Barbara Hayes (second from left) and Joanne Marion (center) as the "senior graduates" proudly display their Senior Citizen Law Enforcement Academy Certificates of Completion. The two ladies were among 46 graduates honored last month, after attending the eight-session program hosted at Adolorata Villa, 555 McHenry Rd., in Wheeling. Sheriff Michael F. Sheahan initiated the Academy to give participants a better understanding of the responsibilities of law enforcement officials as well as advice on personal safety and crime prevention. For more information on the Senior Citizen Law Enforcement Academy, please call (773) 869-7725.

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CRUISE LAKE MICHIGAN TO MACKINAC ISLAND

Here's a beautiful cruise across Lake Michigan to Mackinac Island. Begin this four day trip on August 14 with a cruise across Lake Michigan on the SS Badger Carferry. Features 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, \$395 for a double, and \$699 for a single. To register, call Catherine Dean at the Morton Grove Park District, 965-1200.

VISUALLY IMPAIRED MOTIVATORS

Morton Grove's Visually Impaired Motivators is a support group for people with vision impairment. The group provides a positive environment for expressing feelings, learning about low-vision and coping skills, and building on strengths. Resource information is presented and problem solving discussion is encouraged. The next meeting will be at 10 a.m. on Tuesday, Aug. 17 in the Morton Grove Village Hall. For information or for transportation, call the Senior Hot Line at 470-5223.

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.

TRACK TIME

Take advantage of the walking track at the Prairie View Community Center's Club Fitness from 8 to 10 a.m. on Tuesday and Fridays. A track-only membership card will be issued to all walkers. The cost is \$12 for residents, and \$15 for non-residents from September 1, 1999 through August 31, 2000. An additional \$6 guest fee will be charged on any day when walkers wish to use the other equipment. This is a great way to insure walking exercise when the weather doesn't permit outside activity.

HAWAIIAN LUAU

Save Thursday, Sept. 9 for a great evening of Hawaiian food and entertainment at the Prairie View Community Center. The evening will start at 6:30 p.m. with a delicious dinner of Polynesian Baked Ham and Hawaiian Chicken with all the trimmings. Then, the Royal Polynesian Revue will entertain with the spectacular fire knife dancers. A prize for the best Hawaiian attire will be given. The cost for this event is \$15 for residents, and \$18 for non-residents. For more information or to register, contact Catherine Dean at the Park District, 965-1200.

LET'S DANCE

Let's have a dance party every week! Instruction will be given on line dancing, ballroom dancing and swing. It will be lots of fun and a great experience. The instructor is Flo Bette who will have seniors hoppin' with or without a partner. Class will be held from 3:30 to 4:30 p.m. from Tuesday, Sept. 14 through Nov. 9 at the Prairie View Community Center. For more information or to register, contact Senior Adult Supervisor, Catherine Dean at the Morton Grove Park District, 965-1200.

VIVA LAS VEGAS

Join the Prairie View Travel Club as they fly to Las Vegas on Monday, Nov. 1 for four days of fun. Stay at the Treasure Island Resort, the perfect backdrop for the pyrotechnic clash between the pirate ship Hispaniola and the Navy Frigate HMS Butannia. Besides trying playing the machines and tables, tour Nevada's engineering masterpiece, the Hoover Dam. Other features of the trip include: round-trip airfare, round trip transfers, meet and greet in Las Vegas, luggage handling, one buffet breakfast and all taxes and surcharges. The cost is \$519 for a quad, \$529 for a triple, \$539 for a double, and \$679 for a single. For more information or to register, contact Catherine Dean at 965-1200.

Niles Seniors Men's Club looking for golfers



Frank Hildebrand tees off at a recent Tam golf Outing sponsored by the Niles Senior Men's Club. Niles residents 62 and older are invited to participate in any of the following golf outings. The nine-hole Tam outings are scheduled for Wednesdays August 18, September 15 and October 6. The 18-Hole outings include Bonnie Dundee on Thursday, September 2 and Countryside on September 28. For more information contact Mary Swanson at 588-8420.

Medicare Managed Care Helpline

In response to recent changes in Medicare, the Campaign for Better Health Care (CBHC), the largest non-profit consumer health care coalition in Illinois, has recently implemented a toll free Medicare Managed Care Helpline in order to answer questions regarding Medicare and Managed Care to help Illinois' senior and disabled communities understand the health care options available to them. The goal of the Helpline is to increase seniors knowledge of their rights under Medicare and to notify them of ongoing changes in the Illinois health care delivery system.

Although there are currently other informational resources to individuals with Managed Care Health Plans available, the CBHC Medicare Managed Care Helpline is unique in that it focuses on Managed Care and Medicare, specifically Medicare HMOs. Also, CBHC takes a consumer advocacy approach to health care. In addition to answering their questions about Medicare HMOs, callers are encouraged to file complaints when they are being treated unfairly.

Consumers who have questions regarding Medicare Managed Care who feel that their rights have been violated can call the CBHC toll free at 1-888-544-827. To find out how to be more involved with the Campaign for Better Health Care call the Chicago office at 312-913-9449 or the Champaign office at 217-352-5600.

Frustrated by Medicare HMOs? Confused by Managed Care and Medicare? Let the Campaign for Better Health Care help you! Call today and answer your questions. Know your rights! Call 1-888-544-8271 today!

Niles Senior Citizens 588-8420 - 588-8000

INVESTMENT APPOINTMENTS AVAILABLE

Jeff Cardella of Edward Jones Investments is available the third Wednesday of each month for free consultation. The next appointment date is Wednesday, Aug. 18. Contact the Center to schedule an appointment.

BEGINNER'S BRIDGE CLASS OFFERED

A 4-Week Beginner's Bridge Class is being offered Thursday, Aug. 19; and Thursday, Sept. 9; from 1 p.m. to 3 p.m. (new time). Cost: \$5. Pre-registration required!

PNEUMOCOCCAL VACCINE

Free lecture given by Terry Sprengel RN BSN on the vaccine that prevents pneumococcal disease. Come and learn about these preventable disease on Thursday, Aug. 26, at 2 p.m. Registration required.

LOOKING FOR 80 YEARS AND OLDER MEN

The Niles Senior Center is putting together a social group of men 80 and older. The group will meet monthly. If interested, contact Mary Swanson at 588-8420.

NEW - SUPPORT GROUPS

The Niles Senior Center would like to offer a support group to individuals diagnosed with early dementia. This group would provide individuals with an opportunity to learn more about dementia, explore issues of adjustment to diagnosis, memory strategies, and stress management. Concurrently, a support group will be offered for caregivers. The caregiver support group will provide information on dementia, the impact on family relationships, problem solving strategies, community resources and legal concerns. If you or a family member would be interested in participating in either of these groups, please contact Bev Westels or Trudi Davis at 588-8420.

YARN NEEDED

The Senior Center is requesting leftover yarn or scraps of material. Lap robes and shawls are made for veterans at Hines Hospital. Volunteer knitters and crocheters are also needed. If interested, please contact the Senior Center.

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.

SPECIAL SENIOR CENTER'S CENTENNIAL CELEBRATION

Join us for a special celebration of the Village of Niles Centennial. We are hoping for one hundred birthday cakes with a candle on each cake to be donated by the Niles Senior Center seniors. At 1 p.m. on August 24, the actual 100 year birthday, we will blow out the candles and have our cake. Please let the center know if you will be baking a cake!

NEW - MONTHLY SUNDAY AND EVENING PROGRAMS

The Niles Senior Center is now open one Sunday every month, and one evening every month. 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.

TICKET SALES

August Ticket Sales began Wednesday, Aug. 4. 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 - 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.

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.

HarvestFest, sponsored by the Men's Club, is Friday, Sept. 10, 10 a.m. to 3 p.m. Enjoy traditional German style menu followed by Frank K & Company. 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.

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Police News

Sheriff's 'Swap Crews' cleaning up Mt. Prospect

Labor crews from the Sheriff's Work Alternative Program (SWAP) will be working in Mount Prospect on August 19 and 20, as a public service to the taxpayers of Cook County, according to the Office of Sheriff Michael F. Sheahan.

The SWAP Program is made up of non-violent offenders charged with DUI and other misdemeanor crimes who "swap" jail time for a community service sentence. Under the supervision of specially trained sheriff's dep-

uties, the crews work throughout the county on a variety of public works projects such as cleaning parks, viaducts and streets.

"SWAP provides our communities with a free labor source and it helps to combat jail crowding and the costs associated with that problem. It also provides tough yet meaningful rehabilitation to the offenders by allowing them to pay their debt to society in a productive fashion."

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

Sheriff announces scholarship winners



Cook County Sheriff Michael F. Sheahan recently announced the winners of the 1999 Illinois Sheriff's Scholarship, an honor presented to students entering or attending Illinois colleges or universities who demonstrate outstanding scholastic, extra-curricular and character qualifications.

Cook County award recipients were Julia Woodrich of Chicago, Judy Kang of Hoffman Estates, Vicki Spiel of Tinley Park and Ellen Dugan of Evergreen Park.

The winners receive a \$500 scholarship that can be used for tuition or education related expenses. Pictured with Sheriff Sheahan is scholarship winner Julia Woodrich.

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26 Illinois gun dealers account for most crime guns

U.S. Sen. Dick Durbin (D-IL) said new data from the U.S. Bureau of Alcohol, Tobacco and Firearms (ATF) shows 26 federally licensed gun dealers in Illinois were each the source of more than 25 guns traced to crimes committed in 1998. These 26 dealers account for more crime guns (1,659) than the remaining 3,700 dealers combined (1,572).

A single dealer in Riverdale, Illinois, was the source of 1,176 guns traced to crimes committed in 1998. Those 10 dealers -- located in Riverdale, Elmwood Park, Lincolnwood, Melrose Park, Lyons, Franklin Park, Oak Lawn, Dundee, Decatur and Collinsville -- account for one-third of the state's crime guns (1,084 out of 3,231 in 1998).

The Illinois statistics were part of a broader report compiled by U.S. Sen. Charles Schumer (D-NY), a member of the Senate Judiciary Committee, which showed that nationally, one percent of the nation's gun dealers are the source of nearly half the guns used in crimes last year. The report -- "A Few Bad Apples: Small Number of Gun Dealers the Source of Thousands of Crimes" -- analyzed previously unreleased ATF information.

"This report shows that while most gun dealers are law-abiding and responsible, some shops have become 'convenience stores' for criminals," Durbin said. "We will be asking how and why these dealers show up again and again when crime guns are traced."

Durbin said the report showed that 1,160 gun dealers -- roughly one percent of the more than 100,000 federally licensed gun stores in America -- were the source of 34,626 crime guns in 1998. The 34,626 figure represents 45 percent of crime guns traced last year.

The report also identified the locations of the very worst dealers -- the 137 gun stores which sold more than 50 guns used in crimes committed last year. According to the analysis, these dealers made up only one-tenth of one percent of federal licensed gun dealers but were the source of more than 13,000 of the 77,010 guns used in crimes in 1998.

The analysis also found that most of the worst gun stores are not located in high crime areas. Seven of the high crime gun dealers in Illinois are located in the suburbs, including dealers in Riverdale, Elmwood Park, Lincolnwood, Melrose Park, Franklin

Park, Oak Lawn and Lyons. These dealers sold 3,814 guns traced to crimes committed between 1996 and 1998.

The ATF does not release the names of individual gun dealers, including those cited in the report.

'The Fun is revvin' up at Pioneer Park'

Did you ever hear an old 50' or 60's song and automatically drift back to the "Good Old Days?" Picture yourself in that "57" Chevy with your favorite guy or girl cruisin' down the street, with the radio blasting. Your only care in the world is what are you going to wear and which Drive-In has the best movies playing.

Relive some of those old memories at our annual Classic Chevy Cruisers and Rodders in Motion Car Show. It will take place Tuesday August 17 (raindate Thursday August 19) from 7 p.m. until 9 p.m.

While viewing the Hot Rods enjoy a game of mini-golf or test your skills in our batting cages. It's all free!

For more information, contact Julene Valle at (847) 965-1467.

Letters to the Editor

Nilesite cites theatre personnel as "insensitive"

Dear Editor:

I would like to call to your attention an incident that occurred at the Morton Grove Theater on Sunday, July 18, 1999 at about 4 p.m. While viewing "Cookie's Fortune" with my wife and mother, my mother called out "What's happening to me?" When I looked at her I saw that her eyes were rolling back and when I questioned her she was not able to tell me where she was. I left my wife with her and proceeded to the lobby to the food area and asked the three employees there to call 911 and to give me some water. When they returned with the water I had to tell them two more times to call 911. When I returned to my mother, a large man in his mid-thirties approached us. I think he may have been the manager. He asked, "Is mamma awake now? I stated to him that she was not asleep but was delirious. He then asked, "Are you the one who insisted on having 911 called?" I stated "Yes, I am the one." He next stated "She is

awake now take her to the lobby where she can wait for the ambulance." I informed him that I would not move her because I didn't know how seriously ill she was. He was insensitive and stated that "We can't have this commotion because it will be disturbing other people." I insisted that I would not move my mother.

The paramedic arrived and checked her out and removed her from the theater. My mother was admitted to Lutheran General Hospital for three days and had a pacemaker inserted.

The theater staff were very insensitive and unprofessional to our needs during this emergency. My mother was having a problem with her heart not sleeping in the theater. There were no wheelchairs available for use and or tel-

ephones near by to get help. With the large number of older adults who frequent the theater you would think that they would have better trained personnel to handle circumstances like this.

I felt that the theater personnel were more interested in the monetary needs of its paying customers than health needs of an elderly sick woman.

Sincerely,
Henry Betka,
Niles, IL

In response to Mr. Betka's letter:

Most importantly, we are happy to hear his mother is doing well. The Morton Grove management and staff are always will be concerned about the health and safety of all our patrons. We try to respond as best we can when situations such as this arise. If our staff did not communicate with Mr. Betka properly or did not understand him or his mother during this very confusing sequence of events and conversations, we hope he will accept our apology. However, the characterization of our staff as unconcerned and untrained is a bit harsh.

This is not the first letter to a newspaper regarding our theatre. Several months ago, another patron wrote another area newspaper lauding our staff for a humanitarian act. The circumstances were similar to Mr. Betka's. A patron became ill in the theatre. Our staff responded with water, ice and called an emergency service vehicle. The patron made a full recovery and a friend gave thanks. If we handled one circumstance more efficiently than another, then we must try harder in

the future. However, our management and staff care deeply about our patrons and will continue to do whatever we can to make their visit to our theatre a pleasant and safe one.

The Morton Grove theatre has long enjoyed a reputation as a friendly, comfortable and safe venue to enjoy an affordable time at the movies. We are committed to our patrons and our reputation.

F & F Management
Morton Grove Theatre

Reader praises Morton Grove Animal Hospital

The Morton Grove prairie 7400 Waukegan Niles, IL 60714

Dear Editor:

I wish to compliment Dr. R. Drell and her crew, at the Morton Grove Animal Hospital for saving my cat Slammy's life.

Slammy, my 12 year old fe-

male cat, suddenly got very ill on July 14, so I quickly brought her to the Animal Hospital known for their good reputation, the next morning. A blood test showed she was going to renal failure. If I would have waited another day, it would have been too late to save her.

Slammy spent 5 days on dialy-

sis, flushing out her kidneys. This worked and she quickly recovered. I was also allowed to visit her daily during her hospital stay.

My thanks again for saving Slammy's life to Dr. Drell and her devoted crew.

Velda Garfinkel,
Skokie, IL

Borders Books & Music presents Jeffery M. Leving author & Chicago attorney

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"Jeffery Leving is without a doubt the best fathers' rights attorney in the country. With this book, he addresses one of today's most important issues and gives

men the tools to get back into their children's lives." Michele Delo, American Coalition for Fathers & Children.

Thursday, August 26 at 7:30 p.m., 590 East Golf Road, Schaumburg.

For more information about this book contact The Law, Offices of Jeffery M. Leving, Ltd. 312-807-3990. web site: www.dadsrights.com.

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Sports / Park & Library News

Holy Family offers sports injury prevention tips

Millions of Americans sustain sports injuries every year. According to the Mayo Clinic, 4 million children are treated in emergency rooms annually for sports related injuries. Fortunately, many of these injuries are preventable.

As a community service, Holy Family Medical Center offers the following general tips to help your family enjoy a safe summer.

- Consult a physician before undertaking a sport or exercise program especially if you have a serious health problem or have been sedentary for a long time.

- Exercise regularly. Engaging in a sport only once in a while does not allow your body's muscles to remain strong and flexible and raises your risk of injury.

- Include warm-up and cool-down periods in your routine. Gentle stretching or a slow jog will help you guard against muscle strain.

- Forget "no pain, no gain." Pain is your body's signal that something may be wrong. If you experience discomfort, stop to evaluate yourself for a possible injury. Never encourage others

to "play through the pain."
• Use protective equipment. Using the appropriate equipment is one of the best ways to avoid injury. Bike helmets, knee and elbow pads, and protective eyewear can prevent serious harm.

If you or a child is faced with a possible bone fracture, seek trauma assistance immediately and follow up with an orthopedic physician. If you need a physician, Holy Family's free physician referral service, MedConnection, can put you in touch with one of more than 450 staff physicians and specialists. Call 847-297-1800, ext. 1110.

Holy Family also offers Magnetic Resonance Imaging services in its new Advance MRI Center. An MRI exam gives physicians valuable information that may not be available from other radiologic procedures, and the findings could eliminate the need for surgery in some cases. For more information, please call 847-297-1800, ext. 1674.

USE THE BUGLE

To the Commissioner and Supporting Staff of the Niles Park District



Standing Coach Penkala, Joe Penkala, Patrick Needham, John McAulliffe, Coach Schlessinger. Sitting Jimmy Latka, Tim Owens, Patrick Fine, Brian Granata, Daniel Linsner, Aaron Schlessing. Not in picture Kevin Carro and Kevin Fallon.

I would like to sincerely thank the Coaches of the Niles World Series Bronco League Champions the Braves, who are Mr. Fred Schlessinger, Mr. Wally Penkala and Mr. George Carro for a wonderful job of coaching. The not only taught the sport, but

they taught patience, sportsmanship, and how to have fun. As for me and my wife, we feel that the three coaches are excellent role models who devoted a great deal of their time to the kids. We would only hope that our son will be lucky enough to have the same

kind of coaches for the 2000 league.

With deep appreciation for a wonderful season.

Sincerely,
Joseph and Mary Latka

Culp heads team in World Cup competition for athletes with physical disabilities

Craig Culp, Superintendent of Recreation at Maine-Niles Association of Special Recreation (M-NASR), has been named head coach for Team USA's Boccia Team which will be competing in the World Cup in Mar Del Plata, Argentina from September 29 through October 8, 1999. He has been coaching Team USA's boccia team for the past three years, in preparation for the Paralympic Games in Australia in October of 2000. Culp will be leading the United States' ten member team into the world competition against more than 30 teams from other nations. Athletes on the team are from: Ohio, Florida, Illinois, Kansas, South Carolina, Texas, Alabama, Michigan and New York. A leader in the field, Culp says, "Adapted sports is the term used to describe sports and athletics for individuals with physical disabilities. The pinnacle of adapted sports is the Paralympics which are held immediately following the Olympics and use the same venue. For example, the next Paralympics will be held in Sydney, Australia, in October of 2000, ten days after the Olympics" concludes. Events available to Paralympic athletes are not as numerous as those in



Craig Culp

the Olympic Games but the number is still extraordinary." M-NASR has plans to start an adapted sports program under Culp's guidance beginning with a Wheelchair Sports Jamboree on September 18, at the Weber Center in Skokie. "M-NASR is excited about its plan to start an adapted sports program. Our goal is to provide an opportunity to residents with physical disabilities that has never before been available," Culp said as he outlined the beginning of this

program. "The programs M-NASR is planning to develop are for everyone- safe fun and recreational based grassroots teams that will focus on introduction of the sport, skill development, teamwork and regional competitions with local teams. No matter what your age, your ability or your athletic background, you are invited to come and see what is being started at M-NASR." For further information please call 847-966-5522.

The Skokie Youth 10 year old Travellers

The Skokie Youth 10 year old Travellers concluded their highly successful season in the North Shore Baseball League this past week. In the regular season, the team finished in fourth place in the ten team league with a final record of 9-7. Highlighting the regular season were two wins over league runner up Lake Forest by scores of 8-4 and 7-3. Skokie Youth also posted victories over Deerfield, Glenview, Lake Bluff and Ken/Win. Overall, the team improved their record from a year ago by four wins.

The Bugle Newspapers
HOME STYLE
• Real Estate • Home Improvement

Wall murals and faux painting are the choice of younger consumers

Young homeowners are looking for alternatives to traditional wallpaper. They are increasingly opting for wall murals and faux painting, making these two bright spots in the sagging wallcovering industry.

Younger consumers see faux painting and wall murals as a contemporary option to wallpaper. They are also dealing with severe constraints on their time, and view the installation of wallpaper as a difficult and lengthy choice that does not fit into their busy lives.

Increased consumer awareness is being driven by the use of wall murals in highly visible locations, such as in hotels and for sets of television programs and films. Caesar's Palace hotel and casino in Las Vegas, NV, "installed wall murals in all the guest bedrooms of its newly completed towers," according to Jerry Walker, head of construction for the project. "In addition to the bathrooms, we used murals as a decorative piece in the foyers of all the suites and in the hotel's

new Italian restaurant, 'Terrazza,' Mr. Walker continued.

Meanwhile, wall murals from the market leader, Hopkins, MN-based Environmental Graphics, have appeared in entertainment productions ranging from "The Peacekeeper" and "Primary Colors," to "Seinfeld," "Goosebumps" and "Walker, Texas Ranger."

Wall murals are a practical alternative to traditional wallpaper," says Todd Imholte, vice president of sales at Environmental Graphics. "They not only add atmosphere, but they give a room a real sense of expanded space, making the room feel larger," he continues.

Environmental Graphics' sales increased 30% in 1998 and are up an additional 30% so far this year. This is in sharp contrast to the wallcoverings industry overall. According to figures from the Paint and Decorating Retailers Association, St. Louis, MO, compiled from the organization's own market research and studies by the U.S. Department of Com-

merce, final sales of wallcoverings in 1998 reached \$1.66 billion, a decline of 3% from \$1.72 billion in 1997. That was down 5% from the previous year when sales topped \$1.8 billion. In fact, sales of wallcoverings have been dropping since 1994, when they peaked at just over \$2 billion.

One of the strengths of wall murals and faux painting, in addition to their low cost, convenience and eye-catching look, is that they appeal to all demographic groups. Environmental Graphics offers an eclectic selection of 21 different wall mural designs so that men, women and children all can find something they like. Examples include ocean and lake views, peaceful gardens, country and woodland vistas, rugged river scenes, as well as children's storybook-style illustrations, space-themed photographs, cityscapes, sports images and maps. All the murals measure 8 feet by 13 feet.

For more information about Environmental Graphic's Wall



Bring the magic of the Caribbean into your home with the Cinnamon Bay wall mural by Environmental Graphics.

Murals visit your local home center or paint and wallcovering store. For a full-color brochure showing available wall murals, and information about local dealers, write: Environmental Graphics, 717 South 5th St., Hopkins, MN 55343. Phone: 800-328-3869. Website: <http://www.egproducts.com>.

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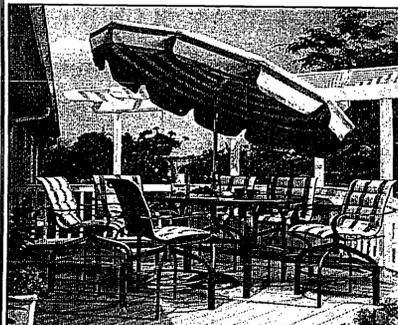
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Home Style

Add creative style to porches and decks

Decorating your backyard deck with comfortable furniture, plants and accessories will help make it feel as warm and inviting as any other room in your home. So, if you have an outdoor porch or a deck, now is the time to give it some attention so you can enjoy it all season.

Roof covers, bench seats, flower boxes and hand rails are a few items that can improve the use and comfort of your deck, according to Eric Schmidt, with The Home Depot. He offers the following hints to help "deckscape" and add creative style to your outdoors.

A deck with character

Before starting on your decorating project, check the deck, steps and railing for loose boards. It is critical to replace any unsafe spots before your family and guests use the area more frequently.

Outdoor furniture comes in everything from wicker and all-weather to plastic or aluminum. For an eclectic look, mix styles, colors and materials such as a white wicker rocker next to an iron table. Use florals, stripes and plaids in a variety of muted tones for a casual, relaxing look. A wide range of weather-proof and color coordinated fabrics are available to unify the pieces.

Arrange furnishings into a comfortable configuration. Don't forget about traffic flow, or else your ottoman may end up blocking the path to the barbecue.

Create interesting settings such as a cooking area closet to the kitchen for convenience and a conversation area near or overlooking the garden for relaxing.

Trellis covers allow for hanging and creeping-type plants to create a natural canopy to keep your deck cool and provide shade. Brightly colored fabrics make a nice complement to a trellis roof. To create a distinct entry point for the deck, build a free-standing arbor that can be enhanced with crawling vines or decorative woodwork.

Use paint railing or sections of the deck's floor to add accent colors. Try incorporating ivy-like drawings and colorful borders to round out a design theme.

Add a Splash of Color

Give your deck some life with an assortment of potted plants and flowers. Pick varieties suitable for both shady and sunny spots, with an eye toward vibrant colors. Create a design theme by hand-painting planters, or using decorative containers or antique urns.

Combination bench seats with planter boxes allow you to relax and enjoy your favorite flowers. Consider planting herbs for outdoor cooking or even small vegetables that can be relocated as the sun changes positions. And don't forget the birds and butterflies—both can be attracted to your deck and garden with a variety of flowers and feeding stations. Whimsical bird houses and bird feeders are a nice touch that can be enjoyed through late fall.

Top off your grill with the perfect accessories

The newest grilling accessories allow the master outdoor chef to cook everything from the main course and side dishes to dessert on the grill. Roast chicken on the rotisserie, grill potato wedges, fry bananas and brown sugar on the side burner and even keep bread warm on a warming tray.

Smokers are a hot product in the barbecue scene, so instead of smoking the traditional bacon or pork, try smoking a steak or stuffed chicken. Barbecue smoking can take anywhere from 1 to 2 hours or up to 20 hours or more, depending on what is being smoked.

Using a wok on the grill lets that delicious barbecue smoke flavor smolder. Foods that otherwise fall through the grill. Try making teriyaki chicken with asparagus, scallions and garlic on a grill wok.

Thermometers allow the chef to test for "doneness" and chimney-style lighters eliminate the need for starter fluid when lighting a charcoal grill. To give food cooked on a gas grill that smoky flavor, try using hickory- or mesquite-flavored wood chips at your next barbecue.

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All Fired Up: Take your cooking to the great outdoors.

With the longer days ahead, we all look forward to the summertime ritual of outdoor grilling. If you are ready to buy a barbecue, but don't know where to start, here's some budget-conscious tips for buying the grill that's right for you.

Check your frequency

When shopping for a new barbecue, consider how you will use it. Someone who plans to grill on the patio several times a week needs a different unit than the person who will occasionally barbecue at the beach or the park.

"Also consider how much room you have for a barbecue," suggests Steve Zimmeroff, with The Home Depot. "Will you simply cover it when not in use, or do you want a unit that can be rolled away into the garage or a shed?"

The Best Fuel for You

Charcoal grills are portable, making them easy to transport for camping trips and other outings. Propane or natural gas models are easy to start and operate, and provide better temperature control. And electric grills are an excellent choice for people who live in condos or apartments, or for the elderly or people who are uncomfortable with gas or charcoal. If the unit gets too hot, it can simply be unplugged.

"Remember that you don't have to buy a top-of-the-line barbecue to get good results. For under \$100 you can buy a sturdy charcoal barbecue, and gas units are also reasonable," Zimmeroff said.

No Frills or Bells and Whistles

Once you have settled on the type and size of your barbecue, you can select from an array of models featuring different amenities. Consider the following when making your choice:

• **Cooking Surface.** Porcelain is the most common and least expensive, while cast iron offers better heat distribution and temperature control.

• **Heating Media.** Ceramic briquettes are excellent and can be turned over and used twice. A steel flavorizer bar provides slightly more consistent temperature.

• **Burner Type.** A gas grill with more burners allow you to vary temperatures in different areas of the grill when simultaneously cooking more than one type of meat.

• **Rotisserie/Back Burner.** This type of option is great for slow-cooking meats with indirect heat.

• **Side Burners.** These are handy for corn, beans or clams. Instead of cooking some food inside and some food outside, it can all be done on the grill. This can be particularly helpful on those hot summer days when you don't want to overheat the kitchen.

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• Tire pressure monitoring systems use state-of-the-art radio and sensor technologies to continually track the pressure and temperature of each tire on the vehicle while it is in motion. Wheel mounted sensors transmit this data to an interactive display module mounted inside the vehicle. The display module alerts the driver to abnormal readings, and also includes several preset warning levels to alert the driver in advance of a total pressure loss," Schlachter said.

According to the Tire Industry Safety Council (TISC), underinflated tires run hotter, wear faster and can add to a tire's rolling resistance, which means engines have to work harder. Overinflation can affect vehicle control, because stiff sidewalls transmit,

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Rainbow Hospice opens The Center for Loss and Life Passages

Because of the need for counseling beyond the scope of hospice bereavement services and at the request of patients who were struggling with adjustment to illness issues, Park Ridge-based Rainbow Hospice recently opened The Center For Loss And Life Passages which provides comprehensive counseling services for individuals, families, children and teens. Six months in development, the program is open to everyone in the community.

The Center For Loss And Life Passages can help people cope with anxiety, depression, illness, loneliness, feelings of emptiness, loss, grief, stress, distress in man-

aging your daily life, recent or unexpected life changes or sudden or traumatic loss. Rainbow Hospice's philosophy is that counseling is an ongoing therapeutic relationship that empowers a person to make positive changes in his or her situation.

The Center will also provide support for individuals who are struggling with the loss of a significant person in their life: wife, husband, mother, father, child or good friend. Counselors will help people realize they don't need to go through the grieving process alone.

Counseling services are provided by licensed and experienced therapists who are employ-

ees of Rainbow Hospice. Services are available on a fee-for-service basis. Ginger Denman, social services coordinator, Rainbow Hospice believes: "Grief needs to be shared outside one's self for healing to occur. Counseling provides a safe place for this to happen. By speaking with a counselor, the person has a chance to communicate his or her feelings. The goal of counseling is to keep the person from feeling isolated or abandoned and to provide a safe place to process their grief."

Rainbow Hospice is affiliated with Advocate Health Care and Resurrection Health Care. Rain-

bow Hospice is a nonprofit, community-based organization with a mission of enabling people to cope with loss and the end of life. Counseling appointments are available in Rainbow Hospice's Park Ridge office or in the comfort of your own home. To make an appointment or for more information, call (847) 685-9900.

NTJC to hold Open House

Ezra Habonim, The Niles Township Jewish Congregation is having an Open House Tuesday August 17th, 7:30-9 p.m. at 4500 W. Dempster in Skokie.

Join us and meet our clergy: Rabbi Neil Brief and Hazzan Shlomo Shuster.

Learn about the exciting plans our new educational director Harriet Robbins Ost has for the religious school. Meet our board members, sisterhood and men's club officers. See the school and Gan Yeladim Pre-School classrooms.

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For information contact Shom Klaff, executive director of Carol Straus, membership chairperson at 675-4141.

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Maine South High Honor Roll Freshman: Jennifer E. Anderson, Brian A. Annes, Rachel E. Barr, Robert T. Barrett, Kathleen A. Barry, Kathryn E. Berntson, Michael T. Braun, Megan A. Briars, Nastasia N. Broeker, Stephanie M. Caccamo, Scott A. Cameron, Anita E. Chang, Brenda C. Christopher, Jason T. Clark, Melanie J. Clark, Eileen B. Collins, Andrea Cosman, Lynn M. Costanza, Corina Crisan, Patricia R. Dieschbourg, Karen C. Diller, Nickolas D. Dobric, Kara L. Dollaske, Magdalena Dumin, Margaret L. Dwyer, Erin L. Farmer, Kelly M. Foy, Britt L. Fredericksen, Megan A. Gibbons, Melissa A. Gilbar, Kimberly M. Gatches, Emilie N. Hanson, Andrew S. Huenig, Sharon C.

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Learn to repair and update your computer

If you are interested in performing computer repairs and updates at home, Oakton's Alliance for Lifelong Learning (ALL) has a new "hands-on" course to get you started.

Upgrade and Repair Your Own Computer (DPR A89) reviews the various components of the computer and explores different repairs and updates. Topics to be discussed include replacing a CD-ROM, repairing a bad floppy disk drive and installing additional hard drives and memory. Three sections of this class are offered this fall. DPR A89-01 (Touch-Tone 9873) is a three-week class that meets from 7-9:30 p.m. on Wednesdays, beginning Sept. 29 at Niles North High School, 9800 Lawler, Skokie. Scheduled at Oakton's Ray Hartstein campus, 7701 N. Lincoln Avenue, Skokie, are DPR A89-02 (Touch-Tone 9943), meeting from 9 a.m. - 12:45 p.m. on two Saturdays, Oct. 23 and 30; and DPR A89-03

(Touch-Tone 5067), meeting from 7-9:30 p.m. for three Tuesdays, beginning Nov. 9. The course fee is \$119.

Students who have registered for Oakton or ALL classes within the last five years and have a correct Social Security number on file may register using the Touch-Tone system at (847) 635-1616 or by fax at (847) 635-1448. Both methods require payment with a major credit card (Visa, MasterCard or Discover).

In addition to Upgrade and Repair Your Own Computer, other computer courses offered this fall include new classes for learning basic computer concepts and functions. These are Basic Mouse Skills, Basic Windows/Word Skills, Basic Internet & E-Mail and Basic Computer Literacy.

To register and to receive more information about these and other ALL classes, including course requirements and fees, call (847) 982-9888, press #3.

Elmhurst College Dean's List

Local residents among 744 students named to the Elmhurst College Dean's List for the Spring Term of the 1998-99 academic year are: Julia Lenore Borucki, Christine D'Angelo, Melissa A. Dec, Dawn Marie Fritz, Rakesh Prakash Gadani, Rachel A. Gianelli, Molly Lynn Giblin, Jennifer C. Judges, Teresa Kamieniak, Nancy Doreen Laursen, Arkadiusz Z. Madej, Elizabeth M. Proske, Marilyn M. Purcell, Elana Rosati, Jacques Salibian, Teresa Semke, and Becky L. Topp of Des Plaines; Dominick Fiordiroso and Jaye Wingstrom of Glenview; Christine Caplinger, Kamila M. Kozicki and Rebecca Ohlson of Niles; Nick Cataudella, Christine R. Celik, Anne Curran, Sara A. Douglass, Paul J. Haack, Kirsten A. Larsen, Bonnie Jean Russell, Julie Sapp, Laura Renee Scatena, Lisa Suzanne Sorce, and Daniel Nicholas Wlodok of Park Ridge; and Amy Coath of Skokie.

DeVry Dean's List

DeVry Institute of Technology in Chicago has announced its academic honors Dean's List for the 1998-1999 school year. To be eligible for the Dean's List, students must have a cumulative grade point average (GPA) of at least 3.5 out of 4.0.

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

For further information, call the DeVry Admissions Office at 773/929-8500.

Area students are:

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Morton Grove
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Walter Wodzien, Reynaldo Guerrero and William D. Ferguson.

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<p style="text-align: center;">To Advertise in The Bugle Newspapers</p> <p style="text-align: center;">COMMUNITY DIRECTORY</p> <p style="text-align: center;">Call: Jerry (847) 588-1900</p>	<p>MOVING</p> <p>Free Estimates</p> <p>MOVING? CALL (630) 668-4110</p> <p>1 Piece or Truckload Ask for KEN</p> <p>ILL C C 93567 MC</p>	<p>PLASTIC COVERS</p> <p>MONTCLARE PLASTIC</p> <p>Custom-made plastic covers & slip-covers. Complete Reupholstering Lifetime Guarantee. Any color plastic available.</p> <p>Free Estimates (630) 307-8007 Call Free 800-734-7864</p>	<p>SIDING</p> <p>STOP PAINTING! Cover Your Eaves with</p> <p>• Aluminum Soffit/Fascia • Vinyl/Aluminum Siding • Vinyl Windows • Storm Windows & Doors • Aluminum Awnings • Quality Work</p> <p>Call for Free Estimate 1-800-303-5688 AMERICAN HOME EXTERIORS</p>	<p>WINDOWS</p> <p>K. WESLEY REMODELING VINYL REPLACEMENT WINDOWS</p> <p>(847) 966-1869 (312) 771-2417 Licensed • Bonded • Insured Morton Grove, IL</p>

Alliance FSB celebrates Grand Opening

Alliance FSB, a federal savings bank, located at 7840 N. Milwaukee Ave., Niles, holds its grand opening celebration on Friday and Saturday, August 20-21, 1999. The bank is a wholly owned subsidiary of the Polish National Alliance (PNA) and the first bank in Illinois to be owned by a fraternal organization.

The celebration will include clowns, a polka band, kid's face painting, balloons, food and prizes. A large tent on the grounds of the bank's parking lot will provide shelter. Three big prizes are to be awarded in a special drawing. The grand opening hours are 11 a.m. to 9 p.m. on Friday and 11 a.m. to 4 p.m. on Saturday.

Alliance FSB President Lawrence Chlum stated, "Everyone is welcome to attend the grand opening and enjoy the party atmosphere." He added that the bank's offices will be open for extended hours during the celebration to accommodate those in attendance who may wish to transact business.

The festivities begin Friday at 11 a.m. when Niles Mayor Nicholas Blaise and PNA officers will officiate at a ribbon-cutting. The entire Board of Directors of the Polish National Alliance will come from all parts of the nation to participate in the historic event.

Musical entertainment will be provided on Friday evening from 6 to 9 p.m. by Jerry Zahara & the Happy Hearts.

As a federally chartered savings bank, each customer's deposits at Alliance, FSB are insured up to \$100,000 by the Federal Deposit Insurance Corporation and backed by the full faith and credit of the United States government.

USE THE BUGLE

Meet the Teacher at SJB

My name is Katryn Poland and this is my 11th year teaching at St. John Brebeuf. I was born in Germany and immigrated to the United States in 1949. My childhood years were spent in New York City. I attended St. George for grammar school, in New York City, and St. Basil Academy in Philadelphia for high school, finishing my senior year at St. Jean Baptiste in New York City.

I have resided in Chicago since 1963 and have worked as an executive secretary for 15 years. My last position was with Mobil Corporation where I worked for the senior vice president of the International Division. In 1975, I had my first child and retired from working full-time. I continued to work part-time for the Chairman of the Board of the March of Dimes

During this time of raising my children, the possibility of returning to the work force loomed in my mind. I decided at this point, since being a teacher had always been a dream of mine, I would go back to school and get my degree. Tentatively starting at Triton College in River Grove, and then transferring to Northeastern I completed my degree and graduated with High Honors. I student taught at St. Eugene's grammar school in Chicago, and did my clinical practice at Budlong, also in Chi-

cago, and Leigh School in Norridge. I substituted at St. Eugene's and Mary Seat of Wisdom while interviewing for other positions.

Sr. Rita, former principal of St. John's, hired me here in the spring of 1989. I have worked in 2nd, 3rd and 4th grades here at St. John's have truly enjoyed the time I've spent. I've made close friends with the faculty and parents over the years. Teaching has enriched my life, and hopefully I have enriched the lives of my students. What I enjoy the most about teaching is that every day is different and every child is unique. This makes each day a rewarding experience.

I continue my education through various workshops, seminars and classes to keep up with current trends in education. During my spare time I enjoy spending time with my family, traveling, visiting museums and historical sites, regarding and painting.

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<p>CLERICAL/OFFICE OPPORTUNITIES</p> <p>A 3-IN-1 AD MALE OR FEMALE Computer Accounting, Customer Contacts, A Versatile Position Of Accounting And/Or Customer Contacts, Or Both, If You Like! Either Position Requires Computer And Verbal Skills For A Sharp Candidate To Use Our Windows, Foxit, And DOS Software. Full Or Part Time, Set-Up An Interview Now In Our Comfortable Park Ridge Office. We're Ready For You!</p> <p>CALL ROB AT: BUSINESS FORMS OF AMERICA 1400 N. NORTHWEST HIGHWAY 847/825-3233 OR FAX 847/827-2020 NO AGENCIES PLEASE</p>	<p>DATA ENTRY</p> <p>DATA ENTRY Full-Time Must Be Knowledgeable In Windows 98 Apply At: Avondale Armanetti's 8935 N. Milwaukee-Niles Or Call Gary At: (847) 966-2300</p> <p>HOTEL OPPORTUNITIES</p> <p>Hotel Looking For Smiling Faces *HOUSEPERSON *DESK CLERK Part-Time / Full-Time All Shifts Available All Require Weekends Call: (847) 635-8300 Or Apply In Person At: BAYMONT INN & SUITES 1625 Milwaukee Ave-Glenview</p> <p>MARKET RESEARCH</p> <p>\$\$\$ EARN \$\$\$ EXTRA MONEY Market Research Company Needs MALES & FEMALES of all ages To Participate in TASTE TEST on an "as is needed" basis. CALL: PERYAM & KROLL 6323 N. Avondale (6300 North - 7300 West) (773) 774-3155 Ask For Jack</p> <p>MEDICAL/HEALTHCARE</p> <p>HEALTH CARE RN/LPN F/T position. 11 p.m. to 7 a.m. shift available in skilled/rehab LTC pvt. facility. Excellent benefits, competitive salary. Apply in person or call: Don 847-729-0000 Ext. 105 Abington of Glenview 3901 Glenview Rd., Glenview, IL 60025</p>	<p>MEDICAL/HEALTHCARE</p> <p>Nursing LPNs Care Givers Alzheimer's Care Givers All shifts, FT/PT Are you a caring & positive person who enjoys seniors? If so, join the team of Respect Home Care. We are an innovative not-for-profit personal care company solely dedicated to providing services within Sunrise Assisted Living communities. Opportunities are available at:</p> <ul style="list-style-type: none"> • Buffalo Grove 180 West Half Day Rd. Buffalo Grove, IL 60089, FAX: 847-478-2039 • Naperville 960 E. Chicago Ave. Naperville, IL 60540 FAX 630-579-1772 • Park Ridge 1725 Ballard Rd., Park Ridge, IL 60068. FAX: 847-824-9864 <p>We offer paid training, competitive salary and full benefits package for both full and part time including health, dental and 403(b). (Must work at least 20 hours/week to qualify.) Please apply in person or mail/fax resume to above address.</p> <p>www.sunrise-al.com EOE M/F/D/V</p> <p>CAREGIVERS NEEDED Gentle Home Services, Inc. Is Currently Accepting Applications For Responsible, Caring People Who Would Enjoy Working With The Elderly In Their Homes. No Experience Needed - We Will Train. Part Time or Full Time Work Available. Call Mary Or Linda At: (847) 432-9100</p>	<p>MEDICAL / HEALTHCARE</p> <p>St. Matthew Lutheran Home An Agency Of Lutheran Social Services Of Illinois Now Accepting Applications For The Following Positions:</p> <ul style="list-style-type: none"> • DIETARY AIDE - PART TIME • HOUSEKEEPER <p>1601 N. Western Avenue, Park Ridge, IL 60068 847/825-5531 or Fax 847/318-6659 EOE</p> <p>SOCIAL SERVICES</p> <p>THERAPIST Two positions for Lake County Latino Counseling Services. Full time Therapist - Waukegan. Full time Therapist for South Lake County - two offices. Required for both positions: fluent Spanish, graduate degree in human service (social work counseling psychology or equivalent) commitment to and understanding of Spanish speaking population. Bicultural and/or experienced applicants are preferred. Supervision and advancement for the right candidate. Agency has excellent supervision and environment. Range from mid 20's to low 40's based on experience. Send resume to Family Service South Lake County, 777 Central Avenue, Highland Park, IL 60035 or call Carol Fitzsimmons at 847-432-4981</p> <p>MEDICAL RECEPTIONIST Part Time, Permanent Position Monday-Friday, 9:30-2:30 p.m. In Busy Surgeons' Office. Medical Terminology Necessary. Patient Contact, Scheduling Appointments, Typing, Computer Skills A Plus. Call Diane: (847) 299-8844 Or Fax Resume: (847) 299-6420</p> <p>HOUSE MONITORS Now Hiring House Monitors For Mental Health Agency. All Shifts Available, 7 Days Per Week. Full Or Part Time. Some Experience Necessary. Call Mr. Stewart At 773-291-1400, Or Fax Resume To 773-291-0751</p> <p>MEDICAL TRANSCRIPTIONIST Park Ridge, Des Plaines Area. Candidate Must Have Word Processing Skills & Experience. Good Communication Skills - Verbal And Written. Good Organizational Ability - If Qualified Call (847) 296-0303</p>	<p>PROFESSIONAL OPPORTUNITIES</p> <p>FREE LANCE PHOTOGRAPHER Needed For Bugle Newspapers Part-Time Call: (847) 588-1900 Ask For Marti</p> <p>SOUS CHEF Wanted For Rosemont Convention Center Apply In Person 9 AM - 2 PM ROSEMONT CATERING 9301 W. Bryn Mawr Rosemont</p> <p>EDUCATION FULL TIME TEACHER For Special Education TMM Certified Retirees Welcome Please Call 773-604-8555</p> <p>RESTAURANTS/FOOD SERVICE</p> <p>HOST MARRIOTT SERVICES, INC. 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Golf Rd. ...

Continued from Page 1
rush hours. In addition, the increased drainage to nearby Prairie Farmer Creek and Big Bend Lake could cause flooding in Des Plaines.

Thompson further noted that this area has had serious flooding problems in the past and any intent to build there would have to be done with potential flooding problems in mind.

Mayor Paul Jung of Des Plaines in his letter of objection stated the area of the proposed development has traditionally been an area of high congestion and heavy traffic volume and further development would only increase an existing problem. Jung also cited the existence of further flooding problems which would

affect Des Plaines residents. Niles' village attorney Joseph Annunzio objected for the same reasons citing both the traffic and flooding problems.

The building proposal calls for two 6-story and one 8-story building to be constructed on the site. While both one and three-bedroom units would be included, most of the apartments would consist of two-bedroom units for a total of 280 units on the 14.5 acre parcel of property. Two parking spots per unit would be allowed for a total of 528 parking spaces.

The estimated cost of a condominium unit in the complex to be called Fisherman's Village will be \$230,000.

ComEd ...

Continued from Page 1
"We had sporadic outages all over our area," said Fetro. "During a heat storm like this, that's not unusual."

The contingent Emergency Electric Plan exists as a method to deal with unforeseen problems that occur when the power supply is maximized during such a heat storm, but ComEd officials have begun to look at the problem from a preventative standpoint.

Health Fair ...

Continued from Page 1
mation, please contact Niles Family Services at 588-8460.

The Free Health Fair will follow the Village of Niles Centennial "Too Hot To Trot" 5k run and walk. The Too Hot To Trot 5k run and walk will start and finish at the Niles Family Fitness Center. Fitness Center

Vehicles ...

Continued from Page 1
cle sticker. This includes all leased vehicles used by Niles residents and businesses. The fine for driving without a valid vehicle sticker is \$25.

The fee for an automobile vehicle sticker is \$15, with a \$10 discount for drivers that are 62

Reservoirs ...

Continued from Page 1
have workers in wet suits dive into the reservoirs to clean the tanks' bottoms, inspect for damages, and repair any problems.

Noriega said the work can take place without any interrup-

Centennial ...

Continued from Page 1
to celebrate the Centennial Anniversary of the Village of Niles. Free food will be provided - hot dogs, hamburgers, and ice cream. In honor of its 100 years in business, Jewel/Osco will donate the

Celebration ...

Continued from Page 1
The ticket price for this elegant dinner, including open bar, is \$50 per person.

Call today or stop in at the Village Hall to obtain your invi-

District 207 announces free and reduced lunch program

ILLINOIS INCOME GUIDELINES
(EFFECTIVE JULY 1, 1999 TO JUNE 30, 2000)

Household Size	FREE		REDUCED-PRICE		
	Annual	Month	Annual	Month	Week
1	\$10,712	\$ 893	\$15,244	\$1,271	\$294
2	\$14,378	\$1,199	\$20,461	\$1,706	\$394
3	\$18,044	\$1,504	\$25,678	\$2,140	\$494
4	\$21,710	\$1,810	\$30,895	\$2,575	\$595
5	\$25,376	\$2,115	\$36,112	\$3,010	\$695
6	\$29,042	\$2,421	\$41,329	\$3,445	\$795
7	\$32,708	\$2,726	\$46,546	\$3,879	\$896
8	\$36,374	\$3,032	\$51,763	\$4,314	\$996
Each Additional Household Member Add	+\$3,666	+\$ 306	+\$5,217	+\$ 435	+\$101

Maine Township High School District 207 announced its policy for free and reduced price meals for students unable to pay the full price of meals served under the National School Lunch Program at Maine Township High School East and Maine Township High School West. The following household size and income criteria will be used for determining eligibility.

Children from households that meet Federal guidelines are eligible for free or reduced-priced meals.

All meals served must meet requirements established by the U.S. Department of Agriculture. However, if a child has been determined by a doctor to have a disability and the disability would prevent the child from eating a regular school meal, the school will make substitutions prescribed by the doctor. If a substitution is needed, there will be no extra charge for the meal. If you believe your child needs substitutions because of a disability, please get in touch with us for further information.

Application forms are being sent to all homes with a letter to parents or guardians. To apply for free or reduced price benefits, complete the application form as soon as possible, sign it and return it to the school. Additional copies of the application form are available at the principal's office in each school. Households should answer all applicable questions on the form. An application which does not contain all the required information cannot be processed and approved by the school. The required information is as follows:

Food Stamp/TANF Households: Households that currently receive food stamps or "Temporary Assistance for Needy Families" (TANF) for their child(ren), only have to list the child(ren)'s name and food stamp or TANF case number, print their name and sign the application. Link card number cannot be used.

All Other Households: If a household's income is at or below the level shown on the income scale, children are eligible for either free or reduced-price meals or free milk. Households must provide the following information: (1) the names of all household members; (2) the Social Security number of the adult household member signing the application, or the word "None" if the adult does not have a Social Security Number; (3) the amount of income each household member received last month and where it comes from (wages, child support, etc.); and (4) the signature of an adult household member.

The information on the application may be verified by school or other officials at any time during the school year.

If income information is provided and children are approved for meal benefits, households must tell the school when their household income increases by \$50 or more per month (\$600 per year) or when their household size decreases. If a food stamp or TANF case number was listed, the household must tell the school when they no longer receive food stamps or TANF for their child(ren).

Households may apply for benefits at any time during the school year. Households that are not eligible now but have a decrease in household income, an increase in household size, or a

household member becomes unemployed, should fill out an application at that time.

In certain cases foster children are eligible for meal benefits regardless of the household income. Households that have foster children living with them and wish to apply for meal benefits for them should complete the application.

Under the provisions of the policy, the principals of Maine Township High School East and Maine Township High School West, as shown below, will review the applications and determine eligibility.

Maine Township High School East - Mr. David J. Barker, (847) 825-4484.

Maine Township High School West - Dr. Paul J. Leatham, (847) 827-6176.

Households dissatisfied with the ruling of the official may wish to discuss it with the school. Households also have the right to a fair hearing. This can be done by calling or writing D. C. Steven Snider, Superintendent, 1131 South Dee Road, Park Ridge, Illinois 60068, (847) 696-3600.

In the operation of Child Nutrition Programs, no child will be discriminated against because of race, color, national origin, age, sex or handicap. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

NIU students receive leadership awards

Over 100 students received leadership awards from Northern Illinois University.

The NIU Student Leadership Awards were presented to students whose participation and leadership in student organizations significantly enhances the quality of campus life.

Northern Illinois University's Department of Student Services also awarded several Institutional Tuition Waivers to facilitate talented and special students attending college.

Area students are: Kristofer Bochat of Des Plaines, Natalie Rojas of Morton Grove, Peter Pietruszewski of Niles, Sharon Rodriguez Huelva and Amy Wittek of Park Ridge.

EH-NTJC to hold recognition dinner

Ezra-Habonim, The Niles Township Jewish Congregation announces the "Louis Aldort Memorial Volunteer Recognition Dinner" to be held Friday August 27.

The "Louis Aldort Memorial Volunteer Recognition Award" was started in 1994 after the death of Louis Aldort.

The following members will receive the award on August 27: Sara & Stan Cohn, Alvin Kaplan, Sheldon Post, and Leonard Rubin.

By honoring these members of EH-NTJC this year we have covered the two most important parts of the synagogue - religious education and religious services.

Alvin Kaplan (Skokie), Sheldon Post (Skokie) and Leonard Rubin (Northbrook) are long time members of the synagogue who have held many offices & committee chairmanships. They are being honored for their involvement in running the religious services. Both Sheldon & Leonard have had the honor of standing in for Hazzan Shuster as a "Hazzan Shaynee" on many shabbats. They all lead part of the services during the high holidays.

Although Stan and Sara Cohn (Skokie) are newcomers to EH-NTJC compared to the other honorees they have been totally involved - especially with Jewish Education at the synagogue.

A limited amount of reservations are still available for this Shabbat Dinner & Program. For information contact the office at 675-4141.

'Stress, Its Problems and Ways to Alleviate Its Impact'

Everyone endures stress in their lives to some degree almost on a daily basis. Can individuals recognize stress, deal with it and take the steps to alleviate it? If you are seeking answers to these and other related questions, then you will want to attend the Timey Talk which will be held at 2 p.m., on Wed., Aug. 18, at Norwood Park Home, 6016-20 N. Nina Ave., Chicago.

The talk, "Stress, Its Problems and Ways to Alleviate Its Impact," will be given by Dr. Dominic Cusano, a 1986 graduate of the National College of Chiropractic, in Lombard, whose offices are at 6580 Northwest Highway, in Edison Park. He will be assisted by his wife, Rebecca, who serves as office manager.

and whose special interest is nutrition and nutrition-related problems. Their talk will cover ways to determine if health problems are attributed to stress, which health problems are more prevalent and why, the causes these problems evoke in personality swings, work and life, and ways to alleviate the results of stress.

Questions will be answered, handouts provided and refreshments served following the program. This is a free program offered as a public service to the community by Norwood Park Home.

For more information regarding this event, upcoming Timey Talks or the Norwood Park Home, call (773) 631-4856.

Join us at the Cubs game

Join the Morton Grove Park District's Prairie View Travel Club as we watch the Cubs battle the San Francisco Giants on Wednesday, August 25. Maybe we'll see superstar Sammy Sosa slam a homer or two out of the friendly confines of Wrigley Field. The deluxe coach will leave Prairie View Community Center at 11:30 a.m. and will return at approximately 4:30 p.m. The cost is \$26 for residents and \$29 for non-residents. It includes transportation and admission and time enough to buy a ballpark hot dog or visit a neighborhood restaurant.

Register at Prairie View Community Center, 6834 Dempster. For further information call Catherine at 965-1200.

Youth Bowling Leagues to start this fall at Classic Bowl in Morton Grove

Three categories of young bowlers will start League Bowling on Saturday, September 11, 1999 at 9:30 a.m.

Age: 4 to 7 (bumper) 2 games - \$6 per week.

Age: 8 to 14 (junior) 3 games - \$8 per week.

Age: 15 to 21 (senior) 3 games - \$8 per week.

Come meet new people in your own age category while enjoying the great sport of bowling. The season that starts on Saturday, September 11, 1999 at 9:30 a.m. will continue for 33 weeks is sanctioned by YABA (Young American bowlers Association). Patches & trophies will be awarded at a banquet held at the end of season.

Registration will be held on Saturday Aug. 21 & Saturday Aug. 28 between 10 a.m. & 2 p.m. \$15 fee for YABA sanction & T-shirt.

Chicago Sinfonietta 1999-2000 season

Chicago Sinfonietta Music Director Paul Freeman has announced the programming for the Chicago Sinfonietta's 1999-2000 subscription series. The orchestra's final block of Season Tickets will go on sale Monday, Aug. 16 and may be purchased by calling the Sinfonietta Box Office at (312) 857-1062. Prices for a five or six concert series are an astounding value, ranging from \$85-136 at Dominican University to \$128-204 at Symphony Center. Single tickets for individual concerts range from \$25-40 at Symphony Center and \$20-32 at Dominican University. Student rush tickets are available on the day of each concert, with a valid student I.D., for \$12.

The season begins in September with the Sinfonietta hosting EMI recording artists the Ahn Trio, three Korean sisters who were invited to attend the Julliard School of Music after their appearance on the cover of Time Magazine as teens in 1987. Performing Beethoven's Concerto for Violin, Cello and Piano, the sisters - violinist Angella and the twins, pianist Lucia and cellist Maria; will be making their Chicago Sinfonietta debut. This concert also includes Ibert's *Suite Symphonique*, *Enesco's Rumanian Rhapsody #2*, and the American Premiere of Gemrot's *An American Overture*. Paul Freeman conducts. September 26, Sunday, 2:30 p.m. at Dominican University; September 27, Monday, 7:30 p.m. at Symphony Center.

In November, the Sinfonietta will present Canadian pianist Stewart Goodyear, a recent graduate of the Curtis Institute of Music who is currently pursuing his doctorate at Julliard. In this performance, Goodyear will be performing Mozart's Piano Concerto K. 491 No. 24. This concert will be guest conducted by Theodore Kuchar, Music Director and Principal Conductor of the National Orchestra of the Ukraine and the Boulder Philharmonic Orchestra. This program will also include Adolphus Hailstork's *Lachrymosa for Strings* and Beethoven's Symphony No. 6. November 14, Sunday, 2:30 p.m., at Dominican University; November, Monday, 7:30 p.m. at Symphony Center.

In March, for the orchestra's annual *Jazz Meets Classical* concert, NPR's *Piano Jazz* host and eighty-one-year-old phenomenal jazz pianist Marian McPartland will make her second appearance with the orchestra with a tribute to the late, great Duke Ellington. The program will also include Del Aguila's *Conga*, Strauss' *Serenade for Winds*, Bloch's *Concerto Grosso No. 1*, and Gregory Walker's *Do it Like 'Dis*. Paul Freeman conducts. March 12, Sunday, 2:30 p.m., at Dominican University; March 13, Monday, 7:30 p.m. at Symphony Center.

For the season finale in May, the Chicago Sinfonietta will present the internationally ac-

Women's Business Development Center

The Women's Business Development Center (WBDC), in conjunction with the Child Care Initiatives of the Hull House Association, will sponsor a workshop entitled, "Get Organized: The Business Plan for Your Child Care Business," on Tuesday, August 17, from 6:30 p.m. to 8:30 p.m., at WBDC headquarters, 8 S. Michigan, Suite 400, in Chicago.

Those interested in starting their own child care business or expanding an existing one should attend. The workshop will focus on how to create a high-impact plan for a child care business; business plans are often used to obtain financing and guide business growth.

This workshop is an offering of the Child Care Business Initiative, a program supporting women starting or expanding their own child care businesses. The initiative is supported by the State of Illinois Department of Commerce and Community Affairs.

The cost is \$25 and includes materials. Sliding scale fees are available for low-income customers. To register or for more information, contact the WBDC website at www.wbdc.org or call (312) 853-3477, ext. 27.

In April 1998, current Chicago Symphony Orchestra Principal Flute Donald Peck announced his decision to retire at the end of the 1998-99 season, after a forty-two year tenure with the orchestra. The Chicago Symphony Orchestra's newly appointed Principal Flute, the 26-year-old French flutist Mathieu Dufour, will be joining the Chicago Sinfonietta in February performing Mozart's Concerto #2 for Flute in his American solo debut. Mr. Dufour previously held the position of "Supersoliste" - Principal Flute Solo - with the National Orchestra of the Paris Opera. This concert will also include Tchaikovsky's Symphony #3 and the late South African composer Chief Fela Sowanda's *African Suite*. Paul Freeman conducts. February 20, Sunday, 2:30 p.m. at Dominican University; February 21, Monday, 7:30 p.m. at Symphony Center.

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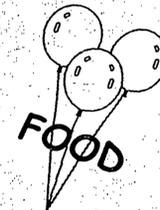
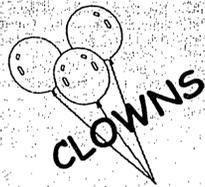
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