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VOL. 43, NO. 19

From the Left Hand

by Bud Besser

The first tier of tributes for Walter Payton came from the people who knew him, worked with him and played with him.

The second tier came from the media people, most of whom had a second-hand view, who brushed shoulders with him while reporting about Walter through the years.

But what about the third tier, the voices from the grandstand, who watched him at Soldier Field, followed him on television and knew him through their readings in the news publications?

The sports fans had their memories refreshed by the TV
Continued on Page 46

New playground equipment for MG

by Christine Caplinger
With two of its five commissioners absent and another two arriving under the wire, the Morton Grove Park District Board held its monthly meeting on October 21, 1999. Considering the meeting lasted only approximately 15 minutes much was accomplished.

Administrative manager Gary Balling stated in his report that athletic equipment up for sale by the park district had received no bids.

Two firms hired to search for Dist. 63 superintendent

by Rosemary Tirio
The recent announcement by East Maine School District 63 Superintendent Dr. Robert Varga that he will retire at the end of the 1999-2000 school year has set the wheels in motion launching the search for his replacement.

Representatives from three superintendent search firms met with the Dist. 63 Board of Education Oct. 18 to present their proposals.
Continued on Page 46

Costco Wholesale seeks to open store in Niles

by Christine Caplinger
The Village of Niles Plan Commission and Zoning Board of Appeals passed an ordinance that would allow it to approve a 20% reduction in parking. It also had the opportunity to test its revised section of the zoning code.

The change in the code allows the zoning board to grant up to a 20% reduction in parking for businesses making such a request. For any request above 20%, the Zoning Board becomes a recommending board, and the Village Board of Trustees takes up the issue. Previously, the zoning board could only approve a change for up to a 10% reduction. The reason for the change is that the parking regulations are stringent relative to the restrictions businesses generally impose on themselves. The zoning board is not likely to run into a request that is unusually unreasonable.

The Zoning Board promptly had opportunity to see how the newly amended ordinance functioned when Costco Wholesale applied for a site.
Continued on Page 46

Morton Grove to close streets for a day

On Sunday, November 7, Avon Products will be hosting their Championship Women's 10K Run.

Street Closures are as follows: Northbound Waukegan road from Beckwith to Golf; Eastbound Golf road from Waukegan to Harms road; Southbound Harms road from Golf to Dempster street; Beckwith road from Waukegan road to Harms. Duration of the closure: 5 a.m. to noon.

Niles to retain ownership of parking lot; Walgreen to maintain it

24 hour Walgreen OK'd for Milwaukee & Oakton

After a lengthy debate, the Niles Village Board of Trustees voted 6-1 to approve construction for a 24-hour Walgreen at the northeast corner of Milwaukee and Oakton, just west of Osceola.

The site is currently occupied by several empty store fronts and a Blockbuster Video store; everything will be demolished, and the Blockbuster Video relocated to the neighboring Oak Mill Mall.

The village expects to see as much as \$100,000 annually in tax revenues derived from sales at Walgreen.

Trustee Bart Murphy cast the sole dissenting vote, opposing the store's location which will cut off traffic flow at two well-used thorough ways.

Spanning about 16,000 square feet, the Walgreen will stand

smack in the center of an existing alley that runs west from Osceola, parallel to Oakton, then veers north running parallel to Milwaukee.

"Having lived in this area for a great many years, it's not uncommon for me to see things like this."
Continued on Page 46

Bribe suspect arrested at Niles Secretary of State facility

by Rosemary Tirio
A Norridge woman charged in a U.S. attorney's criminal complaint with taking bribes from applicants for commercial driver's licenses and fraudulently duplicating a driver's license has been suspended without pay from her job as public-service representative for Secretary of State Jesse White.

An informant who worked with Donna Carter, 46, at the Elk Grove Village secretary of state facility said he saw her take bribes there and also reported witnessing her issue a fraudulent driver's license at the Niles secretary of state office, 9038 W. Golf Rd., Niles, where she regularly works.

Carter, who apparently is among a small number of employees involved in a growing scandal, was arrested last week.
Continued on Page 46

Cambridge Bank holds groundbreaking ceremony in Morton Grove



Shown breaking ground are l-r: Greg Duray - Vice President Morton Grove Cambridge Bank; Tina Miritello - Executive Director Morton Grove Chamber of Commerce; Mike Carlino - President of Cambridge Bank; Mayor Dan Scanlon; Larry Artt - Village Administrator; Bill Stotis - Chairman of Board Cambridge Bank; Las Brownstein - Township Officer. See story on page 3.

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Colletti's to undergo major changes



The third generation of the Colletti family, Rick and Bob Colletti, begin to place their mark on the historic family establishment. Originally opened in 1946 as Colletti's "El Centro" Restaurant & Lounge the business has endured over 53 years and still remains a favorite gathering place in the community. Renovation plans call for a new 150 seat banquet facility, an expanded lounge area, a new "open kitchen" carry out facility, an attractive new outside facade that will resemble an old Chicago Mercantile building, and a host of other amenities in order to improve and enhance the public dining pleasure. Colletti's also will unveil a new logo to welcome the new millennium. The new facilities are slated to open in January of 2000. Colletti's plans to be open for business throughout the construction phase. Shown in photo: Alderman Pat Laaur, Committeeman Tom Lyons, Bob and Rick Colletti.

Energy Assistance for some Maine Township residents

"Maine Township residents who face a hardship paying bills this coming winter may soon be eligible for financial help," advises Maine Township General Assistance Director Marsha Warnick. Heating subsidies will be available to help low income working people and recipients of government aid. Apartment dwellers whose rent includes heat and who pay more than 30 percent of their income for rent also may be eligible. "There are guidelines that need to be considered and documentation that must be provided," added Warnick. "The Federal government has established monthly income guidelines for eligibility based on the number of people within the family." During the month of October, applications were limited to residents over 65 years of age and those receiving Social Security Disabilities benefits. All other qualifying residents may apply beginning November 1 of this year. "Maine Township is authorized to take the applications for these subsidies, which are provided through a federal grant administered by the Community and Economic Association of Cook County," said Warnick. For guideline information, or to schedule an appointment, call Maine Township General Assistance office at (847) 297-2510, Extension 236.

Lox Box Sale!!!

Deerfield Road, Lake Michigan to River Road in Des Plaines. If you would like to help the Alzheimer's Association (and get a little treat yourself), send \$15 for each order. Check should be made payable to Bethany Terrace Nursing Center, 8425 N. Waukegan Road, Morton Grove, IL 60053, c/o Anne Schnur, Director of the Alzheimer's Program. For delivery, please give directions from the nearest main intersection. Orders may also be picked up after 4 p.m. at the main entrance to Bethany Terrace. For further information, call Anne Schnur at (847) 965-8100.

Des Plaines mourns death of popular mayor

Paul W. Jung, 62, died at 11:15 a.m. Sunday, Oct. 24 after suffering an apparent brain aneurysm in his home Friday. According to a nursing supervisor at the Holy Family Medical Center in Des Plaines where Mr. Jung died, he never regained consciousness after being admitted to the hospital in critical condition following a fall down a flight of stairs in his home Friday. Mr. Jung is credited by Des Plaines City Manager Wally Douthwaite with initiating the downtown revitalization project and gathering the support that has made the plan a reality. He termed Mr. Jung's death a tremendous loss for Des Plaines. Mr. Jung's tie-breaking vote swung city council approval for moving the Des Plaines library to the downtown commercial redevelopment site where it could act both as an anchor for development and a magnet to attract tenants to the area, Douthwaite said. A \$15 million library is now under construction, and a commercial development is also being built nearby.

Senior Citizen Law Enforcement Academy

Cook County Sheriff Michael F. Sheahan and Cook County Board Commissioner Mike Quigley invite all senior citizens interested in law enforcement and crime awareness issues to enroll in the Senior Citizen Law Enforcement Academy to be held at Lincolnwood Place, 7000 McCormick Blvd., in Lincolnwood, beginning November 8. The Sheriff's Office designed the program to open the lines of communication between senior citizens and law enforcement officials. Participants will gain a better understanding of the responsibilities and duties of law enforcement officials as well as receive advice on personal safety and crime prevention. Top officials from Sheahan's Office will conduct the six-session Academy. The classes at Lincolnwood Place will meet Monday afternoons, 1:30 - 3:30 p.m., through December 13, when all participants will be honored at a Graduation Ceremony and Reception. The Sheriff's Office offers the Academy free of charge to all seniors living in Cook County. Each speaker provides pertinent information on an array of topics, including law enforcement agency operations, crimes against seniors, gang & drug awareness, community policing strategies and the functions of the Emergency Management Agency. Sheriff Sheahan will bring the Academy to any senior club, organization, or center throughout the county. For more information or to register for the Senior Citizen Law Enforcement Academy at Lincolnwood Place, please call the Sheriff's Office at 773-869-7725.

V-Show celebrates New Year's early

Maine East is celebrating New Year's early Friday and Saturday, November 5-6. The pinnacle of the '99 V-show will be the dropping of the silver "ball" as traditionally seen on New Year's Eve in New York's Time Square. V-show will include performances by the Junior Couples, Senior Couples, Post Script (a student rock band), Bugle Girls, Orchestra, and the Korean Club among others. Prince's popular song "Tonight We're Going To Party Like It's 1999" will emphasize the V-Show theme of "Celebrate! It's 1999" to prepare everyone for the "New Millennium" excitement. Songs by Garbage, Kool and the Gang, Britney Spears, and Jordan McKnight will also be performed. To put the audience in a festive mood, acts will also include bands, singing groups, and dancing galore. Tickets for the November 5-6 V-Show "celebration" are \$4 per person and will be sold in the cafe during the lunch periods or at the door. The curtain goes up at 7:30 p.m. both evenings.

Mr. Jack O' Lantern makes it 'big' in Morton Grove



Everyone driving down Shermar Road in Morton Grove this past week, was treated to this huge pumpkin blow-up. Young and old alike enjoyed it. Bugle Photo by Marti Kaz

Legion Veterans Commemoration & Building

The annual salute to Veterans Day and the veterans of our country will take place by the Morton Grove American Legion Post #134 on Sunday, Nov. 7th with kick off time for the traditional parade at 1 p.m. from the Legion Memorial Home at 6140 Dempster. For information call 847-965-3067. The traditional yearly parade will return to its original route of Dempster to Austin, south to Lincoln and over to the library where mid point ceremonies will take place. A bus will transport seniors and others in the parade. Marching will be members of the community's park district, village, organizations and businesses as well as religious contingents, led by the Post Rifle Squad. The marchers will return to the Legion Home via Georgiana and concluding ceremonies will take place at the Post. At approximately 2 p.m. on the west side of the Memorial Home, the M.G. Historical Society will dedicate the building as a historical site. The adjacent Museum/Historical Home will be open for the scouts and other participants in the parade to view. Musical groups will also be part of the day's events.

Cambridge Bank to open third office in MG

Cambridge Bank, a community bank in Lake Zurich, broke ground for a new office site at 6111 Dempster Street in Morton Grove, announced Michael J. Carlini, President and CEO of the bank. The Morton Grove location will be the third office to open since the bank opened in 1996. The other two offices are located at 1100 South Rand Road in Lake Zurich and 101 W. Gilmer Road in Hawthorn Woods. Construction will begin immediately and the new office is scheduled to open sometime next spring or early summer. Gregory E. Duray has been appointed the manager of the Morton Grove office. He has over twenty-three years of experience in the banking industry and has a strong interest in the Morton Grove community. He was with LaSalle Bank's Morton Grove location (formerly Savings of America) for over 16 years. In addition he currently serves on Morton Grove's Chamber of Commerce Board of Directors. Cambridge Bank opened their doors in 1996 as a locally owned community bank. They have experienced a strong and steady growth level over the past three and one-half years. They currently have assets of just over \$120 million. They attribute their growth to their strong level of personal service and low costs of banking services. Board of Directors for Cambridge Bank are Bill George Stotis, Chairman of the Board; Michael J. Carlini, President and Chief Executive Officer; John Chordas; Nicholas T. Letfakes; George A. Parhas; John N. Skoubis and George L. Welch.

Morton Grove house fire causes \$150,000 damage

The members of a Morton Grove family, including their pet, were out on a Sunday morning outing Oct. 24 when a fire erupted in their single family home in the 7400 block of Arcadia around 9:51 a.m. causing estimated \$150,000 damage, fire officials said. A neighbor who noticed smoke in the area turned in the alarm, and Morton Grove firefighters and equipment were on the scene in just four minutes. Fire personnel and equipment responded to the report to assist Morton Grove firefighters in battling the blaze. The blaze was brought under control at 10:31 a.m. The shocked arrived home while firefighters were extinguishing the blaze. Because of the severity of the fire a box alarm was requested. A total of 44 firefighters, five engine companies and three ambulance companies fought the blaze. The cause of the blaze is still under investigation, Morton Grove fire officials said. Morton Grove Historical Society Dedication The Morton Grove Historical Society announces that it will be dedicating the American Legion Post #134 as a historically significant site in Morton Grove on November 7, at approximately 2 p.m. immediately following the Veteran's Day Parade. After the dedication all are invited to the Morton Grove Historical Museum, adjacent to the Post, for the drawing of the annual Morton Grove Historical Society raffle. For more information, or to purchase raffle tickets, please call the Museum at (847) 965-0203.

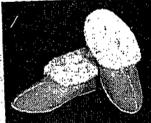
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Notre Dame student honored
Notre Dame High School for Boys' Principal Paul Maloney announced recently that John Casey has been named a Commended Student in the Year 2000 National Merit Scholarship Program. A letter of commendation from Notre Dame and the National Merit Scholarship Corporation (NMSC) will be presented by Maloney to Casey. Casey is from Chicago and attended St. Margaret Mary grade school. The program is conducted by the NMSC.

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Johnny's Redhot Ranch: good food, family atmosphere

by Rosemary Tirio

Long before "fast food franchise" restaurants were even on the drawing board, Johnny's Redhot Ranch was serving up delicious, low-cost meals in a warm and homey atmosphere where customers could have what they wanted the way they wanted it.

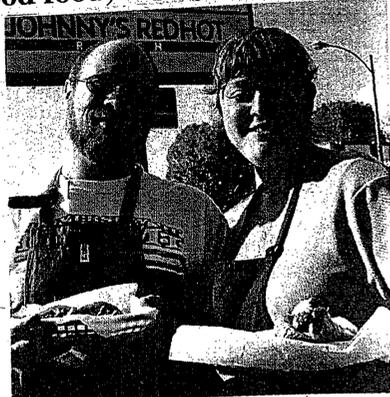
Now, 49 years after it was opened, new owners John and Sheryl Wysocky operate the restaurant at 5841 Dempster Street, Morton Grove, with the help of Sheryl's mom, dad and brother.

The Wysockys say they value their regular customers and the family atmosphere they have tried to preserve. "If you don't like the food, please tell us," said Sheryl. "It's important to us to get customer feedback, good or bad."

Can you remember the last time anyone at one of the giant national chain restaurants asked for your feedback?

Johnny's is first and foremost a hot dog place. The bright yellow sign above the door proclaims "The Quintessential Gourmet Hot Dog." At Johnny's, you can get a hot dog, a char dog, a jumbo char dog, a chili dog, a cheese dog and a chili cheese dog.

John and Sheryl get their hot dogs from Red Hot Chicago, which is owned by the grandson of the original owners of world-famous Vienna Hot Dogs. Apparently he is using the same special secret seasonings that his grandparents used, because one bite of the jumbo hot dog I tried brought



me back to the corner Vienna hot dog stand of my youth. Crisp tomatoes, pickles and relish-the-works-and the just right french fries, recreated the delicious memory of those wonderful hot dogs of years ago.

Two delicious hot dogs complete with french fries is only \$4.59. What fast food place can duplicate the memories, the wonderful flavors or the price?

Unlike the hot dog stand of my memories, Johnny's has quite an extensive menu in addition to those great hot dogs.

Daily specials include Italian Beef, Polish Sausage, Ranch Burgers, Italian Sausage, Marinated Chicken all prepared to order and made with the freshest ingredients.

Other favorites are the Char-Salami Sandwich served on French bread or an onion roll and the Skirt Steak Sandwich, (at \$5.99, the most expensive sandwich on the menu), also served on French bread. The Ranch Burger, a succulent half-pound burger on a fresh onion roll and the Ranch Chicken, barbecued and breaded chicken fillets (the ultimate in "fowl" play) are other popular items. All are served with french fries, and most are just \$4.59.

Sweet peppers and Giardiniera peppers, tamales, chili, pizza puffs, mozzarella sticks and chicken fingers, onion rings, mushrooms as well as many other items, including delicious soups,

malts and shakes round out a menu that puts Johnny's in a completely different league than the franchise restaurants.

For the more diet-conscious diners of the '90s, Johnny's features Veggie Burgers, Veggie Pitas, Turkey Burgers, Fish Sandwiches, Tuna Pitas, Grilled Marinated Chicken Breast and some fresh crisp salads.

"Customer service is our number one priority," said owner John Wysocky. "They can have it their way--anything they want on it. If we have it, they can have it."

Johnny's Redhot Ranch also caters parties and rents out the restaurant for birthday parties of up to 40 guests. They catered a company picnic last July 3 for 200 guests for which they barbecued outdoors.

Johnny's Redhot Ranch is open Monday through Thursday from 10:30 a.m. to 8 p.m., Friday from 10:30 a.m. to 9 p.m., Saturday

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Health / Fitness

Holy Family's Pastoral Care to present program

Holy Family Medical Center's Pastoral Care Department will sponsor a free program entitled, "The Book of Revelation: 'Apocalypse Now'" on Wednesday, November 10. The program will be held at Holy Family Medical Center, 100 N. River Road, Des Plaines in Holy Family's Auditorium beginning at 7 p.m.

Speaking at the program will be Rev. James McElhiney, Professor of Sacred Scripture, University of St. Mary of the Lake.

Mundelein Seminary. Rev. McElhiney will give reflections from the Book of Revelation. A question and answer period will immediately follow the presentation.

For more information or to make a reservation, please call Holy Family's Pastoral Care Department at (847) 297-1800, ext. 1060. Voice mail is also available at this number. Please leave your name and the number of individuals attending the program.

UNSEEN INSIGHT

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Thursday, November 11th

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'Optometrist of the Year'

The Illinois Optometric Association (IOA) named Walter J. Zimm, O.D., F.A.A.O., Niles, "Optometrist of the Year" at the IOA Annual Convention held in Itasca.

The "Optometrist of the Year" Award is the highest honor that can be bestowed by the Association on a fellow Optometrist. Public service in their community, service to the visual welfare of the public, service to optometry, legislative activity, and a vote by the House of Delegates determines the recipient of this award.

Dr. Walter Zimm's professional accomplishments include: vision consultant to the Chicago Cubs 1986-87; co-author "The Complete Guide to Eyecare, Eyeglasses & Contact Lenses," now in its third edition; membership committee of the American Academy of Optometry; president of the Illinois Optometric Association 1995-96; vision screening of Olympic athletes; research in dynamic stereopsis; and author of scientific articles. His present work as editor of the Journal of the Illinois Optometric Association won an award as best state optometric journal in the U.S. in 1998.

On the public service and community side, a partial list of his past activities are: Secretary-



Walter J. Zimm, O.D.

Treasurer of Lions District J-F; Channel 11 (PBS) auction volunteer; board member, Boy Scouts; president of Ballard School PTA; Niles All America City committee; photographer, theater production group; and chair, park district bond committee.

With his wife, Barbara, Dr. Zimm is a resident of Morton Grove and is currently in his first year of a six-year term as Trustee

of the Morton Grove Library. The Illinois Optometric Association, Springfield, represents approximately 1,800 doctors of optometry. It is the fifth largest optometric association in the United States.

Brand elected to Board of Behavioral Healthcare Center

Turning Point Behavioral Health Care Center announced the election of Larry Brand to the Board of Directors. Mr. Brand, Manager of Human Resources, Square D Company, has worked in human resources for several years, most recently at Morton Grove Pharmaceuticals and ENESCO Corporation.

All Welcome to Arthritis Update

On Friday, November 5, at 10 a.m. at St. Andrew Home, 7000 N. Newark, Niles, Dr. Ira Melnicoff will speak about the different types of arthritis and treatment strategies, about pain management and nutrition and much more. Get the facts. You don't have to hurt. If you have any questions about this health talk, please contact Roberta at St. Andrew, 847-647-8332.

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Health / Fitness

Diabetes: What to know head to toe

In recognition of November as American Diabetes Month, the Northern Illinois Area of the American Diabetes Association is urging Illinois residents to learn about diabetes from head to toe. To accomplish this objective, the Association will distribute two free educational brochures, posters and partner guides. **DIABETES. What to know: Head to Toe** provides a step-by-step guide to delaying the leading complications of dia-

betes through, annual dilated eye exams, tips on how to have a healthy heart, and regular foot check-ups. **Don't Lose Sight of Diabetic Eye Disease** educates people with diabetes about the dangers of eye disease for people with diabetes. These free brochures are available by calling the American Diabetes Association at 1-888-DIABETES. In addition, the Northern Illinois Area of the American Diabetes Association will offer indi-

viduals the following opportunities to learn more about diabetes during American Diabetes Month: **"Foot Care Aware" Free Foot Screening:**

60 to 70 percent of people with diabetes have mild to severe forms of diabetic nerve damage. Each year, more than 54,000 individuals, including 2,400 Illinois residents, lose their foot or leg due to diabetes. To help detect people with diabetes who are at risk for developing foot complications, the American Diabetes Association, the Illinois Department of Human Services, and the Illinois Pediatric Medical Association will sponsor Foot Care Aware. During the month of November, approximately 120 podiatrists will provide free foot screenings to individuals with diabetes to help diagnose nerve damage and to reduce their risk of lower extremity amputations.

Annual Professional Symposium: The American Diabetes Association is sponsoring its 42nd Annual Professional Symposium on Thursday, November 4, 1999 at the Drury Lane Theatre and Conference Center in Oak Brook Terrace, Illinois. This

program is designed to provide physicians, nurses, and dietitians with the most current information on topics related to Diabetes Mellitus, so that they may improve their knowledge and techniques of patient care and diabetes management. **"Ask the Expert"** on CBS 2 Chicago

The American Diabetes Association, in conjunction with SmithKline Beecham Pharmaceuticals and Jewel-Osco, are

presenting "Ask the Expert" on diabetes in CBS 2 Chicago on Tuesday, November 9, 1999. A panel of diabetes experts including endocrinologists, diabetes educators, and dietitians, etc., will be available in the studio call center to answer viewers' questions about diabetes, its symptoms, complications and proper self-management. For more information, please contact Suzanne Ansey at (312) 346-1805 ext. 323.

Honoring the Children: A new spin on discipline

"Honoring the Children" is the topic of the last presentation in a nine-part 1999 series of free lectures featuring pediatric specialists and health care professionals from Lutheran General Children's Hospital, Park Ridge. The Tuesday, November 16, children's health issues program will be presented from 7 to 8:30 p.m. in Olson Auditorium of Lutheran General Hospital, 1775 Dempster St., Park Ridge.

The speakers for the evening are Marjorie Getz, Ph.D., educational consultant/diagnostician, Andrea Shelton, Ed.S., educa-

tional consultant/diagnostician, and Ingrid Thompson, R.N., developmental pediatrics, Lutheran General Children's Hospital.

The presentation will put a new spin on discipline by stressing mutual respect and ways that parents can experience discipline by honoring their children.

Registration for the program can be made by calling HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622). Limited free parking is available directly behind the Victor Yackman Children's Pavilion, which is adjacent to Olson Auditorium. Additional parking is available in the garages on the hospital campus.

Non-traditional medicine for children

The Women's Health Resource Center of Lutheran General Hospital presents "Non-Traditional Medicine: Treatment Options for Your Child" from 7 to 8 p.m., Tuesday, November 9, at Whole Foods (Rand and Dundee), Palatine. Younggran Chung, M.D., medical acupuncturist and director of pediatric pulmonology, will discuss preventive complementary medicine approaches for children and for those with various medical needs. Acupuncture, herbs, homeopathy and mind-body medicine will be covered as well. To register, call HealthAdvisor at 1-800-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).

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The National Headache Foundation

The National Headache Foundation (NHF), a volunteer, non-profit organization located in Chicago, was established in 1970 by a group of physicians to assist headache sufferers and health-care professionals in the treatment of headache pain, and to increase public awareness about the debilitating nature of headaches.

It has been estimated that more than 45 million Americans suffer from the pain of headaches severe enough to seek the help of a physician, and approximately 23 million Americans suffer from migraines with an annual loss of 157 million workdays because of the pain.

In light of these statistics, the National Headache Foundation

works to promote research into the causes and treatment of problem headaches, and compiles information to be distributed to headache sufferers. As a membership organization, the Foundation currently has 20,000 members, 1000 of whom are physicians or other healthcare professionals.

In addition to servicing this broad membership base, the National Headache Foundation is dedicated to three major goals: Educating the public to the fact that headaches are serious disorders and that sufferers need understanding and continuity of care, by:

Disseminating information through free nationwide public

education seminars

- Offering brochures such as "The Headache Handbook," "How to Talk to Your Doctor About Headaches," "Headache: A Guide to Prevention & Treatment," "A Patient's Guide to Migraine Prevention & Treatment," and "Headache Q & A"
- Sponsoring events such as the "Migraine Masterpieces," the first nationwide art competition to be held in the United States for diagnosed migraine sufferers.
- Implementing a nationwide network of local support groups

Researching potential headache causes and treatments:

- In 1999, funds were allocated to study the following:

1. "Sensory properties of

neurons which innervate intracranial structures."

- 2. "Evaluation of the effect of osteopathic manipulative treatment of headache pain: a randomized clinical outcomes study."
- 3. "Role of calcium in migraine therapy."
- 4. "An animal model of analgesic-induced headache."
- 5. "Dominant suppressor genes in the signal transduction pathways of unc-2, a C. elegans calcium channel mutant relevant to migraine."
- 6. "Minimal-contact group versus individual treatment of vascular headache."
- 7. "Immunological profile of

triptans. In vitro drug effects on

natural killer cell activity of peripheral blood lymphocyte samples obtained from migraineurs and drug-free, healthy controls."

- 8. "Expression of serotonin 1D receptors in trigeminal neurons."

In order to be easily accessible to headache sufferers, the National Headache Foundation has a toll-free line which people may use to have their questions answered or obtain free information. The toll-free number is 1 (888) NHF-5552 and is available 24 hours a day. NHF information is available on the Internet. Visit our web site at: www.headaches.org

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Health / Fitness

Changes in activities can help you avoid insomnia

A bad night's sleep often makes us tired and, ultimately, less productive than usual. Many people who are not getting enough sleep have insomnia, one of the most common sleep disorders. Insomnia includes difficulty going to sleep, staying asleep or going back to sleep when you awaken early. Insomnia may be temporary or chronic. It is a symptom, not a disease.

Mayo Clinic Guide to Self-Care identifies common causes of insomnia as:

- Stress related to work, school, health or family concerns
- Depression
- Use of stimulants (caffeine or nicotine), herbal supplements and over-the-counter and prescription medications
- Alcohol
- Change in environment or work schedule
- Long-term use of sleep medications
- Chronic medical problems, including fibromyalgia or complex diseases of the nerves or muscles
- Behavioral insomnia, worrying excessively about not being able to sleep, and trying too hard to fall asleep

According to Mayo Clinic Guide to Self-Care, to combat

insomnia you should:

- Establish and follow a ritual for going to bed
- Avoid afternoon or evening naps
- Avoid strenuous exercise right before bedtime (However, moderate exercise 4 to 6 hours before bedtime is helpful.)
- Set aside a "worry time" during the day
- Don't take work materials to bed
- Take a warm bath 1 to 2 hours before bedtime
- Drink a glass or milk, warm or cold
- Avoid eating a large snack or meal or consuming alcohol close to bedtime
- Keep your sleeping environment dark, quiet and comfortable cool
- Try relaxation exercises
- Lower or eliminate use of stimulants
- Avoid beverages and medications with caffeine
- Do not smoke before bedtime
- If you can't sleep, get up and stay up until you feel tired (However, do not shift your rising time.)
- Keep a sleep diary
- If, after a week or two, you still can't sleep, see your physi-

cian. Tests may uncover the cause of your insomnia. Mayo Clinic Guide to Self-Care provides reliable, practical, easy-to-understand information on issues relating to health. Much of the information comes

Vitamin E key to health benefits

Today there's little dispute about the benefits of vitamin E. Increasing scientific evidence points to this essential nutrient as one of the safest, most inexpensive and proactive things to take for your health, according to published reports.

The question seems to be changing from: "Should I be taking vitamin E?" to "What kind should I be taking and how much?" Consumer research recently shows that natural vitamin E supplements are the preferred choice. In its continuing efforts to educate influencers in the health community about vitamin E, VERIS offers the revised "Vitamin E Fact Book." Included in this popular resource guide are answers to commonly asked questions like how to distinguish natural from synthetic vitamin E. (Natural-source vitamin E is identified as d-alpha-tocopherol, while synthetic vitamin E is identified as

dl-alpha-tocopherol.) Recommended amounts of vitamin E were recently addressed in an article on multivitamins in the highly regarded *University of California, Berkeley Wellness Letter* (July, 1999):

"Most multis contain 100%, or even 200% of the Daily Value of vitamins C and E, but this is not enough to provide the full antioxidant effects and other potential benefits of these vitamins. We recommend that everyone consume 200 to 800 IU of E...You'll definitely need a pill to get that much E (that's the amount in a pound or two of sunflower seeds or two quarts of corn oil.)"

Vitamin E is the body's most potent fat soluble antioxidant. It zaps free radicals which can damage healthy cells and lead to degenerative diseases. Free radicals run rampant in our bodies, especially for those who live in polluted urban areas, exercise, diet, or

are exposed to stress. Basically, that describes the majority of the adult population. In fighting free radicals, vitamin E has been shown to protect against heart disease, help to retain memory, reduce the risk of certain cancers, boost the immune system, and preserve skin quality. Thousands of studies published over the past decade point to vitamin E as a key antioxidant. Among the landmark studies was one conducted by Cambridge University researchers that found daily supplements of 400 to 800 IU of natural vitamin E reduced the risk of a heart attack by a dramatic 77 percent in patients with atherosclerosis.

Other researchers looked at data from this study and analyzed the potential health care cost savings. In a study published in the *American Journal of Cardiology* (1998), researchers found savings could reach as much as \$578 million annually.

should consult for individual medical problems. Mayo Clinic Guide to Self-Care is available in bookstores everywhere. Or, call 800-291-1128 and mention order code 440.

Health / Fitness

Be flu smart advice from the experts

Influenza is not "just the flu." Because the disease can be extremely virulent and deadly, the American Lung Association and ZymeTx, Inc., with recommendations from the Centers for Disease Control and Prevention (CDC), have joined forces to kick off National Flu Awareness Month this November, a nationwide awareness campaign to educate Americans about the prevention, diagnosis and treatment of influenza. ZymeTx is the developer of ZstatFlu™, the first and only rapid point-of-care test to diagnose all strains of both influenza A and B.

According to Linda B. Ford, MD, President of the American Lung Association, along with Robert J. Hudson, MD, Medical Director of ZymeTx, Inc. and his flu-fighting sidekick, Dr. Flu-bug™, flu season needn't catch us off guard. Their advice follows:

Facts about flu
 •Influenza is an acute, upper respiratory infection caused by the Type A and Type B influenza viruses.

•Every year, there are more than 90 million cases of influenza in the U.S.

•During past epidemics in the U.S., the flu has caused between 20,000 and 40,000 deaths.

•People at highest risk for seri-

ous, life-threatening complications include the elderly, young children, individuals with chronic illnesses and compromised immune systems, and pregnant women.

•Flu is most contagious in its early stages, before infected people are even aware they are carrying the virus. The incubation period is 1 to 4 days.

Flu symptoms
 •Sudden onset of high fever, 102°-104°, lasting up to 5 days.

•Dry cough for up to 3 days, then wet cough for up to 7 days. Cough may persist for as long as two weeks.

•Headache and muscle pain, lasting up to 4 days.

•Sore throat in older children and adults, lasting up to 3 days.

•Fatigue lasting up to 3 weeks.

Preventing flu
 •An annual flu shot is the best flu insurance.

•You cannot get the flu from the flu shot.

•September through mid-November is the ideal time to be vaccinated.

•Vaccination can reduce the severity and complications of flu if you do get the virus.

•The flu shot is especially important for the chronically ill and those over 65.

How to tell if it's the flu
 •Influenza is very difficult to diagnose without a test...even for the experts.

•Go see your doctor at the first sign of symptoms.

•Ask your doctor about the new rapid flu test that lets you know within 30 minutes if you have the flu.

•A positive flu diagnosis eliminates the need to prescribe antibiotics "just in case" something other than flu is present.

Treatment and relief from symptoms
 •Effective treatment can only be started if a definitive diagnosis is made within the first 48 hours from the onset of symptoms.

•Antiviral medications are a safe and effective treatment for influenza A viruses, shortening the duration of flu and preventing complications.

•Remember, don't demand antibiotics for the flu; they do not help viral infections.

•If you do catch the flu, get plenty of bed rest and drink lots of fluids. Medications with acetaminophen can help to relieve pain and discomfort associated with fever, muscle aches and headaches.

For more information about influenza, visit the American Lung Association web site at www.lungusa.org, the ZymeTx, Inc. web site at www.flu101.com, or the CDC web site at www.cdc.gov.

Holy Family's laboratory receives re-accreditation

Holy Family Medical Center's Laboratory in Des Plaines has been awarded a two-year accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on the results of a recent on-site inspection.

The laboratory's medical director, Dr. David Yans, was advised of this national recognition and said, "This national recognition continues to show Holy Family's commitment to providing quality health services to the community." The laboratory at Holy Family Medical Center is one of more than 5,000 CAP-

accredited laboratories nationwide.

The CAP Laboratory Accreditation, begun in the early 1960's, is recognized by the federal government as being equal to or more stringent than the government's own inspection program.

The College of American Pathologists is a medical society serving more than 14,500 physician members and the laboratory community throughout the world. It is the world's largest association composed exclusively of pathologists and is widely considered the leader in laboratory quality assurance. The CAP

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Women's News

What are your chances of getting breast cancer?

The risk for developing breast cancer varies from woman to woman. The following risk factors are strongly related to the disease and can alert you and your physician to the need for careful follow-up:
 A family history of breast cancer, especially in your mother, sister(s), or daughters.
 Age in general - the older you are, the greater you're at risk.

Never having borne a child.
 Having your first child after age 30.
 First menstrual period at an early age.
 History of benign breast disease.
 Other breast conditions: lobular carcinoma-in-situ or atypical hyperplasia.
 Post menopausal women who have a high risk level for breast cancer are eligible to participate

in a breast cancer prevention study called the STAR study, at Lutheran General Hospital. The study is a double-blind breast cancer prevention study that will measure the effectiveness of two drugs -- Tamoxifen and Raloxifene -- in the prevention of breast cancer. Participants in the study will be given either one drug or the other.

The purpose of the study is to compare the ability of long term raloxifene therapy and tamoxifen therapy to prevent the occurrence of invasive breast cancer in post menopausal women who are at high risk for developing the disease. Researchers believe Raloxifene has the potential to prevent invasive breast cancer. Tamoxifen has already been used to prevent breast cancer with very positive results, but some women who took the drug experienced some side effects.

Raloxifene is a similar drug to tamoxifen, but it is possible that it will have fewer side effects. Participants will take a daily dose of one or the other drug for five years and will be followed closely for two years after that.

Women eligible to participate

Continued on Page 13

Engagement

Terzinski - Schmid



Mr. and Mrs. Larry Terzinski of Rhinelander, Wisconsin announce the engagement of their daughter, Trudy Lynn Terzinski, to Michael Anthony Schmid, son of Mr. and Mrs. James Schmid of Glenview.

The bride-to-be is a 1989 graduate of Rhinelander High School. She is employed by Meadows Credit Union in Arlington Heights.

Her fiancé is a 1987 graduate of Notre Dame High School and employed by the City of Des Plaines. A May 2000 wedding is planned.

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Women's News

Women with Irritable Bowel Syndrome needed for Clinical Research Studies

Women who have been diagnosed with irritable bowel syndrome (IBS), or who have experienced symptoms associated with IBS are needed to participate in clinical research studies to evaluate the effectiveness of an investigational drug to treat IBS.

Women interested in participating must either have been diagnosed with IBS or have experienced symptoms of the disorder for at least 12 of the weeks out of the past year. Symptoms associated with IBS include abdominal pain and/or

discomfort, accompanied by alterations in bowel functions, such as diarrhea or constipation or a combination of both.

Volunteers meeting this and other criteria will go through a screening process to determine possible participation in the study. Patients diagnosed with IBS who meet all study requirements will undergo a 12-week trial with either the investigational drug or a placebo, followed by a two-week follow-up phase for post treatment observations and symptom reports. All patients in the study will be

asked to report daily about their GI-symptoms using a touch-tone telephone system.

Patients not diagnosed with IBS but who have characteristic IBS symptoms and meet all study requirements will be asked to undergo a one-week screening phase, six weeks of treatment with the investigational drug and a gastroenterological work-up. Those patients who respond to treatment will be able to participate in a four-month follow-up period. These patients also will be asked to report daily on their GI symptoms using a touch-tone telephone system.

For more information on how to participate in these studies, please call 1-888-GL-STUDY or 1-888-447-8839.

Skokie Valley Business & Professional Women's Club

The Skokie Valley Business and Professional Women's Club will meet on Monday, November 15, at Don's Fishmarket, in the Howard Johnson Hotel, 9333 Skokie Blvd., Skokie.

Networking and social hour begins at 5:30 p.m. and dinner is served promptly at 6:30 p.m. The dinner fee is \$20 for members and guests. Please call Dr. Yemima Lipschultz at (847) 677-9110 by noon Friday, No-

ember 12 for reservations. The speaker for the meeting will be from the Cook County Sheriff's Office on Safety for Women.

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

Cancer...

Continued from Page 12 in the study must meet the following criteria:

Post menopausal over the age of 60 regardless of risk factors.

Post menopausal women over the age of 55 who are at risk for breast cancer.

Lutheran General Hospital and University of Illinois are partnering locally on the national study that is seeking 22,000 participants over the next five years.

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Community Calendar

Niles North Theatre presents Rumpelstiltskin

The Niles North Theatre Department is pleased to present the classic Brothers Grimm fairy tale "Rumpelstiltskin" at 7 p.m. November 4 - 6 in the Studio Theatre (D-100) at Niles North High School, 9800 North Lawler in Skokie. A 2 p.m. matinee will also be held on Saturday, November 6. Ticket prices are \$6 per adult and \$3 per child. Senior citizens will receive a \$1 dis-

count. For ticket availability or questions about the play, please call 847/568-3424. Due to extensive renovation of the main Auditorium at Niles North, this production of "Rumpelstiltskin" will be performed in the intimate Studio Theatre. Seating is limited to 100 persons per show. To purchase tickets: (1) Send check with note indicating number of tickets and

date and time of shows to Niles North Theatre, 9800 Lawler, Skokie, IL 60077-1215. (2) Visit the Box Office which is open from 3 to 3:30 p.m. each school day, or (3) Purchase at door. Note: Due to the limited seating per show, please purchase tickets in advance.

Annual Lox Box

The Goland-Orenstein-Sherman Memorial Chapter of the Leukemia Research Foundation will deliver its Annual Lox Box on Saturday, Nov. 20, 1999.

This year's lox box will include 1/2 lb. of lox, 8 oz. of creme cheese, a tomato, an onion, an 8 oz. jar of pickle hering, a grapefruit and a cake.

Cost is \$17.50 per box. Delivery throughout the North Side of Chicago and North and Northwest Suburbs.

Proceeds will benefit the Leukemia Research Foundation in its efforts to find a cure for leukemia which includes funding of worldwide research, life-saving bone marrow drives, patient financial aid and emotional and educational support.

For further information and to place orders, call (708) 786-3992.

Supper Seminars explore what ails you

Learn about the latest treatments for common medical problems when you attend the Supper Seminars co-sponsored by Oakton Community College's Alliance for Lifelong Learning (ALL) program and the Rush North Shore Medical Center.

Gynecologist A. Michael Drachler, M.D., presents Ready or Not! Here's Menopause! on Monday, Nov. 15. Dr. Drachler will review the physical changes that occur at menopause and focus on the pros and cons of hormone-replacement therapy.

Is it "having the blues" or clinical depression? Find out when Kathie Gutrich, M.Ed., R.N., explains the differences as

she discusses Coping with Depression. She will review the signs, symptoms and ways to cope with depression at this seminar scheduled on Thursday, Dec. 2.

Supper Seminars are held at the Scharfstein Academic Center of Rush North Shore Medical Center, 9600 Gross Point Road, Skokie. Advance registration with payment is required.

The \$8 fee includes a light supper served at 5:30 p.m., followed by the seminar from 6:15-8 p.m.

For more information about these seminars, call (847) 982-9888, press option #3.

St. Andrew Home to hold Rummage Sale

Saint Andrew Home, 7000 N. Newark in Niles (1 1/2 blks. S.W. of Touhy/Milwaukee) will be holding their annual rummage sale on Saturday, November 6, from 9 a.m. - 3 p.m.

Furniture, knick-knacks, clothing, jewelry, appliances, household goods, books, linens, live plants, records, lamps, toys,

games & much more will be sold.

A "mini" holiday craft sale, raffle and tasty refreshments will be available also throughout the day.

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Dining / Entertainment

The New Oratorio Singers

The 21st season for The New Oratorio Singers will be filled with Bruckner and Brahms when Music Conductor Alan Heatherington conducts the chorus Nov. 5 at 7:30 p.m. and Nov. 7 at 7 p.m., 'Divine Word Chapel, 2001 Waukegan Road, Techy, Illinois. Each concert will be preceded by 45 minutes with a lecture about the lives and music of both composers. Maestro Heatherington will conduct the critically-acclaimed TNOS chorus (which at 140

members is an all-time high) and Ars Vival Orchestra in Bruckner's Mass #1 in d minor and Psalm 112, and Soloist Emily Lodine and the male members of the chorus in Brahms' Alto Rhapsody. Save 20% by purchasing subscriptions for the entire season. Individual tickets may be purchased for \$25, \$20 and \$15. For information about the concerts, tickets, CDs and Entertainment books, please call 847-604-1067.

Marriott Theatre presents PHANTOM

Journey to the dark, dusty catacombs beneath the Paris Opera House with the Phantom. Feel his passion, his desire, his blinding obsession for the sweet soprano, Christine. From this dismal realm he weaves his devious web to ruin the evil diva, Carlotta, and make Christine the new queen of the opera. Based on Gaston Leroux's classic tale, this Maury Yeston/Arthur Kopit col-

laboration beautifully embellishes plot and character creating perhaps the most human incarnation of the Phantom -- mysterious and terrifying yet tragically misunderstood. Join us and discover the heart-wrenching power of one of the most unforgettable stories in the history of stage, film and music. **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. *Additional 2 p.m. matinees have been added on January 6 and January 13. Special performance times for New Year's Eve are 5 and 8:30 p.m. Call the Box Office for prices. If you are interested in New Year's Eve hotel reservations, contact the Marriott Lincolnshire Resort reservations office at 847-634-0100. **TICKET PRICES:** Ticket prices range from \$33 to \$38. *Students and senior citizens receive \$5.00 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 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. Free Parking/ Wheelchair Accessible.

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Dining / Entertainment

Percussionist Hamid Drake to perform

For thousands of years, drumming has expressed the rhythms of life and served as a primary form of communication in many cultures around the world. Enjoy the mystery of percussionist Hamid Drake when he presents Drumming: "Supra Lingua" for the World at Oakton Community College on Tuesday, November 9. Sponsored by Oakton's Edge of Emeritus Program, this event is scheduled from 6:30 - 8:30 p.m. at the Ray Hartstein Campus at 7701 North Lincoln Avenue, Skokie.

Acclaimed as "one of Chicago's leading musical improvisors" by the Chicago Tribune, Drake has studied with drummers from many different cultures to learn and to incorporate their techniques into his musical style. His repertoire ranges from world music to reggae to free jazz. He has performed with various musicians, including saxophonists Fred Anderson, Peter Brotzmann and Pharoah Sanders and percussionist Michael Zerangue.

For this performance at Oakton, Drake will be joined by a diverse group of percussionists who will demonstrate how drumming is an integral part of community celebration in many of the world's cultures. A Native American drummer will begin

the evening with a blessing ceremony. The fee to attend Drumming: "Supra Lingua" for the World is \$15. Student drummers will be admitted for free when accompanied by a paying adult. To register for this event and to request a schedule of other Emeritus programs, call (847) 635-1414.

Center Stage at Dominican presents Godspell

Center Stage at Dominican University presents productions of Godspell on Friday and Saturday, November 5 and 6 at 8 p.m. in the Lund Auditorium located in the Fine Arts building, 7900 West Division Street. Godspell by Stephen Schwartz and John-Michael Tebelak, is a musical based on the Gospel according to St. Matthew. This modern interpretation looks at our society, with re-

freshed hope in humanity and renewed faith in God, as we enter the new century. The piece calls all people to be attentive to others' needs and respond compassionately. Center Stage at Dominican University is directed by Jill and Michael Poehliman. Center Stage is offering a full season of performances at Dominican including the Vienna Choir Boys Christmas Concert, Danny Glo-

ver and Felix Justice in An Evening with Martin and Langston, and The Crucible. Tickets for Godspell are \$12. For more information or to purchase tickets, call the Center Stage box office at (708) 524-6942.

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12. To reserve tickets or for more information, please call (773) 775-6616, Monday-Friday between 8 a.m. and 3:30 p.m. The school's Little Theatre is located at 7500 W. Talcott, Chicago, Illinois.

Resurrection to present Cinderella

Relive the magical fairytale of Cinderella with a few twists presented by Resurrection High School's Fine Arts Department November 5-7. Scheduled performances are Friday, November 5 at 7 p.m., Saturday, November 6 at 2:30 p.m. and 7 p.m., and Sunday, November 7 at 2:30 p.m. Pre-sale ticket prices are \$5 for adults and \$3 for children under 12. Tickets are also available at the door for \$6 for adults and \$4 for children under 12.

Radio City Rockettes to be presented

Join the Prairie View Travel Club as we enjoy the spectacular Radio City Rockettes Christmas Show Wednesday, December 1, 1999.

A delicious lunch will be served at Gino's East restaurant prior to the show. This is a must see magical afternoon of entertainment. See the legendary "Parade of the Wooden Soldiers" the awe inspiring "Living Nativity." You'll surely be in the holiday spirit after this production.

The bus will leave Prairie View Community Center, 6934 Dempster at 11:30 a.m. and return at approximately 5 p.m. The cost is \$86 for residents and \$95 for non-residents. Register at the community center. Call Catherine at 965-1200 for information.

Call (847) 864-1307 for further information.

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Dining / Entertainment

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Universal Press announces plans for expansion

Chairman of the Board Bernie Siegel and President/CEO Jory Siegel announced expansion plans for the Chicago area sheet-fed printer during a plant tour and visit from the Printers Guild last night. "Our current space constraints are obvious," said Siegel as he toured the facility with 28 guild members. "In March we will break ground for construction that will more than double our 42,000 sq. ft. manufacturing facility and allow for increased capacity."

The executive committee has been meeting with the architect and building planners to establish a new layout for the expanded facility. "This will improve our efficiency and accommodate the future needs of our business." Among other things, the company has increased need for fulfillment space, an expanding outgrowth of current services. Universal provides a multitude of printing and finishing services to advertising agencies, associations and a variety of businesses in the Chicagoland area and nationally.

Universal has secured its place in the industry by investing internally in training, new technology and constantly seeking new applications. Four years ago the staff went through computer training at every level of the organization. Customers have always wanted their work faster or better or less costly than in the past. Internal information systems, direct to plate technology and electronic file transfer make all of that possible today.

The Company has expanded through acquisitions from outside as well, Siegel said. "Acquisitions are one way for us to enter new markets very quickly and provide our existing customers with lots of new services. Our current growth rate is exceeding 20% per year."

Universal is gathering momentum and credentials too. On Monday, October 18, representatives will be present at the Printing Impressions, Gold Ink Awards to receive recognition for a Bronze award in the children's book category. In the past, Universal won first place in the first North American Warren Sappi competition and was named "Printer of the Year." The company is also preparing for ISO 9002 certification.

Despite the company's size, Universal has the feel of a Chicago family business. The owners pride themselves on that aspect of the company. There are very few family owned printers this large. "Now, this is a real print shop," said Frank Rosienki of Eagle Printing during the tour last night. "People are working here, the shop is busy."

Niles resident wins T.V. from ERA Callero & Catino



Niles resident Henry Pfeiffer won a color television at the recent grand opening of ERA Callero & Catino's new real estate sales office at 7609 Milwaukee, Niles. Pictured with Harry are Barbara Mundt and Basil Paoulos, agents at ERA Callero & Catino.

The two day Grand Opening was held September 25 & 26. Refreshments were served, and hundreds of clients, friends and agents stopped by. The Niles based Realtor has been growing, and needed a larger office. They had been located at 7800 Milwaukee for about 40 years.

This new office incorporates a number of innovations that will help ERA Callero & Catino provide even better real estate services for their clients. They are actively looking for additional real estate agents who are willing to use more modern methods of helping home sellers and buyers.

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Programs for Seniors

Council for Jewish Elderly (CJE) is offering the following programs during the month of November in Skokie.

Council for Jewish Elderly will sponsor a Lyric Opera Lecture on music from Handel's *Alcina*, at 2 p.m., on Thursday, Nov. 4, at Lieberman Geriatric Health Centre, Social Hall, 9700 Gross Point Rd., Skokie. For reservations, please call 773-508-1000.

Council for Jewish Elderly and Beth Hillel Congregation co-sponsor **Stroke, Vascular Disease, Prostate Cancer, and Osteoporosis Screening**, offered by We Care Preventive Health Screenings, Inc., from 9 a.m. to 3 p.m. on Sunday, Nov. 14 at Beth Hillel Congregation, 3220 Big Tree Lane, Wilmette. Individual tests range from \$20 to \$40; Cardiac Vascular Assessment: \$99-\$150. For information and registration (required), call 773-493-2273.

Council for Jewish Elderly will host a *Video/Workshop: In Your Hands - The Tools for Preserving Personal Autonomy*, presented by CJE's Rita Goone, 1:30 p.m. on Monday, Nov. 15 at the Albert Smith Activities Center, 5120 Galitz, Skokie. This workshop gives participants the tools to make their own health care decisions. For information call 847-933-8208.

Council for Jewish Elderly will host *Dance Entertainment: Thanks for the Dance*, Nov. 17 at 2 p.m., presented by Ballroom City Dancers, Lieberman Geriatric Health Centre, Social Hall, 9700 Gross Point Rd., Skokie. For reservations, please call 773-508-1000.

Council for Jewish Elderly will offer a Lyric Opera Lecture on the music of Verdi's *McBeth*, Nov. 18 at 2 p.m., Lieberman Geriatric Health Centre, Social Hall, 9700 Gross Point Rd., Skokie. For reservations, please call 773-508-1000.

Senior Citizen Law Enforcement

Sheriff Michael F. Sheahan brings the first session of the Senior Citizen Law Enforcement Academy to Lincolnwood Place, 7000 N. McCormick Blvd., in Lincolnwood, beginning November 8 at 1:30 p.m. Sponsored by Cook County Commissioner Mike Quigley, the Academy meets Monday afternoons through December 13. This session gives an overview of the Sheriff's Office, police jurisdictions, as well as information on personal safety & avoiding con games and scams. All Cook County senior citizens are encouraged to attend these important meetings.

To register or receive more information about this free program, please call 773-869-7725.

Morton Grove Senior Citizens 470-5223

LAST CHANCE FOR FLU & PNEUMONIA SHOTS

Flu and pneumonia shots are available this fall for residents age 60+. The cost is free for those whose primary insurance is Medicare Part B. Those enrolled in an HMO or who don't subscribe to Medicare Part B must pay \$10 for the flu shot, and \$15 for the pneumonia shot. Shots at the home are also available for those unable to leave the house.

Flu damages the mucous lining of the lungs, enhancing susceptibility to pneumonia which is dangerous for people with diabetes, anemia, and heart, lung or kidney disease. Flu shots provide immunity to the most commonly predicted flu strains for the coming winter. Seniors should get a flu shot each year. Pneumonia shots provide lifelong immunity to the most common forms of pneumonia. People who have already received this shot do not need another one. Anyone:

- 1) allergic to chicken, chicken feathers or eggs;
- 2) allergic to contact lens solution or thimerosal (mercurial antibiotic);
- 3) allergic to the antibiotic family called aminoglycosides (gentamycin, kanamycin or neomycin);
- 4) who has ever suffered from Guillian-Barre Syndrome; or
- 5) who has cold symptoms the day of their shot, will not be immunized.

Evanston Northwestern Healthcare will be administering the shots and there is a choice of a needle injection or a Biojector (needle-free) injection. Those interested in a shot must make a reservation by calling the Morton Grove Senior Hot Line at 470-5223 for a shot on Thursday, Nov. 4, from 2 to 5 p.m.

BLOOD PRESSURE SCREENING

According to the American Heart Association, the diagnosis of high blood pressure is based on the average of two or more readings taken at each of two or more medical visits after an initial screening. The Heart Association's classifications for adults age 18 and older are:

- Ideal, less than 120/80; re-check in two years.
- Normal, less than 130/86; re-check in two years.
- High normal, 130-139/85-89; re-check in one year.
- Mild high blood pressure, 150-159/90-99; confirm within two months.
- Moderate high blood pressure, 160-179/100-109; evaluate within one month.
- Severe high blood pressure - more than 180/110; evaluate immediately.

Free blood pressure screening is offered from 9 to 11 a.m. on Tuesday, Nov. 9 in the Morton Grove Village Hall Senior Center.

COFFEE & CONVERSATION WITH CATHERINE

Enjoy a hot cup of coffee and some interesting conversation with Morton Park District Senior Adult Supervisor, Catherine Dean. Meet in the Activity Room of the Prairie View Community Center at 10 a.m. on Tuesday, Nov. 9 for a video entitled, "Don't Fall for a Telephone Line." Discuss how to handle those annoying telephone solicitors and share experiences on handling those calls.

COMMISSION ON AGING

The Morton Grove Commission on Aging will hold its next monthly meeting at 1 p.m. on Tuesday, Nov. 9 in the Village Hall Senior Center. The commission provides an arena for discussion and planning of services and programs to benefit Morton Grove's senior citizen population. All interested residents are welcome to attend.

MILLENNIUM ON ICE

This all new Ice Show Extravaganza is the most exciting of them all with a colorful trip through 100 years of American music. The Prairie View Senior Travel will travel to the Drury Lane Theatre on Monday, Nov. 16. This lavish ice skating treat features champion skaters as they jump and twirl through the music of the past century and then blast forward to the future with a finale that is a visual explosion of sight and sound. Lunch selections include Chicken Alfredo or Jumbo Fantail Shrimp. Depart from the Prairie View Community Center at 11 a.m. and return at approximately 5 p.m. The cost is \$52 for residents, and \$58 for non-residents. For details, call Catherine Dean at the Morton Grove Park District, 965-1200.

Niles Senior Citizens 588-8420 - 588-8000

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

The Senior Center will be closed Veterans' Day

Thursday, Nov. 11

OUR NEWEST PROGRAM CURRENT EVENTS DISCUSSION GROUP
Come and become part of our newest program - A Current Events Discussion Group. Topics for discussion vary depending on the group's interest. The group will meet once a month in November and December, Friday, Nov. 12 and Wednesday, Dec. 15, from 10:30 a.m. to 11:30 p.m. Starting in January, the group will meet twice a month on the 2nd and 4th Wednesday of each month. To join, please sign up at the front desk. Bring along newspaper and magazine articles for discussion. For more information, please contact Mary Swanson.

MONTHLY SUNDAYS AND EVENINGS AT THE CENTER
The Niles Senior Center is now open one Sunday every month, and one evening every month. All Niles seniors are welcome. We're helping 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.

REGULAR TICKET SALES
Tickets sold on a first-come / first-served basis. Please call for ticket availability.

Sunday at the Center - Tailgate Party - Bears vs. Packers is Sunday, Nov. 7, 11 a.m. to 4 p.m. Enjoy a Chili and Hot Dog lunch (served until third quarter) and an afternoon of football. Prizes awarded throughout the day. Wear your favorite team colors and bring any football paraphernalia to display! Cost: \$3.50.

Evening at the Center - Card Party is Wednesday, Nov. 17, 5 p.m. to 8:30 p.m. Enjoy a Submarine sandwich and Chips, followed by an evening of Pinochle, Bridge, Poker, Uno, Bunco & Board Games. Cost: \$6 includes meal, games, & prizes.

An Afternoon with Al Jolson, starring Eddy Ambrose is Friday, Nov. 19 at 12 noon. Following a meal catered by Jade East, Eddy Ambrose and his musical revue will bring back the joy of an era. Cost: \$6.50.

25th Anniversary Pizza Party is Wednesday, Nov. 24 at 12 noon. Celebrate 25 year anniversary of the dedication of the Trident Center with pre-Thanksgiving Pizza and Dessert followed by a performance by the Golden Notes. Cost: \$3.50.

ARTS & CRAFTS FAIR
Arts & Crafts Fair is Friday, Nov. 5, 10 a.m. to 3 p.m. Items for sale include jewelry, woodwork, knitted and crocheted items, oil and watercolor, etc. and a hot dog for \$1.

SUNDAY AT THE CENTER TAILGATE PARTY
Sunday at the Center - Tailgate Party: Bears vs. Packers is Sunday, Nov. 7, from 11 a.m. to 4 p.m. Enjoy a chili and hot dog lunch followed by an afternoon of football. Prizes will be awarded throughout the day. Cost \$3.50.

CONSUMER FRAUD
Consumer Fraud is Monday, Nov. 8 at 1 p.m. A representative from the Cook County State's Attorney's will discuss deceptive business tactics, travel, credit repair and home repair fraud and identify theft. Registration required.

STAMP CLUB - NEW DATES
The Stamp Club meets the second and fourth Monday of each month. In November, the Stamp Club meets on November 8 and 22, at 2 p.m. Bring your stamp collections and work together. Newcomers welcomed.

FRIDAY AT THE MOVIES
The Friday afternoon movie is *Home for the Holidays* (1995, PG-13) at 1 p.m. on November 12. The movie, directed by Jodie Foster, stars Holly Hunter. Anyone who has come home to their large family for the holidays can identify with all the craziness that ensues.

FESTIVAL OF TREES TRIP
Enjoy a day of festivities as we travel on Thursday, Nov. 18 to Racine, Wisconsin for the Festival of Trees - an indoor wonderland displaying over 100 trees. Included in the trip is a complete lunch at the Kannenberg Block Steak House. Then relax as we finish our trip at the Wurlitzer Theatre - a Museum of Vintage Organs highlighting a grand performance. Cost: \$37.

The Lincolnwood Seniors Club

The Lincolnwood Seniors Club invites the community to join them on Tuesday, November 9, for a trip to the Field Museum to see the Cartier 1900-1939 Exhibit.

The cost is only \$22 for members and \$24 for guest. Price includes deluxe motorcoach transportation, entrance into the museum and the Cartier Exhibit as well as lunch from the Corner Bakery. Departure time is 9 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Avenue, with return scheduled for 3:30 p.m. (approx.).

Celebrate November Birthdays at Don's Fishmarket located at 9335 Skokie Blvd., Skokie on November 10, at 11:30 a.m. Lunch is "on your own" and I will

supply the cakes. If you are interested in joining us for lunch please call the Recreation Department at 847-677-9740 by November 3.

Join us on Friday, November 12 at 10:30 a.m. to hear Speaker Hy Rabin on the Rules of the Road. Mr. Rabin will review all of the information needed to pass the Illinois State Driver's Test. He will review traffic signs and rules.

The meeting will be held at the Lincolnwood Community Center, 6900 N. Lincoln Avenue, Lincolnwood.

Join us on Thursday, November 18, for a trip to the Grand Victoria Casino in Elgin. The price is only \$5 for members, \$7 for guests includes ad-

mission to the Casino, a lunch buffet and transportation.

Departure time is 11 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Avenue, with return scheduled for 6:30 p.m. (approx.).

The Lincolnwood Seniors Club invites the community to join them on Tuesday, November 30, for a trip to the Drury Lane Theatre in Evergreen Park to see *Millenium on Ice*.

The cost of \$59 for members, \$62 for guests includes the show, lunch and transportation (Deluxe Motorcoach). Departure time is 11 a.m. from the Lincolnwood Village Hall, 6900 N. Lincoln Avenue, with return scheduled for 5:15 p.m. (approx.).

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Senior News

Seniors Club selling entertainment Books

The Lincolnwood Seniors Club has joined Chicago's "One for the Community" campaign, and is selling Entertainment 2000 books, proceeds to go to the Lincolnwood Seniors Club.

\$20 in savings from Dominicks, Northwest Airlines, Ringling Bros. Barnum & Bailey Circus, and Borders Book Stores.

The North/Northwest edition of the Entertainment 2000 book is being offered by Lincolnwood Seniors Club. This book is valid now and will expire Nov. 1, 2000. Books are just \$35 each. Use it just a few times, and it's paid for itself!

Out-of-town books are also available through the Lincolnwood Seniors Club, so don't forget about gifts for friends and relatives coast to coast!

Entertainment 2000 books are available in the office located in the Lincolnwood Village Hall, 6900 N. Lincoln Ave. If interested, please call 847-677-9740 or stop in to get one.

847-228-1500

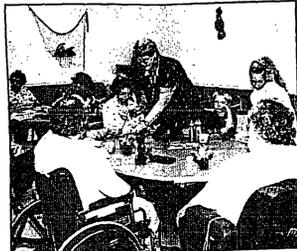


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Niles couple to celebrate 65th anniversary



Phyllis and Walter Osiol of Niles will celebrate their 65th wedding anniversary on November 10, 1999. They were married at Holy Innocents Church in Chicago and have been residents of Niles for 24 years.

They are the parents of Marianne (Howard) Sikorski of Park Ridge and Germaine (Joseph) Bialko of Niles and have 6 grandchildren and 5 great-grandchildren.

They will celebrate with Mass at St. Juliana Church followed by a family dinner. Their family wishes them much love on this beautiful and special day.

NARFE meeting

A regular meeting of the National Association of Retired Federal Employees will be held on Friday, Nov. 5, at 1 p.m., at Warren Park Field House, 6601 North Western Avenue, Chicago.

All active and retired federal employees are welcome.

Niles couple wed 60 years



Niles residents Lucille & Frank Rutkowski celebrated 60 years of marriage this October 17, 1999. Family and friends enjoyed a reception at the Banquet's at Tam in Niles. The Rutkowski Family has lived in Niles for 41 years.

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Church & Temple News

Respected scholar to visit local congregation

B'nai Jehoshua Beth Elohim (Glenview) will welcome Dr. Rachel Zohar Dulin, a noted Professor of Bible at Spertus College, November 12-14, announced Joyce Weiner (Northbrook) a Congregational Vice President.

During Shabbat worship, Friday, November 12, 8 p.m., Dr. Dulin will discuss "How Did They Deceive What Should Be in the Bible." A Shabbat Dinner, preceding Dr. Dulin's address will commence at 6 p.m. Reservations for the dinner, at \$10 per person, may be made by sending a check to BJB, 901 Milwaukee Avenue, Glenview, attention Joyce Weiner.

NTJC

Kristallnacht observance at Ezra-Habonim, the Niles Township Jewish Congregation Tuesday, November 9 at 7 p.m.

On November 9, 1938, the Nazis unleashed a wave of pogroms against the Jewish people which in a few hours, destroyed hundreds of synagogues, Jewish businesses and homes. Jewish males were arrested and deported to concentration camps. Many perished during the night and thereafter.

As during the previous years' observance, this city-wide event will again be attended by dignitaries of Chicago's greater community.

The entire community is invited to attend at Ezra-Habonim, the Niles Township Jewish Congregation, 4500 Dempster in Skokie.

Science Alive in SJB classroom



Matt Scaletta and Andy Bishop investigate worms.

Forty-five 5th grade students at St. John Brebeuf School participated in two in-school, hands-on field trips during September and October. Science teacher, Mrs. Tracy Murdach, chose the first two chapters from the science book to be topics that would interest and educate students beyond the written facts.

"Smarty Plants," presented by High Touch-High Tech from Mount Prospect, brought to the students the amazing world of plants. Students learned about photosynthesis and germination while taking a hands-on look at roots, seeds,

and transportation inside a plant. "Wonderful Worms," presented by the Spring Valley Environmental Education Outreach Program sponsored by the Schaumburg Park District, gave each student a feeling of what it is like to be a worm! The students had fun learning about the worm as a recycler and decomposer and observed live worms in their habitat. Experiments on the worm's sense of smell, touch, and movement were conducted by each student. A special thanks to the Hanna Family for making each of these experiences possible!

Jewish Families Wanted!

Celebrate Chanukah in a different way this year by sharing your celebration with an immigrant family. Nourish the soul and feed the spirit of a Russian Jewish family who has lived in Chicago for as few as eight days or as many as eight years by inviting them to your home. Invitations for Thanksgiving can be made by calling JCC's New Family-To-Family Program at (847) 933-9030, ext. 155.

Michael R. Anderson

Navy Petty Officer 3rd Class Michael R. Anderson, a 1996 graduate of Notre Dame High School of Niles, is currently halfway through a six-month deployment to the Western Pacific Ocean, Indian Ocean and Arabian Gulf aboard the destroyer USS Kinkaid, home ported in San Diego.

OBITUARIES

PATRICIA K. La GIOIA

Patricia K. La Gioia, 64, of Evanston (formerly of Morton Grove), died October 16 at Northwestern Memorial Hospital, Chicago. Beloved daughter of Jean Kaczmarek. Beloved mother of Geoffrey (Elizabeth), Paula, Carolyn and Guy. Grandmother of 3. Sister of Leonard Kaczmarek. Services were held Wednesday, October 20. Arrangements handled by Simkins Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

WALTER H. KULIKOWSKI

Walter H. Kulikowski, 70, of Niles, died Tuesday, September 7 at Lutheran General Hospital, Park Ridge. He was born July 9, 1929 in Chicago. Beloved husband of Therese Kulikowski. Beloved father of Walter (Linda) Kulikowski and Robert Kulikowski. Grandfather of Robert, Johnathan, and Kristina Kulikowski. Brother of Virginia (Peter) Bernat and Richard (Shirley) Kulikowski. Uncle of many nieces and nephews. Services were held September 9. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

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Community-wide event November 9th, 1999 7pm

Memorializing November 9th, 1938

Kristallnacht

at
Ezra-Habonim, the Niles Township Jewish Congregation
4500 Dempster Street - Skokie

Cook County State's Attorney
the Hon. Richard A. Devine
and

Clergies of various faiths
Consuls of the State of Israel and Germany
Mayors of Towns and Villages
State Senators and Representatives

Everybody is welcome

School Guide

Oakton offers preparation courses for Graduate School admission tests

Prepare for those important graduate admission tests by registering for a Cambridge Educational Services course offered through Oakton's Alliance for Lifelong Learning (ALL). The Cambridge test preparation courses concentrate on sharpening the critical skills needed to perform well on the exams, including test-taking techniques, comprehension and reasoning strategies, the rule of guessing and timesaving methods.

The courses are taught by experienced instructors and include a textbook and book of actual exams; personalized attention in small classes; free admissions counseling; and cross-registration to other Cambridge locations for make-up and repeat classes. Other services include free remedial math and grammar review programs and a variety of practice exams. The fee for each test preparation course is \$350. All classes meet from 6-9:45 p.m. at Niles West High School, Oakton and Edens Expressway, Skokie.

The Law School Admission Test (LSAT) is scheduled on Dec. 4. Oakton is offering an LSAT Preparation Course

(LSAT P01-02, Touch-Tone 1221), which meets on Tuesdays and Thursdays, Nov. 16, 18 & 30, and Dec. 2.

The GRE Preparation Course (GRE P01-02, Touch-Tone 3320) helps students prepare for the Graduate Record Exam (GRE). The class meets on Tuesdays and Thursdays, Nov. 16, 18, 23 & 30, and Dec. 9 & 16.

Those planning to take the Graduate Management Admissions Test (GMAT) can prepare themselves by enrolling in The New GMAT Preparation Course (GMT P01-02, Touch-Tone

ND freshman wins title

Notre Dame High School's freshman football team captured its second straight Catholic Metro Conference Green Division championship after defeating Benet Academy 13-0 on October 16.

After losing their first game of the season 2-0 at Glenbrook North, the Dons have run off seven straight victories to post a 7-1 record with one game remaining. The shutout against Benet was the team's third in its

2568). The class meets on Tuesdays, Nov. 16 & 23 and Dec. 7 & 14, and Thursday, Nov. 18.

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 by using the Touch-Tone system at (847) 635-1616 or by FAX at (847) 635-1448. Both methods require payment using a major credit card (Visa, MasterCard or Discover).

For information about these classes and other ALL courses, call (847) 982-9888, press option #3.

Wiley also teaches chemistry and biology at Notre Dame. His assistant coaches are Darren Ferguson, Joe Gale and Eric Fulara, who graduated from Notre Dame in 1993.

Multi-Day Artist-in-Residence program

The Maine Township District 207 Educational Foundation has provided \$3,000 to fund an artist in residence program at all three Maine Township High Schools during the first week in November. The acclaimed Chicago Brass Quintet led by Ross Bearcraft of Park Ridge, will be in residence in all three of the Maine Township High Schools and will also be available to work with students in Districts 62, 63 and 64.

Planned activities include concerts for students, shared rehearsal time with the quintet members sitting and rehearsing with Maine Township students, provision of master class opportunities for brass players and seminars for all instrumental music students on "how to practice" and "how to prepare for an audition." The Chicago Brass Quintet has provided educational workshops for the National Symphony brass in New York, Chicago and Elgin systems, Georgia Tech, the University of South Florida, Brigham Young University and Columbia College to name a few other educational institutions.

Established in 1993, the

Maine Township Educational Foundation is a non-profit tax exempt organization that operates independently of the district Board of Education. It is governed by a volunteer Board of Trustees made up of business, education and community leaders. The Foundation has enhanced education for district students by providing funds to support enrichment programs and to meet specific educational needs that are outside the district's regular budget.

The cost of the artist in residence program is shared among the District 207 Educational Foundation, Horizon Grant Funds available through District 207 and the Maine South Music Boosters, although the District 207 Educational Foundation provided the majority of the funding.

St. Scholastica Open House

St. Scholastica Academy, 7416 N. Ridge Blvd., Chicago, hosts an Open House on Sunday, Nov. 7, 12 p.m.-3 p.m. Contact Mary Pat McGarel at 773-764-5715, ext. 359, for more information.

Michael Stoll, Presidential Scholar

Michael Stoll is one of 15 Presidential Scholars named Monday, Sept. 27, at Illinois Wesleyan University's Presidential Convocation. The convocation is a campus-wide event marking the start of the 1999-00 academic school year.

Established in 1978, the Presidential Scholars Program recognizes first-year students for their past accomplishments and bright futures. The Presidential Scholars have distinguished themselves as having shown excellence in and out of the classroom. Selections for the academic honor are based on personal interviews and application materials.

Stoll is a graduate of Notre Dame High School for Boys and is a business administration ma-

joy at IWU. In high school, Stoll was involved in National Honor Society and was a member of the golf, swimming and the Ultimate Frisbee team. During the summer of 1998, Stoll attended the World Affairs Seminary at the University of Wisconsin, Whitewater.

The 15 scholars averaged 1465 as a group on the Scholastic Aptitude Test (SAT), a major college entrance test with a perfect score of 1600. Last year's class of Presidential Scholars averaged 1463 on the SAT.

The Presidential Scholars plan to major in the fields of economics, mathematics, biology, chemistry, political science, business administration and music.

St. John Brebeuf School Principal Tips

At St. John Brebeuf School we believe that parents play a tremendous role in developing a child's learning ability. Here are some suggestions for parents to help children succeed in school:

1. Talk to your child. Show him/her that you are interested in his/her daily experiences. Besides talking to your child, you also need to be a good listener. Listen to what your child has to say. Encourage your child to read to you.
2. Read to your child. Children enjoy this and you also are showing that you believe that reading is important.
3. Teach your child responsibility. Expect your child to take care of his/her school books and books from the library. Teach your child by example. If you

read your books, magazines, and newspapers with respect, your child will see that they are important and will be more likely to treat them in the same way.

4. Buy reading material for your child. He/she can often benefit a great deal more from a book than from a toy. When buying reading material, make sure that it is on the child's level so that it does not become a chore to read.
5. See that your child has a good school attendance. Your child cannot learn if he/she misses a great deal of school. Encourage your child to look for academic challenges at school. Emphasize that learning new skills can be a rewarding experience that can last a lifetime.

Those Who Excel in District 64 recognized

Superintendent Dr. Fred Schroeder and Lincoln Middle School staff member Ms. Patti Wlodeck were recently recognized by the Illinois State Board of Education in the 1999-2000 "Those Who Excel" Education Awards Program.

Superintendent Schroeder received an Award of Excellence; Ms. Wlodeck, who works in the Instrumental Music department at Lincoln, received an Award of Merit.

Each year the "Those Who Excel" Awards Program honors people who have made outstanding contributions to education. Names of those submitted for the program must be supported by letters of recommendation. In addition, extensive background information must be included to substantiate their leadership abilities, excellence in performance of their duties, and evidence of their positive effects on students.

"Those Who Excel" Award winners were evaluated and selected by a committee of their

peers who represent statewide education organizations. The awards were presented to winners at a special banquet in Springfield.

Apollo third graders to have a feast

Apollo's third grade will again be celebrating America's traditional Thanksgiving feast on November 19. Ms. Judy Hennig, District 63's Curriculum Director, will be dressed as a pilgrim and will explain to all third grade students what the first Thanksgiving was like. Mr. Maldonado, Apollo's principal, will be reading a story about Thanksgiving as well.

Following will be a dinner celebration with the help from students', families, and teachers: Mrs. Bonnie, Mrs. Bryant, Ms. Czicki, Mrs. Grodin, and Mrs. Katzman. A big thanks to So-dexo Marriott for furnishing the turkey and all the trimmings!

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Home Style

Hot water safety

There is no doubt about it--hot water heaters provide lots of comfort and convenience through warm baths and clean clothes. Remember, however, that hot water can also cause serious burns. Hot water burns are 100% preventable if you follow these tips:

1. Keep hot liquids out of the reach of children. When hot coffee or tea (usually over 160°) is spilled, it can cause severe injury. Be sure to watch babies and toddlers carefully while you are cooking or enjoying a hot drink.
2. Supervise children and older people in tub baths. Always test their bath water; it should be about 100°. Kids often cannot tell the hot from cold water faucets and may not be able to get out of hot water quickly. Elderly and handicapped people are more fragile and prone to falling.
3. Set your water heater thermostat at a safe level. Many are set at 140° or above. Set your thermostat on low (approx. 120°) to be safe and to save 18% of the energy used at 140°.
4. Test your water temperature. Run the hot water for 3 to 5 minutes and test with a candy, meat, or water thermometer. Reset the temperature on your water heater. Wait a day and then retest and adjust, if necessary. And, to conserve water, be sure to repair leaky faucets promptly. One drop a second can waste as much as 60 gallons of hot or cold water in a week.

The Safe America Foundation and The Burn Prevention Foundation remind you that injury prevention depends on the practice of good safety habits. For year-round safety information call: (770) 218-0071; go online at: <http://www.safeamerica.org> or e-mail: safeamerica@mindspring.com

A good name, like good will, is attained by many good actions and may be lost by one bad one.

Document protection and year-end advice

Many households keep important papers such as birth and marriage certificates, loan documents, inventory records, and other difficult to replace information unprotected. Even computers act as "file cabinets" for important papers. To ensure that you can keep these papers safe, follow these simple steps:

- Keep important documents or items that would be difficult or impossible to replace in a fire safe, or bank safe deposit box.
- Make photocopies of important documents and store in a place separate from the originals.
- Place photographs, negatives, and other irreplaceable documents in a fireproof box.
- Make back-up disks of important computer files and keep them in an off-site, protected area such as a bank deposit box.
- Use archive-quality papers

David B. Habighurst
Navy Petty Officer 3rd Class David B. Habighurst, son of David B. Habighurst of Des Plaines, recently returned to Gulfport, Miss., from a seven-month deployment to Naval Station Roosevelt Roads, Puerto Rico, while assigned to U.S. Naval Mobile Construction Battalion 74. While deployed, Habighurst's unit acted as the area's alert battalion, lending forward presence and providing construction support to the region.

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Saturday 8:00 - 4pm

Holiday Safety Planner

Holiday carols will soon fill the air. We take great measures to assure our holidays are memorable. However, we need to make just as many preparations to assure they are safe. Your family will enjoy the beauty of your decorations and stay safe if you follow these tips:

1. Artificial Christmas trees should be made of flame-retardant material.
2. If you purchase a live tree, make sure it's fresh. Buy a tree that smells like pine and its needles are hard to pull from the branches.
3. Saw about two inches off the trunk before placing it in a tree stand. Check the water level daily; never let it run dry.
4. Check old holiday light sets

Travel Safety
Business travel can be stressful. Why make it more so by setting yourself up as a target for crooks? Here are tips to improve the chances you will return home safely.

At the Airport
• Stay especially alert and watch your bags and computer carefully at all times.
• Carry your purse close to your body, or wallet in an inside pocket.
• Keep anything of value in a carry-on that stays with you.

On the Road
• Become familiar with your

each year for cracks, frayed sections, or broken wires before hanging them. Never use decorative "indoor" light strings outside. Use no more than three standard sets of lights per outlet.

5. Unplug all electrical decorations when leaving the house or going to bed.
6. Use only UL or NOEL Laboratory-approved lights. Decorate only with flame retardant or noncombustible materials.
7. Do not use electric lights on metallic trees; use spotlights instead.
8. Keep a fire extinguisher handy. Smoke detectors and fire extinguishers make thoughtful holiday gifts.
9. Keep candles, lighting wires and decorations out of children's

reach. Avoid decorations that resemble candy or food.

10. Keep toddlers away from the kitchen when cooking and baking.
11. Poisonous holiday plants include holly berries, mistletoe, Jerusalem cherry and amaryllis. Keep them away from children and pets.

The Safe America Foundation and The Burn Prevention Foundation remind you that injury prevention depends on the practice of good safety habits. For year-round safety information call: (770) 218-0071; go online at <http://www.safeamerica.org>; or e-mail: safeamerica@mindspring.com.

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Home Style

Reroofing in Autumn can save thousands

Attention homeowners: That autumn nip in the air means it's probably time to make sure your roof will be protected from ice dam problems this winter.

If you live in a climate where it snows, ice dams along roof eaves can be a major problem. Ice dams can form in cold weather from the continual thawing and freezing of melting snow along the roof eaves, or the backup of frozen water or slush in the gutters.

When this occurs, water can be forced under the roof, causing significant damage to ceilings, walls and insulation. Often the homeowner is unaware of this problem until water begins to run down the interior walls of a home.

If you've experienced this kind of problem in the past, now is probably a good time to consider re-roofing with a special waterproofing underlayment at the eaves to ensure against water damage from ice dams. A waterproofing underlayment may also be advisable in non-snow areas where gutter accumulation of leaves, pine needles, and the like may cause water back-up into the home.

According to the Asphalt Roofing Manufacturers Association (ARMA), the self-adhered waterproofing underlayment should be installed in place of regular underlayment (the "tar paper" that goes under shingles) along roof eaves to a point at least 24 inches inside the exterior wall line of your home, as the illustration shows. In regions with heavy snow accumulation, it may be necessary to extend the membrane to a point 36 inches inside the wall line.

Any experienced roofing contractor should be able to install the waterproofing membrane easily and properly to prevent ice dams. The slight additional cost is more than offset by the protection it will afford your home and its contents.

Although there are various ways to install a waterproofing underlayment at the eaves, the most popular method is to apply it directly to the wooden roof deck to prevent water penetration. Once installed, the shingles are then applied in the regular manner. ARMA recommends this procedure for any climate where the average January temperature is 25 degrees or less. To learn more about ice-dam protection and other roofing procedures for extending the life and weather protection of your roof, consider ordering the informative brochure *Good Application Makes A Good Roof Better*. This helpful guide to understanding asphalt shingle installation is available for \$3 from the Asphalt Roofing Manufacturers Association, HP Department, P.O. Box 1532, North Babylon, NY 11703.

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Kitchen safety for the holidays

October begins the holiday entertaining season - Halloween parties, Thanksgiving, Hanukkah, Christmas, Kwanza and New Years. Traditional foods and bountiful buffets contribute to the festive atmosphere. To guard against food-borne illness, follow these valuable tips and avoid these common food safety mistakes:

- Leaving leftovers out of refrigeration overnight.
- Mixing meats and vegetables on a cutting board without thoroughly cleaning in between uses. Always use separate (or cleaned) knives for meat and vegetables.
- Marinating should be done under refrigeration, especially for meats.
- Minimize store-to-refrigerator lag time.
- Never use the same platter for both raw and cooked meats.
- Thaw meats in the microwave or refrigerator. Avoid countertop thawing.
- If you bring home a "dog-bag," refrigerate as soon as possible, whether for human or animal consumption.

The Safe America Foundation reminds you that injury prevention depends on the practice of good safety habits. For year-round safety information call: 770-218-0071, go online at <http://www.safeamerica.org>, or e-mail: safeamerica@mindspring.com.

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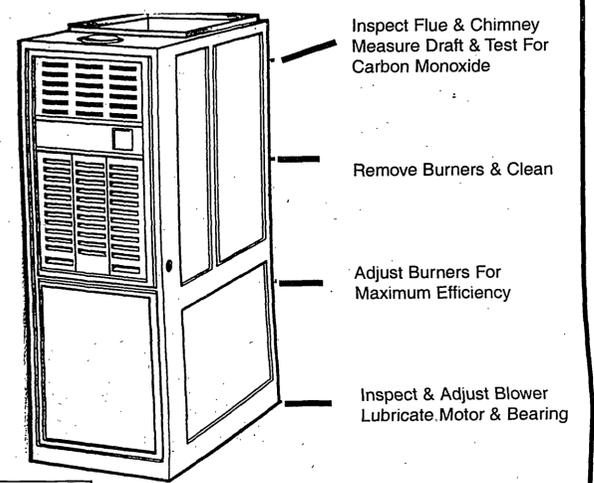
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Police News

Niles Police Deputy Chief Reid retires after more than 39 years

With more than 39 years of service to the Niles Police Department, Deputy Chief William S. (Bill) Reid has announced he will retire effective Nov. 19.

Born and raised in Chicago, Reid attended Weber High School until 1952 when his family moved to Niles. He finished his last 10 months of high school at Maine East. He then attended the University of Illinois at Champaign for two years, leaving school for full-time employment.

Reid started with the Niles Police Department Aug. 1, 1960. Frank Stankowicz was Mayor then, and Dwight David Eisenhower was President. The Niles Police Department was located at 7166 Milwaukee Ave. where the Pioneer Fountain is now located. The site of the present police department building was nothing more than a muddy, swampy trailer park.

After four months with the Niles Police Department, Reid was drafted into the U.S. Army where he served in counterintelligence. After receiving an honorable discharge on Dec. 1, 1962, Reid returned to the NPD where he resumed his career at a monthly salary of \$460.

In June 1963, Reid married his



Deputy Chief William (Bill) Reid

high school sweetheart, Barbara. The Reids were blessed with four wonderful children and now have four wonderful grandchildren.

Reid transferred to the Detective Division in early 1968, remaining there only briefly until being promoted to sergeant July 1 of that year. He was then "detailed" back to the Patrol Division and worked as a Uniform Field Sergeant through 1974.

During this time, Reid also resumed his college education at Northwestern University in Evanston where he earned his bachelor's degree in Philosophy in 1974.

From then until 1978, Reid was assigned to investigations and served as Detective Sergeant Supervisor. From 1978 through 1981, Reid returned to the Patrol Division where he again served as Uniform Field Sergeant.

It was Reid's innovative thinking that led to the development in 1979 of the current work schedule of six days of work with three days off. Pioneered in Niles, the schedule has since been adopted by numerous other police departments.

Reid's next move up the ladder was his promotion to the rank of lieutenant July 1, 1981. He served as Watch Commander in Uniform Patrol until March 1, 1988, when he became a commander.

His final promotion to his current position as Deputy Chief of Field Services came on Aug. 1, 1991.

Among the many changes and advances Reid has seen during his long career with the NPD are the development of police radios, on-board computers, Nextel cellular phones/radios in each squad and the current trend of pagers.

Reid recalls the old blue and gray uniform he wore when he started his career in Niles, which, in 1964, was changed to the green uniforms with "mountain" style hats. In 1988, the department adopted the blue uniform currently in use.

During Reid's tenure, the Niles Police Department has doubled

in size. Reid said he has seen 74 sworn officers come and go during his career.

"Bill is a real cornerstone here at the Niles Police Department, and he will be sorely missed," said Public Information Officer James A. Zimmerman in the press release he issued announcing Reid's decision to retire.

"His contributions to the Niles Police Department will long be remembered by many," Zimmerman said.

Chief Ray Giovannelli said, "I will certainly miss Bill. For all intents and purposes, he was my right arm. We worked together in patrol, as detectives and as commanders."

"Bill started in '61 and I started in '64," Giovannelli went on. "Our careers more or less paralleled each other."

There has been no decision yet as to who will replace Reid, Giovannelli said.

Friends and associates are invited to honor Deputy Chief Reid for his four decades of dedicated service to Niles at a retirement celebration Friday, Nov. 12, at the Chateau Ritz, 9100 Milwaukee Ave., Niles.

The \$50 per person cost includes cocktails, dinner and open bar. Cocktails begin at 6:30 p.m. followed by dinner at 7:30 p.m.

Checks payable to the "William Reid Retirement Fund" may be returned to Deputy Chief Jerry Sheehan at the Niles Police Department, 7200 N. Milwaukee Ave., Niles, Ill. 60714.

Friends and associates who would like to make a presentation or say a few words about Deputy Chief Reid should let Command-er Sheehan know before the party.

Bethany's Fall Festival Bazaar

Bethany Terrace Nursing Center in Morton Grove will hold its annual Fall Festival Bazaar on Friday, November 5 from 9 a.m.-4 p.m. In addition to many hand-made items from Bethany residents, various vendors will be displaying their goods. Available items include toys, jewelry, cosmetics, clothing, crafts, baked goods, and hand-made Christmas craft items.

Lunch is available between 11-1:30 p.m. One of the specialties is a Phillipino Food Booth with homemade pancit and egg rolls. Bethany Terrace is located at 8425 N. Waukegan Road, Morton Grove (South of Dempster and north of Oakton). Call Lori Lentz at (847) 965-8100 for more information. All are invited.

Hammering hardens steel, but crumbles putty - can you take it?

Police News

Fourth Citizens Police Academy graduates of 1999



CSO, Matt Ungaro, Assistant Coordinator; Penny Wiese; Hannah McKevey; Deborah Mooney; Vito Pantaleo; Sgt. Roger Wilson; Adele Olsen; Anita Perrotti; Len Zielinski; Helana Kaketsis; Lailani Gandia; Gus Nikolau; James Zaremski; Officer John Gaba; Wanda Gorski; Lillian Zaremski; Suzanne Miller; Joe Pianto; Sgt. John Fryksdale, Coordinator.

around 9:40 p.m. Oct. 31. The 46-year-old owner of the home reported hearing a loud car of unknown make and model leaving the scene.

Strong-arm robbery
A 57-year-old Niles woman reported while she was standing behind her car in a supermarket parking lot in the 8900 block of Greenwood around 8:26 a.m. Oct. 30 that an unknown man between 25 and 30 years of age with light brown hair, medium build and fair complexion driving westbound in a dark colored auto of unknown make and model reached out from his moving vehicle and grabbed the victim's purse, which was slung over her shoulder, breaking the strap.

The offender fled northbound out of the lot but not before the victim got the vehicle's license plate. The victim's purse contained a wallet with \$30 to \$40 cash and miscellaneous credit cards. The victim told police she may be able to identify the offender.

Criminal damage to property
Unknown offender(s) damaged a mobile classroom by the school in the 8900 block of Ozanam Oct. 30. Approximately 20 feet of a wooden hand rail was broken off the mounting brackets and thrown into a stairdeck area, approximately 10 feet of aluminum downspout was torn from its mounting and crushed and bent and left in the same area as the damaged hand rail. Another 10 feet of downspout was left in place but badly damaged.

Under the stairs police observed several empty beer cans and one empty beer bottle. Morton Grove police informed the responding officer that they received a report that two youths who had been drinking were observed in the area.

Person(s) unknown threw a large piece of concrete through the north facing 5-ft. by 5-ft. living room window of a home in the 8200 block of Catino Terrace

Criminal damage to vehicle
A driving school located in the Golf Mill Shopping Center reported that three of their vehicles parked on the east side of the parking lot at 400 Golf Mill Center were sustained an estimated \$1,200 damage sometime between 6 p.m. Oct. 22 and 8 a.m. Oct. 25. The rear windows were smashed on two of the vehicles, and the windshield of the third vehicle was smashed. Nothing was taken from any of the vehicles.

Battery
A 35-year-old Chicago tennis teacher reported that while she was driving southbound in the 7500 block of Harlem Avenue around 2:15 p.m. Oct. 31, a man driving a Burgundy colored 1989 Oldsmobile threw an egg at her hitting in the face. The victim wrote down the license plate number of the offender's vehicle and followed it but was unable to stop it.

At 4:15 p.m. Morton Grove police received a report of a reckless driver traveling in the 8300 block of Lehigh Avenue throwing eggs at cars and driving in and out of traffic. Morton Grove police stopped the vehicles, taking the five male suspects, all in their early 20s, into custody and turning them over to Niles police units who transported them to the Niles Police Department for processing. Two of the offenders were charged with disorderly conduct, and three were charged with battery.

The offenders are scheduled to appear at court in the Niles Village Hall Nov. 18.

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Letters to the Editor

Parent concerned over music director vacancy

Dear Editor:
I am writing to express my concern about the vacant Choral Director position at Culver School in Niles. Both of my daughters have enjoyed being part of the Culver Chorus in the past. Presently, Christine Dworak, the General Music Director, has informed administration that she is unable to direct the Chorus until 4th quarter. I have invested the past 8 weeks working with ad-

ministration, to help facilitate filling the vacancy. I will be addressing the School Board about the Chorus on Tuesday, November 9 at 7 p.m. I would like to invite and encourage other parents who support my enthusiasm for a year round Culver Chorus, to attend this School Board meeting.

Thank you!
Suzanne J. Barker
District 71 Parent

Purse snatch victim questions lack of security at grocery store

Dear Editor:
Last week, after shopping in the supermarket near Waukegan Road and Dempster Street, I was placing my groceries in the trunk of my car when a young man dashed by me and grabbed my purse off my arm.
I was so shocked and angry that I found some kind of inner strength and started running after the culprit yelling, "Thief! Thief! Thief!"
I was waving my hat violently and making quite a stir. No one in the shopping mall seemed to notice my dilemma, until a man in his 40s emerged from out of nowhere near the east end of the parking lot and tackled the thief to the ground.
My hero, who I later learned was a former classmate of my daughter, retrieved my handbag from under the thief's jacket, where he was hiding it.
Unfortunately, in all the hubbub, the thief ran to a waiting getaway car and disappeared.
I went back to the grocery store to report the incident, but was told by the manager that the store has no security because Morton Grove does not require stores to have security guards.
Now I have to question why we as homeowners are responsible

for any injuries that occur on our property, but stores are not even required to maintain security staff to protect customers in the parking lot. I would think they would do so for their own protection against liability and personal injury lawsuits.
Well, live and learn. But I do hope my letter will be of use to some other old ladies like myself (I turned 80 two days after the incident I'm writing about) who are

the perennial prey of gutless wonders who run through supermarket parking lots stealing purses.
I'm also sending a copy of this letter to the Mayor of Morton Grove in the hope that he will look into this law or lack of law and possibly do something to protect seniors who shop in his village.
Very truly yours,
Phyllis Voosen
Chicago

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Take a Swing Against Substance Abuse

What: Public Swing Dance, Ice Cream Social and Raffle featuring the live music of The Sam Burkhardt Band. Raffle prizes include two, First Class, round-trip tickets from United Airlines to anywhere in the continental United States, plus Hawaii, a weekend golf package from Marriott Resorts and gift certificates from Circuit City.

Why: Fund-raising benefit for the Maine Township Center for Addiction (MTCA), which provides quality outpatient care and treatment to those in need. MTCA's services and education programs improve the quality of life for the entire community.

Where: Maryville Academy, 1150 North River Road, Des Plaines.

When: 8 p.m. to Midnight, Friday, November 12.
How Much: Dance Tickets are \$15 per person. Raffle Tickets are \$15 each. Dance and Raffle Tickets are available at the event, or by calling (847) 692-6920. Drawings will be held at the event. You need not be present to win. Ticket prices and contributions are tax deductible.

Who: Maine Township Center for Addiction Center is a non-profit substance abuse prevention, intervention and treatment facility. Established in 1974 and licensed by the State of Illinois Department of Human Services, MTCA provides edu-

Forest preserve meeting

The Friends of Morton Grove Forest Preserves will have a meeting on Tuesday, November 9, in the Baxter room of the Morton Grove library, at 7 p.m.

This group concerns itself with the upkeep and improvement of our local Forest Preserves. This meeting will focus on the broken bridge at Linne woods. All interested persons are welcome.

Boys Hope Girls Hope beneficiary of sport events

Boys Hope Girls Hope came out the winner at two recent charity sporting events to benefit the Evanston youth organization.

Eight local corporations competed in the Andersen Consulting-Corporate Sports Battle Chicago to benefit Boys Hope Girls Hope in August at Northwestern

University raising some \$10,000 for the organization. Corporate Sports Battle is held in fourteen U.S. cities to raise funds for local charities. Five teams from each city qualify for the Corporate Sports Battle national finals, held this year in Las Vegas, November 19-22. The program is under-written by Andersen Consulting.

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Four NDHS students named AP scholars

Four students at Notre Dame High School for Boys have been named Advanced Placement Scholars by the College Board in recognition of their exceptional achievement on the college-level AP examinations.

Two students qualified for the AP Scholar with Distinction Award by earning an average grade of at least 3.5 on all AP exams taken, and grades of 3.0 or higher on five or more of these exams. These students are David Cantos and Jeff Show. Cantos attended Immaculate Conception grade school while Show went to St. Eugene. Both are now enrolled as freshmen at the University of Notre Dame.

One student qualified for the AP Scholar Award by completing three or more AP examinations with grades of 3.0 or higher. The AP Scholar is Matthew Maletz. Maletz is from Chicago and went to St. Tarcisus grade school. He is now at DePaul University.

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Ladies Auxiliary to Park Ridge Post No. 3579

The Ladies Auxiliary to the Veterans of Foreign Wars Park Ridge Post #3579, presented a 3X5 ft. flag to the principal Mrs. Sara Hallermann in behalf of Sta-

nislus Bishop & Martyr School. The presentation was Nov. 11 in honor of all deceased veterans. The entire school and parents were present.

The presentation was made by past president and Americanism Chairperson Mrs. Evelyn Bates.

Navy Airman Thomas D. Rice, son of Thomas D. and Joy A. Rice of Des Plaines, recently reported for duty at Naval Air Station

Oceana, Virginia Beach, VA. The 1997 graduate of Maine West High School joined the Navy in November 1997.

Thomas D. Rice



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Local Edward Jones branch office administrator hosts firmwide regional meetings

Joanne Johnson of the financial-services firm Edward Jones in Niles recently hosted a regional meeting. Johnson was one of only 220 senior branch office administrators (BOAs) chosen to take a leadership role in the firm's firmwide fall training meetings. This is the first year Edward Jones has enlisted the assistance of its branch staff.

"Helping conduct the training meetings is a tremendous responsibility," said Johnson. "The value of bringing office administrators together to learn and

share experiences is incredible. It's a great exchange of ideas." In preparation for the role of host, Johnson traveled to the firm's headquarters in St. Louis, MO., for special training and presentation skills development. Edward Jones sponsored 115 meetings, including five in Canada and one in the United Kingdom.

"I was honored to share my experience with other office administrators as host of these meetings," added Johnson. "It enabled me to hone my leadership skills as well as represent the Niles Edward Jones Office."

Dedicated to serving individual investors exclusively, Edward Jones is the largest firm in the nation in terms of number of office locations. Each office is run by two people: an investment representative and a branch office administrator. Because of the firm's unique structure, branch administrators partner with the investment representative to manage the branch office, including working with customers and promoting services.

The firm traces its roots to 1871. Today, Edward Jones serves more than 3 million clients through 5,000 offices in the United States and through affiliates in Canada and the United Kingdom. Plans are under way to expand to 10,000 offices by 2004.

Men's Hadassah Associates

The prevention of prostate cancer and other urological related diseases will be the subject of a "Brunch and Learn" Program, starting at 11 a.m., Sunday, November 7, at Solomon Schechter Day School, 9301 Gross Point Road, Skokie. The program is sponsored by Hadassah Associates, a group of men affiliated with Hadassah, the largest Jewish women's organization in the United States, and the Chicago Chapter Hadassah Nurses Council.

Featured speakers will be urologists Dr. Dennis Pessis, Associate Chairman of the Department of Urology of Rush-Presbyterian-St. Luke's Medical

Center, Dr. Gerald Chodak of the University of Chicago, and David Grotto, Ph.D., a nutritionist with Keith Block Cancer Treatment Center, Evanston. Dr. Chodak is a founding member of Us Too!, an international support group for men with prostate cancer. Fee for the Brunch and Learn program is \$18; it is offered free to any man who becomes an Associate on the day of the program. A one-time donation of \$200 entitles a man to be a Hadassah Associate for life.

For further information or for reservations, please call Helen at the Chicago Chapter Hadassah office, 312-263-7473.

Women Through the Decades, A Woman's Day of Wellness

The Northwestern Memorial Wellness Institute and Prentice Women's Hospital and Maternity Center invite you to spend a day learning how women should care for themselves. The event will be held on Saturday, Nov. 6, from 7:30 a.m.-4:15 p.m. at Northwestern Memorial Hospital. Sessions include:

- Healthy Approaches to Weight Loss and Weight Management
- Heart Disease and Stroke Prevention: What do you need to know?
- Breast Health
- Optimizing Your Fertility
- Perimenopause: Taking Charge of Change
- Life Balance and Stress Solutions

Registration is required. To reserve a place, please call 312/926-8400. Northwestern Memorial is the primary teaching hospital of Northwestern Medical School and is widely recognized as one of the nation's pre-eminent medical centers.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D059967 on the OCT. 12, 1999. Under the Assumed Name of MIDWHEEL PRODUCTIONS with the business located at 2157 N. LINCOLN, CHICAGO, ILLINOIS 60614. The true name(s) and residence address of owner(s) is: AUDREY J. FLENNY, 2157 N. LINCOLN, CHICAGO, ILLINOIS 60614; BARBETTE M. FLENNY, 2157 N. LINCOLN, CHICAGO, ILLINOIS 60614.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D059981 on the OCT. 13, 1999. Under the Assumed Name of "SNACK ATTACK" . . . A GAMA VENDING COMPANY with the business located at 9215 N. LUNA AVE., MORTON GROVE, IL. 60053. The true name(s) and residence address of owner(s) is: GREGORY L. AULL, 9215 N. LUNA AVE., MORTON GROVE, IL. 60053.

THE BUGLE CLASSIFIEDS:

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

INFORMATION ON CLASSIFIED ADS

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

FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME

ACCOUNTING

CUSTOMER ASSISTANCE CENTER SERVICE COORDINATOR

Forsythe Technology, a growing consulting firm, located conveniently off the Eden's Expressway at Touhy in Skokie, Illinois, has an opening for a Customer Service Coordinator.

You will be responsible for answering customer queries by telephone, E-Mail or via Fax and documenting and maintaining customer call records in tracking database. You must ensure that requests are processed and completed during specified time frames and according to parameters identified in service level agreements. The qualified candidate will have working experience with PC hardware, PC software, and database applications, have experience with handling multiple database session activities and application processes simultaneously, and possess excellent customer service skills. You must be a team oriented problem solver who is able to prioritize work-load effectively.

Forsythe offers ESOP, tuition reimbursement and 401(k), plus a great work environment. Please send or fax your resume along with salary requirements to

M. Redman
 7500 Frontage Road, Skokie, IL 60077
 Fax: 847-675-8017
 E-mail: mredman@forsythemca.com
 EOE

ADVERTISING

ADVERTISING SALES
 Sell Recruitment Advertising
 Maximize Your Potential in this Rewarding Position
 With an Established North West Suburban Newspaper.
 Some Experience Required. Full or Part Time
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Dolores
 847/588-1900

CORRECTIONS

Each ad is carefully proof read, but errors do occur. If you find an error please notify us immediately. Errors will be rectified by republication. Sorry, but if an error continues after the first publication and we are not notified before the next insertion, the responsibility is yours. In no event shall the liability for the error exceed the cost of the space occupied by the error.

ADMINISTRATIVE

ADMINISTRATIVE ASSISTANT
 Northbrook CPA Has Immediate Position For Administrative Assistant. Must Be Self-Start With Advanced PC Skills & Good Telephone Personality. Prior Bookkeeping Experience A Plus. Call For Appointment:
 (847) 714-0911

CANCELLATIONS - No Classified Advertisements will be cancelled after 12 noon on Monday preceding the Thursday publication date, or Thursday 12 noon preceding the Weekend Job Guide.

BOOKKEEPING

BOOKKEEPER
 Park Ridge Accounting Firm Seeks Accounting Assistant. This Position Requires Familiarity With Computerized Tax Preparation And General Ledger Software, As Well As The Ability To Assist In The Preparation Of Business And Personal Income Tax Returns, Payroll And Sales Tax Returns And Financial Statements.
 Please Call:
 847-297-3120
 Or Fax Resume To:
 847-297-2190

CLERICAL/OFFICE OPPORTUNITIES

SECRETARIAL
 Excellent full time opportunity. Experienced, to join our growing medical Marketing - Research team. Must demonstrate strong proposal/project skills, do letters, book travel, phones, filing and more. Need strong MS Office and communication skills. Professional, pleasant office/excellent starting salary and benefits. Forward resume to:
 Ron Gales
 Technology Marketing Group
 1400 E. Touhy Ave., Ste. 220
 Des Plaines, IL 60018
 Fax: 847-297-5010
 e-mail: info@tmg-inc.com
 Website: www.tmg-inc.com

RECEPTIONIST
 Community agency in Skokie seeks person to handle busy front desk. Data entry, phone skills, MS Word/Excel & basic bookkeeping experience required. Good customer relations. Monday-Friday 9am-5pm. Call Wanda
 847-933-0051 Ext 425
 EOE

Part-Time &/Or Full-Time
 Bay North Shore Physician Requires a Patient Drives Medical Receptionist & Insurance Referral Coordinator. Excellent Customer Service Experience Required. Competitive Salary/Benefit Plan Provided. Please Fax Resume To:
 (847) 266-1807

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

CLERICAL / OFFICE OPPORTUNITIES

HIGH SCHOOL TYPIST
 Part-Time - Flexible Hours
 Student To Work Up To 10 Hours Weekly Typing
 Must Have Minimum B Grade Average
 (847) 588-1900 - Ask For Marti

GENERAL OFFICE
 Typing-Filing-Customer Service
 \$8/Hour - Hours 7 AM - 3:30 PM
 Apply At:
 EXQUISITE DRAPERIES
 1100 W. Cermak - Space A-501
 (3 Bks. W. Of Halsted)
 Chicago, IL 60608
 Fax: (312) 421-5122

SECRETARY OFFICE ASSISTANT
 Full Or Part-Time
 Must be accurate & computer literate. Flexible hours/good salary. Call for appointment:
 (847) 675-5212 - Ext. 476
 1-800-934-3741

GENERAL OFFICE
 A small Textile marketing firm in Northbrook seeks entry level office & warehouse personnel.
 Fax Resume To: 847-657-8641
 Or Telephone 847-657-8481

REAL ESTATE SCHOOL OFFICE
 Full-Time
 People Skills, Phones, Data Entry, Accurate Typing.
 Lincolnwood
 RE License Preferred
 RE Institute
 (847) 329-1650

RECEPTIONIST
 MGC COMMUNICATIONS, one of the fastest growing telecommunications companies in the country, seeks an organized Receptionist to work Monday-Friday, 8 am-5 pm, in our Park Ridge office. You'll handle incoming calls, greet visitors, and perform clerical duties. Excel and Word proficiency required. Receptionist experience preferred. Please send fax resume to: MGC, 1400 Renaissance Drive, Suite 410, Park Ridge, IL 60068. Fax: 847-768-9548. www.mgc.com
 DOE/DFW Free Work Place

SECRETARY / TYPIST
 If you enjoy typing, spell impeccably and take pride in a job well done, call us. Near north hi-tech electronics co.
 Free Parking 312-943-4224

★ ★ General ★ ★
 Get same week pay, and the job YOU WANT!
 We have immediate openings for:
 CUSTOMER SERVICE REPS
 DATA ENTRY OPERATORS
 ADMIN ASSISTANTS
 RECEPTIONISTS
 Get your foot in the door with the Suburb's finest company! Call TODAY'S and work tomorrow.
 Schaumburg
 847-240-5300
 Bloomingdale
 630-894-6528
TODAYS
 OFFICE STAFFING

General Office Person - For Growing HVAC Company. Ideal person has data entry, phone, people and organizational skills. Close to transportation. Company benefits. Competitive salary.
 Call Ray
 847-869-9600

OFFICE Part-Time Filing & General Clerical
 (847) 329-8005
 Your credit is good with us we accept visa and master card! Call:
 847-588-1900

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CLERICAL/OFFICE OPPORTUNITIES

RECEPTIONIST
 Weekends
 9AM-5:30PM
 Contact Jeff At:
 (847) 966-9190
 Or Apply In Person For Interview
GLENBRIDGE NURSING HOME
 8333 GOLF ROAD
 NILES

CUSTOMER SERVICE

Andy Train Services
CUSTOMER SERVICE School Monitors
 Full & Part Time
 Seeking mature, reliable individuals for work as school monitors at Niles Township H.S. in Skokie (Niles West and Niles North) 7 days, all shifts. \$7.50/hr starting salary + benefits including medical, training and free uniform.
Andy Train Services
 630-820-3820

SPRINT PCS
 Are you looking for part time customer service work? If you are energetic, outgoing, dependable, and love talking to people then we are looking for you to work evenings and weekends promoting digital phones for Sprint. Call Volt Services Group for more information:
 (847) 969-0311
 EOE

COLLECTOR

MEDICAL COLLECTOR
 Looking for Full & Part Time Medical Collectors. Guaranteed salary, commissions, and health insurance for full time applicants. Convenient Park Ridge location.
 Call Dennis:
 (847) 803-1444
 Fax Resume (847) 803-2444,
 Or E-mail JDM@MBS.NET.

Our classified ads reach more people per week for the least amount of dollars. We cover the near northern suburbs and the northside of Chicago with 2 insertions per week.

CUSTOMER SERVICE

CUSTOMER SERVICE ADMINISTRATOR
 Near NW suburban industrial manufacturer seeks a customer service administrator for heavy phone contact with customers and sales force, order entry, answer product related questions, investigate customer claims re: shipment dates, quantities or pricing and act as liaison with sales force. CRT work and some clerical. Qualified candidate will have 2-3 years in a similar role, excellent communication skills. AS400 experience a plus, college degree helpful. We offer a competitive benefits package, business casual dress and flexible hours. Please Send Resume with Salary Requirements to:
Wells Lamont
 Department LH, 6640 West Touhy Avenue
 Niles, Illinois 60714

DELI COOKS

SUNSET FOODS

LIBERTYVILLE
 NOW HIRING!
 EXCELLENT OPPORTUNITIES
 FULL & PART TIME
DELI COOKS
 We will train.
 We offer an excellent benefits package including Medical, Dental, Life Insurance, 401(k) and Employer Sponsored Retirement Plan.
 For Information Call:
Libertyville
Allen Perin, Store Manager
Or Roy Wyatt, Assistant Store Manager
 (847) 573-9570

HEALTHCARE/ MEDICAL

ADMISSIONS/RESIDENT & FAMILY SERVICES
 Premier North Shore long term care facility seeks a dynamic person to become our Resident and Family Services Coordinator within our Admissions Department. Experience preferred, but will train right candidate. If interested in pursuing a career in a team-oriented, fast-paced environment, FAX resume to:
Glenview Terrace Nursing Center
 (847) 679-4606 - Kris Hansen
 Equal Opportunity Employer
 CANCELLATIONS - No Classified Advertisements will be cancelled after 12 noon on Monday preceding the Thursday publication date, or Thursday 12 noon preceding the Weekend Job Guide.

HEALTHCARE/ MEDICAL

EVERYTHING YOU HAVE ALWAYS WISHED FOR...
 Free CPR Classes (For RN's and LPN's)
 1 Year Current Experience Required

Positions available for:
 LPN, RN, Telephone Triage, CMVUR, MS, KUI, Tele, MB, L&D, Peds, SCN-ER, CNA, MA, Phlebotomist

Recruitment Locations:
 • Bannockburn - Northbrook
 • Rolling Meadows
 • Schaumburg - O'hare
 • Downtown/Loop Chicago
 • Oakbrook
 • Warrenville - Lisle

You wanted Health Insurance... We have that & more...
 Dental and 401k

Phone: (888) 629-7077
Fax: (888) 629-8243

Companions, CNA's & NA's
 Live-in and Hourly Assignments Available
 Experienced Home Care Providers for 2-5 day assignments in North and Northwest Chicago and Suburbs. Assist with personal care, meal preparation, light housekeeping and companionship. Competitive Salary. Must speak, read, and write English. Call:
847-698-1400
 A-Abiding Care, Inc.
 233 N. Northwest Hwy., Park Ridge, IL 60068

HOTEL OPPORTUNITIES

•• 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

HUMAN RESOURCES

Human Resources
 We are a growing manufacturing company, who needs a Human Resources person. We are looking for someone who has experience in interviewing, fringe benefits and government regulations. Bi-lingual (Spanish) ability would be helpful. Hours are flexible. Benefits include 401(K) plan. Please fax resume to:
 847-647-2044

MARKET RESEARCH

\$\$\$ EARN \$\$\$
EXTRA MONEY
 Market Research
 Company Needs
MALES & FEMALES
 of all ages
 To Participate in
TASTE TEST
 on an "as is needed" basis.
 CALL:
PERYAM & KROLL
 6323 N. Avondale
 (6300 North - 7300 West)
(773) 774-3155
 Ask For Jack

CORRECTIONS

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

MEDICAL / HEALTHCARE **PRINTING** **PRINTING**

Dialysis Technicians
Health Care
Dialysis Clinic located in Evanston is seeking Full-Time Dialysis Techs. Position requires a minimum of 6 months medical experience. We provide a 2 week training class in dialysis & an excellent benefit package. Qualified candidates should contact:
Fresenius Medical Care/ Neomedica, Inc.
Human Resources Dept./312-654-2790
a drug free work place/ EOE M/F

NURSING LPN'S AND RN'S NEEDED
Nursing LPN's and RN's needed for 3-11 p.m. shift in LTC facility, Northwest suburb. Excellent benefits. Call Josephine DON, Tuesday-Saturday 9 a.m. - 4 p.m. **847-647-7444**

RN'S, CNA'S, HMKR'S
Home Health Agency Looking For Part Time And Full Time Positions. Visits To Senior Residential Communities Located In Northshore Suburbs, Lake County, And Chicago And Areas. We Offer Competitive Salary, Flexible Hours And A Great Work Environment.
Dell Health Care
Contact: Mal Vorcelos **773-475-6262**

Part Time Dental Assistant
Looking for an interesting job in a friendly place? Immediate opening for cooperative, spirited, self starter. Training Preferred M-W-Th 5-9 p.m. Sat. 8-2 p.m. **(773) 777-8300**

MEDICAL BILLING
Full-Time Position In Busy Four Physician Office. Previous Experience In Medical Coding Or Education Necessary. Team Approach To Patient Care. Excellent Benefits. Monday-Friday - 8:30 AM To 5 PM. Call: **(847) 696-3180** And Ask For Barbara

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

BUSINESS MACHINE OPERATORS
Allstate Print Communication Center located in Wheeling, IL is seeking qualified Business Machine Operators to join our team. Ideal candidates will possess strong mechanical skills and good organizational ability. PC skills and prior machine operating experience a plus. Must be available to work flexible shifts. Standing, lifting and bending are required. A High School diploma or equivalent also required for considerations.

LASER PRINT OPERATORS
Successful candidates will have experience running Xerox, OCE Pagestream or Twin printers, or IBM impact printers.

BINDERY
Allstate has current openings in our bindery department for experienced bindery operators. Ideal candidates would have experience running MBO Folder, Polar Cutter, or Heidelberg Sticker. Other experienced operators may apply. Requires standing, lifting, and bending in addition to off-shift flexibility.

Allstate offers a competitive salary and an excellent benefits package. For consideration, FAX resume (indicating position of interest and "APRA" written at the top) in confidence to **1-800-526-4831** or you may apply in person at the **Allstate Print Communication Center** 1600 South Wolf Road Wheeling, IL 60090 EOE M/F/D/V

PRINTING
PRINTING DESK TOP TYPESETTER
Good Benefits 401k Plan Fax Resume, Call Or Apply In Person
Michael Pierson
UNIVERSAL PRESS, INC.
6125 W. Howard Niles, 60714 **847-647-2020**
Fax 847-647-1049

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CALL (847) 588-1900

2ND SHIFTS & 3RD SHIFT
2nd Shifts & 3rd Shift openings Working shift supervisor, 5 year minimum supervisory experience in cutting, folding, and stitching. Polar paper cutter and MBO folder operators Minimum 2 years experience Good Benefits - 401K Plan
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Call Bob Howard At: (847) 647-2020 Or Fax Resume: (847) 647-1049

RESTAURANTS / FOOD SERVICE

WAITSTAFF / BUS STAFF
Part-Time - Will Train
FOR GLENVIEW CLUB
Top \$ For Top People
Call: (847) 729-6500
Wednesday through Sunday 11 AM - 3 PM & 6 PM - 9 PM
Ask For Liz

***SANDWICH MAKER**
***CASHIERS**
Days Or Evenings
(847) 967-8600
Ask For Joanne Or Larry
Barnaby's Restaurant
7950 N. Caldwell Niles

CAFFE' BUON GIORNO
Breakfast and lunch restaurant in Winnetka now hiring experienced wait staff. **MAKE \$100/DAY PLUS.** Must work Saturday and Sunday. Walking distance from Metro. **EXPERIENCED PEOPLE** call for interview between 3 and 4 p.m. **(847) 784-8899**

*** WAITRESS**
Part-Time Or Full-Time
Call: (847) 967-9790
Arvey's Restaurant
7041 Oakton - Niles

***WAITRESSES**
Part-Time/Full-Time
Call Vince At:
(708) 867-7770
VINCE'S RESTAURANT
Harlem & Lawrence

Bakery Sales Lady Wanted
Full-Time. Excellent Salary. Will Train. Apply In Person. 4956 W. Dempster, Skokie

ALPINE DELIKATESSEN
Oak Mill Mall in Niles, IL. Needs Part-Time Help. Deli Counter And Cashier
847-967-0180

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RETAIL **SALES** **TELEMARKETING**

THE GLASS GALLERY, LTD.
GOLF MILL MALL
Our premier holiday gift kiosk needs honest, self-starting individuals for part-time help from October 31 to December 31. Retail or management skills a plus. Day help only! 10-30 hours per week. \$7.00 to \$10.00/hour, plus incentives.
Call 9 a.m. - 9 p.m. at:
1-800-466-4527

NATIONAL FINE JEWELRY COMPANY
Is Now Accepting Applications For Management And Part Time Positions For The Golf Mill Mall.
PIERCING PAGODA
With Over 970 Locations And 27 Years Experience, Provides Excellent Training, Benefits, Bonus Programs.
For Interview Call: **800-442-2933** Ext. 8949
Or Fax Resume To: **630-844-1314**

RETAIL MERCHANDISERS
Part Time Up To \$13/Hour
National Marketing Services, needs help assembling office furniture for display and merchandising for National Office Superstores and Department stores in Vernon Hills, Highland Park, and Skokie/Niles. Part Time 20+ hours/week; Monday-Friday; No evenings/weekends. Lifting, ladder climbing.
Call 1-888-407-4488 (dial 800 Ad Code 46190) Or FAX to 908-757-9742. Email: jobs@natlmtkg.com. Visit our website @ www.natlmtkg.com. EOE

RETAIL SALES
Part Time sales person. Beautiful China & crystal store in Plaza del Lago, Wilmette. Weekends preferred. Very flexible hours. No experience necessary.
Call Richard at: **630-920-0190**

Glenview Home Decor Shop
Seeks Permanent Part-Time **SALES ASSOCIATE**
2-3 Days/Week + Some Saturdays
(847) 998-1220
Ask For Don or Linda

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

FAST CASH
Take advantage of our generosity during our fine jewelry liquidation sale. Qualified Candidates are eligible for:
• Premium Hourly Rates
• Personal Sales Incentives
• Final Day Bonuses
Hurry, this sale won't last forever.
Jeweler's Outlet
Morton Grove & Skokie
Call 888-464-3393 Or FAX 312-332-1259

AT&T WIRELESS PHONE SALES
Inside/Outside Positions Available Strong Commission Plus Benefits Fax Resume To **630-529-9739** or call **847-226-9760** Attention James Shelton

SALES MANAGEMENT International Company
expanding locally fast advancement and promotions - no experience necessary. Training provided.
Call **847-537-8121**

TELEMARKETING
TELEMARKETING
Appointment Scheduler. No cold calling. Full time or part time days, evenings, weekends. Hourly + per appointment bonus. Non-smoking Skokie office.
Call Rick at **847-677-3950**

SALES
RETAIL SALES
Skokie lighting showroom. Interest in interior design helpful. Will train. Ron **847-948-0912**

START YOUR OWN BUSINESS!
Set your own schedule. Control your own income. Sell from home, at work, through fundraisers. Be an Avon Representative. Call **(888) 561-2666**

TELEMARKETING
Christmas Help
Part-Time
(847) 588-1900
Ask For Sally

TRADES
FRONT DESK
A. C. Nielsen Tennis Center
Mornings And Afternoons - Part-Time
Call Pat: **(847) 501-2065**
Winnetka Park District

COOK'S HELPER
Maine East High School
Assist Cook In Preparing Meals For Students
(847) 692-8359
Ask For Jacque

NEEDED NOW PART-TIME
Great Job For Seniors Or Stay-At-Home Moms
Child Care Van Driver
Transport Children To & From Child Care Center. Friendly & Courteous A Must!!
***QUALIFIED TEACHERS**
Full-Time
Please Call Dawn At: **(847) 255-7335**
A Pleasant Working Environment

PICTURE FRAMER
Good's Of Evanston Is Accepting Applications For Framing Positions. A Flour For Design Or Art Background Is Helpful. Framing Experience A Plus. Full Benefits Available.
Call Phil Or Tom: **847-864-0001** Fax **847-869-1755**

Light Manufacturing
Seeking Entry Level Production Technicians Who Work Well With Their Hands. No Experience Necessary. Will Train. 8am-4:30pm. Part-Time Available For College Students. \$7/Hour To Start. Northfield Area.
847-446-3616

***TEACHER**
*** ASSISTANT TEACHER**
Northfield Preschool/Daycare Is Currently Looking To Hire Full-Time/Part-Time Staff
• COMPETITIVE WAGES
• SICK/VACATION DAYS
• 75% CHILD CARE TUITION REDUCTION
• MEDICAL/DENTAL/401K
Call: **(847) 441-6777**
To Schedule An Interview

JANITORIAL WORK
Part Time
Mornings, afternoons, evenings. Clean up duties. Skokie area. Experience necessary. Must have own transportation.
773-736-6969

RECEIVING/ELECTRICAL WORK
Skokie lighting showroom. Must be handy. Excellent income upside for right person
Ron **847-948-0912**

FULL/PART TIME

TRADES / DRIVERS

DRIVERS
Year Round Part-Time Employment Available
 • At \$16.80/Hour And Up
 • Plus 10% Performance Bonus Monthly!
 Part Time - No Experience Necessary
 Mini Bus \$9.10 - Big Bus \$15.40
 Suburbans \$8.05 - Wheelchair Bus \$10.80
 • \$500 Sign On Bonus

SEPTRAN needs responsible drivers who enjoy children for routes in the Northwest Suburban area. Will train on easy-to-drive, fully automatic school buses, vans & 9 passenger suburbans.

• 3 HOURS/DAY • PAID TRAINING
 • 10% PERFORMANCE BONUS MONTHLY

Transportation to & from work for minivan & suburban drivers. If you are over 21, with a good driving record & valid DL for 3 years call today!
 Seniors Welcome - Drug Screen Required
SEPTRAN (847) 392-1464
2161 Foster - Wheeling

TRADES

SECURITY OFFICERS
 Full Time and Part Time positions available in Chicago (N. Side), Libertyville, Carol Stream, DesPlaines and Elk Grove Village. We will be accepting applications Thursday, October 28th from 1 p.m. to 6 p.m. at the Holiday Inn, 619 S. Green Bay Road, Waukegan.

Requirements:
 Must Be At Least 18 Years Old
 High School Diploma/GED
 Pass A Pre-Employment Drug Screen & Criminal History Check

We Offer:
 Competitive Salary
 Free Ongoing Training
 Free Uniform
 Paid Holidays and Vacations
 Health & Life Insurance
 401(K)
 Employee Referral Program

You can also apply in person at Securitec, 7667 W. 95th St. Suite 101, Hickory Hills, Mon-Fri 9am-5:30pm
SECURITEC
 sec.mt.fdlv

SNOWPLOWING
 Owners and operators needed. Top pay, paid gas, quick pay outs
 847-272-1747

TRADES/ DRIVERS

Drivers
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 Full Finished Basement
 With Bonus Room Possible 4th Bedroom
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MISCELLANEOUS

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PERSONALS

St. Jude's Novena
 May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. H.D.

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 May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. H.D.

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POWERFUL PRAYER TO THE HOLY SPIRIT
 You who solve all problems, who light all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank You. B.D.

Never Fail Novena
 May the Sacred Heart of Jesus be praised, adored & glorified throughout the whole world now & forever. Most Sacred Heart of Jesus, I put my trust in You. Holy Mary, Mother of Jesus, pray for me. St. Theresa, Child of Jesus, pray for me. St. Jude, Helper of Hopeless Cases, pray for me & grant this favor I ask. Say this prayer nine times a day for nine days & publish. B.D.

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Wolff's Flea Market to open new indoor location

90,000 square-foot facility will serve as permanent home of indoor market; antique mall and specialty show venue to be added; revitalization of Melrose Crossing begins.

Wolff's Flea Market, Chicago-land's largest weekly outdoor flea market, will open a new indoor location in the former Venture store in the Melrose Crossing shopping center at the corner of Mannheim and North avenues in Melrose Park. The grand opening is set for the weekend of November 6-7.

Wolff's has previously offered an indoor experience to its customers, most recently three years ago in Mount Prospect. The difference this time, according to David Wolff, is that the company has purchased the Melrose Park facility.

"There were a number of things we wanted to do in our previous indoor locations to bring the flea market experience to a new, higher level, but couldn't, because we were leasing those facilities," he explains. "By purchasing this building, we will be able to put some of our plans in motion that will completely revolutionize how people think about flea markets."

Playground ...

Continued from Page 1

Wolff's will continue its outdoor market in 2000 and beyond at the Allstate Arena in Rosemont, where it will be celebrating its 10th anniversary next April. More information on Wolff's may be obtained by calling 847-524-9590.

Wolff's Flea Markets, 970 Arkansas, Elk Grove Village, IL 60007.
 Telephone: 847-524-9590; E-Mail: dwolffs17@aol.com.

Johnny's ...

Continued from Page 4

from 10:30 a.m. to 8 p.m. and Sunday from 11 a.m. to 5 p.m.

Seniors can get a discount on orders over \$5 at Johnny's, "but they have to let us know [that they are over 65]," Sheryl said.

Johnny's also delivers within a two-mile radius.

One of their regular customers, a 24-year-old Morton Grove man, said he comes to Johnny's often, sometimes twice a day. "Mom's not around to cook dinner, so I come for a home-cooked meal," he said. He also frequently lunches at Johnny's because he enjoys the family atmosphere that accompanies the delicious food.

For inexpensive and informal dining at its delicious best, try Johnny's Redhot Ranch, a small place with a big heart.

The nation's largest Baby Faire returns to area

Americans will spend nearly \$5 billion on baby products this year and all they need to know starts in Chicago November 6 & 7 at Chicago's Third Annual Baby Faire, the largest baby exposition in the country. The event will again take place at the Rosemont Convention Center.

People looking for the best information on baby products and parenting can find it all here at The Chicago Baby Faire. This entertaining, informative two-day event will introduce prospective parents and young families to more than 150 exhibitors showcasing the latest in child care, parenting information and services; the newest products for infants and toddlers, exciting interactive children's exhibits and free product samples.

Expectant mothers, parents-to-be and grandparents will be provided with all the information they'll need to make the right decisions all under one roof.

New products representing the latest advances in safety and efficiency at the event include: Safety 1st Angelcare Sound Monitor and Movement Reassurance System, featuring state of the art technology to monitor both sound and movement, Dr. Brown's Bottle with new design to help eliminate gas in a baby's stomach, JR Crib Sheets created by a mother after the tragic death of her child, the design stops the crib sheets from slipping, Strollin' Carseats a new concept combining a car seat and a stroller, and "Tiny Tickers" that allow you to listen and record your baby's heartbeat.

Entertainment/Activities. The Baby Faire will offer continuous entertainment for children of all ages ranging from puppet shows, sing-a-longs, storytelling, magicians to roving cartoon characters, including Arthur the Loveable Aardvark, Elmo and Daisy Mae, the lovable cow.

Pricing and Details. Chicago Baby Faire hours are Saturday, November 6 from 9 a.m.-5 p.m. and Sunday November 7, from 10 a.m.-5 p.m. Admission for Adults is \$7, Children and Grandparents are FREE. \$2 discount admission coupons are available at local Babies "R" Us stores. A portion of the proceeds will benefit the Tribune Charities. The Rosemont Convention Center is located at 5555 N. River Road, Rosemont, IL. For more information, consumers can phone the event line at (847) 289-4239.

Last year's 1998 Chicago Baby Faire attracted over 13,000 attendees. For more than six years, Baby Faire has been the largest consumer event of its kind, with similar shows produced in Los Angeles, Boston, Miami, Atlanta, and Washington D.C.

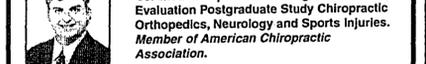


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From the Left Hand

Continued from Page 1

news clips which showed Walter swiveling and dodging and running endlessly, unlike any other professional football player in history.

Somehow his nickname, "Sweetness," seemed to captivate the essence of the man with the guys and gals in the grandstand. He was projected as a sweet gentle-man with a minimum of ego and a maximum of humility.

The personality qualities seemed to dominate the image impressed upon the sports fan in the grandstand. Personality qualities are often indefinable. And a positive personality-image is not necessarily due to purity of heart or living in the straight lane or motivated by kindness and goodness. Celebrity heroes, and particularly sports heroes, are the best example.

If you look back at past sports figures you might have to concede Babe Ruth would have a "thumbs up" approval vote from sports fans. Roly poly, undisciplined, a bit of a rogue, fans nevertheless loved the Babe. But how about other sports heroes? Michael Jordan? Great athlete, much admired on the b'ball court, but somewhat aloof. His rather silly quote his teammates were his "supporting cast," took the wind out of any puffery of affection.

How about "let's play two today" Ernie Banks? Sweet, gentle, lovable. The fans were always for Ernie.

Pete Rose is another kind of cat. When the guys/gals from the grandstand gave him a one minute ovation last week, it was 45 seconds longer than any of his fellow-players-of-the-century who were introduced at a pre-World Series

game in Atlanta. But outside of Cincinnati the prickly Rose doesn't elicit the sweetness of his name.

How do fans feel about other sports heroes? Sammy Sosa? We all love him. Old punky Jim McMahon? We reveled in his Peck's bad boy image but we weren't affectionately attached. Mike Singletary? Stylish and warm-thumbs up. Frank Thomas? He is the best Sox hitter in our time - one of the greats - but no warmth, no fan affection nor connection.

Joe DiMaggio? A cool diffident personality. We all admired him, many with affection. Ted Williams? He was a two-war hero, an extraordinary hitter, but prideful like Pete Rose with an almost stiff-necked independence that kept him at arms length from the writers and the fans. Magic Johnson? A great smile, warm and lovable though underneath the facade he is a hard-nosed entrepreneur who demanded and succeeded in having his coach fired. Still he is warm and lovable. Charles Barkley? A great sense of humor, very calculating and outrageous and very likable.

Personality is often ephemeral - that blows away with the wind. But the warmth and love it elicits often is what is remembered - long after the last touchdown has been made.

Chicago land took Payton to its heart, stroked him and petted him with the affection we give to our loved ones. Such genuine feeling between an athlete and his/her fans is rare. But the voices of the grandstand praised Payton with many years of thunderous cheers and of too few years of quiet affection.

District 63 ...

Continued from Page 1
posals for conducting the search. The board selected two of the three firms to guide the superintendent selection process. They are the Illinois Association of School Boards based in Lombard, which will work in conjunction with The Bickert Group of Deerfield.

Michael Johann, secretary of the board of education and director of personnel and pupil services, said he thought the board selected two firms in order to get "as broad a pool of candidates as possible."

The two firms will now collect information from board members, administrators, teachers,

parents and community members to determine the qualities the district is seeking in a new superintendent.

They will then interview numerous candidates and make recommendations to the district based on all the information they gather, according to Johann.

One board member, Anne E. Marzullo, submitted the names of 30 retired military personnel from the Officers' Placement Association for consideration by the two firms selected to conduct the superintendent search.

Marzullo said it was a trend among school districts to hire retired military officers.

Walgreen ...

Continued from Page 1
mon for me to come down from my home on Osceola four blocks from here, cut through this alley to go to the barber shop or another shop up north (on Milwaukee)," said Murphy.

He told the board that village manager Abe Selman made a recent trip to the location, counting 50 cars in 10 minutes that accessed the alley to avoid the heavy traffic at Oakton and Milwaukee.

Murphy also objected to a lease agreement which would grant exclusive parking rights to Walgreen at Seward Street.

The development calls for a barrier on Seward Street between Osceola and Milwaukee, and turns the western portion of Seward into a parking lot. The eastern portion will be a short street ending in a cul-de-sac.

"That's valuable real estate," said Murphy. That lease of land representing one-quarter to one-fifth of this property is the key to this development...Walgreen should not have exclusive parking."

At Mayor Nicholas Blase's suggestion, an agreement was made wherein the parking lot at Seward will be used by Walgreen and neighboring businesses. Walgreen will develop, landscape, and maintain the parking lot, but Niles retains ownership, as well as providing snowplowing, and servicing underground water/sewer needs.

Finally, Murphy expressed concern regarding the location of Walgreen's, all night drive-thru. Situated on the site's northeast corner, the single-land drive-thru is 20 feet from residential property.

"I ask the ladies and gentlemen of this board, would they want a 24-hour drive-thru 20 feet from their property line? I don't think so," said Murphy. "I can't see the village doing that to one of our people."

A representative from Walgreen, Sherwood Blitstein, responded that Walgreen drive-thrus see approximately 10 cars per hour during peak hours, and that business drops to 10% after 10 p.m. He estimated that after that time, the drive-thru traffic might consist of only one car per hour.

In addition, according to minutes from a July 29 Zoning Board meeting, Paul Kopak, attorney for the developer, stated that "a 6 foot high wood fence" would run along the property line, and that the developer "is willing to put up some type of shrubbery in the back to buffer it from that side of the property."

The minutes also note that lighting for the drive-thru would be provided by a canopied light 10'-6" above the grade in order to avoid throwing light over the property line.

USE THE BUGLE

Suspect ...

Continued from Page 1
scandal surrounding the secretary of state's office that began during then-Secretary of State George Ryan's tenure prior to White's taking office in January, waived her right to an Oct. 8 preliminary hearing.

A spokesman for the secretary of state's office, Dave Druker, said he wanted to assure the public that the vast majority of people employed by the secretary of state are honorable people, adding that White's office is planning to hire more personnel for the office of inspector general, which conducts internal investigations.

The current written commercial driver's license test will soon be offered on computer only, thus preventing any corruption in grading the exams, Druker said.

Druker said that Jesse White is totally committed to rooting out any corruption found in his office.

Carter admitted accepting her first bribe in 1994 from a truck driving school instructor. She accepted \$100 for each of seven students from the instructor, who secreted money in empty cigarette packages that he left on the console of the truck used in the test.

Carter also allegedly admitted accepting an initial \$300 payment from a driving school owner and then \$100 per student passed. That arrangement lasted from 1994 to 1995. Carter admitted to passing three students per day during that time.

Carter said the driving school owner would ask for a cigarette, she would give him her pack and

generating the duplicate license from her own computer terminal.

The number of persons indicted in the year-long Operation Safe Road investigation rose to 17 with Carter's arrest, according to U.S. attorney spokesman Randall Samborn. The charge against Carter carries a maximum penalty of 20 years in prison, Samborn said, although it is far too early to predict what Carter's sentence will be.

Carter has worked for the secretary of state's office since July 1990. She started at the Elk Grove from Oct. 1990 through April 1996 when she was transferred to the Niles facility.

Carter allegedly confessed to generating the duplicate license from her own computer terminal.

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Costco ...

Continued from Page 1
petitioned the board for a decrease in parking for a retail outlet it would like to open in Niles. Costco is a discount membership club, similar to Sam's Club, but focuses on "high quality" merchandise. For example, instead of offering 15 brands of watches Costco would offer 4, but they would all be of good quality, rather than range from lower end to higher end merchandise.

The company is seeking to open a store next to the Target discount store on Touhy Avenue. Costco would like to add roughly 23,000 square feet to the existing 111,000 square foot structure. To do so, and to allow Target to expand in the future, should it ever decide to, an accommodation needed to be made to the required number of parking spaces. Target is involved because the two parcels share their parking. Both Target and Costco have agreed on the terms of the request.

The appeal calls for a move from one parking space per 210 square feet to one parking space per 250 square feet. Since the overall variance from the code would be 24%, the Zoning Board voted to make a recommendation that the Village Board pass the ordinance, granting the request by Costco.

The parish is located at 8300 Greenwood at Normal, Niles. Everyone is welcome! For info call: 847-823-2550.

Ms. Milano is a noted Abused Women and Children's Advocate.

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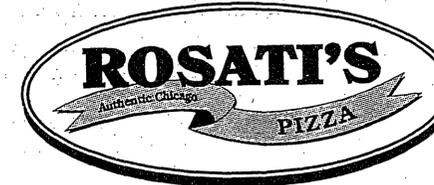
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NOW OPEN FOR LUNCH
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<i>Our delicious Italian Beef on fresh french bread; baked under a generous portion of mozzarella cheese.</i>		
Italian Beef	plain 3.65	deluxe 4.65
BBQ Beef	plain 3.75	deluxe 4.75
Sausage	plain 3.00	deluxe 4.00
Meatball	plain 3.30	deluxe 4.30
Combo	plain 4.65	deluxe 5.65
<i>Any of the above w/green peppers 10¢ extra. Any of the above on garlic bread 50¢ extra. Deluxe includes cole slaw and fries.</i>		

APPETIZERS

Panzarotti	3.75
<i>Each ingredient .75</i>	
<i>Over fresh dough; stuffed with mozzarella cheese and tomato. Fried to perfection-easy to carry, FUN TO EAT!</i>	
French Fries	1.25
Onion Rings	1.25
Mozzarella Sticks	3.20
Breaded Mushrooms	2.50
Breaded Zucchini	2.50
Breaded Cauliflower	2.50
Pizza Bread	3.20
Garlic Bread	1.10
Garlic Bread w/cheese	3.20
Cole Slaw	.50
Peppers (Hot or Sweet) Side	.50

RIBS

Our delicious Baby Back Ribs are baked in a secret BBQ sauce. "You'll love it!"

Full Slab	13.00
Half Slab	7.00
<i>Includes one slaw, one fries and bread.</i>	

CHICKEN

Tasty, crispy chicken cooked to a golden brown

	Plain	1 slaw, 1 fries
4 piece Fried Chicken	4.50	5.50
8 piece Fried Chicken	8.50	9.50
Chicken Fingers	4.25	
Buffalo Wings	4.25	

SHRIMP

Our jumbo shrimps and tasty perch are deep fried to perfection!

	Plain	1 slaw, 1 fries
Half lb. - Jumbo Shrimp	7.00	8.00
Full lb. - Jumbo Shrimp	13.00	14.00
Half lb. - Perch	4.75	5.75
Full lb. - Perch	8.25	9.25

BEVERAGES

RC, Cherry RC, Upper 10, Root Beer, Orange, Diet Rite	
Soda...12 oz/ cans 60¢	
Soda...6 pack \$3.00	
Liter of RC, or Diet-Rite...\$1.05	

DESSERTS

Cheesecake	1.75
Cannoli	1.75
Minimum Delivery \$7.00	
Delivery Charge \$1.25	
-SORRY, NO CHECKS ACCEPTED-	
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MEAL DEAL
X-Large 18" 2 Toppings
THIN CRUST PIZZA
Includes Free Liter of Soda & Free Delivery
\$14.75 + Tax
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\$9.95 + Tax
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Must mention coupon when ordering. Not valid with any other coupons or specials. One coupon per family per day. Expires 11/09/99.

BUY 1 PIZZA GET A SECOND PIZZA (Of Equal Or Lesser Value)
1/2 OFF
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\$2.50 OFF Any X-Large Pizza or \$1.50 OFF Any Lrg. Pizza or \$1.00 OFF Any Medium or Small Pizza
Mention coupon when ordering. Not valid with any other coupon or special. Any one coupon per day. Per family.

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S.O.B.
Sausage, onion, bacon and tangy BBQ sauce.
NEW ITEM
12" 14" 16" 18"
10.45 12.35 14.65 17.25

PASTA

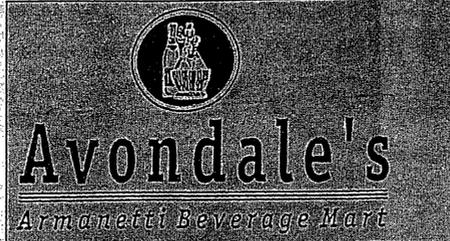
Order include Cheese, Cole Slaw and Bread

	Plain	2 Meatballs or 1 Sausage
Spaghetti/Mostaccioli	4.20	5.20
Baked Mostaccioli	5.20	6.20
Meat/Cheese Ravioli	5.20	6.20
Homemade Lasagna	5.50	6.50
Manicotti	5.50	6.50

FAMILY BUCKETS

Serves 3 to 4

	Plain	6 Meatballs or 3 Sausage
Spaghetti/Mostaccioli	11.20	13.20
Small Salad		2.50
Large Salad		4.00



WINE & FOOD CLASSES

EVERY THURSDAY 7PM TILL 9PM

WINE & BEER TASTING

EVERY SATURDAY 1 P.M. TILL 4 P.M.

*Coming in December!!!
Huge Red Wine Tasting*

**Thursday, November 11th, 7pm to 9pm
Single Malt Scotch Tasting**

Best Buys

Canyon Road (all varietals)	\$ 5.99
R.H. Phillips Chardonnay	\$ 6.99
Good Hope (all varietals)	\$ 6.99
Guenoc Estate Chardonnay	\$ 9.99
William Hill Chardonnay	\$11.99
Cosentino Napa Chardonnay	\$13.99
Stonestreet Chardonnay	\$18.99
Dunnewood Merlot	\$ 7.99
Silver Ridge Merlot	\$17.99
Marilyn Merlot '96	\$17.99
Clos Du Val Cabernet	\$21.99
Mayacamas Cabernet	\$54.99
Arns Cabernet (92 points)	\$64.99

German

Klostergarten Liebfraumilch	\$ 3.99
Klostergarten Moselblumchen 1.0 ltr	\$ 4.99
Klostergarten Zeller Schwarze Katz	\$ 4.99
Drathen Kabinett (Blue Bottle)	\$ 4.99
Drathen Spatlese (Blue Bottle)	\$ 5.99
Noble House Riesling	\$ 6.99

Grande Size

Casarsa 1.5 ltr (all types)	\$ 6.99
Delicato White Zinfandel 1.5 ltr	\$ 5.49
Nathanson Creek 1.5 ltr Cabernet, Chardonnay, Merlot	\$6.99

Sparkling

Cricova Semi-sweet	\$ 7.99
Paul Cheneau Blanc De Blanc	\$ 6.99
Freixenet	\$ 7.99
M & R Asti	\$ 8.99
St. Hilaire	\$11.99
Taittinger Brut Francaise	\$24.99
Bollinger Special Cuvee	\$29.99
Perrier-Jouet Belle Epoque	\$89.99

Gourmet Foods

Balsamic Pasta Sauce	\$ 1.99
DeCecco Pasta Nests	\$.99
Antica Italia Superfino Arborio	\$ 2.69
Kalamata Olive Spread	\$ 3.99
Peloponnese Rainbow Peppers	\$ 2.99

Beer

Pauliner 500 ml	3 for \$ 5.00
Pete's Wicked Oktoberfest 12 pack	\$ 9.99
Pete's Wicked Oktoberfest 6 pack	\$ 4.99
Woodchuck Cider Variety 12 Pack	\$ 8.99
Dojillidy (all types) 16.9 oz bottle	\$ 1.09

Spirits

Seagram's Crown Royal 750 ml	\$18.99
Belvedere/Chopin Vodka 750 ml	\$23.99
Jack Daniels Black Label 1.75 ltr	\$25.99
Martell V.S.O.P. Cognac 750 ml	\$24.99
Chambord Liqueur Gift Set 375 ml	\$12.99

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Sale Dates
From
November 3rd
To
November 9th

We reserve the right to correct all printing errors. In some cases quantities may be limited.