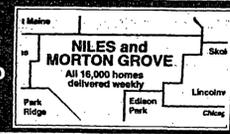




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THURSDAY, OCTOBER 19, 2000

VOL. 44, NO. 17

Mercury found in Niles homes

by Lisa Ashkenaz Croke
At least one Niles family is living in a hotel following a Nicor evacuation of their home which tested positive for mercury traces. Village Manager Abe Selman who was out of town when the move took place said that he did not know the name of the family or the location of their residence. The Bugle has received an anonymous call that a family was

vacated from the 7000 block of Fargo, we have been unable to confirm the story. As of September 30, six out of 4,600 Niles homes tested positive for mercury which can cause health problems including muscle tremors, nausea, cramps, rashes, fatigue, insomnia, and loss of appetite. Nicor began testing in Niles after

Continued on Page 49

Niles High School District 219 votes to replace mascot

By Lisa Ashkenaz Croke
Over two hundred people met at the Niles West High School auditorium, most to argue against the school's proposal to scrap the over 40-year-old Indian mascot deemed by many to be an offense to Native Americans. Though the school began limiting the use of the mascot in 1989 at the behest of Native American groups, the Indian logo still

adorns portions of the school, namely the gymnasium floor and uniforms. A neon Indian profile is adjacent to the school's entrance and a totem pole stands near the athletic field. Students wearing T-shirts with "Tribe" written across the chest joined with residents to attempt to

Continued on Page 49

Residents advised to watch for any suspicious or unusual persons or activities

Task force investigates string of burglaries in area

by Laurie Matlin
The Morton Grove Police Department is investigating a series of residential burglaries that could be linked to burglaries in surrounding towns. Police said there have been five or six burglaries in the Morton Grove area and several more in surrounding communities over the last month that appear to have a similar method of operation as well as similar targets. In the latest burglary attempt, a neighbor noticed a car parked and running in front of a home in the 5800 block of Capri Lane, according to police reports. When the woman asked the driver what he was doing there, he reportedly told her he knew someone who

lived there. He then honked the horn until a male partner left the home, the woman told police. After the car fled, the woman no-

ticed that the door had been broken into and she called police. Based on that incident and another

Continued on Page 49

Former Congressman for Niles, Sidney Yates dies

Longtime Illinois Congressman Sidney Yates passed away in Washington D.C. on October 5 from kidney failure and complications of pneumonia at 91. Yates held the record as the longest-serving member of the House when he retired last year. He was elected to Congress in

1948 during the Truman administration. He lost when he ran for Congress against Dirksen in 1962, which racked up the only loss in his political career. He championed funding for the arts through the National Endowment, a passionate activity

Continued on Page 49

Noah gets his bullet proof vest



At the September Village Board Meeting, Niles Police dog, Noah, was presented with a bullet proof vest by Cub Scout Pack #45, Girl Scout Troop #1220, and Brownie Troop #560, at Nelson School. The scouts and brownies sold candy as a fundraiser to purchase the vest for Noah. Pictured are: (left to right) Top row: Trustee Louella Preston, Jessica Fleck, Debbie Martin, Janice Fleck, John Owiecki, Mayor Nicholas B. Blase, Sean Owiecki, Louisa Mistretta. Bottom row (left to right) Brittany Taylor, Maryjo Zawilla, Animal Control Officer, Shannon Martin, NOAH, Megan Mistretta.

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**Classifieds
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The Bugle's community job listings can be found on
<http://www.ChicagoMetroJobs.com>

Skokie resident to perform solo



Cellist Gary Stucka, a member of the Chicago Symphony Orchestra, a resident of Skokie and native of Morton Grove, will be the soloist in the performance of the Frederick Stock Cello Concerto with the Harper Symphony Orchestra in Palatine (1200 West Algonquin Road) on Sunday, October 22, 3 p.m., Frank Winkler, Conductor. Frederick Stock was the Conductor of the Chicago Symphony Orchestra from 1905 until 1942 and his 1928 Cello Concerto, written for and premiered by Aldred Wallenstein, has not been performed since Gregor Piatigorsky played it in 1940 with the CSO. Mr. Stucka has received special permission to perform this unpublished work from Stock's great-granddaughter, Linda Wolfe, who will fly in from Colorado to hear this concert. For ticket information, call the Harper College Box Office at 847-925-6100.

District reviews Nordica crossing, Culver School

Culver parents are concerned about crossing patterns as students come and leave school. Specifically, the concerns are more about enforcing existing safety procedures, as students often cut across the middle of the street instead of using the existing crosswalk at the south end of the school or walking to the corner of Nordica and Oakton before crossing. Recently, a parent motorist

Maine Township reflects on its 150-year role

When Maine Township first served as local government for residents living within its designated "six miles west of Harlem Avenue and north of Devon Avenue," it was a mix of cornfields, wooded areas and prairie grasses, commented Maine Township Supervisor Mark Thompson recently.

The county laid out roads, built bridges over the (Des Plaines) river, provided for the needy and for elections of both constable and a justice of the peace, Thompson explained. In this sesquicentennial year, the township serves more than 130,000 residents distributed among six towns--Niles, Morton Grove, Des Plaines, Glenview, Park Ridge and Rosemont. Today Maine Township is "one of the largest urban townships in the United States," Thompson added. The role of townships, as mandated by the state--to provide general assistance to those residents in need within its area--remains pretty much the same, although the service programming may see changes, Thompson suggested. Many programs today are aimed at disabled, seniors and youth, such as programs for at-risk kids, like the Maine Township Drop-in Center which provides a safe place for teens to gather. Flooding along the Des Plaines River is another thrust at the township level, as evidenced by a recent debris cleanup in Prairie-Farmer Creek, assisted by \$1.2 million in state funding. Other problems addressed by townships are code enforcement and crime. "We need to make ourselves visible in the community so that people know we're here," said Trustee Carol Teschky.

witnessed a close call when she slowed to allow a man and boy emerging between parked cars to cross safely; however, a car to her rear went around and nearly hit the boy. Niles Police have been notified and have visited the school, a first step in assigning a permanent guard. Further determinations are based on traffic surveys taken during peak periods that measure the number of students and the amount of traffic. The Police Department passes their documented evidence to the village, which must then budget necessary funds. Hourly pay ranges from \$10 to \$12.50, says Kathy Barnat, Niles' human resources coordinator. In the meantime, safety education will be emphasized, said school board president, John Zuckerman.

Domenico Di Paolo dies at 82

Domenico Di Paolo, the former co-founder of the Di Paolo Co. construction company in Glenview died of heart failure Sunday, October 8 in Evanston Hospital. Born in the Abruzzo region of Italy in 1918, Di Paolo was raised by his sister following the death of his mother when he was three-years-old. His father had emigrated to the United States earlier in search of the American dream. Di Paolo served in the Italian Army during World War II before emigrating with his wife and children in 1956. In 1963, Di Paolo served as a vice president to the construction firm founded by his son Angelo in 1961. Among his major projects, the Di Paolo Company was responsible for putting storm drains beneath the renovated Edens expressway, and built the Willowhill Golf Course in Glenview. Di Paolo is survived by his wife, Gina; sons Angelo, Silvio, and Tullio; daughter Antonietta Vattovaz; ten grandchildren and four great-grandchildren.

Two Park District Board Posts up for Election in April 2001

Voters will elect two Morton Grove Park District commissioners when they go to the polls for the consolidated election Tuesday, April 3, 2001. Two individuals will be elected to serve six year commissioner terms. Jeff Fougousse, Secretary of the Board of Park Commissioners, will begin distributing petitions for candidacy and other materials as of Wednesday, October 25, 2000. Materials will be picked up between 9 a.m. and 5 p.m. weekdays at the Morton Grove Park District Administration Office located in the Prairie View Community Center, 6834 Dempster St. Each candidate will be required to have a minimum of 54 signatures of registered Park District voters in order to file petitions for the Park District commissioners election. Candidates must be registered to vote and be a resident of the Park District at least one year prior to the election. The first day for filing candidacy petitions and materials will be January 15, 2001 and the last day will be January 23, 2001. Commissioners govern the Park District under Illinois status. The Morton Grove Park District is an independent unit of local government incorporated in 1951 to provide park and recreation service to our community. Commissioners serve without compensation. For more information call 965-1200.

Fantasy Tea tickets on sale

Tickets are now on sale for Fantasy Tea -- an annual event sponsored by the Niles Historical Society. Make your reservations now by calling 390-0160 to reserve your place at a fun, delicious and chatty afternoon. Seating is limited to 40 each day. Don't wait. Each year, members of the Society take this opportunity to set a lovely table with their best china and linens and invite you to an afternoon at the Niles Historical Museum, 8970 Milwaukee Avenue. Finger sandwiches, dessert and tea will be served from 2 to 4 p.m. on Saturday, November 4 and Sunday, November 5.

The Adventures of Bradley Chalkers

Mayer Kaplan JCC Children's Theatre presents The Adventures of Bradley Chalkers. Follow Bradley as he struggles and ultimately triumphs with homework, peers, and self-confidence in the fifth grade. A funny and heartwarming story the whole family will enjoy! Performs Thursday, October 26th at 7 p.m., Sunday, October 29th at 1 and 4 p.m. at 5050 W. Church Street in Skokie. Tickets are \$7. For more information, call 847-675-2200.

Academic Honors

The following area residents have achieved academic honors for the fourth quarter of the 1999-2000 school year at St. Scholastica Academy. Achieving First Honors are Senior Helen McCallister and Junior Jennie Smith. Achieving Second Honors is Junior Margaret Connors.

Niles Public Services Department to unveil new buildings

Residents of Niles will get their first opportunity to see the new Niles Public Services facility when the Public Services Department conducts an Open House on Sunday, October 22 from 11 a.m. to 3 p.m. The facility is located at 6849 Touhy Avenue, which is approximately one block east of Milwaukee Avenue. The parking lot for the facility is located in the rear of the facility, off of Franks Avenue. Visitors will be able to take tours of the new Maintenance Garage and Main Garage, see demonstrations of equipment at work, learn more about the Public Services Department and be able to interact with employees. A formal ribbon cutting ceremony will take place at noon, with Mayor Nicholas B. Blase and members of the Village Board. Director of Public Services Teo Noriega, Jr. said, "All residents are encouraged to attend the event and see one of the finest Public Services facilities in the Chicagoland area." More information or directions can be obtained by calling (847) 588-7900 from 7 a.m. to 4:30 p.m. weekdays. *** As a general thing, people marry most happily with their own kind. The trouble lies in the fact that people usually marry at an age when they do not really know what their own kind is. ---Robertson Davies ***

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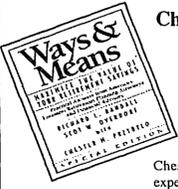
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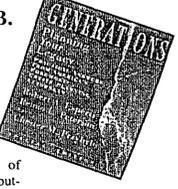
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Corky Siegel's Chamber Blues comes to NEIU



Corky Siegel's Chamber Blues featuring award-winning composer, blues harmonica/piano, singer/songwriter Corky Siegel and the West End String Quartet will appear at Northeastern Illinois University (NEIU) 8 p.m., Friday, October 20, in the university's Fine Arts Center Recital Hall, 5500 North St. Louis Avenue in Chicago. The concert is part of the ongoing Jewel Box Series, a NEIU chamber music concert series. In addition, Siegel will present a free pre-concert lecture at 7 p.m. The program is partially supported by a grant from the Illinois Arts Council, a state agency. Free parking for all concerts is available in Parking Lot F starting at 6 p.m. in the evening of the performance. Individual concert tickets are \$25. Subscriptions for the remaining seven concerts are available for \$131 (a savings of 25 percent) and guarantees the best choice of seats as well as an opportunity to meet the artists at private receptions after each concert. For tickets and more information, call 773-794-ARTS.

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The Great Chicago Fire

How about a remembrance? On October 7, 1871, (129 years ago), The Great Chicago Fire burned a total of 2,100 acres of what was then 23,000 acre Chicago. Many theories have come down through the years and Herman Schmel of the Chicago Neighborhood Tours group will bring us these and the most probable cause of such a disaster. Join us at the Niles Historical Museum on Sunday, October 29, 2 p.m. Bring your own theory and ask questions. October 29, 2000 -- The Great Chicago Fire; November 4 & 5, 2000 -- Fantasy Tea; No program in December; January 7, 2001 -- Twelfth Night.

All programs are open to the public, geared toward the family and free. Donations are always accepted and refreshments will be served. Plenty of free parking.

Come early to see the new displays and exhibits. Visit with neighbors and friends and spend a relaxing afternoon in your Museum.

The Niles Historical Museum is open every Wednesday and Friday 10:30 a.m. - 3 p.m.; other times by appointment only. Call 847-399-0160 for more information. We look forward to seeing you.

The Great Chicago Fire -- Sunday, October 29, 2000 - 2 p.m. Niles Historical Museum -- 8970 Milwaukee Avenue; 390-0160.

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Thursday	7:30 AM - 8:00 PM	8:00 AM - 4:00 PM
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Saturday	7:30 AM - 1:00 PM	8:00 AM - 1:00 PM

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Renewal of Spirit service

Congregation B'nai Jehoshua Beth Elohim, Glenview, has planned a Renewal of Spirit Sunday morning service for Sunday, October 22, from 10:45-11:45, for those who wish to feel good in the presence of God and let go of their cares and burdens.

The service will be co-led by clergy and lay leaders in the sanctuary at 901 Milwaukee.

For information contact Shari Bauer (847) 729-7575 or on-line at http://www.bjbe.org.

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Community organizations invited to join East Maine school caucus

Homeowners association, community organizations, and religious congregations that want to participate in the selection of local school board members are invited to join the East Maine Township General Caucus.

The caucus is a non-partisan school board nominating committee that recruits, interviews, and supports candidates for the boards of East Maine Dist. 63 and Maine Township High School Dist. 207. The caucus will reorganize this fall to begin work leading up to the April 2001 school board elections. There will be four 4-year seats up for election on both the Dist. 63 and Dist. 207 boards, plus a two-year seat in Dist. 63 that are

out an unexpired term. The East Maine schools serve parts of Des Plaines, Glenview, Morton Grove, Niles, and Park Ridge.

Under the caucus by-laws, membership is open to:

- PTAs in District 63 schools.
- Active homeowners associations or civic organizations in the District 63 area with at least 25 member families. (The Golf-Maine Homeowners Association is a member.)

• Churches, synagogues, and other religious congregations located in District 63. (Northwest Suburban Jewish Congregation is a member.)

• Non-profit organizations based in District 63 that are

"community conscious and actively concerned with public welfare improvements."

• Non-profit organizations whose headquarters are not located in District 63 but a majority of whose members (at least 25) live in the district.

Each organization is invited to name two delegates and two alternatives to the caucus. There is a \$25 membership fee for participating.

For more information, contact Joseph Harrington, past caucus chairman, at 847/965-6935.

Charles L. Wichlac

Charles L. Wichlac has been promoted in the U.S. Air Force to the rank of lieutenant colonel.

Wichlac is an operations officer with the 22nd Airlift Squadron at Travis Air Force Base, Fairfield, Calif.

He is the son of Florence M. Wichlac of Niles.

The colonel graduated in 1979 from Maine East High School, Park Ridge, Ill., and received a bachelor's degree in 1983 from the University of Illinois, Champaign-Urbana. He earned his master's degree in 1994 from Embury-Riddle Aeronautical University, Daytona Beach, Fla.

District 63 Special Meeting

A Special Meeting of the Board of Education of East Maine School District No. 63, Cook County, Illinois will be held on:

Monday, October 30, 2000 at 8 p.m. at the Dr. Donald C. Steina Educational Service Center, located at 10150 Dee Road, Des Plaines, Illinois.

This meeting will be held for the purpose of awarding a bid for the Gemini Junior High School Construction project.



Rainbow Hospice holds annual benefit

Park Ridge-based Rainbow Hospice will honor the Payton Family for their dedication to improving quality of living -- not just for those waiting for organ transplantation, but also for those who are living with terminal illness. This special recognition will take place at Rainbow Hospice's 11th Annual Benefit to be held October 20, 2000.

Rainbow Hospice provides support, encouragement and special care for patients and their families at the end of life. Rainbow Hospice had the privilege of caring for Walter Payton and his family during the final days of his life. "We believe our annual benefit is the perfect venue to honor this wonderful family," says Patricia Ahern, president, Rainbow Hospice. "Connie Payton is an inspiration to us in hospice care because of her strength, poise and deliberate desire to improve the way families experience illness and loss.

This year's event, with the theme of "Evening of Enchantment" will be held on Friday evening, October 20, 2000 at the Hyatt Regency O'Hare, 9300 West Bryn Mawr Avenue, in Rosemont. Everyone in the community is invited to attend the event. The benefit begins with a reception and Silent Auction viewing at 6:30 p.m. The evening's program includes dinner, a raffle drawing, and special recognition of honoree, Connie Payton. Tickets to attend the Annual Benefit are \$75 each and must be purchased by October 16, 2000.

There are several ways individuals and companies can help make Rainbow Hospice's Benefit a roaring success. Anyone in the community is welcome to donate an item for the Silent Auction portion of the benefit. Please consider donating items such as sports tickets, theater tickets, gift certificates for restaurants/services/jewelry, airline tickets or collectibles. A raffle is another

special feature of the Annual Benefit. Raffle tickets selling for \$2 each or a book of 12 for \$20 can be purchased in advance.

Money raised from this event will be used for patient and bereavement care programs of Rainbow Hospice, a not-for-profit organization that provides care to all individuals regardless of reimbursement. The Patient Care fund is used to cover costs pertaining to the patient's plan of care that are not reimbursed by Medicare, Medicaid or private insurance. Examples include medications, supplies, durable medical equipment or professional services. The Center for Loss & Life Passages - the bereavement arm of Rainbow Hospice - will also prosper from this event.

For more information about the Rainbow Hospice Benefit Dinner, to purchase raffle tickets or attend the event, contact Dave Samson, development director, at (847) 692-8882, or email at dsamson@rainbowhospice.org.

Clarissa A. Placko



UIC at Chicago has named Clarissa A. Placko, of Niles, to the Dean's List as a result of her academic achievement during the summer semester of 2000.

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Letters to the Editor

It's time for clean, fresh air in Niles

Dear Editor:

Mayor Blase can congratulate his staff for their latest slick piece of propaganda masquerading as the quarterly village newsletter. Explaining the booming condominium development in Niles as "smart community planning" is the most outrageous justification to date. Is the goal of our community to convert Niles into the new Chicago-land "Sun City"? Don't get me wrong. I have nothing against senior citizens opting for lower maintenance housing without relocating to Florida or Arizona, but I don't feel we have an obligation or a desire to redesign our town to accommodate them. If I had wanted to raise my family among high rise buildings and bargain basement stores, I would not have moved to Niles as a newlywed 25 years ago. This town has less and less to offer young families as the years go by -- coincidentally, as the Blase regime ages.

I find the self-congratulatory tone of this newsletter particularly disturbing. The current Niles administration boasts of promoting housing which excludes children and the need to spend as many dollars to provide public services, yet takes in additional tax dollars to line their coffers. Just who is benefiting from this increased revenue?

Mayor Blase and the Democratic party espouse family values, yet their actions proclaim otherwise. The Niles "Family" Fitness Center is another case in point. Its hours of operation are not conducive for most working adults to participate in membership. Why were the hours of operation cut back to 9 p.m. weekdays and 5 p.m. weekends? It is very difficult to make use of the facility if one must commute a distance to & from work; it opens too late in the morning and closes too early. The 9 p.m. to 10 p.m. hour was always busy -- though not with senior citizens. Many young adults work weekends; it is now impossible to use the fitness center if one works a 7 a.m. to 3:30 p.m. shift on weekends since the hours were cut back from 6 p.m.

It's time for a breath of clean, fresh air in Niles -- something evidently not possible with the current administration. Perhaps Mayor Blase's ambition is to be not only the longest acting mayor, but the very last mayor in the history of Niles. For if things continue as they are, Niles will be extinct within the next 20 years. The Niles I see today is not "Where People Count" but more ably "Where SENIORS count and every one else is expendable."

Sincerely,
Concerned single-family home Niles resident

Sprinklers are wasting water

Dear Editor:

I often go for walks during the time conventional and automatic sprinklers are running. I'm very surprised to see how many:

1) are in need of adjustment because they are spraying concrete & ending up with the gutters full of water. Conventional sprinklers need the faucet turned down a little to reduce the spray to a more accurate aim. Automatic sprinklers need the water pressure turned down for the same result. Both need to be moved or turned to the place where the spray is most effective;

2) are left on a cycle that runs too long so the ground is oversaturated & the excess runs over town to accommodate them. If I had wanted to raise my family among high rise buildings and bargain basement stores, I would not have moved to Niles as a newlywed 25 years ago. This town has less and less to offer young families as the years go by -- coincidentally, as the Blase regime ages.

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Sincerely,
Concerned single-family home Niles resident

over saturated ground resulting in rivers of excess flowing down the gutters.

Paying a little extra attention could result in paying a much smaller water bill!

Thanks!
Nancy Rehwald
Morton Grove

"The 'flavor' of Niles is changing"

Dear Editor,

What is happening to our community? Is Niles trying to become the discount center of the Northwest Suburbs? It seems like every second store opening in this area is either a "Dollar Store" or some type of discount store -- and most of them are directed towards "teeny boppers."

I went to the Golf Mill mall the other day, and in looking at the women's clothing stores I felt I was in teenage heaven. Where are the stores for us "mature" women? Even the women's clothing at Sears, Penney's and Kohl's, our anchor stores, was mainly for the much younger (and, of course, much slimmer) customer.

We read in our neighborhood newspapers that we should boycott sales on the Internet, as our community is not receiving any sales tax on purchases. However, our community is missing out on sales tax from local purchases, as most of the women I know are shopping at neighborhood Old Orchard, Northbrook Court, etc. where they can find a nice variety of clothing... for adult women.

In trying to bring a younger population to Niles, the purchasing power of the mature adult/senior population, who have been here for many, many years, is being ignored. The "flavor" of Niles is changing -- and not for the better.

Sincerely yours,
Pat Salani

Why are there no ordinances regarding CATS?

Dear Editor:

As a resident of Niles, it is very disturbing that there are no village ordinances regarding the problem of cats straying through the neighborhoods. I own a small dog that cannot safely be let out into my own backyard without the threat of a neighbor's (2) roaming cats harming her. In addition, these cats prey on many birdfeeders throughout our neighborhood and have ruined plants that line my driveway lying in wait for birds to come to the birdfeed. Many mornings I have found birds that have been killed and chewed up on the driveway and I have chased the cat(s) away many times. Cats also use flowerbeds as litter boxes.

Why is it that cat owners have no laws to abide by, while dog owners have many? My dog is vaccinated, she is never out of the yard without a leash and when walked we always pick up after her, yet she cannot safely go out into her own yard.

Talking to the neighbor does no good. Although they freely admit they own the cats, they do not want to keep them in the house.

It is time that something is done by the Village to eliminate this problem. Either hold the cat owners accountable through new ordinances or animal control should pick up the stray cats and get rid of them.

Name withheld upon request.

NTJC Baby Naming

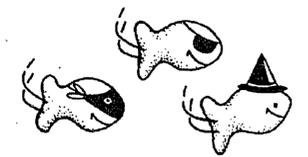
As a special service to the community Ezra-Habonim, the Niles Township Jewish Congregation invites all new parents to have the baby naming at our synagogue. This time-honored tradition is available now for you and your family. Membership is not required. Joyously celebrate the birth and naming of your baby with

your family and with our Congregational Family on Friday evenings or Saturday mornings at our inspirational services. For more information and reservations call 675-4141.

Ezra-Habonim, the Niles Township Jewish Congregation -- 4500 Dempster, Skokie 675-4141.

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Women's News

Legion Auxiliary installs new officers

With fall the new club year begins in most organizations and at the Morton Grove American Legion Auxiliary Unit #134 located at 6140 Dempster, plans are well under way for a successful community endeavor volunteer service year.

At recent installation ceremonies, new officers of the Unit were inducted into their offices. Mrs. Patti D. Jordan is repeat-

ing another term as president of the Auxiliary. Vice president is Mrs. Terry Selzer, a past president, who will handle membership and also is repeating her term. Past president repeating officer is Mrs. Connie Mahnke, who once again assumed the role of treasurer. Recording secretary is Mrs. Dee Dolan, also a past president. Another past president is Mrs. Joyce Seif who will take charge of the historical duties this year. The chaplain is Yvonne Enders; and Sgt. at Arms, Bernice Riley. The corresponding secretary is Mrs. Julie Karsten, also a past president. The installing officer was Mrs. Dodee Connelly, a unit and seventh district former president. Assisting her was past president Evie Ross as Sgt. at Arms.

The Auxiliary acknowledges the presence of Morton Grove Mayor Dan Scanlon who on that particular day was celebrating his 50th wedding anniversary with wife Betty.

A buffet dinner completed the special 78th annual installation of the local ladies' group, one of the largest in the patriotic organization circles.

Woman and Asthma at LGH

The Women's Health Resource Center of Advocate Lutheran General Hospital presents a free program entitled "A Breath of Fresh Air: Asthma and Women" from 7 to 8 p.m. Wednesday, October 25, in Olson Auditorium, Lutheran General Hospital, 1775 Dempster, Park Ridge.

If you suffer from asthma or experience related symptoms, this program is for you! Irma Oliff, M.D., an allergy and immunology expert at Lutheran General Hospital, will discuss triggers, medications and management options, as well as osteoporosis prevention strategies for women at risk.

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

Fashion Show Extravaganza to benefit St. Jude Children's Research Hospital

If you have children, know children, or ever were a child, help support the miracle of life at the sixth annual *Touching Lives Around the World... because of you - Dream A Little Dream* fashion show supporting St. Jude Children's Research Hospital. The event is sponsored by Shaker Advertising Agency, and official sponsors are The Baby's Room, Rezko Enterprises and Sara Lee Corporation.

On Sunday, November 12th, 600+ guests will join together at the Westin O'Hare Hotel to view contemporary fashions by Creative Impact Group, furs by York Furriers, and jewelry by Razny Jewelers. Raffle viewing begins at 11 a.m., followed by the luncheon, fashions and special surprises including an appearance by the Red Rose Children's Choir.

The premier research and treatment center for children with catastrophic diseases, St. Jude Children's Research Hospital, located in Memphis, Tennessee, has treated thousands of children from across the U.S. and 43 foreign nations. St. Jude's, which is non-sectarian

and treats children without regard to race, religion or ability to pay, is dedicated to fulfilling the dream of its founder, Danny Thomas, that no child should die in the dawn of life.

Tickets are \$50 each, and tables of ten are available. The Westin O'Hare Hotel is located at 6100 N. River Road in Rosemont. Call the Midwest Regional St. Jude Office for tickets: 312-786-0460.

Women's Service League to hold Fall Festival

Get an early start on the Holiday Season by shopping at the Norwood Park Home Women's Service League Fall Festival on Sat., October 21, from 10 a.m. - 3 p.m. The event will take place in the Activity Room of Norwood Park Home, 6016-20 N. Nina Ave., Chicago.

Among the items for sale will be floral pieces, jewelry, wreaths and door hangings, white elephant goods, vintage linens, residents' crafts, and yard goods and yarn. A bake sale will feature julekake (a Norwegian dessert), homemade baked items and butter cookies.

Lunch at \$5 per person will be served from 11:30 a.m. - 1:30 p.m. and include sloppy joe or hot dog plus potato chips, dessert and beverage. Members of the Service League will be available to assist shoppers with their selections. It's a fun event that offers some real bargains for all. For more information about the Fall Festival or Norwood Park Home, call (773) 631-4856.

Catholic Women's Bowling League

Wed., Sept. 27, 2000
TEAM W L

#5 Classic Bowl	16	5
#6 C.M.S.	14	7
#1 Skaja Terrace	14	7
#3 Old Kent	10	11
#2 Candlelight Jwirs.	7	14
#4 T. Drozd, DDS	2	19

HIGH SERIES

Pam Kenny	531
Geri Kenny	466
Carole Timmes	463
Rosemary Mitchell	455

HIGH GAMES

Pam Kenny	189
Mary Ann Richl	187
Geri Kenny	182
Phil Drozd	181
Sonia Behrendt	179
Rosemary Mitchell	179

Oakton's annual Women's Day Conference to be held

With a millennial theme of "Journeys Through a Century," Oakton Community College hosts its annual Women's Day Conference from 9 a.m. - 4:30 p.m. on Friday, Oct. 27, at the Des Plaines campus, 1600 East Golf Road.

A popular event since its inception in 1984, the conference is an opportunity to reflect on the advancements made by women in the past 100 years, to address current issues and to contemplate the future. This year's diverse program opens with a reader's theater piece, "Many Roads, One Journey: The Women of Oakton," compiled by adjunct theater instructor Karol Verson.

Throughout the day-long conference, attendees will enjoy workshops about a variety of fascinating topics, including "No Longer Skirting the Issues: Women in Politics," an examination of the various roles women play in politics by Cheryl Wolin, adjunct faculty member in political science at Oakton; "In Pursuit of the Ideal Body," a look at how the ideal body image has changed over the last century, presented by Judith Mazur, LCSW, director of the Chicago Center for Overcoming Overeating, Inc.; "Help! The Search for a Parenting Partner," an exploration of the conflicts between husbands and wives over parenting roles, presented

by Robert Frank, Ph.D., LCSW, assistant professor of psychology at Oakton and author of *Parenting Partners: How to Encourage Dads to Participate in the Daily Lives of Their Children* (St. Martin's Press, 2000); and "Crowning Rituals: Affirming Older Women," a new look at an ancient rite of passage that honors the spirits of older women, presented by Claudia Dancing, LCSW, a social worker at Glenbrook Hospital, Glenview.

Elisabeth Hayes, Ph.D., renowned feminist author and professor of curriculum and instruction at the University of Wisconsin-Madison, will discuss the unique dimensions of women's learning throughout their adult years in her presentation, "Taking a New Look at Women as Learners." Hayes is the co-author of *Women as Learners: The Significance of Gender in Adult Learning* (Jossey-Bass, 1999) and is currently writing about the work-related learning of African-American women.

Former *Chicago Tribune* reporter Fern Schumer Chapman will explore the hurdles and blessings of healing in her presentation, "A Daughter's Journey to Find Her Mother." Five years ago, in an attempt to repair a fragile mother-daughter relationship, Chapman and her mother, Edith traveled to the small German village Edith left at the age

of 12 to escape the atrocities of Nazi Germany. Throughout their journey, the two uncovered hidden truths about how the Holocaust shaped the family and opened the door to healing and forgiveness. Chapman has written about this experience in *Homeland: Beyond the Holocaust: A Daughter's Journey to Reclaim the Past* (Viking Press, 2000).

After lunch, attendees will enjoy a spirited performance, "The Once and Future Woman," by Evanston native Kristin Lems. Referred to by Gloria Steinem as "a one-woman argument against the notion that the women's movement doesn't have a sense

of humor," Lems is a multi-talented and versatile composer, songwriter and performing artist who is active in promoting women's rights and women's voices in music.

A registration fee of \$35, payable by Oct. 16, includes the Women's Day Conference and lunch. Registration will be accepted the day of the conference for a fee of \$40.

For more information about the Women's Day Conference or to receive a conference registration form, call Claudia Cobay at (847) 635-1745.

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Church and Temple News

St. John Brebeuf "Joy in Jesus" pre-school registration



Registrations for the St. John Brebeuf "Joy in Jesus" Sunday pre-school program are now being taken. The program is open to children ages 3 1/2 through kindergarten age. Classes are held during the 11 a.m. liturgy each Sunday beginning October 1. Registration fee of \$35 covers all materials for the year.

Special emphasis is given to the development of self-awareness in the children and their place in the Christian community. The goal of the program is to provide a foundation for a future understanding of their faith. To register, or for additional information, please call Charlotte Lindquist, (847) 470-1434.

An Evening with Angels at OLR

Author Joan Wester Anderson will visit Our Lady of Ransom Church, 8624 W. Normal, Niles, on Wednesday, October 25 at 7 p.m. to present *An Evening with Angels*. Joan has written 14 books, many of which were on the New York Times best-seller list.

People all over the world seem to be fascinated by angels. Statistics show an increasing thirst for spirituality and a quest for existence beyond the material realm. According to a recent Time magazine cover story, over 70% of those polled believe in the existence of angels; among young adults, the percentage jumps to almost 80%.

In *An Evening with Angels*, Joan Wester Anderson discussed how she became interested in the subjects of angels and miracles through a strange rescue that her son experienced. She explains what angels are and what they do, according to the beliefs outlined in Judaism, Christianity, and Islam, and offers some additional historical perspective.

Our Lady of Ransom Catholic Women's Club will serve refreshments following the presentation.

Niles Township Jewish Congregation

Adult Education and Dawn Shuman Institute presents "Sports and Spirituality" starting Thursday Oct. 12th, Oct. 19th & Oct. 26th at 7:30 p.m. For information call the office 675-4141. Friday Night Services October 13th 8 p.m. Guest speaker professor Judith Ross will speak on Campaign 2000.

October 14th Sisterhood Sukkot Oneg Shabbat 1:30 p.m. Guest Speaker Adam Starkopf with his stunning account of survival in his book "Will to Live." All are welcome to attend.

Sukkot Services Saturday and Sunday October 14th & 15th 10 a.m. On Sunday the Gan Consecration will take place.

Jack Heiman and Sheldon & Eva Ellman to be Simhat Torah Honorees

Services begin Saturday evening October 21st 7 p.m. and Sunday at 10 a.m. At Sunday service Jack Heiman will be honored as Hatan Torah (concluding verses). Celebrating Jack's 80th birthday and Eva and Sheldon Ellman at Hatan Hereshit (beginning verses) celebrating 50 years of marriage. A Kiddush luncheon hosted by the children of the honorees will follow.

As a special service to the community Ezra-Habonim, the Niles Township Jewish Congregation invites all new parents to have the baby naming at our synagogue.

Joyously celebrate the birth and naming of your baby with your family and with our Congregational Family on Friday evenings or Saturday mornings at our inspirational services. For information and reservations call 675-4141.

OLR selling Entertainment Books

Our Lady of Ransom Parish in Niles is selling Entertainment 2001 Books. Books are now available.

Only \$25. The book offers a variety of values, mainly two-for-one deals at many restaurants and establishments. They make wonderful gifts for birthdays, anniversaries and the upcoming holidays. Profit from the sale go to the school and REP program scholarship program.

Speaker from Israel at NTJC

David Roet, Deputy Counsel General for State of Israel, to speak Friday Oct. 20th at Shabbat Services, 7 p.m. Ezra-Habonim, the Niles Township Jewish Congregation -- 4500 Dempster, Skokie, IL 675-4141.

Community Calendar

Gala 2000 to fund Children's Services

Gala 2000, Swedish Covenant Hospital's major fundraiser, which is presented by WGN-TV Children's Charities, a fund of the McCormick Tribune Foundation, takes place on Nov. 11 at the Chicago Hilton Towers. Gala proceeds will enhance preventive and emergency children's services at Swedish Covenant.

The black-tie event begins at 6:30 p.m. with a reception and silent auction that includes special items such as an opportunity to be an honorary bat person for the Chicago White Sox. Following dinner students from The Chicago Academy for the Arts, the city's acclaimed college prep high school for the arts, will provide an upbeat musical review. The Stanley Paul Orchestra will play music for dining and dancing, and the American Airlines sponsored raffle will feature round trip tickets for two to Europe, Hawaii and any American Airlines serviced city in the continental US.

Chairmen for the black-tie event are Dr. and Mrs. (Suzanne) James McCormick of Lincolnwood, Mr. and Mrs. (Marjorie) Donald Sveen of Wheaton serve as honorary chairmen, and Dr. and Mrs. (Tina) Michael Plunkett of Glenview are co-chairs.

Reservations for the Gala are \$250 a person. For more information or to make a reservation for this memorable and worthwhile event, please call the Swedish Covenant Hospital Development Office at 773/878-8200 ext. 5030.

Holy Cross Candlelight Bowl

The Holy Cross High School Athletic Boosters Club invites alumni, parents, and friends of Holy Cross to its annual Candlelight Bowl, Saturday, Nov. 4, at Mont Clare Lanes, 2957 N. Harlem in Chicago. Dinner, dancing, bowling, and a good time for all are bargain priced at \$50 per couple.

Please make your reservations early by contacting Dan Eberle at (708) 456-6527, or Sherri Brock at (773) 237-8236.

'Give the Lady What She Wants'

Nancy Buchler will review Kogan and Wendt's "Give the Lady What She Wants," the story of Marshall Field & Company's first 100 years, on November 3 at 1 p.m. at Maine Township Hall, 1700 Ballard Road, Park Ridge, for the Literary group of the Alumnae Club of Park Ridge. Guests are welcome for a fee. Call 847/825-7432.

A Winnie The Pooh Birthday Tail

A Winnie The Pooh Birthday Tail, running each Saturday at 10:30 a.m. and 1 p.m. through November 11, is the first of three musicals to be presented by the Northbrook Musical Theatre for Young Audiences.

Join Pooh, Tigger, Piglet and all of their friends as they embark on a great and grand search for Eeyore's tail. They must find it before Eeyore celebrates his birthday. Special lunch/theatre packages are available on Saturday, October 21 and Saturday, November 11. Your package includes ticket to the show; choice of hamburger, cheeseburger or chicken nuggets; chips; drink;

dessert; a prize and a visit from all of Christopher Robins friends while you eat. A lunch/theatre ticket is just \$10 per person.

Rooms are also available before or after the shows throughout the run of the production so that you can have your own special birthday party or other celebration.

Watch for Snow White in January and February and Pinocchio in April and May.

Northbrook Musical Theatre for Young Audiences is a member of the League of Chicago Theatres and the Illinois Theatrical Association. For additional information call (847) 291-2367.

Dog Adoption Day

Furry Friends Foundation, a no-kill, non-profit animal shelter, will hold a dog adoption day from noon until 4 p.m. on Sunday, October 22 at Petsmart, 809 Civic Center Plaza, Niles. For more information call Furry Friends Foundation at (312) 397-1001.

You Can Make A Difference

Enrich your life while you enrich the lives of children. Consider getting involved in Melzer School in Morton Grove. We are looking for dedicated volunteers to assist with children in the classroom.

If interested, please contact Chris Bauske, from the Retired and Senior Volunteer Program, at 847-228-1006.

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Community Calendar

Coaching Clinic at Holy Cross

Coaches of grade school basketball teams are invited to the 2000 Grade School Coaching Clinic that will be conducted at Holy Cross High School, Saturday, October 21, between 10 a.m. and noon.

Daniel McCarthy, head basketball coach at Holy Cross High School will direct the clinic. Topics to be addressed include attacking a zone defense

and drills for player development.

There are no costs associated with the clinic. However, coaches are asked to register with McCarthy by calling 708-456-9637 or starting at 9:30 a.m. in the Holy Cross Gym the day of the clinic.

Holy Cross is located at 3000 N. 80th Avenue in River Grove, Illinois.

Congregation's Singles Club schedule

The friendship-activity club for Jewish singles 40+ years of age, formed by B'nai Jehoshua Beth Elohim, (BJBE) Glenview, has established their Winter schedule.

Florence Burack will present The Life Story of Itzhak Perlman at a joint meeting with the Bernard Weinger Jewish Community Center's singles group, on October 29, at 1 p.m. at the Bernard Weinger JCC, 300 Revere Drive, Northbrook. There will be a \$5 door fee for this meeting. Florence Burack combines books about well known celebrities of the musical world with their music to create an entertaining venue.

The second combined meeting of the two groups will be held Sunday, November 25, from 12:30-2:30 p.m., at BJBE, 901 Milwaukee, Glenview, and feature Gail Prince, M.Ed., author of Soul Dating to Soul Mating. Prince will present a two-hour seminar appealing to the single, divorced or widowed individual. Prince has been cited by Oprah Winfrey as the "Dr. Ruth of the Singles World" and is an expert on dating and relationships. Refreshments will be included in the \$8 fee.

For information contact (847) 673-0387.

Crohn's and Colitis meeting

Chicago's Carol Fisher Chapter of The Crohn's and Colitis Foundation of America, a support group for those who want support or information about Crohn's Disease or Ulcerative Colitis, meets on the 3rd Thursday of each month at 7 p.m. in Room 1041 A, 10th Floor, Lutheran General Hospital, 1775 Dempster St., Park Ridge. Free. The next meeting will be held on October 25, 2000. For information about the support group, call (847) 520-3456. For information about CCA call (847) 827-0404. visit our web site at www.cca.org.

Holiday Bazaar

The DesPlaines Community Senior Center's Holiday Bazaar will be on Saturday, October 28 from 9-3 p.m. Admission is free. There will be a variety of seasonal hand made items, DesPlaines Community Senior Center Women's Club bake sale, concessions, raffles, and more.

The DesPlaines Community Senior Center is located in the Prairie Lakes Park and Community Center building at 515 E. Thacker Street in DesPlaines. For more information call (847) 391-5717.

Village Hall exhibit of works

Works by Lincolnwood resident Walter Arnold, sculptor and stone carver are on exhibit through December at Lincolnwood Village Hall, 6900 N. Lincoln Ave. The exhibit includes original drawings and posters of finished work in limestone, marble and bronze plus sample carvings in plastic.

Mr. Arnold is especially fond of gargoyles, grotesques and whimsical outdoor creatures. Versed in the traditional skills and quality standards of the past, he applies these to contemporary design and aesthetics. He creates original designs for most of his projects. On others, he works from concepts prepared by an architect or designer, or collaborates with the client to develop a new design, using either traditional or innovative motifs.

Mr. Arnold began sculpting in stone when he was only 12 and at 20 began an apprenticeship in the marble studios of Pietrasanta, Italy, carving portrait busts, religious statuary and other sculptures. He worked at the National Cathedral in Washington, D.C. for five years, producing almost one hundred architectural carvings. In the mid-80s he established his studio in Skokie to serve commercial and private clients.

Lincolnwood artists who wish to exhibit their work in Village Hall should contact Shirley Engelstein, fine arts exhibit coordinator, 674-3806.

Youth Support Group 'Rainbow'

The Youth Support program called Rainbows will again be offered on Sunday Mornings in the St. Peter Catholic School building in Skokie at 8140 Niles Center Rd.

First session is on October 22, at 11 a.m. to noon.

The program is made-up of small support groups of children who are living in single families, or families that are going through painful transitions. However it is not a counseling or therapy session. It is strictly peer support with caring, trained adults as facilitators.

Within the small support groups, the children are helped to express themselves and to understand their feelings, to feel acceptance for what has happened, and to feel a sense of belonging and love.

The program does not attempt to solve problems, but does provide peer support, nurturing adult facilitators, and a secure place for children to be themselves. The program is ecumenical and all children are welcome, regardless of their religious beliefs.

For information call at 847-679-1202 during the day, or 847-966-8063 in the evening.

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Community Calendar

8th Annual Haunted Forests

The Forest Preserve District of Cook County will transform Caldwell Woods, Devon & Milwaukee Ave. and Dan Ryan Woods, 87th & Western Ave., into 20 frightful scenes inhabited by mysterious creatures and sounds. Following the eerie walk, visitors can relax and enjoy refreshments and entertainment in the witches' tent. Fun for all ages!

Oct. 19 - 22; Oct. 26 - 31, 6:30 p.m. - 9:30 p.m.
Ghouls will rise from the fog... Cats will shriek... Werewolves will howl... Skeletons will rattle their creeky bones... Chains will mysteriously clang... Bats will be flying around... Snakes will slither underfoot... Admission \$5. Children under three, free. For information call 708-771-1014 or 773-261-8400.

ASIS Vendors Night

The Illinois North Shore and Chicago Chapters for the American Society for Industrial Security (ASIS), a professional organization comprised of Security practitioners from across the globe and from every aspect of the security profession, is hosting its Annual "Vendors Night" and Dinner on Thursday, November 16, 2000. The event will be at the Holiday Inn O'Hare International, 3440 River Road in Rosemont. ASIS is a non-profit organization.

Vendor's Night is an outstanding opportunity for security professionals to meet, in one room, literally hundreds of local security professionals and view dozens of security products and services. In addition, the keynote speaker for the evening will be Gene Ruppala, "Gene" is with the FBI's Center for the Analysis of Violent Crime, a part of the Critical Incident Response Group and the Bureau's profiling unit.

Individual registration for the event, including dinner, is only \$40 per person. For more information on the event and/or exhibitor information, please contact Chris Glatz at (815) 469-5161 or via e-mail at mgmtsvcs@mediaone.net.

United Ostomy Association

Chicago's North Suburban Chapter of the United Ostomy Ass'n, a support group for all ostomates and those anticipating ostomy surgery, meets on the 4th Wednesday of each month at 7 p.m. in the 10th Floor East Dining Room of Lutheran General Hospital, 1775 Dempster St., Park Ridge. The next meeting will be held on October 25, 2000.

A WOCN (Wound Ostomy Care Nurse) is always on hand to offer help and information, and programs are fun and informative. Free. For information, call (847) 724-7453 or (847) 520-0699. www.geocities.com.

Holiday crafters wanted

St. John Brebeuf's Catholic Women's Club Nativity Guild will hold its annual Holiday Craft Fair on Sunday, November 12th from 8 a.m. until 3 p.m. in the parish hall and gym at 8301 N. Harlem, Niles.

Crafters will be able to display hand-crafted items for Thanksgiving and Christmas. Any crafters who would like to receive an application for the Holiday Craft Fair, please call Judi Stephens, (847) 296-6421.

Liponi Foundation for Special Recreation meeting

The Liponi Foundation for Special Recreation held their annual meeting recently at which the Election of Officers was held. The newly elected officers for 2000-2001 are: Tom Vitello, President; Suzanne Betts, Vice President; Stella LiPomi, Treasurer; and Suzanne Bear, Secretary. In addition, the Foundation was pleased to welcome Virginia Faraci, their newest Trustee. Ms. Faraci spent 15 years as an Administrative Assistant for Holy Family Hospital before retiring. She is very happy to be able to devote her energies to such a worthy cause, and the Board is looking forward to Virginia's enthusiastic participation on the Foundation's efforts.

The Liponi Foundation was formed in 1990 to aid Maine-Niles Association of Special Recreation (M-NASR) in advancing the participation of children, teens and adults with physical, emotional and mental disabilities in recreational programming. The late Sam Liponi lends his name and ideals of generosity and service to the Foundation which, under the direction of their Board of Trustees, represents the communities that M-NASR serves. Through M-NASR programming, individuals with disabilities are able to enjoy an improved quality of life.

If you are interested in more information regarding the Liponi Foundation or M-NASR, please contact (847) 966-5522.

Lily Bulb sale to be held

A wide variety of inexpensive lily bulbs will be publicly offered at the Wisconsin Illinois Lily Society's Fall Bulb Sale, starting at 10:30 a.m. on Saturday, October 21, at the Chicago Botanic Garden, Lake-Cook Road, Glenview. The Sale runs from 10:30 a.m. to 5 p.m. on Saturday, and from 9 a.m. until all bulbs are sold on Sunday, Oct. 22.

A number of unusual species lily, Martagon, LA hybrid and Oriempet bulbs will be sold, in addition to the more common Asiatic, Trumpet and Oriental bulbs. Many of the types offered at the sale are unavailable at Chicago area garden center retail outlets.

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

Stop Crime!

Niles bodybuilder achieves goal, wins international competition

by Laurie Matlin
Nineteen-year-old Val Paperny of Niles didn't know much English when he arrived in the United States just over three years ago. But that didn't stop him from setting some pretty lofty goals.



Paperny, who emigrated from Russia, decided that he wanted to become a bodybuilder. Last month, Paperny accomplished that goal in New York by becoming the teenage overall champion of the International Natural Bodybuilding Federation.

"I never had lifted weight in Russia, but I loved it," Paperny said. "I set a goal to participate in the nationals and of course, I want to win, too." Paperny began his flirtation with weights shortly after arriving at the high school when he was a sophomore. Sidelined by a knee injury, Paperny soon hooked up with a body builder who convinced him to try the sport where form matters more than sheer strength.

"It was a good match for the teenager. Everyone supported me a lot," Paperny said. "The principal of the high school, the director of the (physical education) department, they all supported me and acted really interested. It was like a family."

He began working out with Mr. Illinois 1999 Julian Pechychev and found a coach in George Mendes who works at Niles North.

At his peak, Paperny trained two or three hours each day, five or six days per week, he said. "And that's just working out. You have to be careful with your diet and calories and get enough sleep. It all takes a lot of time."

He also spent time in trying to identify a sponsor for his trip to New York. Life Way, a major kefir manufacturer in Morton Grove, rose to the challenge.

"When I got that e-mail from Life Way, I was so happy," Paperny said. He said that Life Way has indicated that it will continue to sponsor Russian immigrants who attempt to accomplish certain goals for themselves as he did.

After winning the Midwest Musclefest in June, Paperny qualified for the international competition. The Niles North graduate participated in a two-part contest starting with a prejudging aspect, followed by an evening show. At the evening show, Paperny prepared his own routine, mastering several poses to a 90-second segment of music. He beat out 100 competitors to win the under 20 age class in all weight classes.

Paperny is particularly proud that the IMBF competitions are 100% natural and every participant is screened carefully for steroid or drug use. He noted that he had participated in other competi-

tions where participants were suspected of using steroids but were not tested.

Now the first-year Oakton College student plans to concentrate on his studies which, he said, took a back seat during his training. He plans to major in aviation and to transfer to a Florida college in the near future, he said.

"I have had this goal since sophomore year in high school to compete in the nationals, and of course I wanted to win," Paperny explained. "And now, since I reached my goal, I have to concentrate on some other things."

Maine GOP Woman's Club Luncheon

A six-Scout color guard from Boy Scout Troop 114 will formally present the American Flag at the annual benefit luncheon for Maine Township Republican Woman's Club on Sunday, Oct. 22, at Chateau Rand in Des Plaines.

The troop is based at Good Shepherd Lutheran Church in Des Plaines under direction of Dave Bihler.

"This is a special event for our Club and our guests," said Club president Joreen Wood, "with Cong. Henry Hyde as our honored guest speaker. We thought the pageantry of a color guard would add an inspiring touch, and the color guard's participation is one way we can salute the Boy Scouts of America and of our own area for their dedication to nurturing character in boys."

"It also gives our Club the opportunity to introduce these boys to one of America's leading Congressmen," said Mrs. Wood.

The boys have been invited to attend the luncheon as guests of the Club. Also invited as guests are a group of students from Maine East, selected by history teacher Paul Carlson, and several students from Maine South High School's Constitution Team, accompanied by their sponsor, Paton Feichter.

Reservations are offered to members and the general public at \$30 each or at \$225 for a table of eight or \$275 for a table of 10. Information and reservations are available by calling Mrs. Wood at 847/824-0843.

Keep your cool on the road

By Bill Schmidt, State Farm Insurance agent

Does it seem to you that the highway is a much more hostile place than it used to be? Do you notice a lot of rude drivers tailgating you, cutting you off, blocking you when you want to pass, weaving from lane to lane to beat the flow of traffic, maybe even making unfriendly gestures?

If so, you're not alone. "Aggressive driving" has become one of America's most talked-about traffic safety issues. On occasion it may lead to "road rage" -- use of violence to settle disputes related to driving.

There's a debate over whether aggressive driving is a new phenomenon or simply a new label for a set of old behaviors. USA Today in 1998 analyzed a sample of what it considered aggressive-driving offenses -- speeding, running a red light or stop sign, failure to yield and reckless driving -- that caused a death or injury over a 10-year period. It concluded the problem is no worse than it was a decade ago -- but it's a serious problem that may be on the verge of becoming worse.

The newspaper reported aggressive driving accounts for about one of every five crashes with injuries -- and a yearly average of 1,500 deaths, 80,000 injuries and \$2.4 billion in medi-

cal costs, property damage and lost time from work.

Experts agree that a major reason for today's aggressive driving is traffic congestion. Construction of new roads and widening of existing ones has lagged far behind the ever-increasing number of cars on the road. In some metropolitan areas, the concept of "rush hour" is virtually out-dated because the roads seem to be packed at all times.

Another factor is that many of us lead fast-paced lives and are always in a hurry to get somewhere. This may lead to speeding and aggressive behavior toward motorists we believe are impeding our progress.

In some areas, special law enforcement and public awareness programs have targeted aggressive driving. Counseling has been tried with some angry drivers, but many people seem to regard rude driving as "the other guy's" problem.

Here are a few things you can do to avoid becoming an aggressive-driving victim or offender: If someone provokes you, take a deep breath and resist the urge to retaliate.

Don't tailgate. Avoid eye contact with an aggressive driver.

Don't make obscene gestures or return those of others. Use your horn sparingly.

Don't block a passing lane. Avoid blocking a right-turn lane. Signal before switching lanes.

Don't weave in and out of traffic.

Allow adequate rest for your trip.

When parking, don't take up more than one space. Don't allow your door to hit the car parked next to yours.

Meet Alex Mallidis of Captain Alex Seafood

Owner of Captain Alex Seafood LTD., Alex Mallidis, was born in 1949 to a commercial fishing family in Greece. From the age of 8 his father took him on the boat with him every day until he turned 24 years old. At 24 he moved to the United States and opened his first seafood store, Fishing Boat, in Chicago in 1972. 9 months after moving to the states. In 1975 he opened his second seafood store, Hollywood Fisheries. In 1983 Alex got out of the retail business and took the position of head buyer for the Chicago Fish House. In 1992 he left the Chicago Fish House to start his own Seafood Wholesale/Retail business, Captain Alex Seafood located at 8874 N. Milwaukee Ave. in Niles. For more information call 803-8833.

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Dining / Entertainment



Laura LaPlante (right) stands to inherit her late uncle's entire estate if she can just last the night in his old foreboding mansion, although it appears housekeeper Martha Mattox has other plans.

1927 silent 'The Cat & The Canary' at Pickwick Theatre

Claw-like hands reaching out from the dark... mysterious shadows down a hallway... sliding panels and hidden passages... fleeting glimpses of ghostly figures - all create a sinister background for the masterful 1927 silent film classic *The Cat and The Canary* coming to the Pickwick Theatre in Park Ridge for a special Halloween show on Thursday, October 26th at 7:30 p.m.

Twenty years after the death of eccentric millionaire Cyrus West, family members gather at his old, creaky mansion for the reading of the will at midnight. The entire estate is bequeathed to his niece Annabelle West (played by Laura LaPlante), under the stipulation that she stay the night in the creepy old place, and be able to prove her sanity the next morning! Equally creepy is the natty housekeeper "Manny" Pleasant (played by Martha Mattox) and the peculiar Doctor Lazar (played by Lucien Littlefield). This seemingly dark film has many lighter moments due in part to the film's comedic hero Paul Jones (played by

Creighton Hale). *The Cat and The Canary* was directed by German born director Paul Leni, then best known internationally for the horror-fantasy *Waxworks* (1924) and *The Student of Prague* (1925). Leni's expressionist style is evident throughout. The unusual lighting, offbeat camera angles and the clever superimposition of visual images, combining with Leni's detailed set designs, make for an extraordinary cinematic experience 73 years after the film's release.

Silent films were never really silent, and veteran silent photography organist Dennis Scott will provide the musical accompaniment on the Pickwick's white and gold trimmed Mighty Wurlitzer pipe organ. Scott is a regularly featured organist for the Silent Film Society of Chicago. His past summer he accompanied two silent classics, *Seventh Heaven* (1927) and *Sunrise* (1927) for the Society's summer film festival. The Pickwick is also of special note - having been placed on the National Register of Historic Places in

1975. The dazzling, one-of-a-kind auditorium can best be described as "Aztec-Art Deco" and opened in 1928. *The Cat and The Canary* is presented by The Silent Film Society of Chicago in cooperation with the Pickwick Theatre. Tickets are available in advance at \$7 for Students and Seniors; \$8 regular adult, and may be purchased at the Pickwick box office at 5 S. Prospect in Park Ridge. All tickets are \$10 the day of the show. For more information call (847) 825-5800.

AlphaBet Soup returning to Dominican Center Stage

AlphaBet Soup Productions bring their wild and wacky children's theatre antics back to Dominican University Center Stage with another classic fairy tale adaptation: *Little Red Riding Hood's Big Adventure!* Saturday and Sunday, October 28 and 29 at 3 p.m., in the Lund Auditorium.

Start with one precocious little girl, add a trip to Grandma's house and mix in a Big Bad Wolf with a dash of music (five original songs!) and you have a recipe for an outrageous journey through the dark and silly woods. Mark Pence, co-producer of AlphaBet Soup Productions, adapts these classic tales with material from today's headlines by incorporating popular tunes, fads, TV shows and modern day references.

On Sunday, October 29, visit with the characters from *Little Red* at an ice cream social following the performance. Tickets for the performance are \$10. Upcoming family events at Dominican University Center Stage include the internationally renowned *Moscow Boys Choir* in a holiday concert, November 25 and two holiday classics for the child in everyone, *Twas the Night Before Christmas* and *A Charlie Brown Christmas*, presented together, Saturday and Sunday, December 9 and 20 at 3 p.m.

Tickets for *Little Red Riding Hood's Big Adventure* are \$7. For tickets and information, please call the box office at 708-524-6942.



The bat is the only mammal capable of flight.

Dining / Entertainment

Marriott Theatre to present *The King and I*

Terry James, Executive Producer of the award-winning Marriott Theatre in Lincolnshire, is proud to present *The King and I* which opens November 14, 2001.

Get swept off your feet all over again when East meets West in this beloved Rodgers and Hammerstein romance. The friendship that grows between the lovely Mrs. Anna and the larger than life King of Siam transcends their conflicting cultures. Against the exotic backdrop of 19th century Siam, timeless classics like "Getting to Know You," "Whistle a Happy Tune" and "Shall We Dance?" spring forth with unforgettable grace and splendor. Journey with us to this enchanted land of music, dance and romance.

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. On Saturday, December 23 and December 30 the performance times are at 2:30 p.m. and 7 p.m. New Year's Eve times and prices are as follows: \$43 for the 5 p.m. performance with \$10 off for students and seniors; \$48 for the 8:30 p.m. performance. There will be no discounts on the 8:30 performance.

A sign language interpreted performance by Sign on Stage is scheduled for Saturday, January 13 at 5 p.m.
**Added Thursday Matinees - December 21 and January 11, 2001 at 2 p.m.
Ticket Prices:
Ticket prices range from \$33 to \$38.

Students and senior citizens receive \$5 off the full ticket price (excluding Friday and Saturday performances).
** Receive a complimentary dinner with the purchase of a full price theatre ticket for Thursday evening performances. The Thursday Night Complimentary Dinner has a limited availability and is not applicable with any other discount or offer. Reservations with a major credit card can be made by calling the Marriott Theatre box office at (847) 634-0200.

Dinner Theatre Packages available for all performances. Free Parking/Wheelchair accessible.
www.MarriottTheatre.com.

Advantages hosts trip to Australia & New Zealand

Manufacturers Bank's ADVANTAGES program will host a tour to Australia and New Zealand next spring. On Saturday, October 21 at 10 a.m., an exciting and informative preview of this once in a lifetime tour will be held at the Niles Banking Center, 7557 W. Oakton Street, in the Oak Mill Mall. Refreshments will be served.

This is a 15-day tour visiting Melbourne, Cairns (the Great Barrier Reef), and the city of the Olympics, Sidney, Australia. New Zealand will include Queenstown, Christchurch, Mt. Cook, and Milford Sound with optional tours to Rotorua and the Fiji Islands. This tour is all inclusive and offers an exciting journey to the Land Down Under. The ADVANTAGES program is a unique program offered through Manufacturers Bank. It offers many advantages to customers 50 years of age and older by giving them free banking services, seminars on current topics of interest, special events, bingo, and a wide variety of one-day and extended tours. Call Judy Malz at (847) 583-7811 and ask for a brochure on the Australia...New Zealand tour and plan to join us October 21 for this special preview.

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Reservations Recommended 773-763-1181
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ROSATI'S NOW OPEN FOR LUNCH
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DELIVERY CHARGE APPLIES. Must mention coupon when ordering. Not valid with any other offers.

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SPECIALS

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\$6.50

All meals include Soup, Bread Basket and Fresh Fruit.
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Dining / Entertainment

Grease: Still the Word at Rosemont Theatre



Fans of the pop culture phenomenon Grease can make like greased lightning to get tickets for the upcoming Rosemont Theatre engagement, October 27 - 29, of the Fifties-themed favorite. Tickets go on sale at 10 a.m. September 18 at the Rosemont Theatre Box Office, 5400 N. River Road, all TicketMaster locations, and www.sfx.com.

Rosemont Theatre performances of Grease are scheduled for 8 p.m. on Friday, October 27; 2 p.m. and 8 p.m. on Saturday, October 28; and 1 p.m. and 6:30 p.m. on Sunday, October 29. Tickets range in price from \$29.50 to \$49.50, and a \$10 discount for kids 12 and under is available for all performances except opening night. Fans purchasing tickets for Friday night's performance will receive a 50 percent discount on all seats. To charge tickets, call (312) 559-1212, or visit www.sfx.com.

Pickwick Live Premieres

Pickwick Live Premieres on October 22 with Opera/Jazz Program Featuring L'Opera Piccola and The Brad Williams Trio.

The historic Pickwick stage, once the site of vaudeville shows and dance recitals, comes to life this fall with a season of theatre, music, and dance entitled Pickwick Live. This is a major step in the process begun a year ago when the Pickwick Theatre Council was organized to transform the landmark theatre into a regional performing arts center and to preserve the Art Deco masterpiece, which is the dominant image of Park Ridge Community Church, where L'Opera Piccola has performed in the past.

Tickets for the Opera/Jazz Recital, with reserved seating in the intimate new Pickwick Circle near the stage, are \$25; special rates for groups of 20 or more. Following the performance, there will be a Gala Opening Night Reception with the artists in the Great Hall of the Pickwick Building. The reception is also \$25 per person.

Tickets and information: call the Pickwick Theatre Council Box Office at 847-692-6590.

Fuel injection, which improves the performance of automobiles, was introduced by the British in 1966.

Lake Shore Ski Club Halloween Party

Lake Shore Ski Club's "Goblin Gala" Halloween party will be held at the Belmont Yacht Club on Friday, October 27, 2000 from 7:30 p.m. to 12:30 a.m. There will be dancing to a DJ, food and a cash bar. White costumes are optional, there will be prizes for best male, female, couple, and group costumes. Adults who want to learn about the club's ski trips and other events are invited. There will be a welcoming committee to introduce prospective members and to inform them about the club's activities. Cost for these "event members" is \$44 at the door. For more information, visit our web site at www.lssc.org. The Belmont Yacht Club is at Belmont and Lake Shore Drive.

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LE BRUNCH
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SCRAMBLE OVER EASY OR GET BASTED SUNNYSIDE UP. You get breakfast the way you like at Le Peep. Eggs prepared two dozen ways. Pancakes, O.J., 100% Colombian coffee, Crispy bacon and savory sausage. A great breakfast, at a fair price, served with a smile.

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MONDAY Prime Rib of Beef	\$11⁹⁵	TUESDAY BBQ Ribs - Full Slab	\$12⁹⁵
WEDNESDAY Alaskan King Crab Legs	\$17⁹⁵	THURSDAY Chicken Vusovio	\$ 8⁹⁵
FRIDAY Fish Fry	\$10⁹⁵		

LIVE MUSIC NIGHTLY

Friday, Oct. 20 - Tony Smith 9 pm - 1 am (\$5 cover charge)
Friday, Oct. 27 - Frank Lamphere Quartet 9 pm - 1 am
Wednesday, Nov. 15 - Rick Elvis Saucedo 9 pm - 11:30 pm (\$10 cover charge)
Friday, Nov. 17 - Orquesta 911 Mambo Band 9 pm - 1 am (\$8 cover charge)

**JOIN US FOR THANKSGIVING
Traditional Thanksgiving Family Style Dinner**

Soup & Salad
Baked Ham, Roast Turkey, Dressing, Sweet Potatoes, Mashed Potatoes, Pumpkin Pie, Corn Bread

Adults	Children
\$18⁹⁵	\$10⁹⁵

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RETIREMENT HOME AND NURSING HOME GUIDE



An Informational Guide on Retirement Living, Facilities and Extended Care

Retirement / Nursing Home

Bethany Terrace holds Grandparent's Day Free & low cost medical care available



At a recent Grandparent's Day celebration held at Bethany Terrace Nursing Centre in Morton Grove, Joanne Grano of Chicago enjoyed a dance with her father, Jack Maier, a Bethany Terrace resident. The annual Grandparent's Day Ice Cream Social united residents, staff, family and friends for an afternoon of refreshments and old-fashioned fun. "Ice cream has a way of bringing everyone together and making them feel good," explained Administrator Ken Kolich. "Who doesn't love the stuff?" Live entertainment at the event featured performances by the Ron Mills Orchestra and Day Fitz. Other activities included a caricaturist, balloon sculpting, moonwalk and petting zoo. Bethany Terrace Nursing Centre has been providing its residents with the best and most advanced care in a home-like setting for 35 years. This extensive experience has positioned Bethany Terrace as one of the most knowledgeable health care organizations in the greater Chicago area. Bethany Terrace Nursing Centre is located at 8425 N. Waukegan Rd., south of Dempster and north of Oakton, in Morton Grove. For more information about Bethany Terrace Nursing Centre, please call 847-965-8100.

Financial Assistance Network in Washington, DC has just published a new booklet, "Free & Low Cost Medical Care." The booklet includes information on a how and where to get free and low cost medical care under the Federal Hill-Burton program.

The Hill-Burton program has been in effect for over 50 years providing more than 35 billion dollars in free and low cost care to qualified participants. The program was established in 1946 to assist in the construction and modernization of hospitals and medical care facilities. Nearly 6 billion dollars in grants and loans were given to 7,000 facilities in over 4,000 communities. In exchange, the facilities agreed to provide a reasonable amount of service to persons residing in the local community who are unable to pay.

There are currently 687 facilities that provide free or low cost medical care, but there is rarely any publicity to let the public know about this program," says Jim Surasak, a researcher at Financial Assistance Network. "A step by step outline guides consumers through the process of finding a participating facility, and applying to determine their

eligibility for free or low cost care. Consumers can apply before or after receiving care from a participating facility."

Financial Assistance Network is an organization established by volunteers dedicated to helping people who cannot afford medical care or prescription medication. The primary purposes of Financial Assistance Network are to inform potentially qualified applicants about the patient assistance programs for which they appear eligible and assist them in the enrollment process.

Consumers can receive a copy by sending \$5 to cover the cost of printing, postage and handling to: Financial Assistance Network - Free & Low Cost Medical Care Booklet - Dept. MCB-1013 - P.O. Box 60848, Washington, DC 20039-0848.

Consumers can also get this information from Financial Assistance Network's Internet web site: www.FinancialAssistanceNetwork.org.

Senior Citizen Law Enforcement Academy

Cook County Sheriff Michael F. Sheahan and the Niles Police Department 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 the Niles Senior Center, 999 Civic Center Drive in Niles, beginning November 1.

The Sheriff's Office designed the program to open the lines of communication between senior citizens and law enforcement officials.

The "Senior Academy" at the Niles Senior Center will meet on Wednesday mornings, 9:30-11:30 a.m., through December 13, when all participants will be honored at a graduation ceremony and reception. Sheahan's office provides the program, free of charge, to all senior citizens living in Cook County.

Top officials from the Cook County Sheriff's Office and the Niles Police Department will conduct the seven-session Academy. Each speaker provides pertinent information on an array of topics, including law enforcement agency operations, crimes against seniors, gang & drug awareness, the Emergency Management Agency and the functions of the Cook County jail & courts.

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



Bethany Terrace Nursing Centre

Home

That is how 102-year-old Madeline refers to Bethany Terrace Nursing Centre. When Madeline and her late husband Walter celebrated their 78th wedding anniversary at Bethany Terrace last year, they were surrounded by loving family and friends, as well as other residents and staff members...helping them share their special moment.

Since Madeline's not as spry as she once was, her room is very important to her. Madeline can usually be found there in a comfortable setting...chatting with other residents, staff and visitors as they pass by her open door. She also takes great joy in watching the variety of birds in the breeding aviary.

Providing the optimum in care and warmth while daily meeting the medical, physical, emotional and spiritual needs of each of our residents is what Bethany Terrace does best...every hour of every day.

The Joint Commission on Accreditation of Healthcare Organizations awarded Bethany Terrace and its Alzheimer's Care Center Accreditation with Commendation, the highest award a healthcare facility can earn.

Pet therapy adds another dimension to life at Bethany Terrace. Like Madeline, residents love to interact with the many animals: dogs, Blackie, our rabbit, and a breeding aviary full of active and colorful birds.



Bethany Terrace Nursing Centre, 8425 North Waukegan Road, Morton Grove, Illinois 60053
To arrange a visit and complimentary care assessment, call Admissions at 847/965-8100.

Retirement / Nursing Home

Protein power climbs when nursing homes serve tasty soy recipes

Old folks in nursing homes will fare better if they're full of beans -- soybeans, that is.

Nutrition researchers from Southern Illinois University Carbondale found that when they used soy products in meals nursing home residents were already used to eating, the residents' protein intake increased nearly 20 percent, even though they didn't eat more food.

"Insufficient protein leads to loss of lean muscle mass and problems with the immune system," said Jeannette M. Endres, lead author of an article on the team's research, published this month by the Journal of Nutrition for the Elderly.

"Anything you can do to increase protein consumption will be of benefit."

Soy products are, in Endres' words, "protein dense." What's more, they pack a peck of energy, and they also retain moisture. This makes them ideal recipe ingredients for elderly diners who often don't get enough protein, calories and fluid to keep them healthy.

It's not that senior citizens are picky eaters. Many just have tiny appetites. What's more, diminished sense of taste and smell mean food no longer tempts them as it once did. Then, too, dental problems sometimes make food hard to chew, while physical ailments can make the chore of cutting it up seem like too much to bother with.

Adding soy can make many menu staples more palatable.

"Soy can make foods like chicken or roast beef so tender you can cut it with a fork, and it can make cakes and cookies moist," Endres said. "When you have a tender, moist product, people tend to eat more of it."

But the question was, would they? While dietitians had studied the willingness of school kids to chow down on soy, no one had ever looked at how their grandparents felt about that stuff. A grant from the Illinois Soybean Association allowed the SIUC researchers -- Endres, Patricia K. Welch, HeaRan Ashraf, William J. Banz and Elaine Gower -- to check that out.

Taking a three-week menu cycle from a 260-bed long-term care facility, the team fiddled with the recipes, looking to add soy products wherever they could.

"We worked on everything from cereal to dessert," Endres

said. "The aim was to have these foods look and taste very much like they did before."

They did, too, judging by what was left on the plates. In tests that compared consumption of three weeks worth of meals prepared the traditional way with three meals made with soy-enhanced foods, the researchers found that the residents ate about two-thirds of what was on their plates no matter what it

contained. But because of soy foods' protein density, they ate an average of 13.2 grams more protein each day than they did on their regular diet -- an increase of 19.6 percent.

"This shows that soy can be incorporated into foods that the elderly will readily accept," Endres said.

"Not only will they get the protein, calories and fluid they need, but a number of studies

have indicated that regular consumption of soy protein may reduce the incidence of certain cancers, kidney and heart disease, and osteoporosis."

Recognizing soy's healthy benefits, the Illinois Department of Public Health has revised its guidelines for long-term care facilities to allow the addition of soy foods as a major source of dietary protein. This revision prompted the Illinois Soybean

Association, which funded the SIUC research, to underwrite a cookbook using the recipes developed by Endres and her colleagues. The association is distributing the cookbook free to all nursing homes in the state. To request a copy, contact Teresa Miller by e-mail at tmiller@isoy.org, by telephone at 309/663-6792 or through regular mail at 1605 Commerce Parkway, Bloomington, IL 62704.



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When you need skilled nursing care for a loved one, you look for a facility close to home — and hope you choose the best. With Glenview Terrace, you get the best. For over 20 years, our level of expertise, commitment and compassion have brought you and your family the very best in skilled nursing, rehabilitative and Alzheimer's care.

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And, Glenview Terrace has received accreditation from the Joint Commission on Accreditation of Healthcare Organizations for its Skilled Nursing and Alzheimer's Care.

You need not compromise compassion and comfort so that your loved one is close to home. Call Glenview Terrace at (847) 729-9090.



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Morton Grove Senior Citizens 470-5223

"WELLNESS IN THE 21st CENTURY"

This "Take Time For Thursday" seminar will focus on optimal health no matter what a person's medical condition may be. Dr. Michael Porter, a Park Ridge Chiropractor, will talk about exercise, nutrition, acupuncture, lifting techniques and answer questions about disease prevention and improving well-being at 1 p.m. on Thursday, Oct. 19 in the Prairie View Community Center. Register by calling Morton Grove Park District Senior Adult Supervisor, Catherine Dean at 965-1200.

55 ALIVE MATURE DRIVING COURSE

The 55 Alive Mature Driving Course is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for

these changes in improving their driving skills. Additionally, drivers will find that by completing this course they can receive a discount on a portion of their automobile insurance. The next course offered at the Morton Grove Village Hall Senior Center starts at 8:30 a.m. on both Thursday, Oct. 19 and Saturday, Oct. 21. The cost of the course is \$10. Call the Senior Hot Line at 470-5223 to sign up.

DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin, slow healing of cuts and bruises; and drowsiness. Free diabetes screening is offered from 9 to 10 a.m. on Tuesday, Oct. 24 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the evening meal the night before.

FORUM WITH U.S. CONGRESSWOMAN JAN SCHAKOWSKY

U.S. Congresswoman Jan Schakowsky will be working with her colleagues in Washington to obtain a prescription drug benefit under Medicare that is universal, affordable, and voluntary. To assist in her efforts, Congresswoman Schakowsky and the Village of Morton Grove invite area senior citizens to a public forum from 1 to 2 p.m. on Wednesday, Oct. 25 in the Morton Grove Village Hall Council Chambers to discuss prescription drug coverage. Congresswoman Schakowsky desires to receive valuable input on this topic from constituents who attend the Forum. Light refreshments will be served following the Forum.

The Village Hall Senior Center will serve lunch just prior to the Forum at 11:45 a.m. on this date. A reservation is required for lunch but not for the Forum. To sign up for lunch call the Morton Grove Senior Hot Line at 470-5223.

FINE ART AT LOCAL HIGH SCHOOLS

Maine East Niles North, and Niles West High Schools invite seniors to join in on free school productions to be performed this Fall. For details about events or club memberships at the schools, call Maine East at 692-3600 and Niles Township at 568-3956.

At Maine East:

Variety Show Matinee; Thursday, Nov. 4 at 4 p.m.

At Niles North:

Band Concert; Tuesday, Oct. 24 at 7:30 p.m.

Orchestra & Choir Concert; Thursday, Oct. 26 at 7:30 p.m.

At Niles West:

Orchestra Fall Concert; Thursday, Oct. 26 at 7:30 p.m.

Choir Fall Concert; Wednesday, Nov. 1 at 7:30 p.m.

CHICAGO NEIGHBORHOOD TOUR

Join the Prairie View Travel Club for a guided bus tour on Thursday, Oct. 26 featuring a kaleidoscope of murals, folk art and historic churches in the Ukrainian Village neighborhood plus a visit to the Ukrainian National Museum. This trip also includes a stop at the Polish Museum of America, one of the oldest and largest ethnic museums in the country. Lunch will be at Isabel's Restaurant for delicious Puerto Rican fare. The cost is \$51 for residents, and \$58 for non-residents. The bus will leave the Prairie View Community Center at 9 a.m., and return at approximately 4 p.m. Register at the Prairie View Community Center.

FLU & PNEUMONIA SHOTS

The Village of Morton Grove will provide flu and pneumonia shots for residents age 60+ at the Morton Grove Village Hall Senior Center. Shots are free if the patient's primary insurance is Medicare Part B. Those enrolled in an HMO or who do not subscribe to Medicare Part B pay \$10 for the flu and \$20 for the pneumonia shot. Those interested in a shot must make a reservation by calling the Morton Grove Senior Hot Line at 470-5223. Dates and times in the Morton Grove Village Hall Senior Center are:

• Thursday, Nov. 2; 2 to 5 p.m.

• Saturday, Nov. 4; 9 a.m. to 12 noon

• Wednesday, Nov. 8; 2 to 5 p.m.

ELECTION JUDGES

Democratic and Republican Election Judges are needed in Maine and Niles Townships to serve in the Nov. 7th General election. The pay is \$150 with prior attendance at a two-hour training class. Classes will be held in October. Any registered voter in Cook County can serve as an election judge. For more information call:

• Maine Township Democrats: 384-0255

• Maine Township Republicans: 824-8350

• Niles Township Democrats: 673-7779

• Niles township Republicans: 966-8282

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

Seniors use Email to cut prescription drug costs

Thousands of U.S. seniors found legitimate e-mail order links to the world's lowest prices on prescription drugs and are having their prescriptions filled by licensed pharmacies abroad. Previously seniors had to travel to Canada or Mexico to obtain their prescriptions for pennies on the dollar.

"U.S. Seniors are now able to use e-mail to fill their prescriptions abroad according to FDA guidelines," says M.J. McCormick, developer of medicines.MD. The senior focused website www.medicines.md maintains regularly updated international price lists for the 120 most popular brand name prescription medicines and over 1300 generics. Seniors are able to compare their current prescription costs with the international prices for the same medications. Complete ordering information is available by visiting www.medicines.md.

Supporting Americans who cannot afford their prescription drugs, Congress recently approved an amendment recognizing the right of consumers to have their prescriptions filled by licensed international pharmacies.

Free Senior Citizen Bingo Party

Bingo Committee Chairman Nick Costantino is pleased to announce a free Senior Citizen Bingo Party is being held at the House of the White Eagle, 6845 North Milwaukee Avenue, Niles, Illinois, on Wednesday, October 25, 2000.

Mayor Nicholas B. Blase, in conjunction with Maine Township Regular Democratic Committeeman Andrew Przybylo, are co-sponsors and supporters of this popular event, being offered free to all senior citizens residing in the Village of Niles or Maine Township.

Doors will open at 11:45 a.m. and the games will start at 12:30 p.m. There will be prizes and free refreshments served. A King and Queen will be selected to reign over the day's activities and each will receive a cash award.

Tickets can be obtained at local senior citizen clubs and also at 8074 North Milwaukee Avenue, Niles, Illinois.

Scheduled guest speakers for this party are State Representative Ralph Capparrelli and Cook County States Attorney Dick Devine.

For more information, please call (847) 692-3388.

The joke loses everything when the joker laughs himself.
—Johann Christoph Friedrich von Schiller

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Village of Niles residents, age 62 and over, and their younger spouses. To register for classes, trips, or purchase tickets, you must be a member of the Center. Please call or visit, and be placed on the mailing list.

VETERANS' REMEMBRANCES

Veterans' Remembrances are Thursdays, Nov. 2 and 9, 1:30 to 2:30 p.m. Marty Friedman leads discussion of WWII experiences and memories. Restricted to veterans.

TICKET SALES

Please call for ticket availability.

Evening at the Center: Card Party - Wednesday, Oct. 25, 5 to 8:30 p.m. Enjoy a Submarine Sandwich & German Potato Salad followed by an evening of Pinochle, Bridge, Poker, Uno, Billiards, and Board Games. Please notify the front desk if you are interested in playing a specific game, but do not have a partner. Cost: \$6.

Visit "Sue" - Two Dates: Thursday, Oct. 26; or Friday, Nov. 3, 9 a.m. to 4:30 p.m. Travel back to the time of the dinosaurs! Visit Sue at the Field Museum. Then enjoy a delicious lunch at Lawry's, choice of Prime Rib or Turkey. Cost: \$31.

November Lite Lunch and Movie - Friday, Nov. 3, 12 noon. Enjoy Sliced Turkey on Wheat with Potato Salad, then enjoy the movie, *Enemy of the State* (1998, R) starring Will Smith and Gene Hackman. Cost: \$2.

Sunday At The Center: Tailgate Party - Sunday, Nov. 5, 11 a.m. to 3 p.m. Cheer the Chicago Bears as they face the Indianapolis Colts. Enjoy Sloppy Joe Sandwiches and Chips and special Raffle prizes. Cost: \$3.50.

Evening At The Center: The Dazzling Decades - Wednesday, Nov. 15, 5 to 8:30 p.m. Enjoy a delicious Italian dinner featuring Mostaccioli, Italian Sausage, Meatballs, Green Beans Almondine, Tossed Salad and Dessert. Sit back and listen to the best songs of the decades as performed by *The Profiles*. Cost: \$8.50.

Annual Men's Club Holiday Party - Friday, Dec. 1, 11 a.m. to 4 p.m. Join us for a delightful afternoon at Przybylo's White Eagle Restaurant. Doors open at 11 a.m. with lunch served at noon. Your choice of Beef (\$19.50), Fish (\$19.50), or Chicken (\$18.50). Then listen or dance until 4 p.m. to the music of the Frank Martello Orchestra.

FOR YOUR HEALTH VILLAGE OF NILES SENIOR CENTER

OCTOBER 26

FIRST FLU SHOT DATE

A limited amount of flu vaccine will be available on October 26. The clinic will be open 9:30 to 11:30 a.m. and 1:30 to 4 p.m., or until the vaccine is gone. No appointments are being taken. We are targeting Niles seniors most at risk, age 65 and older with chronic illnesses. You need to show an I.D. that contains your age and residence. Remember to bring your Medicare card. Medicare will be billed. Those of you who belong to an HMO should get immunized through your physician's office. HMO members regardless of age will be charged \$10. Future dates will be announced as more flu vaccine is received.

NOVEMBER 2

VASCULAR HEALTH SCREENING

Vascular Health Screening is Thursday, Nov. 2, 9 a.m. to 4 p.m. in Room 127. Stroke Screening (Carotid Artery Test), an ultrasound of the arteries in the neck. Cost: \$36. Peripheral Arterial Disease (Ankle Brachial Index), an ultrasound to measure blood flow in the arms and legs. Cost: \$36. Abdominal Aortic Aneurysm Test, an ultrasound to visualize the existence of an abdominal aneurysm. Cost: \$36. All three screenings: \$90. We Care will perform screenings. Call: 1-800-253-1181 to schedule an appointment.

Pneumococcal Vaccine is still available. Contact Terry Dalla Valle, RN, BSN, for an appointment.

POKER TOURNAMENT

Poker Tournament is Friday, October 20 at 12 noon. Seven card stud, five card draw. Cost: \$3.50 includes lunch and prizes. Registration is required.

WOMEN'S GOLF BANQUET

Women's Golf Banquet is Friday, Oct. 20 at 12 noon at Maxwell's. Cost: \$12.

OCTOBER FRIDAYS AT THE MOVIES CONTINUES

October 20, 1 p.m., *The Next Best Thing* (2000, PG-13). Madonna stars as a Yoga instructor having a child with her best

friend who is gay (Rupert Everett). Problems develop when she falls in love with another man played by Benjamin Bratt.

October 27, 1 p.m., *Stephen King's The Green Mile* (1999, R). Tom Hanks as supervisor on Death Row where he meets a gentle giant prisoner. Intense and mystical.

WOMEN'S CLUB MEETING AND LUNCHEON
Women's Club Meeting and Luncheon is Monday, Oct. 23 at 12 noon. Following a meal of Mostaccioli and Salad, the Barefoot Hawaiian Dancers will perform. Cost: \$2.

COMPUTER PRESENTATION:
"BREAKING DOWN THE COMPUTER"
Computer Presentation: "Breaking Down the Computer" is Wednesday, Oct. 25 at 10 a.m. See the insides of a computer. Registration is required.

SPECIAL SATURDAY
ARTS & CRAFTS OFFERING

Arts & Crafts Fair is Saturday, Nov. 18, from 10 a.m. to 3:30 p.m. Vendor registration now being taken. \$2 Hot Dog Lunch.

Create A Craft - Visit the Art & Crafts Fair on Saturday, Nov. 18, and then try your hand at creating a craft of your own. Two Sessions offered - each \$10 (fee includes supplies).

Holiday Countdown Calendar - 10:30 a.m. to 12 noon. (Perfect to make with a grandchild.) Register is required.

Terra Cotta Scarecrow - 1 to 2:30 p.m. Registration is required.

Health Fair

Norridge HealthCare & Rehabilitation Centre - 7001 W. Calum, Norridge (708) 457-0700.

Thursday, October 19th, 10 a.m. - 3 p.m. Free Health Screenings:

• Cholesterol

• Blood Pressure

• Accu-Checks

• Body Fat Screening

• Eye Examinations

• Hearing Examinations

• Health & Medical Risk Appraisal

• Blood Glucose

• Osteoporosis (if you do not have Medicare there will be a \$20 fee for the osteoporosis screening).

It's your chance to get FREE health information and over \$500 worth of FREE health screening.

Medical care available at low cost

Is your medical care too expensive for your budget? If so, information in a new booklet might help.

The Cost Containment Research Institute in Washington, DC has just published a 59-page booklet, "Free and Low Cost Medical Care." The second edition booklet gives information on how and where to get free and low cost medical care.

"Many medical facilities provide free or low cost medical care, but consumers rarely hear about the programs," says Gary Nave, Director of the Institute. "We've published a listing of over seven hundred medical facilities that provide certain services for free or low cost to qualified individuals." In the past year, 350 million dollars in free and low cost medical care benefiting nearly one million people has been provided.

Consumers can receive a copy by sending \$5 to cover the cost of printing, postage and handling to: Institute Fulfillment Center, Booklet #MC-430, P.O. Box 210, Dallas, PA 18612-0210. Consumers can also download this information for free from The Institute's Internet web site: www.instituteccdc.org.

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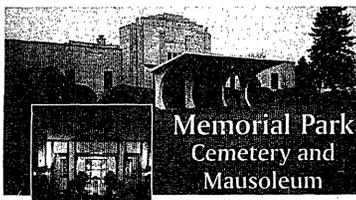


Retirement / Nursing Home

St. Matthew Lutheran Home Paves the Way



St. Matthew Lutheran Home, in conjunction with Lutheran Social Services of Illinois, was proud to be one of the sponsors of the 11th annual Memory Walk which was held on October 7, 2000. The Alzheimer's Association holds the event annually to raise money for Alzheimer's research. Recent figures show that over 120,000 people in the Chicago land area and 4,000,000 nationwide are afflicted with this debilitating disease. The St. Matthew team was named after their dementia special care unit, Faith Place. In paving the way in quality dementia care, The Faith Place Pavers raised over \$1,700 for the Association. It was a beautiful morning to be walking along Chicago's lakefront, all who participated had a great time. This event is a wonderful opportunity for professionals as well as those who have loved ones who are afflicted with the disease, to come together to fight for a common cause.



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Saturday, October 21 - 10 a.m.-3 p.m.

Floral Pieces, Jewelry, Wreaths and Door Hangings, White Elephant Sale, Christmas Merchandise, Vintage Linens, Residents' Crafts, Yard Goods and Yarn.

Bake Sale, featuring Julekake (Norwegian dessert), Homemade Baked Items and Butter Cookies

Lunch from 11:30 a.m.-1:30 p.m. at \$5.00 per person
(Stuppy Joe or Hot Dog, plus Potato Chips, Dessert and beverage)

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(773) 631-4856

Tours of Norwood Park Home Available Upon Request

New courses offered by Oakton Emeritus program

Explore the history and the meaning of various religious traditions by enrolling in a course offered by Oakton Community College's Emeritus program. Classes meet at the Ray Hartstein Campus, 7701 N. Lincoln Avenue, Skokie.

Ancient Egyptian Religion (PHL E18-61). Touch-Tone 01888 traces the development of worship in Egypt from one to many gods, and the move by Pharaoh Akhenaten to promote the worship of one form of the solar deity, the noonday disk. This class meets from 2:30 - 4 p.m. on six Tuesdays, beginning Nov. 7. The course fee is \$80.

Life Beyond Life (PHL E35-61). Touch-Tone 02715 explores how several major religions, including Judaism, Christianity, Islam, Hinduism and Buddhism, address life after death. This class meets from 10:30 a.m. - noon on eight Mondays, beginning Oct. 16. The course fee is \$90.

Students age 60 and older who live in Oakton's district pay half the listed fee. A registration fee of \$5 is required for students under 60 and those who live out-of-district. Those who have registered for Oakton or ALL classes within the last five years and have a Social Security number on file may register using the Touch-Tone phone registration system by dialing (847) 635-1616. Touch-Tone registration requires payment with a major credit card (Visa, MasterCard or Discover).

Prescription Drug Forum to be presented

U.S. Congresswoman Jan Schakowsky will be working with her colleagues in Washington to obtain a prescription drug benefit under Medicare that is universal, affordable, and voluntary. To assist in her efforts, Congresswoman Schakowsky and the Village of Morton Grove invite area senior citizens to a public forum from 1 to 2 p.m. on Wednesday, Oct. 25 in the Morton Grove Village Hall Council Chambers to discuss prescription drug coverage. Congresswoman Schakowsky desires to receive valuable input on this topic from constituents who attend the Forum. Light refreshments will be served following the Forum.

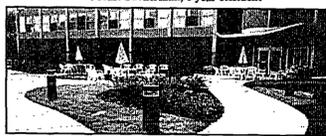
The Village Hall Senior Center will serve lunch just prior to the Forum at 11:45 a.m. on this date. A reservation is required for lunch but not for the Forum. To sign up for lunch call the Morton Grove Senior Hot Line at 470-5223.

Public Service Ad

Are you looking to re-enter the workforce? The Illinois Older Worker Information Clearinghouse can help you find employment and training opportunities near you. It provides free information on the state/federal training and job placement assistance programs available to you. For more information call the Illinois Older Worker Information Hotline toll-free at 1-877-690-9675 or visit www.olderworker.org.

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—Sir Arthur Conan Doyle

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Retirement / Nursing Home

Seniors urged to talk to their healthcare providers about pneumococcal vaccine

Regardless of when the flu vaccine is available this fall, seniors and others considered to be at high-risk for influenza are encouraged to talk to their healthcare provider about pneumonia vaccine. Pneumococcal pneumonia, caused by the bacteria *Streptococcus pneumoniae*, is the most common bacterial complication of influenza.

An estimated 150,000 to 570,000 cases of pneumococcal pneumonia occur annually in the United States. Pneumococcal infection, which can also affect the brain (as meningitis) or blood (as bacteremia), causes approximately 40,000 deaths in the U.S. each year. The fatality rate for pneumococcal infection is higher among the elderly.

The bacteria that causes pneumococcal disease has become increasingly resistant to common antibiotics. In some areas as many as 35 percent of pneumo-

coccal bacteria have been reported to be resistant to penicillin. Many penicillin-resistant pneumococci also are resistant to other antimicrobial drugs.

The Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention recommends pneumococcal vaccination for everyone over age 65 as well as persons over age two with certain underlying medical conditions, including congestive heart disease, diabetes, emphysema, liver disease, sickle cell or HIV. Those living in special environments (e.g. nursing homes or long-term care facilities) are at increased risk for pneumococcal infection. You should talk to your doctor about whether pneumococcal vaccination is appropriate for you. There are persons who should not receive pneumococcal vaccine. For example, the vaccine should not

be given to anyone allergic to any vaccine component.

Most people ages 65 and older need only one shot, though the duration of protection is uncertain. All persons over 65 years who have not received the vaccine within five years (and were younger than 65 years at the time of vaccination) should receive another dose of vaccine. Pneumococcal vaccine may not protect everyone, and it will not prevent disease caused by types of pneumococcus other than those contained in the vaccine. Some of the side effects that may occur with pneumococcal vaccine include soreness, warmth and swelling at the injection site; fever and other less common systemic reactions. Other more serious reactions have been reported with pneumococcal vaccine. You should talk to your doctor about the vaccine's side effects.

55 Alive safe-driving course

Advocate Lutheran General Hospital's Senior Advocate program and the American Association of Retired Persons (AARP) is offering 55 Alive, a two-session safe driving refresher course for experienced motorists 50 and older.

The eight-hour course is taught in two, four-hour sessions spanning two days. The sessions will be held from 9 a.m. to 1 p.m. Saturdays, October 21 and October 28, in the Special Functions Dining Room on the 10th floor of Lutheran General Hospital, Park Ridge. Participants must attend both dates to become eligible for a reduction in car insurance rates.

There is a \$10 fee for the program and refreshments are included. The class size is limited. To register, call 1-800-3-ADVOCATE (1-800-323-8622). The course helps drivers refine existing skills and develop safe, defensive driving techniques. Topics covered include age-related physical changes (vision, hearing, reaction time) and ways to compensate for those changes, traffic safety rules of the road, new laws, hazardous driving situations, effects of medications on

Niles Senior Center Men's Club

On Monday, October 23 at 11 a.m. the Niles Senior Center Men's Club will have a panel from the Metropolitan Water Reclamation District attend their meeting. It will be held at the Senior Center, 999 Civic Center Drive, Niles.

Gladstone Post 777 meeting

The American Legion Gladstone Post #777's next meeting will be Oct. 20 at 8 p.m. at the P.N.A. Youth Council Hall, 6038 W. Cicero Ave., Chicago. All eligible veterans are cordially invited to join our friendly Post. Refreshments will be served. For info call 1-773-685-9568.

Senior Halloween Party

The Leaning Tower YMCA, 6300 W. Touhy Ave. in Niles will hold a Senior Halloween Party on Friday, October 27, from 1 to 3 p.m. Don't forget to wear your costume. Members without costumes will be fined \$1. Fee for guests is \$3. For more information call (847) 647-8222.



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Retirement / Nursing Home

The Wealshire selected to participate in clinical trial for new Alzheimer's drug

In a continuing effort to find therapies that will bring improved treatment to people with Alzheimer's disease, The Wealshire, a private residential facility in Lincolnshire, is participating in a clinical trial of a new drug that will improve quality of life by lessening behavioral disturbances associated with the disease.

Concetta Forchetti, M.D., Ph.D. (pronounced Forketti), a neurologist and medical director for The Wealshire said people with Alzheimer's disease sometimes hallucinate, become agitated, or pace nonstop. "These behaviors can be hurdles for caregiver," she explained, "because a frightened, confused or angry person will refuse to socialize or cooperate with other therapies. Medication that can act on these behaviors and promote understanding will bring more enjoyment."

Potential volunteers for the clinical trial will first be identified by Dr. Forchetti. Spouses, adult children, or other caregivers will then be asked for their approval.

The Chicago Center for Clinical Research, a division of Pro-

eral Drug Administration) review. The neurological testing program, for various memory loss conditions, can also help determine the presence of Alzheimer's Disease and Related Dementias (ADRD). Following the assessment, the Memory Clinic's staff of nurses, clinical assistants, psychologists and social workers, design a personal care

Maine Township to host senior bingo and cocktail party

The Maine Township Regular Democratic Organization will host a free bingo party for Senior Citizen residents of the township on Wednesday, October 25. The event, which will start at noon, will feature cash prizes, and a variety of popular bingo games. Coffee will be provided.

The organization will be hosting candidates for Congress, the Illinois House and Senate, and various Cook County and local offices, both at their regular meeting on Friday, October 13,

plan for the patient and counsels family members on how all involved - patient, caregiver, and treatment providers - can achieve optimum success. For more information about The Wealshire, the clinical trial, Memory Clinic, Adult Day Care Services, Respite Programs, or The Ponds; or to tour the furnished models, call (847) 883-9000.

at 8 p.m., and at their annual fund-raising cocktail party, Friday October 27 at 7 p.m. Regular Citizen meetings are held the second Friday of each month, and are open to the public, at no cost. Tickets for the cocktail party are \$55 each.

All three events will be held at The White Eagle, 6845 N. Milwaukee Avenue, in Niles.

For more information on any of these events, or to reserve tickets for the cocktail party, call (847) 647-0694.

Civic Center Sr. Mens Bowl Niles Brunswick

Wed., Sept. 20, 2000		#6-Colonial #2	12 16
TEAMSTANDINGS		#10-Heatmaster	12 16
W	L	#4-Northshore	12 16
#11-Minelli	23 5	#17-Alliance	11 17
#16-Dr. Bello	21 7	#13-State Farm	11 17
#19-Breakers	19 9	#1-Skaja #1	11 17
#22-Pennys	17 11	#2-Skaja #2	8 20
#8-Tramcar	17 11	#9-Monarch	6 22
#15-Malec	17 11		
#14-Colonial #1	16 12		
#7-Callero+Catino	15 13		
#21-FDR Post	15 13		
#12-Miners	15 13		
#5-REMAX	14 14		
#3-Candlelight	14 14		
#18-J.F. Barber	14 14		
#20-MCH	12 16		

"HOT SHOTS"

Glenn Knudsen	546
Edwin Gawle	544
Jim Drexler	537
Joe Kozbil	536
Todd Bavaro	534

Antique Treasure Fair at Norwood Park meeting

The October 25 meeting of the Norwood Park Historical Society will again feature their third Annual Antique Treasure Fair at 7 p.m. at the Crippen House, 5624 N. Newark Ave.

This year there will be three appraisers who have been featured on Channel 68's APPRAISAL FAIR to give you professional appraisals on fine art, china, glassware, jewelry, dolls, toys

and collectibles. There will be a \$5 charge for each item and \$2 for each additional item -- if time permits.

Be sure to join the Historical Society for this exciting, fund-raising event.

Again -- Wednesday, October 25, 7 p.m. at the Crippen House, 5624 N. Newark Ave. There will be a short business meeting preceding the appraisals.

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

The NPHS is seeking candidates for the Tenth Annual Home Beautification Awards ceremony to be held February 2001. Nominations must be in before the end of December. Candidates are limited to homeowners living in Community Area 10. Call Tom Spenny 773-631-4633.

Scott L. Masur

A Skokie student received a bachelor's degree from Bradley University in August. Scott L. Masur, son of Mr. and Mrs. David Masur of Skokie, received a Bachelor of Science degree.

Retirement / Nursing Home

Walk for Alzheimer's disease



Staff from Glenview Terrace Nursing Center walked to raise funds for the Chicagoland Chapter of the Alzheimer's Association during Memory Walk 2000.

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Comprehensive Pension Reform Package Vital to those Saving for Retirement

by Lindsey Wilkins

For 10 years, our elected officials in Washington have worked in unison on HR 1102, a comprehensive pension reform package to provide Americans with the opportunity to save and invest for retirement. That decade of effort hopefully will soon bear fruit.

The U.S. House of Representatives approved by a 401 to 25 vote the bill that would gradually raise contribution limits for individual retirement accounts (IRAs) and 401(k)s. The measure is currently being considered by the Senate.

This proposed legislation would incrementally increase the annual IRA contribution limit

from \$2,000 to \$5,000 beginning in the year 2001. The bill also would increase 401(k) contributions to \$15,000 annually from \$10,500.

Increasing the IRA contribution limit is of critical importance for several reasons:

- The IRA contribution limit has not been raised since 1981, the same year the late Princess Diana was married and IBM sold its first personal computer.

- IRAs are the only retirement account not indexed for inflation. Had the IRA contribution limit been indexed annually for inflation, it would be \$4,616 today.

- The accumulated difference between saving \$2,000 and \$5,000 over 15 years at 8 percent is an additional \$81,000.

- Half of all working Americans are not covered by an employer-sponsored retirement plan, so the IRA is their only tax deductible opportunity to save and invest, according to the Employee Benefits Research Institute.

- Millions of Americans are nearing retirement and their need to save and invest is even more critical.

- The U.S. savings rate has dropped to a historical low and is one of the lowest among industrialized nations.

Unfortunately, as this proposed legislation has worked its way through Congress, that spirit of bipartisanship that got us to this point is fading. Changes and additions to the bill have clouded the original intent and impact of the version overwhelmingly approved in the House. People's retirement is too important an issue to be used as leverage to gain political advantage.

We urge our elected officials to move beyond partisan politics and forge ahead with this vital piece of legislation that will stimulate savings, increase retirement security and eliminate obstacles to retirement plan coverage for small businesses. After 10 years of work, failure to pass this vital legislation would be far more than disappointing. It would deny millions of Americans the chance for a more secure retirement.

Ms. Lindsey Wilkins is the Edward Jones Partner who oversees the firm's retirement planning departments.



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Guest Speaker Amy Perrin Ross, R.N., M.S.N., C.N.R.N.
Tuesday, November 14, 2000

Amy Perrin Ross is a Certified Neurosurgical Nurse who has over 20 years of nursing experience. She has a Master of Science degree in Nursing from Loyola University in Chicago where she is currently the Neuroscience Program Coordinator at the Loyola University Medical Center and has spoken to caregivers and professionals across the United States about Alzheimer's disease and dementia. Now, Amy Perrin Ross is coming to Northbrook to share her Alzheimer's expertise with you.

Join us for this special seminar. Seating is limited, so make your reservations early. Adult day care will be provided by qualified staff. Please ask about this service when making your reservation. Refreshments and hors d'oeuvres will be served.

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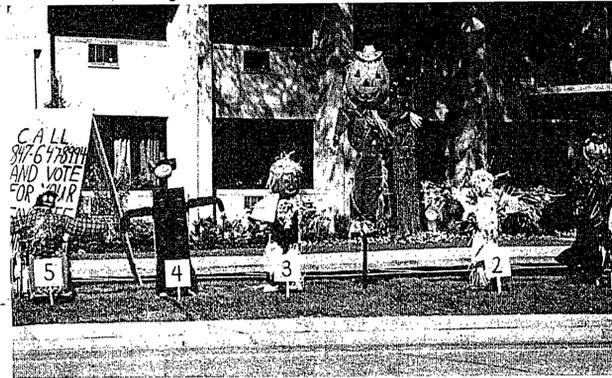
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Retirement / Nursing Home

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You can vote for your favorite Scare Crow by calling Forest Villa Nursing Center at 647-8994. The nursing center is located at 6840 Touhy in Niles.

Photo by Marti Kaz

Senior Walking Club

Join us on Tuesdays and Thursdays as we walk for an hour at Prairie View, surrounding neighborhoods or other "paths" of interest. Come and enjoy the colors of fall. For more information call the Morton Grove Park District at 847-965-1200.

Read the Bugle
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'Surviving on Elston'

Renaissance Social Services, Inc., a 501(c)(3) Illinois not-for-profit social service agency, will hold its first fund raising event "Surviving on Elston" on Saturday evening, October 21 at 7 p.m. at "The Warehouse" on 2211 N. Elston Ave. in Chicago. Loosely based on the much-talked about "Survivor" television series, guests at the evening's festivities will be eligible for a \$2,500 cash prize, after successfully accomplishing several challenges. A buffet dinner, a DJ, dancing, karaoke, and a "short, silly silent

action" in a unique environment with free parking round out the evening. Tickets are \$99.50 per person. Contact Robert Lieberman, Executive Director, at (773) 645-0204 for more information.

Renaissance Social Services, Inc. is a permanent link between homelessness and permanent housing. Its mission is to provide housing stability for residents of limited income housing through a program of supportive services, case management and tenant education.

UMH&S hosts Open House

United Methodist Homes & Services (UMH&S) is hosting an open house at its new and elegant assisted living residence, Hartwell House offers a flexible assisted living program for older adults that encourages privacy and independence, while also promoting companionship and new experiences.

Hartwell House is the latest offering of UMH&S, a nonprofit, nonsectarian organization with more than 100 years of providing housing and supportive services for older adults. Other residential

services provided by UMH&S include The Methodist Home, a skilled nursing facility, and Winwood and Glenwood Apartments featuring independent living arrangements for older adults with lower incomes. UMH&S also offers homemaker and other services to older adults in their own homes through its Community Support Service program.

For more information on the Open House or other UMH&S programs, please call 773-769-5500.



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Lincolnwood Seniors

The Lincolnwood Parks & Recreation Department would like to cordially invite the community to our Annual Halloween Party on Tuesday, October 31, at Proesel Park. The event is FREE and only for Lincolnwood residents. Dress up the kids and come on by, festivities begin at 6:30 p.m. and the fun lasts until 8:30 p.m. Don't miss the fun, games, goodies and more at the annual community Halloween party.

Join us on Thursday, November 9, for an Art & Myth Performance. Patricia Pelletier will excite and educate the masses with a dramatic storytelling of the Fall Harvest from the views of two different cultures, Greek and Native American. A light snack will be served. The cost of this event is \$15 for members and \$20 for guests. The event will take place from 1 p.m.-2:30 p.m. at the Lincolnwood Community Center located at the corner of Lincoln and Morse Avenues.

The community is invited on Tuesday, November 14, to hear Margot Fenech, a guest speaker, talk about growing older and living independently. You can have your blood pressure taken for FREE. Pastries and coffee, along with a few other surprise goodies, will be available also. The event begins at 10:30 a.m. at the Lincolnwood Community Center located at the corner of Lincoln and Morse Avenues.

The Lincolnwood Seniors Club extends an invitation to the community to join them on Thursday, November 16 at the Drury Lane Theatre in Oak Brook, to enjoy a musical production of Carousel. The cost for this event is \$50 for members and \$55 for guests. The price includes

In parts of England, it was once believed that passing a child through the branches of a maple tree insured long life for the child.

deluxe motorcoach transportation, entry to the show, and lunch served at the theater. Departure time is 11 a.m. from the Lincolnwood Village Hall, 6900 North Lincoln Avenue, with return scheduled for approximately 5:30 p.m.

Join us on Thursday, November 9, for an Art & Myth Performance. Patricia Pelletier will excite and educate the masses with a dramatic storytelling of the Fall Harvest from the views of two different cultures, Greek and Native American. A light snack will be served. The cost of this event is \$15 for members and \$20 for guests. The event will take place from 1 p.m.-2:30 p.m. at the Lincolnwood Community Center located at the corner of Lincoln and Morse Avenues.

Join us on Friday, December 1, for a trip to the All State Arena in Rosemont, Illinois, to see the Radio City Christmas Spectacular. The cost of this event, \$64 for members and \$69 for guests, includes deluxe motorcoach transportation and entry to the show. Departure time is 1 p.m. from the Lincolnwood Village Hall, 6900 North Lincoln Avenue, with return estimated at 5:30 p.m.

Senior bingo and cocktail party

The Maine Township Regular Democratic Organization will host a free bingo party for Senior Citizen residents of the township on Wednesday, October 25. The event, which will start at 12 noon, will feature cash prizes, and a variety of popular bingo games. Coffee and will be provided.

The organization will be hosting candidates for Congress, The Illinois House and Senate, and various Cook County and local offices, both at their regular meeting on Friday, Oct. 13, at 8 p.m., and at their annual fund-raising cocktail party, Friday, Oct. 27 at 7 p.m. (note change in date from prior release). Regular meetings are held the second Friday of each month, and are open to the public, at no cost. Tickets for the cocktail party are \$55 each.

All three events will be held at The White Eagle, 6845 N. Milwaukee Ave., in Niles.

For more information on any of these events, or to reserve tickets for the cocktail party, call (847) 647-0694 (note change in phone number from prior release).

"Will the Real Michael Provenzano Step Forward"



At a recent Provenzano family wedding, local Niles resident, Michael Provenzano was joined for a photo by other male family members all named Michael Provenzano.

Shown left to right: great nephew Michael T. Provenzano, of DesPlaines, Michael of Niles, his son Michael B. Provenzano of Palatine and grandson Michael E. Provenzano also of Palatine.

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Retirement / Nursing Home

Probate: What Is It and Why Should You Try to Avoid It?

The term probate is often thrown around as freely as the daily paper. People know the word, but they don't know the implications. Maybe they knew someone who "went through" probate after the loss of a family member. Generally speaking however, most don't really know what probate is or how it works, much less how to avoid it. They only know that it is something that happens to a person's estate after they die, and many assume it happens to everyone. In reality, probate does not happen to every estate and can often be avoided.

Probate is the process through which title is transferred to heirs on all assets within a decedent's estate. Probate also provides an opportunity for creditors to claim payment and individuals to contest a will. A person's estate is probated if they die with a will or they die intestate (without a will). The probate process is often long and costly. The average duration of probate in most states is nine months to a year. The cost covers legal fees, court fees, appraiser fees, and executor fees (if charged). These fees can be as much as ten to fifteen percent of the entire estate. Probate is also a public process. All records of probate are accessible to the pub-

lic, including names and addresses of the decedent's heirs. There is a very specific process to probate that is fundamentally the same in every state. The process begins when someone dies. After the person's death, if they have a will, several steps are followed:

1. The person named in the will as the executor (or personal representative) files the will with the probate court in the county in which the person lived. If real property was owned in more than one state, the will must be filed in the other states where assets were held.
2. The executor inventories all the assets and liabilities of the estate.
3. The executor signs a petition of probate, a document summarizing the will's provisions and naming the heirs.
4. The executor may have to locate witnesses to the signing of the will. These witnesses may have to give affidavits or sworn testimony.
5. The executor sends a formal, legal notice telling each heir and beneficiary that the will has been offered for probate.
6. At this point, anyone wishing to challenge the will may do so.

7. Assuming no objections are made, the judge admits the will and formally appoints the executor.

8. The executor pays all the debts and taxes. The executor may also be required to give an accounting of expenses paid to the beneficiaries.

9. The executor pays out remaining assets to beneficiaries and makes a final accounting to the court.

10. The probate judge rules the estate formally closed, or the beneficiaries release the executor by written agreement.

In the event that you die intestate, the court will appoint an administrator. This person will then follow the same basic procedures for taking inventory of the estate's assets and liabilities, and notifying all heirs of the probate of the estate. The administrator will then pay creditors and taxes and disburse the estate based on the decision of the court. In many cases, the court is likely to appoint a family member or close family friend to act as the administrator. However, the family may choose to have their attorney act in this capacity. Like court appointed administrators, estate executors are also often family members or close friends. How-

ever, the decedent can name an attorney or other professional to execute their estate plan.

There are several ways to avoid probate. In some states, very small estates do not have to be probated. In California, for example, estates under \$100,000 can be passed on without probate, and any property left to a spouse is passed with a simple transfer procedure. Each state is different, but many have similar statutes. Since estates are often over this amount because of real property, life insurance, or other large assets, there are vehicles for transferring assets outside of the probate process. These methods include:

- Payable-on-Death Bank Accounts - Sign a simple form at the bank.
- Transfer-on-Death Registration of Securities - Sign a form through the broker, bank, or other institution.
- Transfer-on-Death Registration for Vehicles - Only a few states currently offer this program. Sign a form at the Department of Motor Vehicles.
- Name beneficiaries for retirement accounts and life insurance policies - Sign a form with the firm managing your retirement accounts (401k, IRA) or the insurance company.
- Give away your assets before you die.

Chester M. Przybylo is a member of the American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 30 years. For more information or to attend an upcoming seminar, call (773) 631-7100.

Probate primarily serves as an administrative vehicle to manage the disbursement of your estate. Most people who know about the process plan effectively to avoid it. By creating an estate plan you save your loved ones from the stress and frustration of a time consuming, public, costly process that could have been avoided. Inform yourself about your many planning options and meet with your attorney to select the best course of action. Your timely action now will deter difficulties for your family after you are gone.

Chester M. Przybylo is a member of the American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 30 years. For more information or to attend an upcoming seminar, call (773) 631-7100.

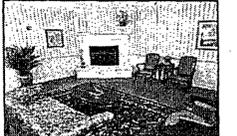


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Hartwell House is a nonprofit assisted living residence located at 5520 N. Paulina, just minutes from Lake Shore Drive on Chicago's north side. Hartwell House is sponsored by United Methodist Homes & Services, a nonprofit, nonsectarian provider of supportive services for older adults for more than 100 years.

Ten free trees - Autumn Classics

Ten free trees, autumn classics, will be given to each person who joins The National Arbor Day Foundation during October 2000.

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

The ten trees are 2 Sugar Maples, Scarlet Oak, Sweetgum, Red Oak, Silver Maple, White Dogwood, Washington Hawthorn, and 2 Red Maples.

These trees will produce vibrant red, orange, yellow, scarlet, and purple leaves in the fall." John Rosemond, the Foundation's president, said.

The trees will be shipped postpaid at the right time for planting between November 1 and December 10 with enclosed planting instructions.

To receive the free trees, send a \$10 membership contribution to Autumn Classic Trees, National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by October 31, 2000.

Free Senior Citizen Bingo Party

Bingo Committee Chairman Nick Costantino is pleased to announce a free Senior Citizen Bingo Party is being held at the House of the White Eagle, 6845 North Milwaukee Avenue, Niles, Illinois, on Wednesday, October 25, 2000.

Mayor Nicholas B. Blase, in conjunction with Maine Township Regular Democratic Committeeman Andrew Przybylo, are co-sponsors and supporters of this popular event, being offered free to all senior citizens residing in the Village of Niles or Maine Township.

Doors will open at 11:45 a.m. and the games will start at 12:30 p.m. There will be prizes and free refreshments served. A King and Queen will be selected to reign over the day's activities and each will receive a cash award.

Tickets can be obtained at local senior citizen clubs and also at 8074 North Milwaukee Avenue, Niles, Illinois.

For more information, please call (847) 692-3388.

Library and Parks News

Morton Grove Park District

Mother/Daughter P.J. Party -- Saturday, November 4, 6:30 p.m. - 8:30 p.m. Moms and Daughters, come dressed up for a night of food, fun and glamour. Our hostess will be Jackie Civito (Mary Kay Consultant). All beauty supplies are provided and a special moment will be yours to take home at the end of the evening. For more information call the Morton Grove Park District at 965-1200.

Little Kickers Soccer Class - This class provides instruction for those looking to learn new skills in the sport of soccer. Offense, defense, dribbling and goal techniques are all part of the program. The class also helps to develop motor skills and teamwork. Next session begins on Monday, November 6. Class is held on Mondays from 5 p.m. - 5:50 p.m. for kids in Grades K-1. For more information call the Morton Grove Park District at 965-1200.

Annual Halloween Festival - It's time for ghosts, goblins, Pokemons, Princesses and all other costumed kids to join us at the Morton Grove Park District's annual Halloween parties. Two identical parties will be offered at the Prairie View Community Center, 6834 Dempster St. This event is filled with games, raffle drawings, goodie bags and more. The parties will be from 10 a.m. to 11:45 a.m. and from 12:45 p.m. to 2:30 p.m. Please call 965-1200 to register your child.

Halloween Coloring Contest -- Kids, draw your favorite Halloween scene for display at our Halloween Festivals on October 28. Drawings must be submitted at the Prairie View Community Center by 10 p.m. on Monday, October 23rd. Gift certificates will be awarded for the top 3 drawings.

Winter Basketball Leagues - The Morton Grove Park District is still accepting applications from interested teams. All teams must submit an application. Play begins in December. For more information contact Kelly Norris at 965-1200.

Miss Witherspoon's Tea Party -- October 20, 6:30 p.m. to 8:30 p.m. Children, ages 6-9, are treated to a Victorian tea party where they can play dress-up in Victorian gowns, learn the "golden tea cup game," hear a Victorian story and learn a "tea time etiquette lesson." Children will receive treat bags and a picture of herself in her dress-up outfit. For more information call

Morton Grove AYSO Pizza Hut "Fun"draiser Night -- Pizza Hut, 9102 Milwaukee Ave. in Niles, invites AYSO Soccer to come out and support your organization. Stop by anytime between the hours of 12 p.m. and 10 p.m. on Sunday, October 29th or Monday, October 30th. During this time Pizza Hut will donate 20 percent of your purchases to your organization. You can even have a team party there. Just call ahead for reservations!

Niles Public Library

Musicians Celebrate Teen Read Week *Teens - do you love music?* Then make some noise at Niles Public Library District's Side Door Cafe on Friday, October 20 at 7 p.m. Join us for an evening of live music as you learn about the techniques of songwriting during this after hours Library event. Local singer-songwriters Justin Roberts and Chris Dettman will explain the importance of structure, sound, lyrics, rhythm and rhyme during this fun-filled workshop. Bring an instrument and join the jam session! Snacks and refreshments will be served. **This program is a part of the Li-**

brary's Teen Read Week festivities, and registration is required. Please register at the Library Information Desk or call 847/663-1234.

Mission to Mars. Take a break from your daily activities and come to Niles Public Library District's premier of the movie *Mission to Mars* on Wednesday, October 25 at 2 p.m. and 6:30 p.m. Starring Gary Sinise, Tim Robbins and Don Cheadle, this science fiction adventure follows a team of astronauts on their catastrophic adventure to Mars in the year 2020. This movie is rated PG and runs 113 minutes.

Happy birthday SkokieNet!

SkokieNet, Skokie's online community information network, will celebrate its fifth birthday on Thursday, October 19 at 7:30 p.m. The birthday bash allows SkokieNet members to reflect on the network's many accomplishments and also hear about plans for enhancements of both SkokieNet and its regional counterpart, NorthStarNet.

SkokieNet is an interactive Web site managed by the Skokie Public Library. Located at www.skokieneet.org, it features information about community services and events, as well as local business, arts and entertainment, education, restaurants and shopping, government, social services, and health care. All Skokie-based organizations and businesses are eligible for a free web listing, created by the Library, which allows online surfers to find them easily. SkokieNet is used daily by people locally and all over the world to find information about our community.

The October 19 event is open to the public, and people interested in having their organization or business represented on SkokieNet are particularly encouraged to attend. Visit www.skokieneet.org to learn more about Skokie's online community!

Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 9 p.m., Saturday from 9 a.m. to 6 p.m., and Sunday from noon to 6 p.m. Access many of our resources 24 hours a day at www.skokieli.org/remote.

Virtual Reference at Morton Grove Library

The midnight oil is burning: do you need a list of companies to set up mailing lists for your marketing project? Do you need some full-text articles for your assigned paper on the 50th anniversary of the Korean War? Several remote database services are now available through the Library's Web site (<http://www.webrary.org/remotedb.html>), enable you to access them from your home or office computer. The databases listed below can provide a wealth of information to you 24 hours a day/7 days a week: just log on with your MGPL library card information and search for what you need, when you need it. The databases include: *Gale General Reference Center*, *Gale Health Reference Center*, *Gale Business and Company ASAP*, *Reference USA*, and *Electric Library*: for mobility and communication access assistance, please call 847-965-4220; TDD 847-965-4236. www.webrary.org.

Niles Park District

Swing Dance Class
Come and join the fun of Swing Dancing, the hottest new/old dance trend in Chicagoland! Eight easy lessons will have you up and dancing as soon as you hear the swing beat. Swing, Lindy Hop, Litterbug, Jumps, Tricks and combinations will be taught. Come and join the fun! Class fee is Res \$31; Non-Res \$37. Classes will be held at the Howard Leisure Center, 6676 W. Howard Street. For more class information or to register, call (847) 967-6633.

New Step Aerobics Class
Niles Park District invites you to learn new, creative step combinations and techniques along with choreographed aerobic movements! You will accomplish the technical achievements of step and physical fitness while experiencing the freedom and thrill of rhythmic movement. Maneuvers are designed to condition the cardiovascular system, build muscle tone and increase endurance. Classes are being offered on Tuesday evenings from 5:30 - 6:30 p.m., Thursday evenings from 6 - 7 p.m. and Saturday mornings from 9 - 10 a.m. All classes will be held at the Howard Leisure Center, 6676 W. Howard Street. Be sure to call (847) 967-6633 or stop in the Howard Leisure Center to register!

Free Health Fair

Norridge Healthcare & Rehab -- 7001 West Cullom, Norridge, Free Healthfair. FREE - Za Darmo, Thursday, Oct. 19th, 10 a.m. - 3 p.m.

Free Health Screenings: Cholesterol (must fast 10 hours prior to test); Blood Pressure; Accu-checks; Body Fat Screening; Eye Examinations Health & Medical Risk Appraisal; Blood Glucose; Osteoporosis (if you do not have Medicare there will be a \$20 fee for the osteoporosis screening) Free, worth \$500. 7001 West Cullom Avenue -- Norridge, 708-457-0700.

Always behave like a duck--keep calm and unruffled on the surface but paddle like the devil underneath.
--Jacob Braude

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Health & Fitness Guide

Don't be penny-wise and dollar foolish

To control chronic asthma and costly medical bills, seek treatment from an asthma specialist.

Studies prove patients treated by Board Certified Allergists experience 50 percent fewer asthma relapses requiring emergency room care than those treated by a primary care physician.

This more aggressive management and treatment by the specialist has been shown to decrease work/school absenteeism.

This check list can help asthma sufferers decide when treatment by a Board Certified Allergist is needed:

- Asthma is unstable or diagnosis is in doubt;
- Limited response to treatment;
- Hospitalization and emergency room care is needed despite ongoing treatment;
- Work/school absences recur;
- B-agonist inhaler must be used more than twice weekly.

The hidden sources of lactose

According to the Capital Times newspaper in Madison, Wis., over 20 percent of consumers purchase prepared foods, double that of a year ago. What many consumers don't know is that many of these prepared foods are enriched with whey and milk by-products, which may contain lactose. This can become an issue for the 50 million lactose intolerant sufferers who may experience an unpleasant reaction after consuming products that contain lactose.

Lactose is a substance composed of two sugars, glucose and galactose. If not sufficiently broken down, it can cause symptoms ranging from mild cramping and gas to severe stomach pain, nausea and diarrhea. Most individuals who suffer from lactose intolerance are well aware of its presence in dairy products. Few people, however, know that products such as stuffing, salad dressing, cereal and cookie mixes

may also contain lactose. Lactose even "hides" in such foods as pancake mixes, donuts, frozen entrees, "creamy" mustards and chocolate.

Consumers should be aware that lactose is contained in the base of many prescriptions and over-the-counter drugs and nutritional supplements, including birth control pills, stomach acid remedies, gas remedies and vitamins. However, the limited amount of lactose in many of these products usually affects only people with severe lactose intolerance.

The best way to identify if a product contains lactose is to read all ingredient labels carefully and watch for words such as whey, curds, milk bi-products, casein and nonfat dry milk powder.

Even those who are lactose intolerant don't need to avoid these foods because Dairy Ease, a natural lactase supplement, helps break down lactose before it can

cause any discomfort. Dairy Ease tastes great and is easy to consume.

Dairy Ease offers a full line of natural lactase enzyme supplements and treated milk to help millions of people enjoy dairy again while getting the calcium they need. Dairy Ease lactose solutions include:

•Dairy Ease Lactose Free Real Milk - This convenient pre-treated real milk is available in nonfat, one percent lowfat and two percent lowfat varieties. It contains less than one percent of the lactose of untreated milk and is ideal for cooking and baking as well as drinking.

•Dairy Ease Chewable Tablets - These pleasant tasting tablets are taken during or immediately following consumption of lactose-rich foods to facilitate lactose digestion. They provide a natural and convenient way to enjoy dairy foods at home or away.

•Dairy Ease Caplets - These natural, easy to swallow caplets are taken during or immediately following the consumption of lactose-rich foods to aid in lactose digestion. Like Dairy Ease Chewable Tablets, the caplets provide a natural and convenient way to enjoy your favorite dairy-rich food.

Dairy Ease milk can be found in dairy sections, while Dairy Ease caplets and tablets are available in the health sections of area grocery and drug stores, including Eckerd, Osco, Sav-On and Walgreens.

Local family physician honored

Joel Shoolin DO a family physician from Glenview was recently honored for 20 years of membership in the American Academy of Family Physicians (AAFP). The AAFP is the national medical association representing more than 88,000 family physicians, family practice residents and medical students from across the country.

The AAFP recognizes Dr. Shoolin and pays tribute to those Academy members whose many years of involvement have contributed significantly to the position of prominence family physicians occupy in today's health care delivery system.

The AAFP, founded in 1947, was instrumental in establishing the medical specialty of family practice in 1969. It also was a pioneer in establishing a requirement that its members earn 150 hours of approved continuing medical education every three years.

Family physicians are medical specialists trained to treat a majority of medical problems for all members of the family from newborn to the elderly.

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LGH offers patients in-room massages

Lutheran General Hospital now offers relaxation massages to patients at the bedside, as well as their families and friends. Patients have the option of receiving their massage in bed or with a specially designed massage chair.

The massage costs \$1 per minute, with a 30-minute minimum recommended; though not required, usually a specific part of the body is targeted, from the feet and hands to the neck and upper shoulders. Certified massage therapists are available to patient and visitors from 7-9 p.m. Monday through Friday, with extended hours of 9 a.m. to 3 p.m. on Fridays. A doctor's prescription is required for all patients.

In addition to chair massages, the Fitness Center also offers a number of traditional massage services to the public, including:

Swedish massage - offers rhythmic motions to stimulate circulation and relieve stress accumulated in the body.

Reflexology - focuses on the soles of the feet and palms of the hands to stimulate energy flow into different parts of the body.

Deep tissue massage - utilizes pressure into deeper tissues of the body to enhance flexibility and movement.

Acupressure - involves constant pressure on localized points of the body to release accumulated tension and give a boost of energy.

In addition, the center offers sports massage, Shiatsu, myofascial release and craniosacral therapy. To find out more about massage services at Lutheran General Hospital, call the Fitness Center at (847) 723-6138.

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50% OFF

All Body Waxing Services
1st Time Clients Only • With Coupon Expires Oct. 31, 2000

Health & Fitness Guide

Rainbow Hospice announces First Aid and volunteer training

Park Ridge-based Rainbow Hospice is currently seeking volunteers to provide support to patients and families in their hospice program, and to participate in the Widowed Persons Service (WPS) to work with bereaved coping with the death of a spouse. Training for both volunteer opportunities are scheduled for November.

Volunteers are needed to visit hospice patients who are living with a terminal illness and to provide support to people who are grieving the death of spouse. Through gentle touch and holding of hands; through sharing memories and smiles; through listening and being there, these are the gifts that the living and dying can give to one another.

"It is inspiring to see the enormous amount of compassion and dedication our volunteers offer to patients and families," states Jennifer Swerdlik, volunteer coordinator at Rainbow. "One of the most important volunteer activities is 'being there' for our clients... to give their time for listening, sharing, and comforting others."

Interested individuals are invited to attend Rainbow Hospice's Fall 2000 Volunteer Training.

Rainbow's Patient Care Volunteer Training will be held on October 30, November 6 and 13 from 9 a.m. to 3 p.m.

Rainbow's Widowed Persons Service Volunteer Training is scheduled for November 4 from

9 a.m. to 3 p.m.; November 6 and 8 from 7 to 9 p.m.

All training sessions will be held at Rainbow Hospice, 444 N. Northwest Highway, Suite 145 in Park Ridge. Rainbow Hospice is a nonprofit, community-based hospice serving Cook and surrounding counties since 1981.

At Rainbow Hospice, hospice care is provided through an interdisciplinary, medically directed team. This team approach typically includes a physician, nurse, counselor, chaplain and home health aide. While Rainbow Hospice employs paid professionals, it also relies on volunteers to provide assistance at various skill levels.

Nationally, about 100,000 people serve as hospice volunteers, and last year they gave over five million hours of their time to serve terminally ill patients and families. Locally, over 200 volunteers donate their time to Rainbow Hospice during the year.

For more information or to register for volunteer training, please call Jenny Swerdlik, Rainbow Hospice Volunteer Coordinator at (847) 692-8889.

First Aid and Safety Class offered

On Saturday, October 21, a First Aid and Safety Class will be held at Holy Family Medical Center in the Des Plaines Room from 8 a.m. - 6 p.m. This one-day course will be taught by experts from the American Red Cross.

Participants will receive information about how to care for breathing and cardiac emergencies, perform rescue breathing, and one-person CPR (cardiopulmonary resuscitation). Classes will also provide information on how to treat burns, control bleeding, care for shock, and react to sudden illnesses such as poisoning and heat/cold emergencies.

Upon completion of the course individuals will receive certification in Community CPR and Community First Aid and Safety. There is a fee for this course and advance registration is required.

For more information or to register, please call the American Red Cross at 1-800-337-2338, including the course code number, 94035.

Ophthalmologist appointed to medical staff at Resurrection



Diany S. Morales, M.D.

Diany S. Morales, M.D., has been appointed to the medical staff at Resurrection Medical Center, 7435 West Talcott Avenue.

Dr. Morales, of Highland Park, received both her bachelor's and medical degrees from the Universidad Nacional Autonoma de Honduras, Tegucigalpa, Honduras. She completed her internship at Rush-Presbyterian-St. Luke's Medical Center, Chicago and her residency at the Bascom Palmer Eye Institute in Miami, Florida. Dr. Morales specializes in ophthalmology, with a secondary specialty in pediatric ophthalmology. She has a special interest in

children's ophthalmology. Dr. Morales is in practice with Howard Lieberman, M.D., David S. Hillman, M.D. and Mark Burnosky, M.D. of Lieberman Eye Associates. Their offices are in Chicago at 5600 West Addison Street, Suite 102 and in the Resurrection Professional Building at 7447 West Talcott Avenue, Suite 400. Appointments can be made by call (773) 736-1717.

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School News

Notre Dame to get new science building

After 45 years, Niles' Notre Dame High School broke ground for its first addition, a science facility, on Sept. 15.

The planned 15,000-square-foot addition will link with the main building but present a distinctive cylindrical appearance.

This construction represents a phase in the "Our Strategic Moment" campaign, which initiated in December 1998, with a goal to raise \$2 million for funding in areas of scholarships, salaries/benefits, and renovations geared to fine arts, athletic and science areas.

The targeted \$2 million had been realized within 10 months, said George Rattin, V.P. of Institutional Advancement.

Original plans called for a renovation of existing science facilities, but the school reexamined that position and decided to

collect an additional \$1.5 million for a new addition. \$1.2 million of that second target has been raised from individuals and businesses.

The new facility will house two life science labs in biology and earth science fields, plus labs for chemistry and physics. Each lab will be equipped with computers and will accommodate 28 students.

Rattin said the school has a student body of 685 at present and expects to reach 850 enrollment within three years, but sees the school's population stabilizing at that number. "We're not looking to a bigger school, but to provide a better education," Rattin said.

The administration expects that the new science facility will be completed by next school year.

Violence Prevention

Melzer School, in conjunction with the Evanston/North Shore YWCA, will be starting Second Step student groups. The Second Step program is designed to reduce aggressive behavior in children. During these groups, students will learn social and emotional skills, which improve

their social competence. The groups will be held during the lunch hour and be developmentally appropriate by grade level. For additional information, contact Sharon Hyman, LCSW, Melzer School social worker at 965-7474.

Rainbow Family Pride Conference 2000 scheduled

The *Rainbow Family Pride Conference 2000* will be held from 10 a.m.-2:30 p.m. on Saturday, Oct. 21, at Oakton Community College, 1600 E. Golf Road, DesPlaines. Co-sponsored by the ACCORD (Advocating a College Community of Respect for Diversity) committee at Oakton, the Howard Brown Health Center, Family Pride Coalition, Rainbow Families-Chicago and COLAGE (Children of Lesbians and Gays Everywhere), the conference is designed for lesbians, gays and bisexuals who are parents or are contemplating parenthood.

Comedienne Karen Williams, creator and facilitator of the Humor-at-Large Workshop Series and lesbian mother of three sons, will present the keynote address, "Parenting With Humor." Workshops are scheduled in the morning and after lunch, covering topics that include "Contemplating Parenthood," "Navigating Adoption," "Being a Dad in a Mom's World" and "Establishing Connections as the Non-Biological Mom."

A special program for participants' children, ages 9-18, will be facilitated by COLAGE. Activities that encourage the children to share stories about their families are planned, as well as workshops

about dealing with harassment and intolerance in school and in the neighborhood.

Throughout the months of October and November, Oakton Community College will host a variety of programs of interest to the community, including the Women's Day Conference (Oct. 27), At-Home Dads Conference (Nov. 18) and Men's Day Conference (Nov. 19).

The cost to attend *Rainbow Family Pride Conference 2000* is \$25 per adult (includes morning refreshments and lunch) and \$12 per child attending the COLAGE program (includes a boxed lunch), providing that registration and fees are postmarked by Oct. 12. On-site registration is available at \$30 per adult/\$12 per child, space permitting.

For more information, contact the Howard Brown Health Center at (773) 388-1600 or Amy Blumenthal, professor of English at Oakton, at (847) 635-1821. The program schedule can also be viewed at <http://servercc.oakton.edu/~amyblu/rainbow.html>.

Melzer School offers on-line Market Day orders

Melzer School invites you to participate in Market Day. The food is great! You can order online or place an order at Melzer School. Pick up is on the first Friday of the month between the hours of 2:30 and 3:30 p.m., except for April 12. Proceeds go toward PTA sponsored activities such as the Culture Arts program. Melzer School is located at 9400 North Oriole, Morton Grove, Illinois and is one of seven schools in East Maine School District #63.

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Resurrection to host Open House

Resurrection High School, 7500 W. Talcott, will host an Open House for prospective students on October 22, from noon - 3 p.m. Prospective students and parents will have the opportunity to see why Resurrection High School was featured as an example of excellence, ranking among the top 25 secondary schools in Illinois by US News and World Report.

Founded in 1922 by the Sisters of the Resurrection, the school is a Catholic Christian community dedicated to educating young women. Resurrection High School prepares nearly 1,000 students annually to reach their fullest potential by offering a College-preparatory curriculum, over 100 leadership positions in a variety of activities and seven competition sports teams. For more information on the upcoming Open House, or on our shadow day program, please call (773) 775-6616, Ext. 29.

NIU August 2000 graduates

Northern Illinois University awarded 778 degrees at its August 12, 2000 commencement ceremonies, including 381 undergraduate and 397 advanced degrees.

Area graduates are:
DesPlaines
 Peter Emmet Naughton, Lucy Christine Augustine, Matthew and Theodore Borowicz.
Niles
 Melissa Ann Dauksch and Heather Rose Muir.
Northbrook
 Mary DiMarco and Melissa A. Raynor.
Park Ridge
 Mary Beth Haase and Christina Elaine O'Donnell.
Skokie
 Ariel P. Dela Cruz, Brian Raffie, Fischer, Arthur Holmer and Venice Theres Tabamo.

School News

Maine East Homecoming Court nominees



Maine East Homecoming Court nominees (left to right) Sara Schaufele of Des Plaines, Ian Malwanag of Des Plaines, Trisia Panagiotopoulos of Niles, Barry Lymeropoulos of Morton Grove, Nikki Noutsis of Des Plaines, David Kay of Glenview, Caroline Benjamin of Des Plaines, and Chris Jennings of Niles.

Niles West Yearbook wins award

Spectrum, The Niles West High School yearbook, was recently awarded a first place honor by the American Scholastic Press Association for its 1999-2000 issue. The judges commended the publication, noting that it particularly showed "hard work, dedication, and understanding on the parts of the staff, editors and faculty."

The editors of the 1999-2000 *Spectrum* were Huma Farook, Anna Slonim, and Alissa Catlis. Sharon Swanson was the faculty advisor.

'Sweeney Todd' at Niles West

The Niles West Theater Department is proud to open its 2000-01 season with the macabre tragicomedy "Sweeney Todd." Performances are at 7:30 p.m. Friday and Saturday, October 20 and 21 in the auditorium at Niles West High school, 5701 W. Oakton St. in Skokie. Admission is \$6. To reserve tickets, please call (847) 568-3718. A free senior citizen matinee performance will be held at 3 p.m. on Thursday, October 19.

South African author J.M. Coetzee to appear at NEIU

Award-winning author John Michael Coetzee will speak at Northeastern Illinois University (NEIU) at 7:30 p.m., Thursday, October 26, in the university's Alumni Hall located in the Student Union, 5500 North St. Louis Avenue in Chicago. The public is invited and admission is free. A book signing will follow the lecture.

In addition, Coetzee will conduct a free master class the same afternoon from 1:40 to 2:50 p.m. in NEIU's Student Union, Room 214.

Two-time winner of the Booker Prize, Britain's most prestigious literary award, Coetzee has the distinction of being the first author to win the award twice in its 31 year history.

Born in Cape Town, South Africa, Coetzee was educated at the University of Cape Town and at the University of Texas, where he received a Ph.D. degree in literature.

Tickets, available at the University Events Box Office, are required for free admission. For further information, call 773-794-ARTS.



BY JEFFREY CARDELLA
Special to The Bugle

Edward Jones: How will After-hours Trading affect you?

Online brokerages have it. The Chicago Stock Exchange has it. And, before too long, the New York Stock Exchange may have it. What is "it"? It's after-hours trading. And it soon may be so prevalent that the term "after-hours" may become meaningless.

However, that's not the case yet -- and if you're interested in after-hours trading, you should be aware that these are some real differences between after-hours trades and those made during "normal" business hours.

One of these differences has to do with the pricing of any given stock. During regular trading, you can place a "market" order to buy or sell a stock at the stock's current price. You won't have to wonder if the price will change before the trade is executed; what you see is what you'll get. But there is no standard price quote on stocks trading after 4 p.m. Eastern Time, so all after-hours trades are limit orders.

What does that mean? It means when you place an order, you must set a price "ceiling" when you want to buy, or a "floor" when you want to sell. In other words, you must decide what price range you will not exceed when you make a trade. That's a different kind of concept for most people used to simply buying and selling stocks at the available price. And it means you'll have to make a judgement call on what you're willing to pay or be paid for a stock.

That's not to say that "limit" orders are, by themselves, a problem. In one sense, limit orders may be beneficial, because they can protect you against wild price swings. On the other hand, after-hours trading volume is still relatively low, so you may not find any takers for your limit orders.

You also may find other risks in after-hours trading. For one thing, price movements during extended hours may be more volatile than those during trading sessions. And the impact of news announcements immediately preceding, or during, after-hours sessions may cause an exaggerated effect on the market, because the volume of trades is so much lower than it is during the regular trading day. It's a good idea to read the day's news on the stock you're trading, especially any announcements that come after regular trading hours. If your stock is moving rapidly up or down, and you can't find a real reason for it, then you might want to hold your order until you determine what's behind the stock's momentum.

Is after-hours trading worth it to you? You'll have to decide that for yourself. Generally speaking, though, there shouldn't be a lot of times where you absolutely must make a trade. Snap judgements and tips on "hot" stocks may be the stuff of high drama, but most people can do without them. The truth is that you have time enough to build and execute a solid investment plan during normal trading hours.

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

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Home Style

Home tips

In many cases, a new air conditioner can save enough in electricity costs to pay for itself. An air conditioner's energy efficiency is measured in terms of a Seasonal Energy Efficiency Ratio, or SEER. A higher number means greater energy savings. For more information about choosing a new heating or cooling system for your home, visit the Tempstar Web site at www.tempstar.com.

Homeowners are enlarging and updating their kitchens to make them more functional and

attractive, according to an independent study conducted for the American Society of Interior Designers. An interior design consultant can help assess all of a client's needs and assist in an updated kitchen's creation. For more information on finding the right consultant, call ASID's Worldwide Referral Service at 1-800-775-ASID (2743) or visit the referral service's Web site at www.interiors.org.

The "Home Improvement Encyclopedia: Problem Solving A

to Z," from Ortho, has useful how-to information in addition to helpful background tips on how you and your house can get along peacefully. The encyclopedia is available wherever quality books are sold, or by visiting the Web at bhgbooks.com.

If you spend a lot of time cooking outdoors, you might want to investigate the numerous patio designs that can be created by brick paving. To find out more about brick patios, visit www.iHomeLine.com.

Buying a home can become a tedious, tiring process. But if you are thoroughly educated about the real estate market, buying can be a breeze. To find helpful tips to get you started, go to the experts at www.GeoProperty.com.

Need tips on how to buy the right appliances? Don't forget you can also save money by repairing appliances instead of replacing them. To learn more about the best choices in new appliances and appliance repair, go to www.iHomeLine.com.

While buying a home is an exciting event, it can also be trying and time consuming. Being organized can really help make the process run smoothly and hopefully hassle-free. Visit the organizational experts at 3M and get some helpful tips at www.3m.com.

Take the guesswork out of selling your home

Selling your home is one of the most important - not to mention stressful - activities you'll ever have the pleasure of dealing with. Working with realtors, inspectors, potential buyers and others is practically a full-time job in itself. But GeoProperty.com, a site on internet resource giant GeoPortals.com, can make the process a whole lot easier, faster and efficient.

GeoProperty.com is the ideal guide to help you purchase, sell, repair, rent or build a home. It helps you find a realtor, check out listings, finance, remodel and more.

The site has several links to make your home buying/selling research helpful and hassle-free. Start out with Welcome Wagon, which can help out new movers, homeowners and buyers with local information on moving, relocation, schools and real estate.

HomeBuilder has builder listings and mortgage rates for your area, and Excite Home and Real Estate has tools to help you review home listings, see new homes and find a mortgage you can afford.

Lining up your financing is one of the most important things you'll do in your quest to buy or

sell a home. GeoProperty.com will link you to Mortgage Quotes, which provides real-time rates from more than 1,400 lenders. LoanWeb offers free, no-obligation evaluation of your lending needs and you can get free credit reports and appraisals from Ditch.

For information on commercial mortgage loans, get linked to RedBricks and request quotes from appraisers, engineers, environmental firms and title insurance companies. Then, try Capital Thinking - you can search for a loan and they create ideal loan packages.

Home Inspection Tip will give you tips from the experts at Century 21. Get information on how to make your closing go as smoothly as possible by linking to Owners which features helpful reference articles on closings.

Make your place easier to sell by remodeling and repairing at prices you can afford. Get advice to letting GeoProperty link you up with Bob Vila's Web site and also Improvenet, which helps you find a contractor, designer and architect.

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Home Style

Create a road map for do-it-yourself projects

Have you ever decided to do a little weekend project that ended up taking several weekends? Home renovations have a way of taking more time and energy than anticipated, and taking over one's life. While there is an enjoyment to doing it yourself, the loss of free time can be unnerving.

Time is one thing that isn't sold as a commodity - yet. But the ability to save your time can be bought. Hiring an interior designer may not be part of your do-it-yourself budget, but it actually may save you money.

According to an independent study conducted for the American Society of Interior Designers (ASID), 76 percent of those surveyed with an income between \$25,000 and \$50,000 said the designer saved them money on their project. Of that same group, 95 percent said the interior designer worked within their budget.

Do-it-yourselfers are trying to get by with what they can afford in terms of time and money. They can't go all out with renovations, so they make interim improvements. As a result, they are less likely to be delighted when they take an overall look at their

home. One of the benefits of using a designer is we help our clients look at each project in terms of its impact on the house as a whole," said Marcello Luzzi, ASID, president of Weikler, Peterson & Luzzi, a design firm in Philadelphia.

Designers can help do-it-yourselfers create a road map to keep their projects focused and on track. "There's nothing worse than re-doing a project down the road. Designers can help open up the possibilities so you won't have to go back and second-guess yourself," said Mari Lyn Bushnell, vice president, merchandising for Kirsch in Freeport, Ill.

ASID interior design consultants take the time to understand client needs through a careful interview process. To find an interior consultant, contact ASID's worldwide referral service at 1-800-775-ASID (2743) or www.interiors.org.

It is the addition of strangeness to beauty that constitutes the romantic character in art.

—Walter Pater

New plumbing trend: professional products

Ever since the turn of the century, the history of the plumbing industry in the United States has been highlighted by a continuing series of product improvements and developments. These include everything from single-handle faucets and stainless steel sinks to plastic piping and low-flush toilets.

So what's next on the horizon? According to Don Morin, chairman of the Professional Product Council of the Plumbing-Heating-Cooling Contractors (PHCC) National Association, the trade organization that represents the country's contractors, it's the introduction of a "professional grade" product line that is available to homeowners.

According to Morin, the advent of a professional grade product line will allow homeowners to shop at home and purchase a product that is a notch above the standard grade sold at the local home center.

Morin explains that the PHCC Professional Product Line is offered in conjunction with leading brand name manufacturers.

The line already includes faucets, water heaters, water condi-

tioners, flexible piping, plumbing valves and garbage disposals. All products in the line carry a longer warranty and/or more features than standard-grade products sold at home centers. Even with these additional benefits, the products are competitively priced.

All products carry a PHCC Professional Product Line logo for easy identification. And, the extensive product line is only available through professional contractors, not through retail outlets.

"Today's homeowners are really looking for value," he adds. "As a result, we're convinced they will welcome the idea of competitively priced, high quality products with extended warranties, sold, installed and serviced by trained, trusted professionals."

For more information on the new professional product line and a free brochure on how to select a professional plumbing-heating-cooling contractor, call PHCC at 1-800-533-7694, write to PHCC at P.O. Box 6808, Falls Church, VA 22040, or visit www.naphcc.org on the Internet.

NA'AMAT USA selling 2001 Entertainment Books

NA'AMAT USA is raising funds by selling 2001 Entertainment Books. Each book contains hundreds of "two-for-one" discounts for fine dining family dining, fast food, movies, sports activities, special attractions and hotels. Fifty percent (50%) savings on almost everything!

The Entertainment Book is now being sold by NA'AMAT USA for a reduced price of \$25. A portion of the proceeds from the sale of Entertainment Books will help support NA'AMAT's many vocational, educational and social programs in Israel. To order your Entertainment Book, contact Barbara at 847-675-7275.

LeoDelfin S. Dy

Navy Fireman LeoDelfin S. Dy, son of Sigrid T. and LeoDelfin C. Dy of Skokie, recently participated in Exercise Dynamic Mix while on a six-month deployment to the Mediterranean Sea and Arabian Gulf while assigned to the amphibious transport ship USS Trenton, home ported in Norfolk, Va.

Dy, a 1999 graduate of Niles West High School, joined the Navy in July 1999.

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Happy Eighth Anniversary



Photo by Larry Zimmerman
A ribbon cutting ceremony was held October 11 for Old Country Buffet's 8th Anniversary. The buffet is located at 8780 W. Dempster in Niles across from Lutheran General Hospital.

NSO to open twenty-first season

Guest Conductor, Lawrence Rapchak, will raise his baton on the NSO's 21st Season Opener Sunday, Oct. 29, 4 p.m. He is bringing four young rising stars to Sheely Center Stage for an afternoon of *Operatic Treasures*. Kelli Harrington, soprano; Tracy Watson, mezzo soprano; Gregory Schmidt, tenor; and David Little, baritone will offer the most delicious bites from *Carmen*, *Rigoletto*, *Così fan tutte*, *Martha*, *Hamlet*, *Don Giovanni*, *Tales of Hoffmann*, *The Pearl Fishers*, *The Gondoliers* and more. The program will also include orchestral presentations of Rossini's Overture to "Signor Brusolino", Offenbach's Entracte to Act II

from *Tales of Hoffmann*, Rimsky-Korsakov's Polonaise from *Christmas Eve* and Weinberger's *Polka & Fugue* from *Schwanda*. Add a bit of insight and history to your concert experience by attending the popular pre-concert lecture, which will be led October 29 by Babs Lieberman, lecturer, teacher, and author; and begins promptly at 2:30 p.m. at the Sheely Center on the day of the concert.

The concert will be held at the Sheely Center for the Performing Arts at Glenbrook North High School, 2300 Shermer Road, Northbrook, IL. The concert begins at 4 p.m.

The Diviners opens at Oakton on October 27

Oakton Community College's production of James Leonard's *The Diviners* opens at 8 p.m. on Friday, Oct. 27, on the Mainstage of the Performing Arts Center, 1600 E. Golf Road, Des Plaines.

Acclaimed by *Variety* as a "splendid drama by a playwright...with poetic as well as human feelings," *The Diviners* is the poignant story of Buddy, a young farm boy who lives in the small rural community of Zion, Indiana, during the Great Depression. He is a diviner, with the gift to find the one thing in life that terrifies him: water, former minister C.C. Showers -- who vows never to preach again -- comes to Zion to work as a mechanic for Buddy's father.

Performances are scheduled at 8 p.m. on Friday, Oct. 27, Nov. 3 and 10; at 8 p.m. on Saturday, Oct. 28, Nov. 4 and 11; at 2 p.m. on Sunday, Oct. 29, Nov. 5 and 12; and at 2 p.m. on Wednesday, Nov. 1 and 8.

Tickets are \$10 for general admission and \$5 for the Wednesday matinee can be purchased at the door or in advance by calling the Oakton Box Office at (847) 635-1900. For group discounts, call Karol Verison at (847) 635-2185.

Loyola hopes to play ball on former landfill

Pending approval from the Village of Glenview, a former 60-acre landfill may be recycled into 10 athletic fields for Loyola Academy.

Currently athletes at the Catholic high school have to be transported to leased fields in order to participate in sporting events. Loyola officials have offered an undisclosed amount to purchase the former Krohn landfill from property owner Joseph Pietro. If approved, Loyola plans to establish two baseball and softball fields, two lacrosse fields, and four soccer fields on the site, as well as a 2,100 square foot building housing concessions, restrooms, and maintenance equipment, and a 469-space parking lot. Officials also hope to eventually construct a 70,000 square foot building to house an ice rink.

The former landfill, located at 1900 Johns Drive was closed in 1990. According to the Illinois Environmental Protection Agency, trace remains of contaminants remain in the groundwater. However, the ILEPA says the contaminants will not pose a threat to those using the field.

The Glenview Plan Commission will hear Loyola's formal proposal at its October 24 meeting.

Village of Niles Halloween Party

With ghosts and goblins lurking in the shadows it's a sure sign that Halloween is upon us and once again the Village of Niles will be hosting their annual Halloween party. This year's SPOOKTACULAR event will be held on October 31 from 4 p.m. until 8 p.m. in the St. John Brebeuf school gym, 8301 Harlem Avenue, Niles. There will be plenty of games and fun to be had by all, oh yes and let's not forget the candy and treats... There is no charge for admission, so put on your best face and come on out and enjoy a safe and happy Halloween with the Village of Niles.

Six injured in factory chemical spill

Six people were slightly injured and five others suffered respiratory distress as the result of a chemical spill earlier this month at John Crane Packing located on the 6400 block of Oakton Street in Morton Grove.

The accident occurred when almost half a gallon of propyl alcohol spilled, prompting response from 36 fire fighters from Morton Grove, Niles, Glenview, North Maine, Skokie, Park Ridge, and Lincolnwood.

Westin Hotel's ping pong table on auction block



The Westin Michigan Avenue Hotel will donate its custom-designed ping pong table to the Evanston-based Leukemia Research Foundation's 4th annual "Fun-Raiser - A Party With a Purpose" on October 21 at the Museum of Science and Industry. Proceeds from the auction will benefit the Suzanne's Friends - For Life Chapter of the LRF. Pictured (l-r) are Leukemia Research Foundation President Steve Wilensky and Westin Michigan Avenue General Manager Michael Feigenbaum.

After being named one of the best-designed ping pong tables during this summer's Ping Pong 2000 Festival, the Westin Michigan Avenue has donated its custom-painted ping pong table to the Evanston-based Leukemia Research Foundation. The table will be one of the highlighted items on the auction block at the 4th annual "Fun-Raiser -- A Party With A Purpose" to be held October 21 at the Museum of Science and Industry.

The table, painted in Chicago Bears colors and emblazoned with the numbers "34" in memory of Walter Payton, was on display this summer in the lobbies of both the Westin Michigan Avenue and Westin River North hotels. The table will be moved to the Museum of Science and Industry, where partygoers will have the chance to not only play ping pong

at the October 21 "Fun-Raiser," but also to take home the custom-painted table.

Fun Raiser will also feature an array of incredible silent auction and raffle prizes including week-long Hawaiian and Jamaican resort vacations, American Airlines tickets to Europe, two tickets to the Superbowl, front row tickets to a Chicago Bulls game, and a "Sex and the City" poster signed by star Sarah Jessica Parker. Also on the auction block will be a Jaguar 2001 S-Series, courtesy of Imperial Motors in Wilmette.

Fun-Raiser - A Party With a Purpose is in memory of Suzanne Dreebin-Wilensky, a wife and mother, who lost her life to leukemia at the age of 33. Tickets are \$60 per person, \$75 at the door. For more information, call (847) 424-0600.

LEGAL NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, November 6, 2000, at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s):

- 00-ZP-41 Sebastian Cualoping 465 Edgewood Lane Northfield, IL
Requesting a change in zoning from B-1 to B-1 Special Use for sale and rental of video cassettes at 7315 Dempster Street.
- 00-ZP-42 Ken Lee 832 Seeley Street Park Ridge, IL
Requesting a change in zoning from B-2 Special Use to B-2 Special Use and variation to parking requirements to install physical, cultural and health service spa with no massages plus 50 seat restaurant. The number of parking spaces to be determined by Plan Commission at 8468 Golf Rd.

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

Two experienced agents join Century 21 McMullen

Experienced real estate agents Richard Podgorski and Agnes Olpinski joined Century 21 McMullen.

Richard Podgorski has sold residential real estate on Chicago's northwest side since 1990. He's a multi-million-dollar producer and a life member of the Multiple Listing Service. Podgorski speaks Polish and concentrates on single-family and multi-family homes. He was with Century 21 McMullen in the past. Podgorski is married and lives near O'Hare.

Agnes Olpinski is a million-dollar producer and spent two

prior years with another real estate firm on the northwest side. She's a member of the Multiple Listing Service and the Northwest Association of Realtors. Olpinski speaks Polish and came here from Poland in 1992 with her family. She is married and lives in Elmwood Park.

Century 21 McMullen ranks among the largest real estate firms in Chicagoland. It is now 55 years old and located in the former Borg Flowers & Gifts building at 6400 N. Harlem, at Northwest Highway and Devon in Chicago. Telephone 773-631-8300.

Emory College Dean's List

Students were named to the Dean's List of Emory College, the undergraduate, liberal arts college of Emory University in Atlanta, Georgia, for the 2000 Spring Semester. Students must be in the top 20 percent of Emory

College or have approximately a 3.7 GPA or higher to be named to the Dean's List.

Local students included: Jason L. Friedman, son of Mr. and Mrs. Martin I. Friedman of Morton Grove.

LEGAL NOTICE

Sealed bids will be received until 11:00 a.m. on Tuesday, November 14, 2000, at Clarence E. Culver School, 6901 W. Oakton Street, Niles, Illinois 60714 which bids will be opened at 11:05 a.m. on Tuesday, November 14, 2000, at Clarence E. Culver School, 6901 W. Oakton Street, Niles, Illinois 60714 for:

Purchase of Food and Cafeteria Supplies for the months of December, 2000, January and February, 2001.

Bid specifications may be picked up at Clarence E. Culver School, 6901 W. Oakton Street, Niles, Illinois 60714 beginning October 18, 2000 between the hours of 8:30 a.m. and 3:30 p.m.

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

Mary Krueger Secretary, Board of Education

Eugene H. Zalewski Superintendent

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District 219 AP Scholars

34 students at Niles Township High School District 219 have been named AP Scholars by the College Board in recognition of their exceptional achievement on the college-level AP Examinations. Only about thirteen percent of the more than 700,000 students who took AP Examinations in May 2000 performed at a sufficiently high level to merit such recognition. The College Board recognizes several levels of achievement based on the number of year-long courses and exams.

Three District 219 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 or higher on five or more of these exams. These students are: Joseph Dimaria and Jason Grover from Niles West and Yuliya Gorlina from Niles North.

Eight students qualified for the AP Scholar with Honor Award by earning an average grade of at least 3.25 on all AP Exams taken,

and grades of 3 or higher on four or more of these exams. Gregory Mathes from Niles West earned this honor, as did Niles North students Kirat Doshi, Sumul Gandhi, Alexandra Golobova, Alex Gordin, Aaron Kirkpatrick, Yelena Konanova, and Hannah Wang.

Twenty-three students qualified for the AP Scholar Award by completing three or more AP Examinations, with grades of 3 or higher. The AP Scholars at Niles West are: Gary Chin, Eugene Gekhter, Jonathan Glassner, Tobias Harris, Agatha Kubalski, Karen Olsen, Kōtarō Ooka, Jason Patel, and Tony Thomas. The AP Scholars at Niles North: Olga Borovkova, Ankit Doshi, Michael Feinstein, Ronak Kapadia, Lisa Kohn, Avanti Lal, Amos Lee, Brandon Morgan, Mital Patel, Nathan Pollak, Irina Shleyfer, Jarret Turbin, Charles Yohannan, and Sonia Ziskind.

Most of the nation's colleges and universities award credit, advanced placement, or both based on successful performance on the AP Exams.

"You're A Good Man Charlie Brown"

Out of the comic strips and onto the stage Charles M. Schulz's beloved characters will delight you as they always have in the Niles North Theatre Department's production of "You're A Good Man, Charlie Brown." Snoopy, Charlie Brown, Lucy,

and Linus will sing their way into the hearts of children of all ages in the charming musical being held at 4 p.m. and 7 p.m. from October 19 through 21 in the Studio Theatre (D-100) at Niles North High School, 9800 North Lawler, Skokie. Tickets are \$9 per person

at the door. Advance ticket purchases are subject to discounts (\$1 discount for adults, \$2 discount for seniors and \$5 discount for children). Advance tickets may be purchased between 3 and 3:30 p.m. at the Ticket Office at Niles North starting October 10.

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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.			The Bugle Newspapers "The Newspapers That Deliver" Serving The North and Northwest Suburbs	

DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR! THE BUGLE CLASSIFIEDS DELIVERED TO ALL 16,000 HOMES IN NILES AND MORTON GROVE EVERY WEEK OF THE YEAR!

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
HIRING EVENT	MANUFACTURING	MEDICAL / HEALTHCARE		
NOW HIRING For our new store in Morton Grove!  If you get excited by Growth... HIRING EVENT Village Plaza 7350 Dempster Morton Grove, IL Oct. 18, 19, 20 - 10am - 6pm For more information, Call (630) 925-6407 Positions Available: • Merchandise Leads • Processors • Merchandise Associates • Store Detectives • Service Desk Associates • Custodial Leads • Stockers \$300 Hiring/Retention Bonus We offer competitive pay and benefits, which may include: Medical/ Dental/ Life Insurance, Store Discounts at HomeGoods, T.J. Maxx, and Marshalls, Paid Holidays/Vacation, and much more. If unable to attend our Hiring Event, please send fax resume, indicating position of interest to: Staffing Manager, HomeGoods, 770 Coohituate Rd., Framingham, MA 01701; Fax: (508) 390-3850. Email: dorian_desmarais@tj.com ...there's room for you at HomeGoods HomeGoods is an equal opportunity employer committed to workforce diversity. A Division of The TJX Companies, Inc.	ASSEMBLY TECH For growing firm. Excellent hand skills, mechanical aptitude and the ability to operate independently. Could help you secure a superb position with our team. Fax resume to Chris at: 847-718-0738 Or apply within PRECISION ENDOSCOPY 772 W. Algonquin Road Arlington Heights, IL 60005	ACTIVITY ASSISTANT FULL TIME For A Small Luxury Assistant Living & SNF Facility, The Manor At Lincolnwood Place. \$9/Hour Plus Excellent Benefits Call Ron For Appointment At: (847) 673-7166 EOE		
	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	HUMAN RESOURCE FACILITATOR CLINICAL MANAGER • ACTIVITY ASSISTANT • RN/LPN - Full-Time / Part-Time Days • CNA - Part-Time Weekends • HOUSEKEEPER St. Matthew Lutheran Home - Park Ridge Call Latonya At: (847) 825-5531 Ext. 622		
		A Luxury Retirement Community, Lincolnwood Place, Is Seeking •LINE COOK - FULL TIME To Work 10:30 AM-7 PM Shift Up To \$10/Hour Plus Excellent Benefits Experience Preferred But Not Required Call Chef At: (847) 673-7166 Or Fax Resume To: (847) 673-7185 EOE		
		HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park Call for an appointment Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100	DENTAL ASSISTANT Skokie, specialty dental practice (Old Orchard area) is interested in hiring a clinical coordinator (30-36 hours a week) Dental experience a plus but not necessarily required with the right applicant. If you're a responsible person and would enjoy working with a progressive practice please call Anne at our Chicago office 312-641-6620 or fax resume 312-641-6621. Medical Receptionist Part-Time 32 hours. Small office, experienced, paid vacations. Call Rosemary: 773-763-6800 Resurrection Professional Building	DENTAL ASSISTANT Northbrook General Practice Great Hours Benefits And Bonus Call: 847-205-9337
	EDUCATION Small Private Childcare Center Seeking Part-Time Teacher For PWS + Full + Part-Time Teacher Assistants For Ages 2-5. Teacher for 2 Year Olds Room Needed A.S.A.P!! Salary High with a Degree + Benefits (9 hr. + without). Call Denise at 847-674-8413 Fax Resume to 847-933-2682 E-mail at StarDeem@aol.com Skokie location	MISERICORDIA HOME NORTH 2001 W. Devon Chicago, IL 60659 Fax: 773-973-4292 Non-Smoking Facility Drug Free Environment equal opportunity employer m/f	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.	REGISTERED NURSE Pediatric Office seeks RN. Part/Full time. Competitive hourly rate. Skokie or Buffalo Grove location. Call 847-967-0027
	FUN WITH CHILDREN Computer tots needs teachers for our pre-school computer enrichment program. 6-8 hours a week. Will train. 847-259-3630			

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 312-789-6490.

THE BUGLE CLASSIFIEDS

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	
MEDICAL / HEALTHCARE		RESTAURANTS/ FOOD SERVICE		RETAIL	
<p>A Small Luxury Assistant Living & SNF Facility, The Manor At Lincolnwood Place, Is Seeking LPN's - FULL TIME Excellent Pay, Benefits & Superb Working Environment Once In A Lifetime Opportunity! Call Ron For Appointment: (847) 673-7166 EOE</p>		<p>Restaurant GRAND OPENING SOON! Glenview is buzzing with excitement again, with the news that Bennigan's is building in the area. In the next few weeks, construction of our new restaurant will be complete, but the most important ingredient is missing - you! If you realize your smile and friendly attitude are the tickets to your success, you may be just who we're looking for! Immediate Openings For ALL POSITIONS! • Bartenders • Wait Staff • Hosts/Hostesses • All Kitchen Positions Training begins immediately! Join a stable company that offers extensive benefits! • Flexible Schedule • Tuition Assistance • Sign-On Bonus Apply in person Monday-Friday from 8 a.m. to 6 p.m. and Saturday from 9 a.m. to 6 p.m. at: Bennigan's, 2141 Willow Rd, Glenview, IL 60025; or fax your resume to: (847) 832-9962. For more information please call: (847) 832-9960. EOE.</p>		<p>THE GLASS GALLERY, LTD. GOLF MILL MALL & RANDHURST MALL Holiday Dollar\$ Our blown glass gift kiosk needs personable, honest, self-starting retail associates from November 1 through December 31. Retail or management experience a plus. Day, evening and weekend hours available. 10-30 hours per week. \$7.00 to \$10.00 per hour, plus bonus and employee discounts. Call 9 a.m. - 9 p.m. 1-800-466-4527 Or visit www.glassgallery.net</p>	
<p>QMRP Misericordia Home North is a residential facility, on a picturesque campus, serving children and young adults who are developmentally disabled. We currently have a challenging position available involving Program design, implementation and supervision in ICF-DD, for adults with severe/profound disabilities. Must have minimum Bachelor's degree in Special Education or related field, plus one year experience with DD population. We provide excellent salary and benefits package. For consideration, please mail/fax your resume to: Personnel Department MISERICORDIA HOME NORTH 2001 W. Devon Chicago, IL 60659 Fax: 773-973-4292 Non-Smoking Environment equal opportunity employer m/f</p>		<p>Health care RN's, LPN's CNA's 1000's of openings to fill every week. Excellent pay + benefits. Call AmeriCare 773-878-6814; Chicago, Skokie 847-763-1643</p>		<p>EXCELLENT PAY! Benefits for full time and part time members. We are looking for outstanding cashiers, salesfloor, backroom, and supervisors. Please come to the Target Glenview Store, located at 2241 Willow Road in Glenview for immediate interviews. Or call Michelle at: 847-657-0095</p>	
<p>DENTAL ASSISTANT Small quality oriented practice in Lincolnwood seeks experienced extra ordinary dental assistant. Starting salary \$14/hour or commensurate medical and dental benefits. No evenings, no weekends. Call Batsheva 847-675-6767</p>		<p>BENNIGAN'S Servers Part-Time/Full-Time Flexible Hours - Benefits Will Train The Right Person LONE STAR STEAK HOUSE 7237 W. Dempster Niles (847) 470-1976</p>		<p>SALESPERSON/ CASHIER Full/Part-Time Small Retail Store Looking For Dependable, Personable Person Who Likes To Deal With People. Experienced Or Will Train NILES LOCATION Fax: (847) 647-6979 Call: (847) 647-7070 Ask For Mrs. Jones Find the help that you need in our classified section.</p>	
<p>NANNIES Immediate Live-In/Out positions available for nannies in the Winnetka and Chicago area. Salary starting at \$450.00. Driving is required. Fluent English a must. Contact: 1-888-355-7911</p>		<p>SERVERS Part-Time/Full-Time Flexible Hours - Benefits Will Train The Right Person LONE STAR STEAK HOUSE 7237 W. Dempster Niles (847) 470-1976</p>		<p>RETAIL INVENTORY TIRED OF THE USUAL DATA ENTRY POSITIONS Put Your 10 Key Skills To Work With RGIS Inventory Specialists Earn \$9 Per Hour Counting Inventory In Retail Stores Interesting, Challenging Position Must Have Access To Reliable Transportation We Train The Right Candidates (847) 296-3031 1-888-242-RGIS Equal Opportunity Employer</p>	
<p>NURSING Looking for a career in caring for the elderly then apply at Norwood Park Home. NURSES - Part Time PM &Nights CNA's - Full Time PM Shift CNA's - Part Time PM Shift Excellent Benefits For Full Time - Health, Emergency Days, Tuition & 401K Apply Monday-Friday, 9:00 a.m.-4:00 p.m. Norwood Park Home 6016 North Nina Avenue • Chicago, IL 60631 (Near Northwest Highway & Harlem) Tel: 773-631-4856, Fax: 773-631-2253 EOE</p>		<p>RETAIL Retail Manager Part Time Sales Associate Bend's Jewelers and Watchmakers. Specialty retailer in major department store has an exciting opportunity for hard working persons. Should have retail experience and be customer service oriented. Watch and jewelry experience helpful, but not necessary. Will train. Competitive salary and benefits. Call Carrie At: 847-803-7547</p>		<p>THE BUGLE CLASSIFIEDS are worth more than just a quick glance. Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish. When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them! Buying or selling, the first place to look is in...The Bugle Classifieds! TO PLACE AN AD, CALL (847) 588-1900 THE BUGLE NEWSPAPERS THE NEWSPAPERS THAT DELIVER</p>	

THE BUGLE CLASSIFIEDS

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
SALES	SOCIAL SERVICES	TELEPHONE	TRADES	
<p>ADVERTISING ASSISTANT Ability to follow directions and a desire to succeed! FLEXIBLE SCHEDULE Computer and/or photographic experience is an asset. (847) 588-1900 Fax (847) 588-1911 JJBugle@att.net</p>	<p>SOCIAL SERVICE ASSISTANT Part time position in non-profit organization serving people with developmental disabilities. Knowledge of DPA/government entitlements helpful. Salary \$8.50-9.50/hour, 20 flexible hours/week. Mail/fax resume to: Orchard Village 7670 Marmora Skokie, IL 60077 Fax: 847-679-3909 EOE</p>	<p>TELEPHONE WORK FROM HOME Scheduling Pick-ups Of Discarded Items For A Major Charity No Selling-Flexible Hours Paid Weekly Pleasant Personality Reliability A Must! Please Call: (630) 515-5752</p>	<p>DRIVERS United Express Messenger Company Is Looking For Dependable, Self-Motivated Individuals To Make Deliveries In Chicagoland Area In Company Owned Cube Van. Start in Glenview 6 AM - Monday-Friday Top Pay & Benefits Call Terry Or Randy At: (630) 527-0303</p>	
<p>SALES-CEMETERY Management trainees. Looking for 3 motivated and hungry people to learn this rewarding business from the ground up. Discipline & honesty a must. Benefits include high commission, health, dental, 401k, monthly bonus, paid vacation and a four week training bonus. Realistic 1st year earnings, \$30-\$75K. Call Bob: 708-453-0273</p>	<p>TELEMARKETING Full Or Part-Time 81-Year Old Company Looking For Help In Marketing Department. \$10/Hour (847) 228-2770-Ext. 15 BARTLETT HEATING & A/C Mr. Prospect-Ask For Jeff</p>	<p>TELEMARKETING Full Or Part-Time 81-Year Old Company Looking For Help In Marketing Department. \$10/Hour (847) 228-2770-Ext. 15 BARTLETT HEATING & A/C Mr. Prospect-Ask For Jeff</p>	<p>CONCRETE CREWS/ CARPENTER CREWS For Garages Must Be Experienced Must Have WC & General Liability (708) 799-9393</p>	
<p>AVON Looking For Higher Income? More Flexible Hours? Independence? AVON Has What You're Looking For Let's Talk (888) 220-2866</p>	<p>SOCIAL SERVICES SENIOR NETWORK ASSISTANT Full Time Monday through Friday, 9 a.m.-5 p.m. The qualified candidate will work in our Outreach Program. This position requires: •Some computer skills •General office duties. •Transporting clients •Delivery of home meals to the elderly Full Range of Benefits 401K • Tuition Reimbursement • Health • Disability Apply in person Monday-Friday, 9 a.m.-4 p.m. No appointment needed at: NORWOOD PARK HOME 6016 N. Nina, Chicago, IL 60631 (Near Northwest Highway & Harlem) Phone: 773-631-4856 • Fax: 773-631-2253 EOE</p>	<p>TRADES LINE HAUL 6 MONTHS EXPERIENCE - 20¢/MILE EXPERIENCED - 34¢/MILE TOP PAY - 40¢/MILE DEDICATED HOME WEEKLY STUDENTS MSC PROFESSIONAL DRIVING ACADEMY INTEREST FREE LOAN LEASE PROGRAM NEW/USED OWNER OPERATORS WANTED 800-231-5209 M.S. CARRIERS • EOE</p>	<p>Automotive Tech We are looking for an experienced Auto Tech. We offer good pay + full benefits. Good working conditions. 26 years in business. Call 847-965-6870 8 to 5 p.m. Or leave a message 5 to 10 p.m. Ask for Joel</p>	
<p>STOP AT THE BUGLE'S Classifieds Are beckoning you to: LOOK AT THE BUGLE'S Low, low rates, which enable you to: ADVERTISE</p>	<p>GO To your phone and CALL NOW (847) 588-1900</p>	<p>SUPERVISOR ICE ARENA Part Time Evening Supervisor Niles Park District Iceland Ice Arena, 8435 Ballard Road, is seeking a reliable and responsible person as a Part-time Evening Supervisor. Responsibilities include but are not limited to: resurfacing ice, cleaning, and closing building. Must be at least 18 years of age to apply. If you are interested, please call: David Santee at: (847) 297-8010</p>	<p>TOW TRUCK DRIVER Nights and weekends. Must have clean DMV. Must know city and suburbs. 847-763-8086</p>	
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<p>Computer Graphics Graphics Designer and Production Person for Sign Company. Call Mr. Lake: 847-470-8400</p>		<p>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. We accept Visa and Master Card! Call: 847-588-1900</p>	<p>Auto Service Cashier A position in Park Ridge for friendly people person. Auto experience helpful. Competitive salary & fringe benefits. Hours: 9AM-6PM Monday-Friday. Call Mr. Sillitti 847-698-1234</p>	
<p>WILDLIFE JOBS \$8-15/HOUR + Federal Benefits Park Rangers, Security and Maintenance. No experience for some. For information call: 1-800-461-4987 xBU2 8am-9pm Local not guaranteed</p>		<p>THE BUGLE CLASSIFIEDS are worth more than just a quick glance. Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish. When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them! Buying or selling, the first place to look is in...The Bugle Classifieds! TO PLACE AN AD, CALL (847) 588-1900 THE BUGLE NEWSPAPERS THE NEWSPAPERS THAT DELIVER</p>		

THE BUGLE CLASSIFIEDS

FULL/PART TIME	FULL/PART TIME	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
TRADES		PERSONALS		
<p>FAMILY FITNESS CENTER Part-Time Maintenance/Custodian The Village of Niles Family Fitness Center has an immediate opening for a part-time Maintenance/Custodian for Saturdays and Sundays from 11 a.m. to 5:00 p.m. Applications available at: Fitness Center, Village of Niles 987 Civic Center Drive, Niles, IL 60714 E-mail: personnel@vnils.com Fax: 847-588-8051 For more information call Ron Sorensen: 847/588-8407 EOE, M/F</p>		<p>CHILD CARE Niles/Park Ridge - Mom to care for your angel - in my smoke-free home. Call Margie - 847-692-7143</p>	<p>A Prayer 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. G.G.</p>	<p>St. Jude's Novena May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. B.D.</p>
<p>*CUSTOMER SERVICE *BARTENDERS *PORTERS *PIN CHASERS Full-Time / Part-Time Looking For Friendly Customer Oriented People To Join Our FAMILY! Call: (847) 965-5300 CLASSIC BOWL MORTON GROVE</p>		<p>DOGS 2 Dogs Up For Adoption To Animal Loving Home 4-Year Old Yorkie-Male 5-Year Old Black Lab-Male Great With Children - Housebroken 1-312-296-6529</p>	<p>Never Fail Novena May the Sacred Heart of Jesus be praised, adored, and glorified, throughout the whole world, now and 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.</p>	<p>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. D.T.</p>
<p>GROOMER Full Or Part-Time Must Have Experience (773) 283-6611 K-9 Expressions</p>		<p>DOG ADOPTION FURRY FRIENDS FOUNDATION A no-kill, non-profit animal shelter will hold a dog adoption day from Noon Until 4 PM Sunday-October 22 At PetSmart 809 Civic Center Plaza-Niles For more information call: Furry Friends Foundation (312) 397-1001</p>	<p>FATHER'S RIGHTS Fathers Deserve Fair Treatment! www.dadsrights.com Attorney Jeffrey M. Leving 312-807-3990</p>	<p>TANNING WOLF TANNING BEDS TAN AT HOME Buy DIRECT and SAVE! Commercial/Home units from \$199 Low Monthly Payments FREE Color Catalog Call TODAY 1-800-711-0158</p>
<p>AUTO MECHANIC Experienced only. Own tools. Good benefits, good pay. PE Auto Service, 8801 Waukegan Rd., Morton Grove, IL 60053. Call 847-966-4448</p>		<p>MEN'S DIVORCE HELPI Fathers Deserve Fair Treatment! www.dadsrights.com Attorney Jeffrey M. Leving 312-807-3990</p>	<p>FOR SALE Kitchen, Dining Room & Bedroom Furniture 4 Sale! Call Between 9 A.M. & 7 P.M. - 847-470-8156</p>	<p>WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-8181</p>
<p>REAL ESTATE TOWNHOUSE FOR SALE Niles F5B0 - 2 Br., 1.5 Ba, Fin Bsm't, Yd, Great Area. No Assoc. 847-827-7964</p>		<p>FOR SALE Kitchen, Dining Room & Bedroom Furniture 4 Sale! Call Between 9 A.M. & 7 P.M. - 847-470-8156</p>	<p>GARAGE SALES Niles - Sat. 10/21 & Sun. 10/22 - 10 a.m.-4 p.m. 8037 N. Ottawa. Girls, dishes, 0-4 yrs, toys, baby furniture & much more! We accept Visa and Master Card! Call: 847-588-1900</p>	<p>CASH PAID FOR USED AIR CONDITIONERS (773) 531-4835</p>
<p>LOCKSMITH Goldy Locks Inc. is looking for experienced locksmiths. \$12-\$20/hour to start, depending on experience. Excellent benefits. (Medical, 401k + commissions - uniforms) Apply in person at 7703 W. Lawrence Ave., Northridge, IL or fax resume to 708-429-6902.</p>		<p>FOR SALE Kitchen, Dining Room & Bedroom Furniture 4 Sale! Call Between 9 A.M. & 7 P.M. - 847-470-8156</p>	<p>Garage Sales Niles - Sat. 10/21 & Sun. 10/22 - 10 a.m.-4 p.m. 8037 N. Ottawa. Girls, dishes, 0-4 yrs, toys, baby furniture & much more! We accept Visa and Master Card! Call: 847-588-1900</p>	<p>WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-8181</p>
<p>DRIVERS Up to \$10/Hour + Tips. Niles based company looking for reliable individuals 21 or older. Valid drivers license for deliveries. Paid training. Must lift 50 pounds. Company vehicle provided. 3PM-11PM. 2nd shift only. Call Meg: 847-995-1200</p>		<p>Autos For Sale LOREN BUICK/HYUNDAI 1620 Waukegan Road, Glenview (847) 729-8900</p>	<p>Business Opportunity Equity Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-8181</p>
<p>GREAT HARVEST BREAD COMPANY Northbrook, Illinois needs production, counter and delivery help. Part Time/Full Time. Excellent Salary & Benefits. Call Rachel or Peter: 847-559-0009</p>		<p>Business Opportunity Equity Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>Business Opportunity Equity Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-8181</p>
<p>POSTAL JOBS \$9-14.27/HOUR + Federal Benefits No Experience. Exam information call: 1-800-461-4987 xBU1 8am-9pm. Local not guaranteed</p>		<p>Business Opportunity Equity Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>Business Opportunity Equity Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-8181</p>
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<p>READ THE BUGLE For Subscriptions Call (847) 588-1900</p>		<p>Business Opportunity Equity Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>Business Opportunity Equity Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-8181</p>
<p>All Classified-Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com</p>		<p>Business Opportunity Equity Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>Business Opportunity Equity Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>WANTED TO BUY WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-630-985-2742 Fax: 1-630-985-8181</p>

Task force ...
 Continued from Page 1

other burglary that was apparently thwarted in Lincolnwood, a police task force has identified two teams that may be involved in the burglaries, according to Commander Mark Erickson, who leads the investigations unit for Morton Grove. Both teams apparently use similar methods of operations and are selective in the items they take, Erickson said.

One team is thought to be a male and female of Middle Eastern descent. The male is described as 5'7" with a thin build and weighing approximately 130 pounds. He reportedly has a long face, skinny nose and thin lips. His hair is reportedly dark brown or black and slicked back and combed into a "widow's peak" on the middle of his forehead.

The woman is described as 100 pounds, approximately 5'5" tall with long, dark, frizzy hair and sunken cheeks. The couple was heard to be speaking in an unidentified foreign language.

A second team, which may have been involved in the Morton Grove break-in, is made up of two white men. One man is described as 5'8" tall with a thin build and light brown hair. The second man is described as approximately 20 years old with a possible mustache. The two left a burglary scene in a dark blue,

compact 2-door car that had no license plates.

The police task force which is investigating the burglaries is composed of police departments in surrounding communities where burglaries have taken place, including Skokie, Lincolnwood, Morton Grove and Wilmette, according to Erickson.

Police advise residents to be watchful in their neighborhoods and notice any unusual activity. Officers advise residents not to confront any individuals but simply to call police should residents see suspicious activity.

Mercury ...
 Continued from Page 1

ter mercury was found in Park Ridge homes this August. All homes with mercury containing regulators that have been replaced within the last 10 years are now subject to inspection.

Lutheran General Hospital is distributing free test kits (Nicolir is footing the bill) to residents concerned about mercury exposure, which can be tracked by foot from one location to another. Thus far, out of over 1,000 kits given out, more than 600 have been returned and all testing negative.

Niles residents can also be tested at the Advocate Occupational Health Center, 7255 N. Caldwell in Niles.

Tips for getting better gas mileage

You say concern for the environment isn't reason enough to conserve gasoline? Then how about gasoline prices?

According to the experts at the National Institute for Automotive Service Excellence (ASE), motorists can get the most out of each gallon of gas by following a few simple conservation and maintenance measures:

- **Monitor tires.** Under-inflated tires or poorly aligned wheels waste fuel by forcing the engine to work harder. (Let the tires cool down before checking the air pressure.) Out-of-line wheels, as evidenced by uneven tread wear, should be aligned by a professional.

- **Remove excess weight.** Remove unnecessary items from the vehicle. Less weight means better mileage.

- **Consolidate trips and errands.** Also, try to travel when traffic is light so you can avoid stop-and-go conditions.

- **Avoid excessive idling.** Shut off the engine while waiting for friends and family.

- **Observe speed limits.** Besides being dangerous, 75 mph really burns the gas.

- **Drive gently.** Sudden accelerations guzzle gas. Anticipate traffic patterns ahead and adjust your speed gradually.

order. But turn the air conditioning off in stop-and-go traffic to save fuel.

By following ASE's advice, not only will you use less gasoline, you'll extend the life of your vehicle and its parts.

The National Institute for Automotive Service Excellence was founded in 1972 as a non-profit, independent organization dedicated to improving the quality of automotive service and repair through the volunteer testing and certification of automotive technicians. ASE-certified technicians wear blue and white ASE shoulder insignia and carry credentials listing their exact area(s) of certification. Their employers often display the blue and white ASE sign.

Visit www.ascert.org for more information.

Air bag awareness of risks falls

While air bag deaths are down nationwide, awareness of the risks from air bags is also declining, sparking concerns that deaths and injuries especially to children will continue and could again increase.

The number of air bag equipped vehicles on the road has tripled from 1996 to 1999. Yet the rate of child air bag deaths dropped dramatically by more than 80 percent. But new data from the Air Bag & Seat Belt Safety Campaign shows awareness of air bag dangers is also decreasing, from 89 percent in May 1999 to 83 percent six months later.

The Campaign's research shows that awareness is even lower, 79 percent, among people who will purchase an air bag equipped vehicle for the first time.

"It's encouraging that air bag fatalities are down significantly. But as a result there's been less in the news about air bags and so the public's awareness of the risks is beginning to slip," said Janet Dewey, executive director of the Air Bag & Seat Belt Safety Campaign. "This concerns us. That's why we are stepping up our efforts to reach those who aren't buckling up children in the back seat."

Air bags are credited with saving more than 5,000 lives; however, air bags and seat belts are designed to work together. The most important safety step in any vehicle is to buckle the seat belts. All children age 12 and under should ride buckled up in a back seat, in age- and size-appropriate child safety seats that are correctly installed.

As more air bag equipped vehicles are moving into the used car market, a growing number of people who have never had a vehicle with an air bag will have one for the first time. This will increase the number of children who will be exposed to the potential risk from an air bag, unless they are properly restrained in the back seat. Research shows that driver restraint use is the strongest predictor of child restraint use, and that a restrained driver is three times more likely to restrain a child. Therefore, the Campaign will target its outreach to groups that are more likely to buy used cars and less likely to wear seat belts, typically people with lower incomes, younger drivers and minorities.

Yates ...
 Continued from Page 1
 that became his trademark. Campaigning in 1948 for Congress, Yates attended ward meetings with a folk-singing friend who adapted his programming to fit the ethnic group.

In 1993 Yates received a Presidential Citizens Medal for his effort on behalf of the arts and humanities.

Yates was born in Chicago. He is survived by his wife; a son, Stephen who is a Cook County Circuit Court judge, a daughter-in-law and three grandchildren.

Mr. Yates represented Niles Township for five decades.

Niles school ...
 Continued from Page 1
 dissuade District 219 officials from changing the name. While students argued that school tradition was at stake, residents were concerned with the estimated \$250,000 cost to replace the school mascot.

Reported costs to renovate the gym's floor and walls are estimated at as much as \$150,000, and another \$80,000 to replace school uniforms.

Despite opposition, the board voted 6-1 for the gradual elimination of the mascot.

Students will vote on a new school symbol later this fall.

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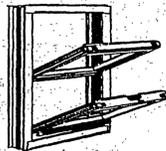
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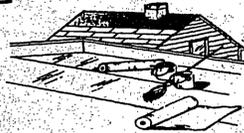
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