

## Niles native needs bone marrow transplant

by Sheilya Hackett

Niles native Louis DeMeo is asking for help in getting a bone marrow transplant. DeMeo, 26, has leukemia. Helping him out will cost donors nothing, but it will give them the satisfaction they may save a life.

Louis DeMeo is an ordinary guy, not an Einstein or a Walter Payton. But as he went through Ballard Elementary, Gemini Jr. High and Notre Dame High School in Niles, his grades were good, he made his mark in foot-

ball and he found time to help others along the way.

As a kid he learned football and supported fundraisers as a member of the "Falcons" in the Pop Warner League. He helped

Continued on Page 31

## Cop imposter stops woman in Morton Grove

by Sheilya Hackett

A White male posing as a policeman is being sought by police after he pulled over a Des Plaines woman's car early Sept. 15 near Dempster and Menard Streets, Morton Grove. The man's black over maroon car, possibly a late 70's Oldsmobile, was equipped with a mars light. He wore a navy

police-type shirt with dark patches and epaulets.

Morton Grove Police Chief George Inclon said the 22-year-old Des Plaines woman was driving west on Dempster about 12:30 a.m. Tuesday, Sept. 15 when the man motioned her to

Continued on Page 31

# Niles

edition of

# The Bugle

8746 N. Shermer Road, Niles, Illinois 60714 - (708) 966-3900

VOL. 36, NO. 13, THE BUGLE, THURSDAY, SEPTEMBER 17, 1992

50¢ per copy

Appellate, Supreme Court appeals filed against November Referendum

## Niles Park files appeals with courts

The Niles Park District has filed appeals with both the Appellate and Supreme Courts of the state of Illinois protesting the court decision to place the question of the dissolution of the park district on the November ballot.

On Aug. 31 the court ruled that the petition filed by attorneys Paul Kolpak and Jeff Lerner representing a citizens group seeking the takeover of the Niles Park District by the Village of Niles was valid and would appear on the November ballot. According to the citizens' attorneys, the referendum for dissolution has been certified and filed with the Board of Election commissioners.

An expedited hearing has been requested by park attorneys Gabe Berrafato and Michael Lavelle in the Appellate Court, but reasons for their appeal have not been designated.

According to Kolpak and Lerner, it is unlikely the Supreme Court will grant the park's request for an expedited hearing unless they can prove it is of "great public importance." The park is appealing to the Supreme Court on the basis that the hearing judge did not apply the statutes properly and exceeded his authority.

No decision is expected until early next week.

## From the Left Hand

by Bud Besser

Friday night friends of Keith Peck are having a dinner to honor him for his long service to the community. He retired last month as head of the Niles Public Works Department.

We don't want to get too mushy about Keith but he's always been one of our favorites in town and we can't help showing a bias about a truly fine human being.

It seems in each generation there's one resident in Niles whose commitment to family and community is so exceptional that he stands above the crowd. We thought Niles' Eddie Bacher, former head of Niles Public Works Department and Niles fire chief, was the Nilesite who stood above the crowd during its first generation of the 1930's, 1940's and 1950's and Keith Peck was the Niles man for its second generation during the 1970's and 1980's.

Keith moved to Niles in 1955. He married three men in a go's son. The night of Sept. 15, 1981, three men allegedly beat up a woman who objected to their relationship with his girlfriend. The girl was a worker at Taco Bell, 800 Milwaukee Avenue, said a group of five men entered the restaurant that night, gave their food order, then made lewd remarks to her as she worked behind the counter.

When the woman got off work, her boyfriend met her. The men

continued their remarks, and when her boyfriend objected, the woman said, three of the men jumped him, beating him about the body.

The men, a Niles resident, 20, and two Des Plaines residents, ages 19 and 22, were charged with battery and mob action and given an October 1 court date. The 19 and 20 year olds posted ten percent of their \$1,000 bonds and the 22 year old was released on his \$1,000 recognizance bond.

## Police continue search for killer

Cook County Forest Preserve Police continue to seek the murderer of David Chereck, 15, an honors student at Niles West High School, who was found dead in January.

Lt. Gerald Palacios, chief of detectives for the forest preserve police, at a recent press conference, called for help from the public, especially teenagers, about a longtime suspect in the slaying.

Palacios described the suspect as a white male in his 40's who was seen in Skokie about the time of the youth's murder. The sus-

pect was driving a white four door sedan at the time.

The suspect is currently under house arrest in California on a conviction for sexually assaulting a young boy.

Palacios said the victim may have known the suspect who has been known to introduce himself to potential victims as a member of the clergy.

The detective requested that anyone, especially young boys or teenage males, who may have had contact with the suspect to call the forest preserve police.

## Money is topic of Park meeting

by Sheilya Hackett

Watching their checkbooks like many Americans, Niles Park Board members meeting Sept. 15 directed much of their attention to the cost of running the Park District. Commissioners accepted the annual audit submitted by the accounting firm of Coopers and Lybrand. Before moving for its acceptance, Board Vice President James Pierski noted the District received "a clean bill of health" and the audit confirmed the

estimated in franchise

## Niles eatery

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When the woman got off work, her boyfriend met her. The men

## Mayor signs State Mandates Referendum Act



Trustee Louella Preston (left) and Trustee Jeffrey Arnold (right) look on as Mayor Nicholas Blase signs the State Mandates Referendum Act which will give tax-paying citizens a voice in the November election.



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8746 N. Shermer Road, Niles, Illinois 60714 (708) 966-3900

THE BUGLE, THURSDAY, SEPTEMBER 17, 1992

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3

Bob Besser - Publisher  
David Besser - Founding Publisher  
Diane Miller - Director of Advertising  
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## Needs bone marrow transplant



Louis DeMeo, shown at his marriage to Susan, needs a bone marrow transplant to continue his fight against leukemia. The DeMeos are asking for community help in finding a bone marrow match. Potential donors are asked to take a blood test Sunday, Sept. 20 between 11 a.m. and 4 p.m. at Mayer Kaplan J.C.C., 5050 W. Church Street or the Northwest Suburban J.C.C., 1250 Radcliff Road, Buffalo Grove. (See Page 1 story.)

## ND sets welcome for alums

Notre Dame High School for Boys, 7655 W. Dempster, Niles, invites all parents of the school's alumni to a welcoming Liturgy, Sunday, Sept. 20, at noon in the school chapel.

Following Mass a pot-luck luncheon will be served in the school library. All attending are

asked to bring a hot or cold dish to add to the buffet table.

For further information or questions, call during the day: Fr. Joseph Sroot at (708) 965-2900 and during the evening, Mrs. Geri Henning at (312) 775-7437.

## Niles police to hold auction

The Village of Niles Police Department will hold an auction on Saturday, Sept. 26 at 9:30 a.m. The auction will feature all recovered and unclaimed property taken in by the Police Department as well as miscellaneous unused Village equipment. All merchandise

can be viewed between 8:30 and 9:30 a.m. the morning of the auction.

The auction will take place at the Village Maintenance Garage, 7104 Touhy Ave., located directly behind the Police Department on the upper deck.

## Niles to change time of siren testing

Beginning on Tuesday, Oct. 6 at 10 a.m. and continuing at 10 a.m. on the first Tuesday of each following month, the Village of Niles will test its Civil Defense Sirens.

This is in compliance with Illinois Revised Statutes Chapter 127, Section 1114, the testing of

Civil Defense and Disaster Warning Devices which reads: "The testing of outdoor warning devices shall be held only on the first Tuesday of each month at 10 o'clock."

Previously, the Village of Niles tested its sirens every Tuesday at 10:30 a.m.

## Three arrested in fracas at Niles eatery

Police arrested three men in a Niles restaurant the night of Sept. 13 after they allegedly beat up a man who objected to their remarks to his girlfriend. The girlfriend, a worker at Taco Bell, 9631 Milwaukee Avenue, said a group of five men entered the restaurant that night, gave their food order, then made lewd remarks to her as she worked behind the counter.

When the woman got off work, her boyfriend met her. The men

continued their remarks, and when her boyfriend objected, the woman said, three of the men jumped him, beating him about the body.

The men, a Niles resident, 20, and two Des Plaines residents, ages 19 and 22, were charged with battery and mob action and given an October 1 court date. The 19 and 20 year olds posted ten percent of their \$1,000 bonds and the 22 year old was released on his \$1,000 recognizance bond.

## Delay petition for Przybylo condominiums

## Niles zoners OK easing of gas station parking regulations

by Sheila Hackett

### Voter registration

Are you a new resident of Niles Township? Did you move recently within the township or village? Did you just celebrate your eighteenth birthday? Have you recently changed your name? If the answer to any of these questions is "YES," you are reminded to get a new Voter Registration card before the November election. Registrants need to bring two pieces of ID, one showing a current address. Voters can register at the Clerk's Office Monday through Friday, from 9 a.m. to 4:30 p.m., Saturday, 9 a.m. to noon, at 5255 Main St., Skokie. Registration needs to be done at least 30 days prior to the date of the election, November 3, 1992. Applications for absentee ballots are now available and we can mail them out for you. Please call our office if you have any questions at (708) 673-9300.

### Shelby Club hosts car show

On Sept. 20, the Northern Illinois Region Shelby Club will have its 17th annual Fall Car Show & Swap Meet at Golf Mill Ford, 9401 N. Milwaukee Ave., Niles. Parking is available.

The general admission is \$1 and car show vehicle registration is \$10. Open to all, this is a rain or shine event starting at 9 a.m. and ending at 3 p.m. with award presentations.

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An easing of Niles gas station parking regulations could pave the way for a Marathon Oil station rehab at Harlem and Dempster Streets, Niles. Sept. 14, Niles Zoning Board loosened parking restrictions to require two employee parking spaces and one space for every 250 sq. ft. of retail floor space at gas stations. Three spaces are ordered for each service bay. The new concept gives more flexibility to mini-mart stations which have self service gas pumps, sell food and beverages, but generally do not have automotive service.

The new code is subject to Village Board confirmation, but Commissioner Angelo Troiani made his position clear, saying "It's about time we did some housekeeping; this is a working...arrangement for mini-marts; we have something to work with, a step in the right direction."

The Board approval opened

## County accepts previous testimony on Golf/Greenwood zoning

by Sheila Hackett

The snail's pace of the Golf Road-Greenwood Avenue zoning case recently sped up a little when Cook County Commissioner Frank Damato, head of the County Zoning committee, agreed to accept previous testimony as part of a complete re-hearing of the drawn-out zoning controversy. The decision is a boon to Lincolnwood developer Sam Callas who stood to spend thousands of dollars in re-calling real estate brokers, land planners and engineers to testify.

Callas is petitioning for a rezoning of a 53,277 square foot strip of land near the Golf/Greenwood intersection from R-5 Residential to a C-4 Commercial classification in order to

build a strip shopping mall. Nearby neighbors oppose it and testified to their objections in an August 7 hearing.

The towns of Niles, Park Ridge and Glenview are siding with the residents, in favor of maintaining the area's residential classification. As towns surrounding the disputed property, which is in unincorporated Maine Township, they can submit testimony of their opposition to the County Zoning Board until September 21, according to Nick Phillips, Secretary of the Zoning Board of Appeals.

Trying to envision a time line, Phillips speculated the Zoning Board could decide on the case at

Continued on Page 34

## Beautification contest winners receive awards



The top 10 1992 Niles Beautification Contest winners were invited to attend the August 25 Village Board Meeting where they were honored and awarded a gift certificate from Annings Flowerland and a cash award. Eight of the 10 winners are pictured with Mayor Nicholas Blase (far left) and Trustee Tom Bondi (far right).



## LGH offers health, happiness tips

With topics ranging from allergies to diets, Lutheran General HealthSystem (LGHS), 1775

Dempster St., announces its fall schedule for "Health and Happiness," the educational lecture se-

ries offered free of charge. All programs are offered on Tuesday evenings from 7 to 9 p.m. in the Lutheran General Hospital (LGH) Olson Auditorium, 1775 Dempster St., Park Ridge.

The first program, entitled "Achoo! It's the Weezin' Season," scheduled for Tuesday, Sept. 15, will feature Donald Aaronson, M.D., and Allan Luskin, M.D., both of the Division of Allergy and Immunology, LGH. They will explore the latest in allergy treatment and how to reduce exposure to the things that bring on allergies.

On Tuesday, Sept. 29, Karen Brugler, A.C.S.W., senior consultant, Quality Management, LGHS, will present "The Art of Dealing with Difficult People," a topic which has been brought back due to popular demand. Brugler will present keys to resolving difficult issues and ways to understand why difficult situations produce difficult people.

"Discipline and Good Parenting Do Mix" is the topic for the Tuesday, Oct. 13, lecture to be given by Michael Frey, Ph.D., child clinical psychologist, LGH. He will cover such aspects of child rearing as how different parenting styles effect a child's development and the impact of discipline on a child's self-esteem.

On Tuesday, Oct. 20, the topic is "Diet - A Four Letter Word," and will be presented by Adrienne Allert, Ph.D., clinical psychologist, Outpatient Mental Health Services, LGH. The lecture will cover how feelings, learned behavior and past experiences affect eating habits and will offer suggestions on how to develop a healthy relationship with food.

"Raising Teenagers Without Raising Your Blood Pressure," on Tuesday, Oct. 27 will feature Alice Wyatt, L.C.S.W., coordinator, Child and Adolescent Services, LGH, and David Anderson, Psy.D., clinical psychologist, program manager, Adolescent Psychiatry, LGH. They will explain how to set realistic expectations and enforce rules without alienating a teenager and will offer tips on how to communicate effectively.

The last program of the fall series, scheduled for Tuesday, Nov. 10, features Jacob Biran, M.D., director, Division of Hematology/Oncology, LGH, who will present "Cancer: The Dreaded 'C' Word." He will touch on ways to reduce the risk of developing certain types of cancer and explain the latest treatments available including autologous bone marrow reinfusion.

For more information about the series or to make reservations, call (708) 696-6005.

### THE BUGLE

(USPS 069-760)  
Bob Besser  
Editor and Publisher  
MEMBER  
NORTHERN ILLINOIS  
NEWSPAPER  
ASSOCIATION

VOL. 36, NO. 13, SEPT. 17, 1992  
8746 N. Sherman Rd.  
Niles, IL 60714  
Phone: 966-3900-12-4

Published Weekly on Thursday  
in Niles, Illinois  
Second Class Postage for  
The Bugle paid at Chicago, Ill.  
and additional entry offices.

Postmaster: Send address  
changes to The Bugle,  
8746 Sherman Rd., Niles, IL 60714

Subscription Rate (In Advance)  
Per single copy ..... \$50  
One year ..... \$22.50  
Two years ..... \$29.00  
Year Senior Citizens ..... \$11.50

A year (out of county) ..... \$15.95  
1 year (foreign) ..... \$35.00  
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## Niles Senior Citizens 967-6100 ext. 376

**NILES SENIOR CENTER REGISTRATION**  
The Niles Senior Center is open to all Niles seniors, 62 and over and their younger spouses. The center is located at 8060 Oakton St., Niles, 967-6100, ext. 376.

**ARTS AND CRAFTS FAIR AT SENIOR CENTER**  
Vendor registration will be taken for the fall Arts and Crafts Fair. Vendor registration begins at 9 a.m. Monday, Sept. 21. Vendors are restricted to Niles seniors only. The Arts and Crafts Fair will be held from 10 a.m. to 2 p.m. on Wednesday, Oct. 21.

**OSTEOPOROSIS LECTURE**  
The Niles Senior Center is sponsoring a free lecture, "Osteoporosis" on Thursday, Sept. 24, at 2 p.m. This lecture will discuss the causes of this disease and its prevention. Registration is necessary and may be made by calling the senior center at 967-6100, ext. 376.

**VOLUNTEERS NEEDED**  
The Niles Senior Center is seeking delivery drivers for their Meals on Wheels Program. Volunteers deliver a lunchtime meal to homebound Niles Seniors. Delivery takes place once a week per volunteer. Seniors interested in volunteering for this program are asked to call Mary Oleksy at 967-6100, ext. 376.

**MEN'S CLUB MEETING**  
The Niles Senior Center Men's Club meeting is set for Monday, Sept. 21 at 10:30 a.m. There will be a business meeting, lecture and lunch (available for \$1). Tickets will be on sale for the Nov. 12 Mystery Trip. Trip tickets are \$16.25 per person which includes a full lunch, tour and transportation. New members are always welcome.

**TAI CHI**  
Registration is now being taken for Tai Chi. Classes will meet at Ballard Leisure Center (Ballard and Cumberland) on Thursdays, Oct. 1 through Dec. 17, 11 a.m. to noon. The cost is \$27.

**CHINESE HEALTH METHODS**  
The Niles Senior Center is offering a class, Chinese Health Methods, on Thursdays at Ballard Leisure Center (Ballard and Cumberland). Classes meet Oct. 1 through Dec. 17, 9:45 to 10:45 a.m. The cost is \$27.

**MONTHLY LUNCHEON**  
The September Luncheon is set for Friday, Sept. 25 at noon. The menu includes rigatoni with meat sauce, tossed salad, garlic bread and cherry tart. Entertainment will be provided by tenor singer and pianist, Richard Gersten. The cost of a ticket is \$4.75 and should be purchased by Friday, Sept. 18.

**RIVERBOAT GAMBLING TRIP**  
The Niles Senior Center Men's Club is sponsoring a trip to Joliet on Thursday, Oct. 29. The cost is \$28.50 which includes a tour of the Rialto Theatre, lunch at the Jacob Henry Mansion and admission to the Empress Gambling Ship. There are a few openings left. Register in person at the center. Space is limited.

**FLU SHOT REGISTRATION**  
Seniors interested in making a Flu Shot appointment should call the senior center at 967-6100, ext. 376. Flu Shot dates are Friday, Oct. 16, Wednesday, Oct. 28 and Friday, Nov. 13. Flu shots will be administered at the center. call for all the details.

**CAREGIVERS SUPPORT GROUP**  
The Niles Senior Center is sponsoring a Caregivers Workshop for individuals who are caring for a family member or senior friend. The workshops will be held on Tuesdays, Oct. 13 through Nov. 17, 7-9 p.m. at the senior center. The workshop will feature topics such as aging, personal care of the homebound, community resources, legal issues and much, much more. Call the senior center at 967-6100, ext. 376 for registration. This program is free.

**SENIOR SINGLES GROUP RESTARTING**  
Niles Senior Center will be restarting its support group again on Thursday, Oct. 15, 1-2 p.m. at the Trident Centers Family Services. The group is open to all single seniors who have experienced a loss through death, divorce or separation. The group will be limited to 10 Niles residents, 62 years and older. Call Terry Sprengel at the senior center for specific dates of the meetings.

### Kevin M. Arendt

Marine Lance Cpl. Kevin M. Arendt, son of Michael J. and Lynn J. Arendt of Des Plaines, recently received a Letter of Commendation.

Arendt was cited for superior performance of duty while as-

signed with Marine Detachment embarked aboard the aircraft carrier USS Saratoga, homeported in Mayport, FL.  
The 1990 graduate of Maine West High School joined the Marine Corps in October 1990.

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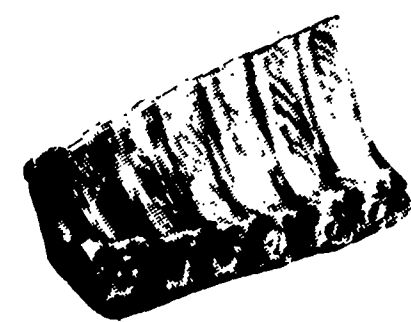
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## Resurrection performs new laser surgery

A new type of laser surgery for the treatment of patients with prostate disease and urinary tract blockage is now being performed at Resurrection Medical Center, 7435 West Talcott Ave.

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Tues., Sept. 22 STUFFED GREEN PEPPER \$6.50 \$7.95

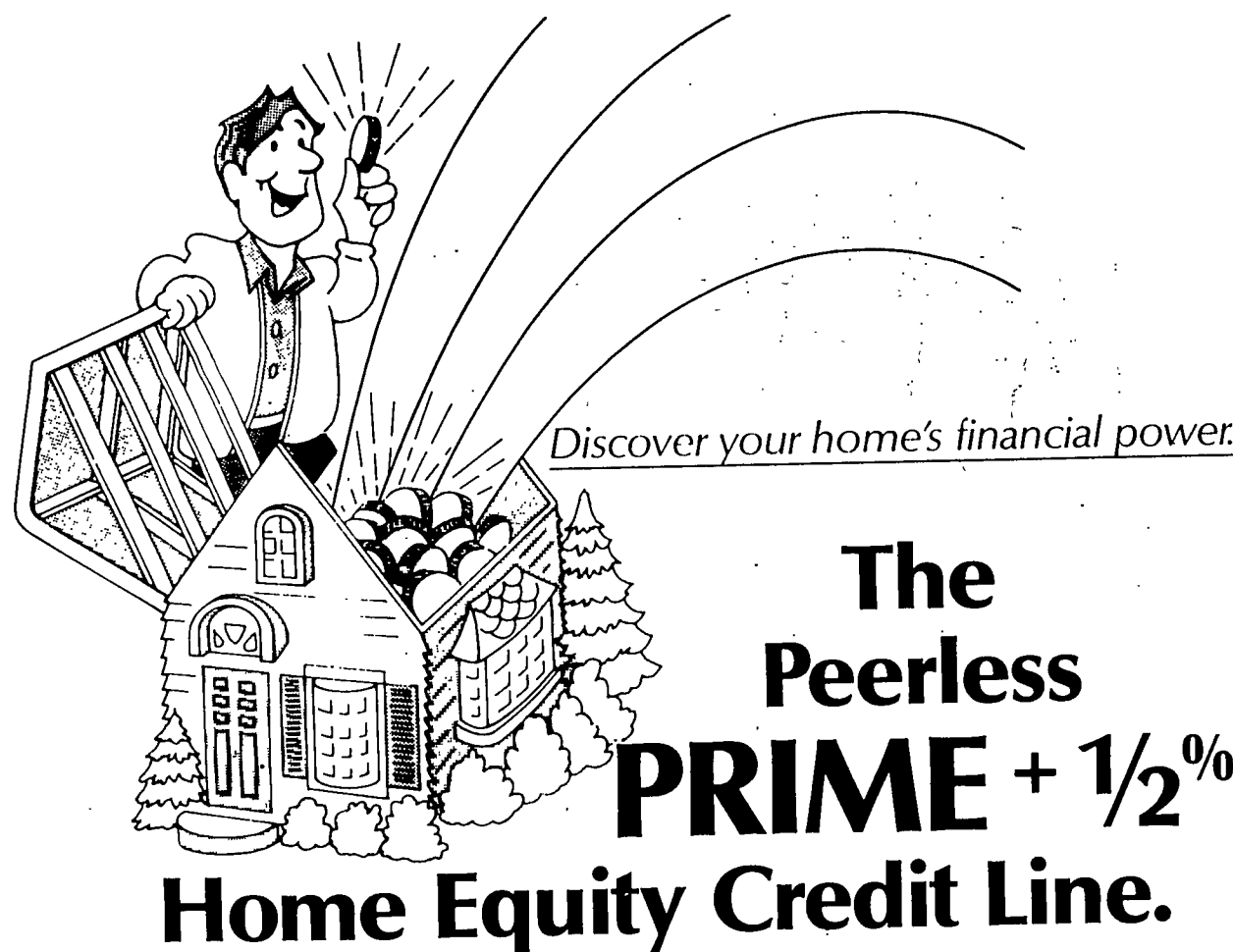
Wed., Sept. 23 ROAST PORK \$6.95 \$8.95

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Dinner Includes: Oscar's Homemade Hashish Tray

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## Morton Grove Senior Citizens 470-5223

### MORTON GROVE SENIOR OLYMPICS

The second Morton Grove Senior Adult Olympics competition will be held on Saturday, Sept. 19 starting at 9:30 a.m. at the Prairie View Community Center. Events will include basketball free throw, baseball long throw, one mile walk, pinocle, pool, "Brenner's buckets," bicycling and other related activities. An awards ceremony will follow the competition at 12:30 p.m. Bring your own sack lunch. We will provide the beverages and deserts. The entry fee for participation in one or more events will be \$4 for residents and \$5.50 for non-residents. All entrants will receive t-shirts and all winners will be awarded trophies and prizes. For more information call Coach Brenner at 965-7447. Register at the Prairie View Community Center, 6834 Dempster Street.

### SENIOR TRAVEL CLUB

The Prairie View Senior Travel Club has planned its outings for the fall and winter seasons.

• They will visit Tommy Gun's Garage on Sept. 23 where they will reminisce about Chicago's Prohibition Era and view a Roaring Twenties Musical Review while enjoying a scrumptious Italian lunch.

• On Oct. 29, the group will travel to Ft. Atkinson, Wisconsin where they will see the current production of "Phantom of the Opera" at the famed Fireside Dinner Theater.

• A visit to the NBC studios including lunch in the Loop and possibly a tour of the new Harold Washington Library will be November's journey.

For more information and details regarding these trips, call Ronce Brenner at 965-7447.

### SHOPPING TRIP TO GOLF MILL

The Morton Grove Senior Center will make a special shopping trip to Golf Mill on Wednesday, Sept. 23. Wednesdays are special senior discount days for many retailers. The trips are free for all Morton Grove residents over age 55. For more information about the Senior Center or to make a reservation today, call the Morton Grove Senior Hot Line at 470-5223.

### HISPANIC SENIOR FESTIVAL

Hispanic seniors are invited to attend the Second Annual Hispanic Senior Festival. The event will be held from 10 a.m. to 2 p.m. on Friday, Sept. 25 in the State of Illinois Center, 100 S. Randolph St., Chicago. Because of language and cultural barriers, this population is often unable to access programs and services designed to help them. If you are interested in attending, or know of someone who would benefit, please pass this information along. For more information, call Rafael Gonzalez, (312) 746-5300 at the Chicago Department on Aging.

### INFLUENZA & PNEUMONIA IMMUNIZATIONS

Morton Grove seniors (age 60+) can prepare for the winter flu season by receiving an influenza and/or pneumonia immunization coming up at five special clinics. A flu shot is strongly recommended for seniors who are at increased risk for complications of the flu. Flu can be particularly dangerous for seniors leading to the more serious pneumonia. The best time to receive the flu shot is now, before the flu season really begins. Clinics will be held in the Flickinger Senior Center at the following times:

Saturday, Oct. 10, 9 a.m. to noon; Tuesday, Oct. 13, 1 to 4 p.m.; Saturday, Oct. 24, 9 a.m. to noon; Tuesday, Oct. 27, 1 to 4 p.m.; Tuesday, Nov. 10, 1 to 4 p.m.

Most people have no adverse side effects from flu vaccines. Flu shots are given by injection into the muscle of the upper arm. This may cause soreness for a day or two at the injection site and occasionally a fever or muscle ache for a day or two. People who should not get a flu shot include anyone who is allergic to eggs, chicken or chicken feathers or anyone who has been paralyzed with Guillain Barre Syndrome. Anyone who is ill or has a fever should put off getting a flu shot until the fever or other symptoms are gone. Also, anyone taking a blood thinner such as coumadin, warfarin or panwarfarin should bring in a release from their doctor in order to receive the flu shot.

Appointments are required and can be made by calling the Morton Grove Senior Hot Line at 470-5223. Immunizations are free of charge but donations to offset their cost are accepted.

### ELDERCARE LOCATOR

Family members who are trying to identify senior services in another state can now call a nationwide toll-free number for assistance. The Eldercare Locator will help adult children living miles away from older parents who may suddenly need special care. By calling 1-800-677-1116, long distance caregivers can find out how to locate everything from in-home care in New York to adult day care in California. The number is accessible from 9 a.m. to 6 p.m. (CDT), Monday through Friday. Callers should be ready to provide the name, address and zip code of the older person, along with a brief description of the type of assistance needed. Trained information and referral specialists will then link the caller to the appropriate state, city or local agency.

### CARDIAC RESEARCH

Lutheran General's Hospital Cardiac Research Department is looking for adult volunteers to participate in a new drug study. Participants must have a total cholesterol greater than 260 and an LDL cholesterol greater than 160. Eligible participants will receive: free medical testing, blood test, eye examinations, EKGs and counseling by a Registered Dietician. For information, call (708) 696-6995.

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 965-7447. To receive the "Seniors in Morton Grove" newsletter, send \$2.50 to the Morton Grove Park District, 6834 Dempster St., Morton Grove, IL 60053.

## Botanic Garden needs volunteers for school program

The Chicago Botanic Garden is looking for volunteers to assist staff in the Garden's Environmental Education Awareness Program (EEAP). The program teaches fourth-, fifth- and sixth-grade students about woodlands, wetlands and prairies through both classroom and outdoor instruction.

The program will work this year with students in Evanston's Nichols, Willard, Dewey, Lincoln and Washington schools as part of a three-year commitment to serve Evanston School District 65.

## Singer entertains at home for blind

John Gahagan, singer, will highlight Kagan Home for the Blind's activity day, Wednesday, Oct. 14. Located at 3525 W. Foster, Chicago, Kagan Home for the Blind is the only sheltered-care residence in the Chicago area serving people with vision loss.

Community members with vision loss and their guests are invited to attend the specially-designed activity day which begins with low-impact exercises at 9 a.m., followed by arts and crafts at 10 a.m. and a discussion on current events led by George Lieberman. Lunch will be served at noon and John Gahagan's performance will be at 1 p.m.

Every month Kagan Home for the Blind hosts an activity day from 9 a.m. until 2 p.m. Community members with vision loss and their escorts are admitted free. For other individuals who wish to attend the cost is \$4. For additional information and reservations, call (312) 478-7040.

## VFW plans smoker

Park Ridge Post 3579, Veterans of Foreign Wars, will hold its annual Tom Jones-Howie Theobald Memorial Smoker on Friday, Sept. 25 at The Post Home located at 10 W. Higgins Rd., Park Ridge starting at 6:30 p.m. The smoker will feature Harrington's corned beef and cabbage dinner. Donation is \$18 per person.

Guest speaker for this event will be Wesley C. Bleed, an investigative reporter for WGN Radio. Prior to joining WGN he was a news editor for radio station WRCK, in Rockford, and WQFL also in Rockford.

All proceeds from this smoker will be donated to the Little Brothers of the Poor, Friends of the Elderly. Reservations can be made by calling the Post Home at 825-4588.

According to EEAP Coordinator Deb Chapman, volunteers should have a flexible schedule, be available during the week and have an interest in the natural environment. The program is scheduled throughout the school year, so volunteers should plan on working the entire nine months. Volunteers will participate in visits to classrooms as well as field study sessions.

In addition to working with the students, volunteers attend monthly training programs held at the Garden which cover a variety of topics including environmental science, teaching techniques and program content. An orientation program is scheduled from 9:30 a.m. to noon on Friday, Sept. 11, at the Chicago Botanic Garden. Persons interested in the program but unable to attend the orientation session can still sign-up to become volunteers.

Interested persons should contact Chapman at (708) 835-8239 or Linda Doede, manager of volunteer services at (708) 835-8281.

## Jaycees learn rollerblading

The Des Plaines Jaycees will learn the latest craze, In-Line Skating (Rollerblading) Saturday, Sept. 19 at 1:30 p.m. at Lake Arlington in Arlington Hts. The public is welcome to join in. Skates can be rented at Bikes Plus at 1313 Rand Rd. in Arlington Hts. For more information about In-Line Skating contact Nada Ashley Laing at (708) 518-6977.

The Jaycees is a leadership training organization composed of people aged 21-39. The group is actively seeking new members who are interested in personal growth through community involvement. For more information, on the Jaycees, contact President Debbi Russell at (708) 518-6977.

## Center hosts gang discussion

"Gangs in the Suburbs - Myth or Reality?" will be the first in a series of town meetings open to area residents, sponsored by the new Dr. Milton Steinberg Parenting Center at Temple Beth-El, 3610 W. Dundee Rd., Northbrook.

Residents of all religious denominations are invited to the forum on Wednesday, Sept. 23, from 7:30 to 9:30 p.m. Due to the large number expected to attend, reservations are encouraged by calling Temple Beth-El at (708) 205-9982. There is no charge. Refreshments will be served.

## CEL schedules Fall adult programs

The Center for Enriched Living in Deerfield has scheduled a number of fall programs for adults with mental retardation. CEL programs will be held on Wednesday and Friday evenings, as well as during the day on both Saturdays and Sundays during the 1992-'93 program year.

Wednesday and Friday evening activities will be held at the Center, 1321 Wilmot Road in Deerfield. Examples of classes are aerobics; basketball; shop 'n' cook; pottery; speak-up and magnificent music. A new media arts program will also be held in the fall. Wednesday evening classes are from 7:15 to 9:45 p.m.

Saturday activities for both youth and adults will be held from 10:30 a.m. to 3:30 p.m. A Sunday club with a variety of classes and community outings will be available from 1:30 to 4 p.m.

Founded in 1968, CEL provides year-round developmental, educational and recreational programs for older children, teens and adults with mental retardation. The Center serves nearly 300 members annually from the

## Club sponsors Oktoberfest

Enjoying German food, beverage and music at the 14th annual Oktoberfest sponsored by the Forest Grove Athletic Club in Palatine on Saturday, Sept. 26 from 7 to 10:30 p.m. The Special Leisure Services Foundation is selling tickets for \$15, which cover everything and confirms eligibility for a drawing for door prizes.

Call at (708) 392-2848 for information.

The Special Leisure Services Foundation is a non-profit organization which funds programs benefiting all people with disabilities including Northwest Suburban Special Olympics.

City of Chicago and 22 surrounding communities. Activities at the Center stress the development of independent living skills; self-esteem and positive peer relationships.

Adult programs begin on September 16. For additional program information, contact Donna Garfield or Denise Jaffe, at (708) 948-7001.



## GSB Auto Show

Saturday, September 19  
9 a.m. - 1 p.m.  
800 Waukegan Road

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## Police News

### IF YOU ARE NEARING RETIREMENT, THE NATIONAL COUNCIL ON THE AGING HAS DEVELOPED A PROGRAM ESPECIALLY FOR YOU!

The Washington, D.C.-based National Council on the Aging has provided valuable guidance to thousands of retirees. And now, for the first time in your area, its Retirement Planning Seminar is being offered through its corporate member, The Terra Financial Companies, throughout October.

• Learn about financial planning, retirement and all your options.

• \$50 fee per person or couple for program, NCOA workbook, optional personalized financial plan and lunch.

• The seminar Retirement Planning Seminar is given at such firms as Merck, IBM, Whirlpool, Chase Manhattan Bank and other Fortune 1000 companies.

Space is limited so call Herbert Wasserman (708) 679-8526 today to reserve your place any of these Saturdays:

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### Landscaping materials stolen

The evening of Sept. 9, a witness saw a balding man in his 50's take landscaping materials of rock and dirt, put them into his newer car and leave without paying the \$3.54 due to the home improvement store in the 9000 block of Golf Road, Niles. The car's license checked out to a 1990 Oldsmobile owned by a Des Plaines man.

### Criminal damage to property

A resident of the 8200 block of Caldwell Avenue, Niles, told police unknown offenders smeared faces on his front storm door and its handle. He said he owns a large dog, but it never leaves the back yard.

Unknown offenders broke the base of a light on the east side of a condominium complex in the 6600 block of Woodrider Avenue, Niles, Sept. 12. Cost of repair was estimated at \$400.

### Thieves snatch power washing machines

Unknown offenders took two high pressure washing machines from two separate trucks in a parking lot in the 7500 block of Croname Avenue, Niles, the night of Sept. 9. The machines valued at \$2,300 each were used to clean shopping carts and were strapped to the trucks' tailgates inside a fenced lot.

### Lost wallets

A Niles man was unable to locate his \$8 wallet and the identification and other miscellany it contained after he visited a shopping mall in the 9100 block of Golf Road, Niles, the evening of Sept. 7.

A Chicago woman, a worker in a healthcare company in the 6600 block of Touhy Avenue, Niles, discovered her wallet, which contained \$30 and miscellaneous items was missing Sept. 11.

### Criminal damage to vehicles

Early Sept. 8, unknown offenders used a sharp object to mark the driver's window of an '89 Ford Escort parked in the 8200 block of Monroe Street, Niles. Damage was estimated at \$75.

The same day, a 1992 Oldsmobile parked in a lot in the 7000 block of Austin Avenue, Niles, sustained scratch marks to its hood, passenger door and rear fender but no damage estimate was given.

Sept. 11, persons unknown used a sharp tool to scratch several sections of a 1991 Ford Bronco owned by a Park Ridge woman and parked in a lot in the 6300 block of Touhy Avenue, Niles. Damage was estimated at \$400.

### Home burglarized

A resident of the 7100 block of Monroe Street, Niles, reported unknown offenders entered his home through a master bedroom window, then ransacked the room, taking cash, jewelry and electronic equipment with a total value of \$4,850. Further losses, if any, are being inventoried.

### 73-year-old woman charged with DUI

In the early hours of Sept. 9, a patrolling Niles officer saw a car traveling east on Touhy Avenue straddle two traffic lanes several times before reaching the 5900 block of Touhy. He activated his lights but the driver continued on, straddling the lanes several more times, even as the officer used his air horn and siren.

Finally stopping at the Touhy and Laramie Avenue intersection, the driver, a Des Plaines woman, 73, failed field sobriety tests and although she used obscenities and resisted, was handcuffed and arrested. She was charged with driving under the influence of alcohol, improper lane usage, lacking insurance and having a blood alcohol content of .17. A recognition bond was set at \$1,000 and the woman received an Oct. 14 court date.

### Medical Assist

A Chicago woman, 75, who suffered chest pains as she ate in a restaurant in the 6800 block of Milwaukee Avenue, Niles, the night of Sept. 12 was taken to Resurrection Hospital, Chicago, by Niles paramedics.

### Wine theft thwarted

An agent for a Golf Mill grocer stopped and ticketed a 36 year old Des Plaines man when he took a \$3 bottle of wine and left without paying for it the morning of Sept. 9.

### Purse missing

A Morton Grove woman said she discovered her purse and the \$280, identification, credit cards and checks it contained was missing when she was shopping in a grocery in the 8200 block of Golf Road, Niles, the afternoon of Sept. 13.

### Cash box looted in restaurant

The morning of Sept. 8, the part owner of a hot dog restaurant in the 8900 block of Milwaukee Avenue, Niles, discovered \$3,900 in cash and a check for \$186 was missing from a safe-like box.

### Most drivers have insurance

Well past the midway point of its trial run, Illinois' mandatory insurance law has encouraged more than a million drivers to get coverage and keep it, Secretary of State George H. Ryan said today.

After 2 1/2 years of enforcement, just 6.9 percent of private passenger cars in Illinois were uninsured, compared with 17 percent when the law was passed. The law took effect Jan. 1, 1990.

Compliance is one of the topics now under review by the Mandatory Insurance Advisory Board, which Ryan formed earlier this year to resolve problems with the law and recommend improvements.

The law is scheduled to sunset on Dec. 31, 1993.

"The number of insured drivers increased rapidly after the law went into effect," Ryan said. "We kept the gains we made during that first year, even though there were concerns that drivers would let the policies lapse."

"It looks like we escaped a phenomenon seen in other states where the number of uninsured drivers jumped back up during the second year of enforcement." As of June 30, a total of 111,804 Illinois drivers had been convicted of violating mandatory insurance requirements. Another 79,815 drivers received court supervision.

### Stolen car recovered

Police determined a blue, 1985 Toyota Corolla found parked in a parking house lot in the 9200 block of Milwaukee Avenue, Niles, the morning of Sept. 11 with the ignition keys on the front seat was reported stolen from a Chicago man.

### SOCIAL SECURITY DISABILITY BENEFITS DENIED? BENEFITS CUT OFF?

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## Letters To The Editor

### Thanks for coverage

Dear Editor:

The Niles Event Committee would like to express their appreciation to you and your newspaper for the excellent coverage of our recent All American Festival. A big thank you for all you do to help make the event a success.

Judie Biancalana  
Publicity  
Niles Event Committee

### DP Chamber of Commerce helps 'get out the vote'

The Des Plaines Chamber of Commerce/Association is joining the U.S. Chamber of Commerce and Vote America Foundation in urging more Americans to vote. They will work together in 1992 to help local businesses organize programs to encourage employees to register and vote.

To get more voters to the polls this November, the Des Plaines Chamber/Association is encouraging its members to organize voter registration, absentee ballot awareness and voter turnout programs.

Businesses interested in developing employee voter participation programs should contact the Des Plaines Chamber of Commerce/Association at 824-4200.

### "Family Leave Bill" Will Make Businesses Leave

To the Editor:

The halls of Congress have long resounded with shrill voices whining that our businesses are going offshore, seemingly oblivious to the reason for their exodus. Every new tax increase, every new regulation that comes out of Congress drives more employers out of our country. Congress doesn't learn.

The bright idea this month is a "Family Leave Bill." In their ongoing effort to wreck every business left standing after the tax increases of 1986 and 1990, Congress is calling for companies to provide up to three months of "unpaid" leave, with continued benefits, and an obligation to keep the job open, for any employee for virtually any reason. Notice, this is not a maternity leave bill; the only babies required for this plan are the liberals in Congress.

Any worker who has ever handled a co-worker's desk while the person was unexpectedly out sick for a day or two knows what a hassle it is. Imagine covering for your co-worker for up to three months! This plan certainly seems like a good deal for the family of the person who takes advantage of the plan...but it won't seem so positive for your family and mine, when we're stuck working through lunch and late into the evenings for three months, while our employer is banned by law from hiring a permanent replacement, however great the need.

By calling it "unpaid leave," the liberals make it appear to be a free benefit...but three months of continued health insurance is a bare minimum of \$1,000; three months of overtime for other staffers will exceed that, and no figure can be placed on lost profits from errors made by overwork and general disruption while waiting for the person to return from his father's illness, his uncle's midlife crisis, his son's hang-nail...

Congress seems not to have noticed, but there's a recession on. Due to corporate downsizing, most staffs have already been cut to the bone. When key people leave, they need to be replaced at once. Yes, some companies may still be large enough to afford this kind of program. If so, they can do it on their own without the government mandating it. Most companies, however, cannot afford this kind of plan. The Constitution gives Congress no right to micro-manage either group to this degree.

I favor a Congressional Leave Bill instead: have Congressmen take two years off, unpaid, and watch the nation prosper in their absence.

John F. Di Leo  
Park Ridge

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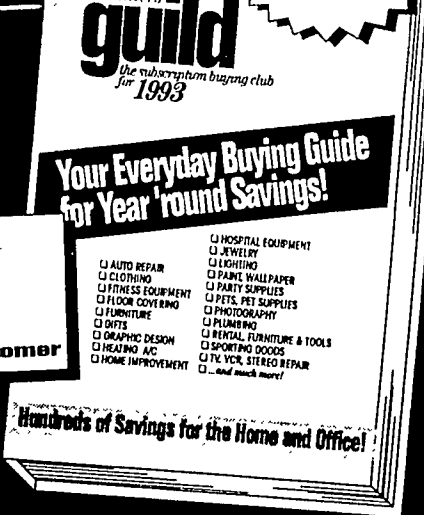
The Consumers Guild offers you continual access to products & services at special savings. Simply use your membership card for special allowances year round -- every time you patronize any member business.

**Forget sales! Forget coupons! Forget expiration dates!**

The Guild Book is available this fall through these major foundations: Little City, B'nai B'rith Women, Lutheran General Hospital, Rush Presbyterian Hospital and many other local civic and religious organizations.

For Fundraising or Consumer Information Contact:  
CONSUMERS GUILD, P.O. BOX 48293, NILES, IL 60714 (708) 966-2333

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\*Regal Fry Pan with Silver Stone, 10" \$4.99

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Premium Blend Coffee brick pack 26 oz. was \$2.29 \$1.99

Premium Blend Coffee 39oz. can was \$3.29 \$2.99

Beacon Blankets solid colors, 72" x 90" twin/full size \$3.99

Beacon Blankets print, 72" x 90" twin/full size \$5.99

Comforters 76" x 86", full size machine washable \$16.99

Shredded Mozzarella or Cheddar Cheese zip lock package 16 oz. \$1.99

Premium Spaghetti Sauce plain or with mushrooms, 30 oz. \$1.29

### New! Nanny's Ultra Absorbent Diapers

• with stretch waistband  
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Girl's Medium Crawler Diapers 12-24 lbs., 36 ct.

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## Church & Temple News

### Congregation hosts interfaith discussion

Lori O'Hara, L.S.W., and Mende Hart, L.C.S.W., will lead a discussion group on "Understanding the Real Issues in Your Interfaith Relationship" at Congregation B'nai Jehoshua Beth Elohim, 901 Milwaukee Ave., Glenview from 1 to 3 p.m. on Sunday, Sept. 20.

All are welcome and admission is free. Outreach encourages all who are in an interfaith relationship, contemplating an interfaith relationship, or becoming a Jew By Choice to join this program.

For information call (708) 729-7575.

### Bless the animals

Saint Alban's Episcopal Church will bless all the animals on Saint Francis feast day at 11 a.m. Saturday, Oct. 3, in the outdoor Saint Francis garden.

All types of animals, and of course, their owners, are invited to this service. In the past dogs, cats, rabbits, and birds have been blessed.

Saint Alban's Episcopal Church is located at 6240 N. Avondale, Chicago, IL 60631.

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### NTJC hosts author

Author and story teller, Rabbi and Mrs. Eugene Labovitz will be at Niles Township Jewish Congregation on November 13, 14 and 15. This weekend is for the entire family, starting on Friday evening with Shabbat dinner followed by services and stories. Saturday morning services will include stories and will be followed by lunch.

Saturday evening Havdalah services will be accompanied by stories, followed by a light dinner. Sunday morning services for Hebrew School children will be followed by breakfast with Rabbi Brief and will feature Rabbi Eugene and Mrs. Annette Labovitz.

This program is open for everyone who would like to attend. For further information call the Synagogue office at (708) 675-4141.

### Synagogue holds Shabbat Services

Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, will hold its traditional Shabbat Services at 8:15 p.m. on Friday, Sept. 18.

The services are conducted by Rabbi Edward H. Feldheim and Cantor Joel J. Reznick.

Saturday morning services begin at 9:30 a.m.

Everyone is welcome to attend these services. The Synagogue is currently inviting new members. For information, call the Synagogue at 965-0900.

### Northwestern holds holiday services

High Holiday Services will take place at Northwestern University at the Norris University Center, room 2E & F, 1999 Sheridan Road, Evanston. The services are open to the public. Admission is free and tickets are not required. The services are easy to follow with English translation.

Rosh Hashanah Evening service will be held at 6:15 p.m. Sept. 27, 28 and 29. Morning services will be held at 9 a.m. Sept. 28 and 29. Yom Kippur Evening services are scheduled at 6 p.m. October 6 with Morning service at 9 a.m. October 7.

Services are sponsored by the Tannenbaum Chabad House, Northwestern Jewish Center. For additional information call (708) 869-8060.

### Consumers Guild

Consumers Guild of Niles has introduced a unique new annual publication that extends consumers the opportunity of saving hundreds of dollars yearly on the purchase of products and services used on an everyday basis.

Sold for one low annual fee, the Guild Book is a 120 page, 6" x 9" ad book detailing specific savings offered by 150 contributing businesses. Since this is not a coupon book, the enclosed ID/membership card allows the subscriber to enjoy the stated savings as often as used, for a full year. The 1993 edition is valid through Oct. 31, 1993.

The Guild Book, by virtue of its nominal cost and 35 percent commissions, is the ideal addition to the fundraising efforts of any organization. The Guild even supplies full information flyers and easel/window cards to augment fundraising efforts.

For consumer information for purchasing or fundraising contact the Consumers Guild, P.O. Box 48293, Niles IL 60714, or call (708) 966-2333.

### Congregation celebrates birthdays at service

Congregation B'nai Jehoshua Beth Elohim, 901 Milwaukee Avenue, Glenview, 729-7575 with Rabbi Mark S. Shapiro and David B. Fine officiating, will hold Family Shabbat service Friday Sept. 18, at 7:30 p.m. The service includes September through August birthdays with a story sermon. Alternative adults worship is set for Friday at 8:30 p.m. S'lichot worship Saturday will feature "The Day the Jews Returned to Kolin, Czechoslovakia," an eyewitness account by Mira and Howard Neumann, at 8:30 p.m., with a reception at 10 p.m. followed by services at 11 p.m.

### St. Peter's sets fall schedule

St. Peter's United Church of Christ will begin its fall schedule with Sunday School 9 a.m. Sunday, Sept. 13. Classes for pre-school children through 8th grade will be held from 9 to 9:45 a.m.

St. Peter's Worship Service will be held at 10 a.m., led by its new pastor, Rev. Richard Landford. All are invited to attend.

### JCC hires publications manager

The Jewish Community Centers of Chicago (JCC) recently announced the hiring of a new Publications Manager, Susan C. Nelson.

Nelson is responsible for supervising the Graphic Design Department, vendors of publication-related services and the printed materials produced by the Marketing Department. These materials include sales brochures, catalogues and newsletters. She also coordinates the production and placement of advertising, as well as the planning and utilization of photography. In addition, she proofreads and copy edits all printed materials.

Nelson brings a great variety of experience to her new position. Prior to her arrival, she served as a Program Coordinator for Women Employed, a not-for-profit, social service organization in Chicago. There, she wrote and edited newsletters and events calendars, managed marketing and delivery of consulting services and designed and wrote marketing materials and project proposals. She also conducted research for consulting projects, wrote program

reports, and supervised volunteers.

Before holding that position, Nelson was the publisher of the Chicagoland Teacher Magazine of Northwestern University. She created and published this nationally-distributed prospectus and prototype, edited the 30-page document, and coordinated four presentations of the concept of the magazine to media professionals.

Nelson earned a B.A. from Guilford College in Greensboro, N.C. While attending the school, she spent a term doing independent study in London. She then earned a Masters of Journalism from Northwestern University where she was the honored recipient of the G.D. Crain Award for Outstanding Potential in Management.

Outside of JCC, Nelson is a volunteer for the Chicago House and Social Service Agency in Chicago, which runs houses for people with AIDS. She is the volunteer coordinator for the organization's annual black tie fundraiser.

### St. Monica sets Las Vegas night

St. Monica Parish invites adults 21 and over to its Las Vegas Night Friday, Nov. 27 and Saturday, Nov. 28, from 6 p.m. to midnight in the gymnasium and Beyenka Hall at 5115 N. Mont-Claire, south of Foster Avenue and east of Harlem Avenue, in Chicago.

There is a \$3 admission fee, however the first hour will be free. Food and bar beverages will be available. No one under 21 will be admitted. All proceeds from this event will benefit St. Monica School, Illinois license CO-374. For additional information call (312) 763-1661.

### Saint Anselm's holds driveway sale

St. Anselm's Episcopal Church, 1600 N. Greenwood, Park Ridge will hold its annual Driveway Sale Saturday, Sept. 19, from 9 a.m. to 3 p.m. on the driveway in front of the church. Clothing, books, phonograph records, antiques, household items, appliances, and furniture plus many miscellaneous items will be on sale.

Arden Eijnik of Park Ridge and Beverly Falbe of Niles are in charge of the sale. Polly Giangreco of Park Ridge and Lyle Strauss of Des Plaines will be the cashiers for the day. All proceeds from the sale will go to cover the operating expenses of the church.

The Rev. Gregory P. Hinton is Vicar of the church.

### Set high holiday services

As a community service, Plaza on the Lake will host complimentary High Holiday services at 7301 N. Sheridan Road, Chicago. Services will be conducted by Rabbi Aaron M. Rine and assisted by Mr. Sam Romirovsky.

On Sunday, Sept. 27 and Monday, Sept. 28, Rosh Hashanah evening services will begin at 6:30 p.m. Rosh Hashanah Shacharis services will begin at 8:30 a.m. on Monday, Sept. 28 and Tuesday, Sept. 29. The Shofar will be sounded at 10:30 a.m. on both days.

Kol Nidre will begin at 6:10 p.m. on Tuesday, Oct. 6. Yom Kippur morning services will be

held at 8:30 a.m. on Tuesday, Oct. 7, and the Yizkor prayers will be recited at 11:15 a.m.

For further information, contact Plaza on the Lake at (312) 743-7690.

### B'Nai Zion sets services

Congregation B'Nai Zion, Jewish Conservative, 1447 W. Pratt Blvd., will hold Minyan services, Monday and Thursday at 7 a.m., weekly Saturday morning services at 9:30 a.m. and late Friday evening services at 8:15 p.m. Sept. 11, preceded by kosher dinner served at 6:30 p.m. For information and reservations for dinner, call (312) 465-2161.

### B'Nai Mitzvah

Congregation B'nai Jehoshua Beth Elohim at 901 Milwaukee Ave., Glenview, (708) 729-7575, and Rabbis Mark S. Shapiro and David B. Fine will hold Shabbat worship Friday at 8:30 p.m.

A class of 13 adult students become B'nai Mitzvah.

## OBITUARIES

### Jack John Blassick

Jack John Blassick, 90, of Chicago, died on Aug. 13 at Town Hall Estates Nursing Home. Mr. Blassick was born Oct. 30, 1901 in Spring Valley, IL. He was the husband of Helen (nee Haisman) Blassick, father of Kathy Zilligen and Robert, Richard and John Blassick, grandfather of 9, great-grandfather of 5. Funeral services were held Aug. 15 at Skaja Terrace Funeral Home. Interment was in Bohemian National Cemetery, Chicago.

### Jennie Tusk

Jennie Tusk, 103, died on Sept. 3 at Norwood Park Home. Mrs. Tusk was born Aug. 17, 1889 in Poland. She was the wife of the late John Tusk, mother of the late Louise (late Peter) Raphon, late Edward C. (Lorraine) Tusk and the late Henry Tusk. Sister of the late Helen Holipski. Grandmother of 5, great-grandmother of 3. Funeral services were held Sept. 14 at Our Lady Of Ransom Church, Niles. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Queen Of Heaven Mausoleum, Hillside.

### Josephine M. Citrano

Josephine M. Citrano, 77, died on Sept. 3. Mrs. Citrano was born on Sept. 14, 1914 in Franklin, Louisiana. She was the mother of Antoinette Ziebell. Funeral services were held Sept. 5 at St. John Brebeuf Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Mt. Carmel Cemetery, Hillside.

### Joseph Szal

Joseph Szal, 74, died Sept. 2 at Columbus Hospital. Mr. Szal was born Dec. 26, 1917 in Chicago. He was the husband of Irene (nee Lewinski) Szal, father of Richard Szal and Deborah (Marshall) Tanaka, grandfather of 3. Funeral services were held Sept. 8 at Little Sisters of the Poor. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in St. Joseph Cemetery, River Grove.

### Rosh Hashanah services set

Niles Township Jewish Congregation will hold Erev Rosh Hashanah services at 8 p.m. on Sunday, Sept. 27. Rosh Hashanah I services will start at 9 a.m. on Monday, Sept. 28 and evening services will be held at 6 p.m. Rosh Hashanah II services will begin at 9 a.m. on Tuesday, Sept. 29. Services will be led by Rabbi Neil Brief and Hazzan Shlomo Shuster.

For membership information contact the synagogue office at (708) 675-4141.

### Bat Mitzvah

Sheryl Pardo was recently called to the Torah as an adult Bat Mitzvah at Niles Township Jewish Congregation. Rabbi Neil Brief delivered the charge and Hazzan Shlomo Shuster chanted the liturgy.

Following the service she hosted a Kiddush.

**ATTEND CHURCH**

### Joanne M. Radziewicz

Joanne M. Radziewicz, 80, died on Sept. 2 at Ballard Nursing Center. Mrs. Radziewicz was born on Oct. 25, 1911 in Chicago. She was the wife of the late Stanley Radziewicz, mother of Joan (Darcie) Shepack, grandmother of Dawn (Paul) Richardson, Debra Shepack and sister of Joseph (Emily) Kaminski. Funeral services were held Sept. 8 at St. Zachary Church, Des Plaines. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

### Lillian Diana Staadt

Lillian Diana Staadt, 49, of New York, died Sept. 6 at Danbury Hospital. Mrs. Staadt was born Aug. 9, 1943 in Chicago. She was the wife of Gerald L. Staadt, mother of Gerald (Helen) L. Staadt, Jr. and Richard T. Staadt. Funeral services were held Sept. 10 at Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

### Stella C. Singer

Stella C. Singer, 82, died on Sept. 2 at Americana Health Care Center. Mrs. Singer was born on April 8, 1910 in Chicago. She was the wife of the late Raymond C. Singer, mother of Phyllis (Gerald) Shea, Ronald J. (Marylyn) Singer and Mary Ann (Charles) Roberts, grandmother of 9 and great-grandmother of 9. Funeral services were held Sept. 5 at St. Juliana Church. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Queen of Heaven Cemetery, Hillside.

### Vernon J. Koss

Vernon J. Koss, 65, died on Sept. 8 at St. Francis Hospital. Mr. Koss was born on Aug. 13, 1927 in Chicago. He was the husband of Carmella Koss, brother of Jack, Frank (Susan) and Ronald Koss. Funeral services were held Sept. 11 at St. Zachary Church, Des Plaines. Arrangements were handled by Skaja Terrace Funeral Home. Interment was in Queen Of Heaven Mausoleum, Hillside.

### St. John Brebeuf to hold Octoberfest

To get in the spirit of the autumn season, an Octoberfest evening will be held at St. John Brebeuf parish hall, 8301 N. Harlem, Niles, on October 10. Doors will open at 5:30 p.m.

A traditional dinner of brats, sauerkraut and apple strudel will be served. Beverages will be available at a nominal cost. After dinner, there will be dancing until midnight.

A limited number of advance tickets will be sold; no tickets will be sold at the door. Ticket price is \$15 per person or \$25 per couple. For information or tickets, contact Mike Bishop, 967-5752.

### Ivan Golden

Ivan Golden, son of Howard and Enid Golden was recently called to the Torah at Niles Township Jewish Congregation as a Bar Mitzvah. Following the services his parents hosted a Kiddush.

Rabbi Neil Brief delivered the Charge and Hazzan Shlomo Shuster chanted the Liturgy.

## Parkside appoints new CEO

Robert L. Clapp, president of Lutheran General Senior Services announced the appointment of Earle F. Kimble as Senior Vice President of Operations. He is an experienced business executive with a background in strategic planning/implementation, operations, project development and management, budget development and financial monitoring.

Kimble will be located in the corporate office at 205 West Touhy Ave., Park Ridge. Prior to accepting this position at Lutheran General Parkside Senior Services, Kimble worked for Sisters of Mercy Health Corporation, Des Moines, Iowa, a not-for-profit multisite system sponsored by the Congregation of the Sisters of Mercy as Vice President, Mercy Services for Aging. In this capacity, he directed, facilitated and evaluated elderly programs, nursing care facilities and residential services in the Iowa/Indiana region. Additionally, Mr. Kimble supervised development of annual operating plans and related budgets of regional long-term care and housing facilities.

Earlier, he served as Senior Associate for Long-Term Care and Housing for a Chicago-based consulting firm that provides services to a variety of for-profit and not-for-profit organizations. Kimble completed a bachelor of science degree in Business Administration and Finance at Troy State University, Troy, Alabama. Currently, he is a MBA candidate, Pacific Western University, Los Angeles, California. He is also a licensed nursing home administrator.

Lutheran General Senior Services owns, operates and manages over 4,000 independent units in 23 retirement communities and 1,600 long-term care beds in eight states. It is part of Lutheran General Health System, Park Ridge, a multiregional, multicorporate network of health-care organizations with annual consolidated revenues of \$650 million.

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## Church & Temple News

### NTJC supports Operation Exodus

Niles Township Jewish Congregation presents an evening of entertainment "From Russia with Love," at 7 p.m. Sunday, Sept. 20.

This event is sponsored by Niles Township Jewish Congregation as a fund-raiser in support of Operation Exodus, the first Russian-American chamber or-

chestra. General admission is \$10, seniors and children under 13, \$7, sponsors, \$100, donors, \$50. All donations and sponsorship contributions are tax free.

Tickets are available at the synagogue office, 4500 Dempster, Skokie. For further information call (708) 675-4141.

### Wolff's Flea Market

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For information (708) 529-9590

### Rovner and Schell to receive honorary degrees

Newly appointed U.S. Court of Appeals Judge Ilana Diamond Rovner and actor/director Maximilian Schell will receive honorary Doctor of Humane Letters degrees from Chicago's Spertus College of Judaica, Sunday, Sept. 20, when the college celebrates its 68th anniversary.

Judge Ilana Diamond Rovner and her Latvian-Jewish parents fled Europe just prior to World War II. Unlike most of their relatives, Rovner's immediate family narrowly escaped the Holocaust. This has been the most influential force in Rovner's life.

Schell was born in Vienna in

1930 to Swiss writer and poet Hermann Ferdinand Schell and his Austrian wife, actress Mariae Noe von Norberg. Although raised in Switzerland, Schell's Austrian heritage brought with it a sense of responsibility for the events of the Holocaust.

Schell and Rovner will receive their honorary degrees at Spertus College of Judaica's 68th Anniversary benefit on Sunday, Sept. 20. The event begins at 4 p.m. with a reception and exhibition at the college (618 S. Michigan Ave.), followed by a 6 p.m. dinner at the Chicago Hilton and

Towers. Tickets are \$250 per person, or \$100 per person for individuals under age 35. For ticket information, call (312) 922-9012.

### Congregation has pre-school openings

The Early Childhood Center of Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove, is now accepting registrations for the Pre-school program. Children are accepted from the ages of 15 months until kindergarten.

The half-day programs are Tuesday and Thursday for 2 year olds, Monday, Wednesday, and Friday for 3 to 4 year olds, Monday, Wednesday, Thursday, Friday for 3 1/2 to 4 year olds, Monday through Friday for 4 to 5 1/2 year olds. There is an additional lunch program until 2 p.m.

A vast array of lessons designed to encourage children to actively explore and manipulate a wide variety of materials are offered. These lessons are constructed to enhance children's skills in the core areas of self-concept, movement, language, logic-self-help, socialization and creativity.

Visa and MasterCard are accepted. Contact Roz Perper, director at 965-0901 to register.

### Jonathan Mizrachi

Jonathan Joseph Mizrachi, son of Elaine and Moshe Mizrachi, was called to the Torah in honor of his becoming a Bar Mitzvah, Saturday, Aug. 29, at Northwest Suburban Jewish Congregation, 7800 W. Lyons, Morton Grove.

### St. Richard's plans rummage sale

St. Richard's Church, 5101 W. Devon Ave., announces its savings fall rummage sale to be held on Friday, Sept. 25 from 10 a.m. to 6 p.m. and Saturday, Sept. 26, from 9 a.m. to 2 p.m.

### NTJC sets services

Niles Township Jewish Congregation, 4500 Dempster St., Skokie, will hold Friday, Sept. 18 services at 8 p.m. Saturday morning shabbat services will be held at 10 a.m. At 9 p.m. Saturday Men's Club will hold its annual reception followed by Seihot Services at 11 p.m.

Rabbi Neil Brief will deliver the charge and Hazzan Shlomo Shuster will chant the Liturgy. For membership information call the synagogue office at (708) 675-4141.

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## HELP SAVE A LIFE

### Louis DeMeo needs to recover from leukemia and lead a normal, healthy life.

Louis is 26 years old and graduated from Notre Dame High School in Niles, IL. He then attended Northern Illinois University where he earned a degree in Political Science. Louie and his wife Susan now reside in Carol Stream, IL. His parents are Mr. & Mrs. Anthony L. DeMeo of Niles.

Louie has leukemia. He can only be cured with a bone marrow transplant. He is searching for a matched donor who can offer him the living gift of life.

If you are:

- ◆ Between the ages of 18 and 55 and in good health
- ◆ Willing to enroll in the National Marrow Donor Program to offer hope to Louie and thousands of other leukemia victims
- ◆ Willing to give two tablespoons of blood for analysis.

Please come join us to be tested at either location:

PLACE:  
MAYER-KAPLAN J.C.C. 5050 W. Church Skokie, IL (708) 675-2200 OR  
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DATE: SUNDAY, SEPTEMBER 20, 1992

TIME: 11:00 am through 4:00 pm (In-out in 30 Minutes)

This procedure is neither painful nor dangerous. If you actually match a leukemia patient and are selected to be a donor, the transplant process is now simpler and easier.

Your blood will be tested and typed and the results will be sent to the National Marrow Donor Program, which keeps your records confidential. If you match Louie, or someone else who needs a transplant, you'll be asked if you would be willing to donate a small amount of your bone marrow and offer hope to a fatally ill patient.

Donating bone marrow is simple. While under anesthesia, bone marrow (a liquid substance) will be drawn from your hip area. Typically, an overnight hospital stay is advised. Within two or three weeks, your body naturally replaces the donated marrow. You may experience slight discomfort or tenderness for a few days.

The blood test is free. All costs associated with donating bone marrow will be borne by the recipient.

YOU MAY BE THE ONE TO SAVE LOUIE OR ONE OF THOUSANDS OF LEUKEMIA VICTIMS NEEDING A BONE MARROW TRANSPLANT.

The problem is finding the right donor. Louie needs marrow which perfectly matches his. Tragically, none of his family members are a perfect match.

Today, bone marrow transplants can take place by finding unrelated donors whose marrow genetically matches the patients'. Through the National Marrow Donor Program and other data banks, more than 675,000 people have volunteered to be potential donors. More than 1,000,000 are needed.

It's easy to become a donor. If you're between 18 and 55 and in good health, visit one of the above locations and give just two tablespoons of blood.

# SENIOR SEASONS



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# SENIOR SEASONS

Page 14 Thursday, September 17, 1992

The Bugle

## CJE's Adult Day Care keeps members in step

When the band broke into a favorite melody, Israel Kirsh held his wife close and together they walked at a Senior Prom held recently at Council for Jewish Elderly's Adult Day Care Center, 1015 Howard Street, Evanston.

The theme of the prom was "Those Were the Days," and volunteers had transformed the Center into a dance hall with decorations and photos of movie stars dating back to silent film. A display featured collectibles from 1900 on such as Shirley Temple dolls, a 1900 Sears Catalogue, model cars and Wizard of Oz dolls.

"The Senior Prom gives Adult Day Care participants and their family members and friends an opportunity to socialize, dance, and enjoy music from their youth," says CJE's Adult Day Care Supervisor Hedy Ciocci.

"Special activities like dances are important as well as a lot of fun. Many of our members don't have the opportunity to get out to their favorite restaurant, go dancing or just shop. Here, we try to make members feel part of the community, and do things that are of interest to them. Having a dance at the Center brings back memories from their youth. Everyone, including our Alzheimer's center members can enjoy the music, and the party atmosphere."

Council for Jewish Elderly's Adult Day Care Center is an inno-

vative program that encompasses two components under one roof: the Adult Day Care Program and the Helen and Norman Asher Alzheimer's Care Program. Both programs provide a protected setting that is sensitive to the participant's individual needs and capacities, and gives friends and family of the participant relief for part of the day from the responsibilities of caregiving.

"The CJE Asher Unit of the Adult Day Care Program not only provides expert loving care for Alzheimer's and clients with severe memory loss in a setting constructed specifically for their needs and comfort, the staff also gives peace of mind to families who must also endure the emotional stress of their loved ones' afflictions," says Rohana Wolf, Yelcsyevich, whose father was a participant in CJE's program. "I feel so grateful to peek in to see my father enjoying himself at an activity or a group function."

The Asher Alzheimer's Care Program is a response to the needs of those who face the all but overwhelming experience of encountering symptoms where both the individual and his or her family must cope with growing loss of mental abilities as well as devastation of personality. The Asher Alzheimer's Program is snacks, as well as transportation and from trips and outings sponsored by the Adult Day Care Center.

The physical space for the CJE Adult Day Care Center has been specially designed, remodeled and decorated according to the best principles of care for elderly individuals. It is roomy, with separate areas for each program. Interior design of each program's space creates a milieu that benefits the participants according to latest studies. The Asher Alzheimer's Program section has soft, soothing colors that lessen confusion and foster feelings of protection. The Adult Day Care Program is homey, comfortable and designed to accommodate those who may have physical handicaps.

Each program has space for both individual and group activities. Centerpiece of the structure is a graceful atrium with natural light from a sky light above. It is a common area for activities involving both programs. Outside, the enclosed garden encourages walking and enjoying the outdoors. An attractive lunchroom helps make meal times a positive experience.

For further information about CJE's Adult Day Care Center, call Hedy Ciocci at (708) 492-1400.

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## Maine Township helps meet senior citizens' needs

Maine Township has one of the largest senior populations in Cook County, numbering about 20,000. A wide variety of services and programs are available to senior citizens through the Maine Township government.

Supervisor Joan B. Hall said, "They are an important part of our community, and we try to provide a wide range of services to meet their needs."

One of the key programs offered by Maine Township is an information and referral clearinghouse to help senior citizens and their families obtain information on housing, medical services, social and mental health services, nutrition, home-delivered meals, employment, energy assistance, social activities and a variety of other services.

To reach the information and referral service, call Lisa Krusinski at the Maine Township Town Hall, 297-2510, ext. 232. This program is partially supported through grants awarded to Maine Township by the Suburban Cook County Area Agency on Aging.

To date, the township has received 10 awards from the Suburban and referral services. Krusinski is also available to help seniors with Medicare forms and insurance questions. She has been certified by the Illinois Department of Insurance Senior Health Insurance Program (SHIP) to provide this service.

Senior citizens can also find fun and companionship through the many activities offered by the Maine Township Seniors, a social group sponsored by the township. The group offers frequent day trips, theater outings, bingo, workshops, educational opportunities, and monthly luncheons at a nominal cost to members. It also sponsors popular mini-vacations and longer trips.

More than 3,800 Maine Township Seniors belong to the group. Activities in most cases are limited to members. Applicants must be 65 or older and provide proof of residency.

The township also sponsors Options 55, a social program for pre-retirement adults, aged 55 through 65. Trips, theater programs and special events are scheduled evenings and weekends for the convenience of members.

Maine Township also serves widowed and single adults, ages 45 through 65, with its One + Options program. Members can take advantage of free seminars on issues of common interest, a Sunday Strollers group, a Cuisine Club, volunteer opportunities, and trips co-sponsored by Options 55.

Membership is all three groups is free and open to Maine Town-

## Make your retirement plan work for you

by Jeffrey Cardella  
Edward D. Jones & Co.



Does your employer offer a company-sponsored retirement plan such as a profit-sharing plan or 401(k)? Are you using the plan to its full potential?

The unique advantage of profit-sharing the 401(k) plans is that many employers will match your voluntary contributions or a percentage of your contributions up to a certain amount. That's virtually free money! For example, if your employer matches half your contribution, you earn a 50 percent return on your money upfront.

You can increase that return by wisely selecting the securities into which your contributions are invested. If your retirement plan offers the option of investing in stocks or stock mutual funds, that could be the wisest choice. Stocks and stock mutual funds offer the potential for growth that can outpace inflation and the opportunity for rising income through increasing dividends.

Unfortunately, most employees invest their retirement-plan contributions in low-yielding, fixed-income investments such as certificates of deposit and money-market accounts, according to a recent article in Investor's Business Daily.

The reason for this is workers' concerns over the safety of their principal. Investments like certificates of deposit and bonds are often insured as to the timely repayment of your principal, which adds an extra measure of safety. In return, however, employees sacrifice the higher potential returns available with growth investments.

Of course, fixed-income securities have a place in most portfolios because they provide a stable, dependable stream of interest income. They are particularly important to retired investors who often need a predictable level of income to supplement Social Security.

Younger investors who are still working, however, can usually benefit most by investing a larger percentage of their investable dollars in growth investments such as individual stocks or stock mutual funds. As noted previously, although they don't provide predictable income, growth investments offer the potential for capital appreciation and the opportunity for rising income through increasing dividends.

The following tips provide some additional ideas for making your employer-sponsored retirement plan work hardest for you:

**Start Early** — The earlier you begin investing for retirement, the greater the benefits of compounding.

**Systematic Investing** — If you wait to begin investing until you have a large lump sum, you'll probably wait forever. Most employer-sponsored retirement plans allow you to automatically deduct a certain amount per paycheck. Even \$10 per paycheck is a good start. Systematic investing also enables you to purchase investments at an average price rather than all at the market high or low.

**Invest for the Long Term** — Stock prices will go up and down on a daily, weekly and even monthly basis. Over time, however, they have provided the highest long-term returns of any financial investment. In fact, stock returns have never been negative in any 10-year period since the Depression era.

According to an estimate in Investor's Business Daily, you will need 80 percent of your final salary to maintain your current lifestyle after retirement. Social Security may provide about 38 percent of that, and it's up to you to provide the rest. Your employer-sponsored retirement plan is one of the best places to begin, and when used properly, it can be the ticket to securing the retirement lifestyle of your dreams.

ship residents. For information and membership applications call Sue Neuschel, 297-2510, ext. 240.

Maine Township also provides RTA special users passes and handicapped parking cards through the Clerk's office and participates in the Paratransit Resource Center (PRC) to provide

transportation at special rates to seniors who are unable to use public transportation.

For information on any of these programs, call 297-2510.

## Square dancers open season

The Highland Park Highsteppers Square Dance Club will hold its next dance of the season on Saturday, Sept. 19, at the West Ridge Center, 636 Ridge Road in Highland Park.

The dance will begin at 8 p.m. with caller Chuck Jaworski calling the squares. Round dancing will also be conducted with Gil and Judy Martin queuing the rounds. All square and round dancers are invited. Refreshments will be served, and a banner is available for visiting clubs.

The Highsteppers club is a part of the Highland Park, Park District recreation program. For further information call: 537-5146, 432-1660, or 433-5255.

## —Gentlemen—

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# SENIOR SEASONS

The Bugle

Thursday, September 17, 1992 Page 15

## Township sets country western nights

Members and guests of Maine Township's One + Options group can enjoy line dancing and camaraderie at one or both Country Western Nights to be held at 7:30 p.m. Friday, Sept. 25, and Friday, Oct. 9, in the Maine Township Hall, 1700 Ballard Road, Park Ridge.

Denim and Diamonds callers Bob and Bonnie will teach line dancing, the hottest and fastest growing dance craze to hit the nation. Guests can learn the Walz'n Wazzy, Bus Stop, Country Connection, Cameron Shuffle, Texas Panhandle, Tush-Push, Denver Boot, Carolina Kick, Tennessee Walk and Achy Breaky from Bob and Bonnie, who also teach at Chevy Chase Country Club.

Partners are not needed; participants should dress casually and

wear leather-soled shoes. Prizes will be awarded for the best western dress to those dudes who care to don western duds and light refreshments will be provided.

Advance registration is required as space is limited. Cost is \$5.50 for members for one session and \$10 for two. Guest fees are \$7.50 for one evening and \$14 for two.

One + Options is a group for widowed and other single Maine Township residents 45 through 65. Membership in One + Options is free and is open to Maine Township residents 45 through 65. Participants benefit from group rates on trips and activities.

For reservations and membership information, call Sue Neuschel or Barbara Koss at (708) 297-2510, ext. 240.

## Plan 'Capri' celebration at Lawrence House

Escape to an Italian island paradise at The Lawrence House Retirement Hotel's Isle of Capri celebration on Tuesday, Oct. 6, from 2 p.m. to 4 p.m. on at 1020 West Lawrence Ave., Chicago. This afternoon is free and open to seniors.

The Lawrence House will be transformed into a lovely Italian piazza. Everyone is invited to browse through the fruit stands or pick up some fresh blossoms at

one of the flower stalls.

Live musicians will perform the melodies of sunny Capri for residents and guests.

Don't say arrivederci too soon, complimentary refreshments including coffee and gelato, will be served. Remember to say grazie!

For further information on The Lawrence House Isle of Capri celebration contact Marcia Lawrence at (312) 561-2100.

## Plan now for East coast trip

Maine Township mature adults can still register for a 10-day deluxe bus excursion Thursday, Oct. 15, through Saturday, Oct. 24, to the historic East Coast cities of Baltimore, Philadelphia and New York.

In Baltimore, the "Renaissance City," the group will enjoy a city tour, a guided tour of the colonial capital of Annapolis, and visits to the U.S. Naval Academy, Baltimore Harbor and the National Aquarium. Two nights accommodations will be at the Omni International and guests will have a chance to enjoy Chesapeake Bay specialties at Obyrcki's.

Highlights of the Philadelphia stop include visits to Indepen-

dence Hall, the Liberty Bell, Betsy Ross House, and Benjamin Franklin's home and print shop. Overnight accommodations will be at the Holiday Inn-Independence Mall with dinner at the City Tavern in Philadelphia's historic district.

Then it's on to New York City where guests will spend the next three nights at the Holiday Inn-Crowne Plaza in White Plains. Highlights include a guided tour of Ellis Island, a Manhattan skyline cruise and a tour of "the Big Apple." A performance of the hit Broadway musical "Guys and Dolls" will follow dinner at Mama Leone's in the Theater District.

The return trip will include an opportunity to enjoy fall foliage in the breathtaking Catskill Mountains, a guided tour of the Corning Glass factory and Lake Erie cruise.

Cost of the trip, including deluxe motorcoach transportation, nine nights' deluxe accommodations, nine breakfasts, two lunches, and nine dinners, is \$1,398 per person double occupancy and \$1,754 single occupancy.

The trip is open to members of the Maine Township Seniors, Options 55, One + Options, and guests. For reservations or membership information, call Sue Neuschel or Helen Jung at 297-2510, ext. 240 or 241.

## Social Security checks void after one year

"While Federal checks may be as good as gold," they are not good forever. They must be cashed within a year of the date they're issued. Those words of warning come from Thomas A. Curin, District Manager of the Des Plaines, IL Social Security Office.

All Government checks issued on or after Oct. 1, 1989, carry the legend "Void After One Year." Government checks issued prior to Oct. 1, 1989, should have been cashed no later than Sept. 30, 1990-12 months after the law went into effect.

Federal agencies hold funds that individuals are entitled to but have never claimed. The reasons for the existence of these unclaimed funds include owner

abandonment, death, or incomplete or lost records that result in owners or heirs forgetting about or not being aware of assets. "The reason that the time limitation was placed on cashing U.S. Treasury checks," explains Curin, "is so that the government will be better able to maintain accounting control of its financial resources."

"Congress passed the 'Limited Payability' law stating that Government checks must be cashed within 12 months after the date on which the check was issued," Curin said.

"If a consumer presents an expired Social Security or Supplemental Security Income check to a financial institution, the financial institution should direct the

customer to the Federal agency that issued the check. Beneficiaries who have and present an expired Social Security Income check should take it to a local Social Security office to arrange for a replacement. A replacement check will then be mailed to the beneficiary within approximately 3 to 4 weeks.

Use of direct deposit can help solve check-cashing problems. "And it costs less for the government to transact a direct deposit payment than mail a paper check. Direct deposit is a safe and convenient way for beneficiaries to receive their payments," said Curin.

For more information, contact a bank or nearest Social Security office.

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CALL MRS. WEAVER  
312-561-2100





# SENIOR SEASONS

Page 16 Thursday, September 17, 1992

The Eagle

## Geriatric Fountain of Youth



Shown above is the fountain in the courtyard of The Abington of Glenview and their "pet therapist" Benji is taking a drink from it on a recent warm day. Benji has lived at The Abington since it opened its doors two years ago. According to Abington personnel, he has the "run of the home" and is fed and loved by the residents. The Abington of Glenview is located at 3901 Glenview Road, Glenview. For information call (708) 720-0000.

## Sun and fin travelette shown at Friendship Village

Friendship Village once again welcomes Joseph C. Spindler to the Village on September 26 at 7 p.m.

Spindler is known for his travelogues from around the world. Being an expert at scuba diving, much of his narration includes his own underwater adventures.

This Sun and Fin Travelette features Jamaica. The presentation includes a land journey cov-

ering Montego Bay, Ocho Rios, Discovery Bay and more while the deep sea trip uncovers the beauty of coral fields, a deep sea dive and the unusual sights of Orange Bay.

Friendship Village is a nationally accredited retirement community located at 330 W. Schaumburg Rd. in Schaumburg. For further information call (708) 884-5000.

"Older people are the gems of society... that's why I enjoy working with them at Ballard."



Susan Strauss

"That's why I enjoy my job as Ballard's Resident Service Coordinator, a position created to match Ballard's resources with each resident's needs and wants."

"Mrs. Taylor loves to talk about how fast she is progressing in rehabilitation; Mr. Calder wants to read the New York Times every Sunday and Mr. Wilek hates to miss the Cubs when they're on TV. Part of my job is to encourage Mrs. Taylor, make sure Mr. Calder's favorite Sunday paper is around, and check on the Cubs broadcasts for Mr. Wilek."

"Older people are the gems of our society. They have earned our respect and honor—including the right to a few little indulgences at Ballard."

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\*She can advise you on your loved ones' concerns  
\*Arrange a consultation

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Ballard is a 24-hour skilled nursing center which has been serving the north and northwest suburbs since 1952. It is accredited by the Joint Commission on Accreditation of Health Care Organizations and holds the highest JCAH Accredited from the State of Illinois.

## Oakton's very own to teach literature courses

The Emeritus Program credit classes for older adults will feature literature courses this fall, taught by Diane Capitani, Oakton's alumni relations coordinator at the Des Plaines campus, 1600 E. Golf Road.

Capitani, an authority on English Literature, will teach Jane Austen's England from 12:30 - 3:20 p.m. on Thursdays at the Winnetka Women's Exchange, 725 Pine St. in Winnetka, adjacent to the Winnetka Community House.

According to Capitani, "Significant fiction is being written in

England today by writers worthy of serious consideration." Capitani will also teach the social and political writings of some of these writers in a British Contemporary Fiction course. Students review literary pieces written by Ian McEwan, Iris Murdoch, Angela Carter, John Fowles, Kingsley Amis and others. The class meets from 1:30 - 4:20 p.m. on Tuesdays at Oakton's Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie.

For more information, contact Bea Cornelissen at (708) 635-1812.

## NU offers classes to retired adults

The registration of members for Northwestern University's Institute for Learning in Retirement (NILIR), which begins its sixth year of study groups on the Evanston campus and the second full year of groups on the Chicago campus this fall, will take place at two open houses in late September.

The NILIR uses a peer teaching format that allows study group members, who include retired and semi-retired adults, to select topics for study and to serve as group leaders. Although individual study groups are usually limited to 20 participants, total enrollment in ILR exceeded 400 last year. The program includes two 15-week sessions and a five-week summer session.

For those interested in NILIR, there will be two open houses this fall. On the Chicago campus, an open house will be held from 2 to 4 p.m. Monday, Sept. 21, in the third floor lounge of Wieboldt

Hall, 339 E. Chicago Ave., Chicago. The Evanston campus session will be held from 9 to 11 a.m. Tuesday, Sept. 22, in the Louis Room of Norris University Center, 1999 S. Campus Dr., Evanston.

Unique to this year's program is a three-week preparatory study session and travel program for members of "Hampton Roads: The Cradle of Aerospace."

All study groups begin the week of Oct. 5. An annual \$250 membership fee will allow participants to join any study group throughout the year as well as enjoy special events, receive borrowing privileges from the Northwestern University Library and affiliate status at the Henry Crown Sports Pavilion and Del-lora A. and Lester J. Norris Aquatics Center.

For additional information, call Program Coordinator Beth Hart at (708) 491-7724 on the Evanston campus or at (312) 503-7881 on the Chicago campus.

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# SENIOR SEASONS

The Eagle

Thursday, September 17, 1992 Page 17

## Practicing proper oral hygiene procedures

Contrary to conventional beliefs, toothaches, bleeding gums, ill-fitting dentures and tooth loss are not inevitable elements of the aging process.

According to Dr. Stephen F. Goodman, clinical professor of dentistry at Columbia University School of Dental and Oral Surgery, many dental problems experienced by older adults can be attributed to lack of dental education, poor dietary habits, or a history of improper oral hygiene.

The American Dental Association reports that 57 percent of people over age 45, and 64 percent of those over age 65, have some form of periodontal disease, a result of the bacteria in plaque irritating and damaging gum tissue. Plaque, which forms continuously on the teeth, also raises the risk of developing tooth decay.

Adults are particularly prone to cavities around fillings and exposed tooth surfaces. Because most older adults grew up without fluoridated water or fluoride products, they are likely to have more fillings than younger people.

Root caries (cavities) also are common among older adults, whose receding gums expose the soft, more vulnerable roots of their teeth.

For many denture-wearing adults, plaque is in contact with mouth tissues for long periods of time. Improper or infrequent denture cleaning can lead to sores, infection and discomfort.

"Dry mouth," caused by a reduction in saliva, is another dental concern among older adults. Saliva acts as a protective and cleansing agent in the mouth, and its absence can contribute to tooth decay. Dry mouth can result from over 200 drugs as well as certain medical treatments commonly prescribed for older adults.

With the special needs of seniors in mind, Dr. Goodman recommends following Teledyne Water Pik's Save Teeth, Exercise Prevention (STEP) Program, a step-by-step routine to control plaque on tooth surfaces and below the gumline.

•Step 1: Flossing  
Floss at least once daily before brushing to disrupt plaque between teeth and below the gumline, making it possible to brush it away.

With either waxed or unwaxed dental floss, floss between all teeth using a gentle sawing motion to avoid injuring the gums. To help make the floss easier to manipulate, consider using a dental floss holder.

•Step 2: Brushing  
Brush for two to three minutes

in the morning and before bedtime, as well as after every meal or snack, to remove plaque and food debris from the inner, outer and biting surfaces of the teeth.

With a soft, multi-tufted toothbrush, use short, horizontal motions to lightly "scrub" all tooth surfaces, one or two teeth at a time.

For denture-wearing adults, rinse the denture thoroughly under lukewarm water. Using a cleansing agent on a moist brush, gently remove plaque from all surfaces and clasps.

A fingernail brush can be fitted with suction cups, then fastened to the inside of the sink for people who only can use one hand. Dentures then can be cleaned by rubbing them against the bristles.

For those with restricted manual dexterity due to arthritis or other afflictions, modifying existing dental tools can make the oral hygiene routine more manageable.

Dr. Goodman recommends an automatic toothbrush, such as the Water Pik Automatic Toothbrush.

The larger handle is often easier to hold and it eliminates much of the hand and wrist motion and exerts the pressure necessary to clean the teeth effectively.

To make a conventional toothbrush easier to hold, enlarge the brush handle by wrapping it with a bandage or other material, or attach the brush to your hand with an elastic or Velcro fastening tape.

•Step 3: Oral irrigation  
To help remove plaque-causing bacteria below the gumline, where flossing and brushing miss, use the Water Pik oral irrigator with either water or a recommended mouthwash or rinse.

Check with your dental professional to determine the best solution and pressure setting for you.

•Step 4: Dental visits  
See your dental professional at least twice a year. However, more frequent visits may be required for the elderly because of their increased risk of oral health problems.

No matter how well a person flosses, brushes, or uses an oral irrigator, a certain amount of plaque remains on tooth surfaces and gums that only can be removed by a dental professional.

It's never too late to develop good oral hygiene habits. For more information on proper oral hygiene procedures, write or call for a free copy of the Water Pik STEP booklet: Water Pik STEP Booklet, Teledyne Water Pik, 1730 E. Prospect St., Fort Collins, CO 80525; 1-800-525-2774. From Colorado, call collect, 303-669-5670.

## Arthritis group slates meeting

The Northwest Chicago/Suburban Arthritis Coping and Education Program (ACE) (formerly known as the Arthritis Action Council), will hold its next meeting at 7:30 p.m. on Wednesday, Oct. 7 at Lutheran General Medical Group, S.C., 6000 West Touhy Ave., Chicago.

The topic "Help For Your Spine" will be presented by Mark Baginskas, P.T., who is a physical therapist at L.C.M.G. He will be addressing spine and back problems and solutions for per-

sons with arthritis and related conditions.

The ACE (Arthritis Coping and Education) concept is designed to improve public understanding and to provide assistance to those with arthritis, the nation's number one crippling disease. Refreshments will be served. All meetings are free and are open to the public. To provide adequate seating, call ahead to Mrs. Susan Schumaker at (312) 763-1800.

## Res Retirement Community plans craft show

Resurrection Retirement Community is planning its first craft show September 26. The sale will be held from 9 a.m. to 3 p.m. in the Blue Room on the first floor of the retirement center at 7262 W. Peterson Ave., Chicago.

The craft show will feature a variety of holiday decorations, hand-painted china, quilted pillows, floral art, vintage linens and bakery items. Beverages and snacks will be on sale.

Proceeds from the craft show will benefit residents' activities programs. For additional information, call (312) 792-7930.

## Plan ice cream social on cruise boat

Residents of Friendship Village will delight in a nautical ice cream social on the afternoon of Wednesday, Sept. 30. It will be a lazy afternoon as they board a cruise ship to tour the waters of Lake Geneva while enjoying ice cream creations.

Before the cruise, lunch will be served at the St. Moritz restaurant. This historic 1880 summer home has been refashioned to present an elegant but comfortable dining atmosphere.

Friendship Village is celebrating its 15th year of serving persons of retirement age in the Chicago area. For further information call (708) 884-5000.

## Passages series discusses aging

Dorothy Doherty, M.S.W., L.C.S.W., therapist and part-time lecturer in Oakton's Emeritus Program, discusses the aging process, as part of a Passages Lecture Series, from 1 to 2:30 p.m. on Tuesday, Sept. 22, in Room 112 at the Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie.

Doherty provides a film and lecture that explores the options available to us as we, or those we love, grow old.

A \$1 donation is required. For more information, call (708) 635-1414.

## Leaning Tower seniors celebrate 25 years

Leaning Tower YMCA Senior Adult Center announced its 25th Anniversary Celebration to be held Friday, Sept. 25 for honored guests and members. An open house is planned from 1:30 to 5 p.m. in the center's multipurpose meeting room in the lower level at Leaning Tower YMCA. Festivities will include a band, dancing, refreshments, history books, consisting of activities and photos from the last 25 years, and other nostalgia.

Leaning Tower Senior Center was founded in 1967 by Shirley Spears who served as its director until her death in 1985. Mrs. Spears opened the center at Leaning Tower YMCA with 18 members, as a way of helping seniors stay active. Lois Dickert, the present director, has been involved with the senior center for 17 years and has been its director for the past 7 years. The center now boasts of close to 1,000 members with almost as many men as women and over 80 activities for seniors. The program began at the YMCA because of the growing senior citizen population and the need continues to grow.

The most popular activities are the swimming and exercise programs. Dancing, craft classes, parties, trips and special events are offered. The Senior Center has its own chorus, the Tower-Tones. There are bridge lessons, as well as an on-going duplicate bridge group. There is an annual picnic in August and a Christmas Party at the end of the year. There is at least one in-town trip per month and several out-of-town trips per year. There is a monthly birthday party, a bowling league of almost 100 members, and coffee talks with different guest speakers invited to talk on subjects of interest to seniors. Free Blood Pressures are offered monthly and information and referral is offered on an on-going basis to aid seniors in the community.

Lois Dickert is extremely proud of the Outreach Program of 8 Friendly Visitors who visit 10 area nursing homes and shut-ins in their own homes. Rose Wahlburg is Outreach Supervisor.

A tutoring program offers young children tutoring on a one-to-one basis by Senior members bridging the generation gap.

For more information about the Leaning Tower Senior Center or the 25th Anniversary Celebration call the center at (708) 647-8222, Ext. 2237.

## Vendors needed for senior fair

Those with products or services of interest to adults over 50, may register to sell or display merchandise at the Senior Fair from 9 a.m. to 1 p.m. on Friday, Oct. 16, at Oakton Community College's Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie.

All older adults in the communities served by Oakton Community College are invited to attend the Senior Fair.

The fair committee reserves the right to choose vendors who best serve the image and quality of the Fair. Vendors will be allocated space on a first-come, first-served basis at the discretion of the committee. Early registration is encouraged since space is limited.

A single space (6 ft. x 8 ft.) is \$35; a double space (6 ft. x 16 ft.) is \$60. Co-sponsors of the Fair

can rent a single space for \$25 and a double space for \$50.

Tables, chairs, carts/dollies or any other special requests will not be available. Please be prepared to provide these items for yourself. Set-up begins at 7 a.m. on the day of the Fair.

The Senior Fair is sponsored by Oakton Community College's Office of Community Services. To reserve a space, contact Bea Cornelissen at (708) 635-1812.

## Grandmothers resume meetings

Niles Grandmothers, after a restful summer, will resume their monthly meetings at 11 a.m. Wednesday, Sept. 23 at the Rec Center. Life luncheons will be continued as well as bingo games and prize awards.

## Your search for a retirement home is over.

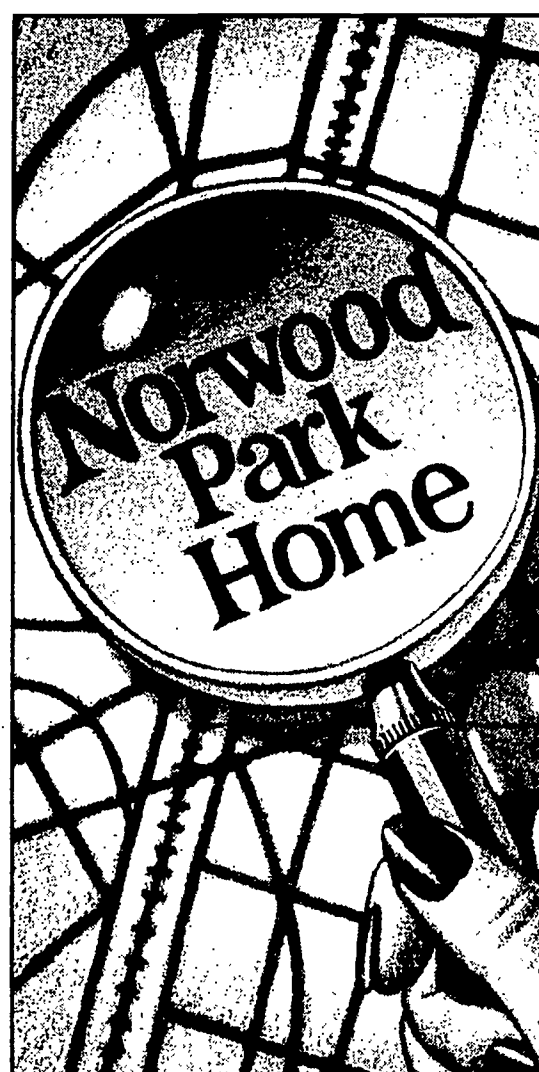
Come see our beautiful new rooms designed for comfortable retirement living. Our residents enjoy 24-hour staffing and security, 3 meals daily, and medical care if needed. **No endowment fee.** And best of all, the state of Illinois has awarded the Home 6 stars, their highest possible quality rating.

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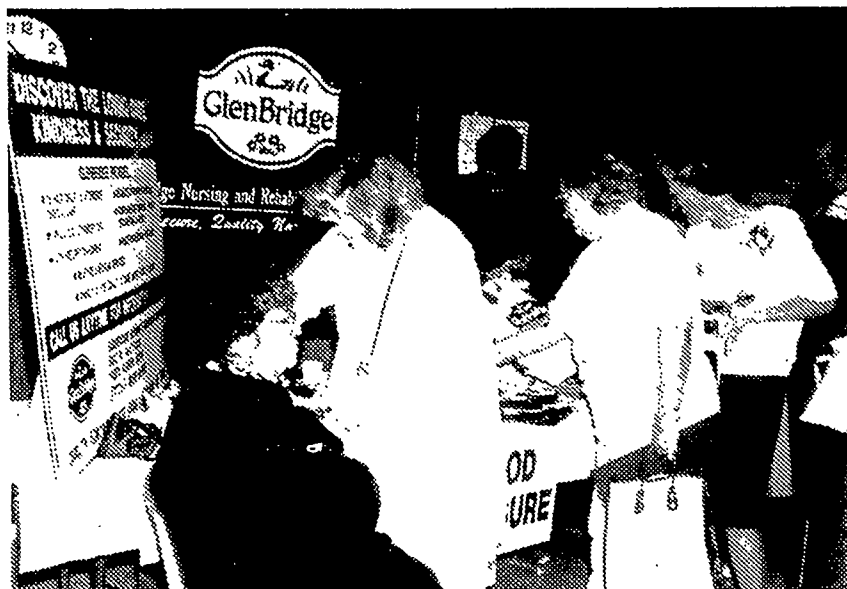


# SENIOR SEASONS

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The Bugle

## GlenBridge offers services at Health Fair



GlenBridge Nursing & Rehabilitation Center, 8333 W. Golf, Niles, participated in the Niles Health Fair on September 9. Pictured is the Director of Nursing, Ella Schreiber, taking blood pressure readings from community residents. GlenBridge provides a wide array of programs and services for the older adult in a sensitive, secure and loving environment.

For further information contact Sharon Moravea at (708) 966-9190. We offer quality nursing care at affordable rates. Call for information and a tour of our facility.

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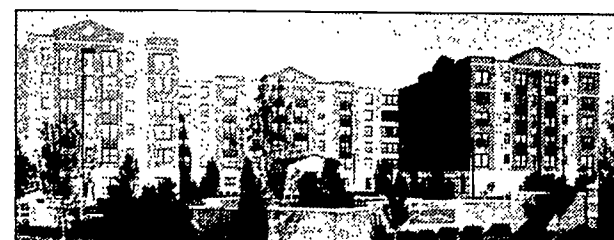
## PRESENTING A FEW MORE REASONS TO DISCOVER LINCOLNWOOD PLACE.

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7060 N. McCormick Blvd., Lincolnwood, IL 60465

## Offer support to Alzheimer's caregivers

An on-going support group for the caregivers of Alzheimer's patients will meet from 6:30 to 8:30 p.m. Wednesday, Oct. 28, in the small cafeteria at The Glenbrook Hospital, 2100 Plingsten Road, Glenview.

Group members discuss coping techniques and educational information helpful to those who care for victims of Alzheimer's Disease. The Evanston Hospital Geriatric Services sponsors the meetings on the fourth Wednesday of every month. The meeting is open to the public free of charge.

For more information call The Evanston Hospital's Geriatric Services at (708) 570-2219.

## Stoke caregivers receive support

Many stroke patients receive daily care from family members or friends. This support group is designed for family, friends and caregivers of stroke patients. It is a discussion group dealing with coping and adapting to the changes in one's lives that have been brought on by a family/friend's stroke.

The Caregiver Support Group will meet from 7 to 8:30 p.m. Wednesday, Oct. 7, in Room G952-956 of The Evanston Hospital, 2650 Ridge Avenue.

The group is open to the public free of charge and meets the first Wednesday of every month. For more information, call Colleen Collins at (708) 570-2030.

## Living Trust Why should you pay more for it?

There no longer seems to be any doubt that establishing a Living Trust, along with the related documents such as Durable Health Care Power of Attorney, Durable Property Power of Attorney, Declaration of Living Will as well as a Pour-Over Will, can save substantial amounts in probate costs as well as estate taxes. What, however, is in doubt in many instances, is whether this method of estate planning, if being done purely to avoid the costs of probate, is, in fact, cost efficient to the benefactor of the trust.

In our discussions with many estate planning attorneys, we have found that various groups charge for these plans, based upon the size of your estate as well as the "packaging" of your documents. Many Living Trust groups are charging anywhere from \$1,500 to \$5,000 for a document package that can be provided to you by an attorney with just as much experience for under \$1,000. Don't be caught up in the glitz of some of the estate planning attorneys who hold seminars and state that they will provide you with bound documents in a padded book that can be placed on your coffee table. Few people, however, would want their personal documents to be sitting out in public. They are private documents and are intended to be kept private (this is one of the advantages of a Living Trust as compared to probate).

The trend of the legal profession in regards to fees is very similar to the trend in the computer industry. That trend is for prices to be coming down, profit margins to be lower and for all to be more customer (client) oriented. In these troubled times, we all have to work together financially and otherwise to provide the best service available at the most reasonable price. Remember, however, that the lowest price is not always best. Check the reputation of your choice of attorneys and then see if it is a good match with price.

It is due to this trend that reputable, experienced estate planning attorneys have reduced prices but not service. We, as well as most others, do not feel that we can, in good conscience, any longer charge the fees that were being charged for the normal plan. We still bind the final documents for our clients, however, they are bound for your convenience and accessibility, not for show. We still arrange to meet with you in your home or our office, whatever is most convenient for you, and we still work with you in the retitle of your assets after the documentation has been completed.

The service that we perform for our clients and the low price center, is part of what has helped our firm's volume in this area increase to record numbers. For every client that we work for, we usually receive two or three referrals. It is because of the attention that we pay to the details and to you, the consumer, that our success continues.

For further information as to how the Law Offices of Pestine & Ryan can help you, please call at (708) 480-8700.

## Frank T. Rummel

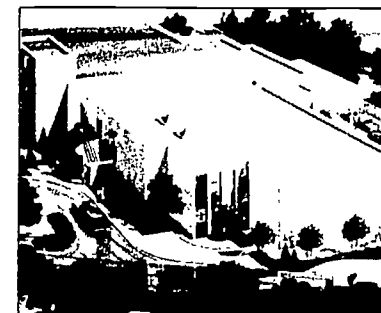
Marine Pfc. Frank T. Rummel, a 1990 graduate of Maine Township High School East of Park Ridge recently completed the School of Infantry. He joined the Marine Corps Reserves in February 1992.

## NEW ADDITION

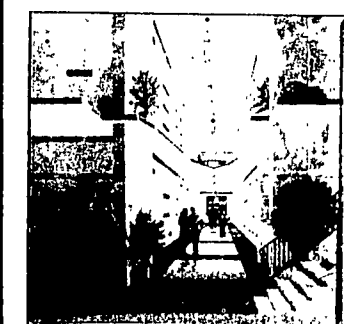
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# SENIOR SEASONS

The Bugle

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## Variety of programs and services at Oakton

The Emeritus Program at Oakton Community College is designed for adults ages 50 and older. The program features seminars, lectures, services and courses that encourage intellectual stimulation, creative experience and the exchange of ideas. Involvement in the program is also a great way to meet new people.

The following programs are offered at Oakton's Des Plaines campus, 1600 E. Golf Road; Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie; and various community sites.

Passages Through Life Lecture Series: This weekly lecture series discusses topics of general interest. The following lectures are held Tuesday from 1 to 2:30 p.m. in Room 112 at the Ray Harstein Campus: "Growing Old" on Sept. 22, "New Men and New Women: Battleground or Peaceground" on Oct. 13, "How to Feel Good About Yourself" on Oct. 20, and "Coping With Anger" on Oct. 27.

A \$1 donation is collected at the door. For more information, call (708) 635-1414.

Emeritus Tours: Several exciting tours are planned for older adults this fall and next spring.

Professor Patrick Casali leads a weekend tour to Indiana University in Bloomington for the university's Opera Theater presentation of the Marriage of Figaro on Saturday and Sunday, Oct. 3 and 4. The cost of the trip is \$135 (double occupancy) and includes transportation, lodging and one dinner.

It's not too early to register for the Spring Musical Odyssey of Europe. This five-city tour of the great opera houses and concert halls of Eastern and Central Europe is led by Professor Casali. Cities included in the tour are Berlin, Dresden, Prague, Budapest and Milan. The trip is tentatively scheduled for April 26 to May 12, 1993. The approximate cost is \$2,995.

For more information, call Bea Cornelissen at (708) 635-1812 or Patrick Casali at (708) 635-1847.

Grandparents Unlimited: Older adults can volunteer their time and services at local day care centers, nursery schools and other child care settings through Grandparents Unlimited. Volunteers act as substitute grandparents, sharing love and experience while enjoying the children.

For further information, call (708) 635-1415.

## Estate Planning

Don't wait any longer to prepare your estate plans. On September 23 at 6:30 p.m., the Niles Public Library District will host a seminar on Estate Planning for widows, divorced individuals, and retirees. Attorney Richard Kuenster will examine some of the legal, tax, and psychological issues associated with special planning needs. Topics covered

will include: unique considerations; pitfalls; trusts and other agreements; living wills and durable powers of attorney; planning and tax considerations; and insurance and retirement funds.

Library programs are free and open to the public. Registration is required. For mobility or communication access assistance, call 976-8554 voice and TDD.

## Prostate Support Group Forming

A meeting of the "Us Too" Prostate Cancer Support group is planned for Wednesday, Sept. 23, at 7:30 p.m., at The Evanston Hospital, 2650 Ridge Ave., Evanston.

Group members meet to share their feelings, compare experiences and discuss coping techniques and information on various aspects of living with prostate cancer. Jeffrey M. Ignatoff, M.D., head of urological oncology at the Evanston Hospital and associate professor of clinical urology, Northwestern Medical School, will discuss surgical therapies in the treatment of prostate cancer.

The support group is open to the public and free of charge. For more information, contact Sue Martin at (708) 570-2110.

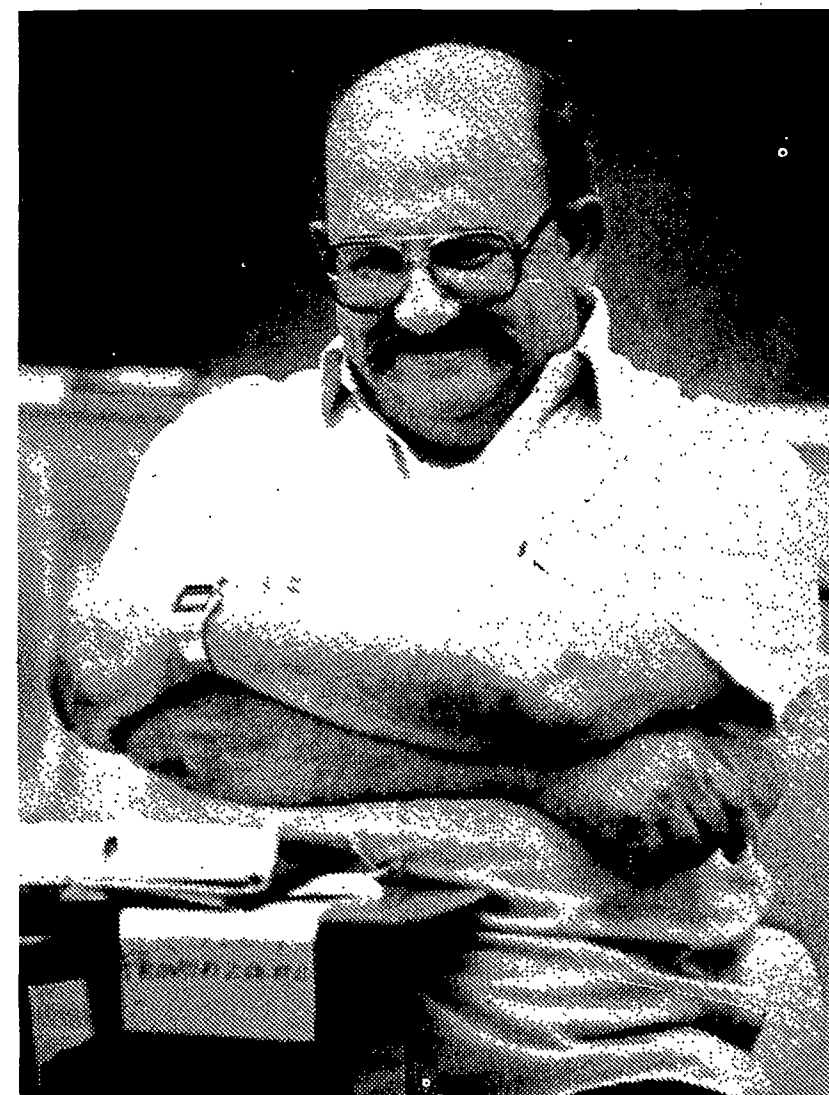
## Nursing center completes licensing survey

Continental Care Center, one of the leading providers of nursing care to Chicago's elderly, announced that its entire staff and facility have satisfactorily completed every part of the required state licensure survey. This survey, directed by the Illinois Department of Public Health, is mandatory for all health care facilities and determines a nursing home's strengths as well as deficiencies.

Continental Care Center was rated "outstanding" in all areas.

Continental Care Center is located at 5336 N. Western in Chicago.

## Retired auditor turns to writing



Des Plaines resident Stanley Provenzano, tired of his mounting pile of rejection slips, decided to take a creative writing class at Oakton Community College to turn his luck around. Provenzano has been writing detective stories, science fiction and mood pieces since he retired from his job as a field auditor for the state in 1989.

Provenzano had never done any creative writing before his retirement.

The class renewed Provenzano's enthusiasm, and he has sent six more stories to different periodicals. Provenzano so enjoyed his Oakton class that he is scheduled to take a creative writing class in the Honors Program.

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# SENIOR SEASONS

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The Bugle

## Exercise helps those with diabetes

Exercise is important to everyone's health, but it is especially important if you have diabetes according to The National Exercise For Life Institute.

About 11 million Americans are diabetic, but 45 percent of these people remain unaware of their illness, reports The Carter Center of Emory University.

Diabetes Mellitus is a leading cause of death in the U.S., shortening life expectancy by one third compared to the rest of the population. Diabetes occurs when the body is not able to utilize sugar as it should. About 10 percent of this disease is diagnosed as Type I diabetes, and the remaining 90 percent is Type II diabetes.

Juvenile, or Type I diabetes, is somewhat of a misnomer because a person can develop this form of diabetes in adult life, up to the age of 30 years. Type I diabetes is a result of pancreatic deficiency of insulin production, and those with this type of diabetes are dependent upon the administration of insulin.

Type II diabetes, often referred to as "mature onset diabetes," tends to be associated with obesity, and occurs during adulthood. Type II diabetes causes excessive concentrations of insulin (as opposed to Type I, which is an insulin deficiency). The good news is that 90 percent of non-insulin dependent diabetes is preventable with a proper diet-exercise program.

It has been well-documented that regular aerobic exercise will decrease insulin requirements by 30-50 percent for those with well-

controlled insulin dependent diabetes (Type I), and by up to 100 percent for those with non-insulin dependent diabetes (Type II), especially with a proper diet and weight control, according to an article in Preventive Medicine.

"Physical inactivity is often a major contributor to obesity in our society," says Diane DeMarco, National Exercise For Life Institute Executive Director. Aerobic and strengthening exercise can go a long way toward preventing weight gain. Regular exercise prevents the loss of lean body mass, while burning body fat.

Exercise also makes the appetite control mechanism more effective, and leads to an increase in resting metabolic rate following exercise. Lowering body fat results in lower glucose and insulin levels in those with Type II diabetes.

A major concern for those with diabetes is a cardiovascular disease (CHD), according to Jeff Zwiefel, M.S., exercise physiologist for the National Exercise For Life Institute. Exercise decreases total cholesterol, decreases LDL-C (bad cholesterol), increases HDL-C (good cholesterol) and reduces blood triglycerides. The result is a substantially decreased risk of CHD.

It's long been known that aerobic exercise is helpful for achieving healthy cholesterol levels, but recent research has shown that strength training is also beneficial. The studies also suggest that a program of aerobic exercise and strength training may also help

prevent Type II diabetes by reducing the amount of insulin required for glucose to be used by the muscles.

The Minneapolis-based International Diabetes Center's Guidelines for Safe and Enjoyable activity notes that "the benefits of overall fitness can make many aspects of life easier and more enjoyable. Along with this, exercise helps the Type I diabetic improve the body's use of blood glucose (sugar) levels, use of insulin, decrease risk factors for health disease, decrease blood pressure and help in weight control."

Exercise is also important for people with Type II diabetes because it: increases the body's sensitivity to insulin, improves blood glucose control, reduces risk of heart disease and promotes weight loss.

The National Exercise For Life Institute advises that you consult with proper medical professionals who are knowledgeable about diabetes and your condition before starting any exercise program.

For more information on the benefits of regular exercise, call The National Exercise For Life Institute, (612) 448-3094, or write Box 1, Chaska, MN 55318.



## Concert benefits Alzheimer's unit



Musicians Paul Lindblad, Bonnie Lindquist (center), Molly Sutton and Victor Hildner (not pictured), prepare to perform a benefit concert for Faith Place Alzheimer's Unit, a new program of St. Matthew Lutheran Home. Lindquist, who arranged the concert, serves as a Maine Township trustee and works as a musical therapist at St. Matthew Home.

St. Matthew Lutheran Home is planning a benefit concert to help support the development of its Faith Place Alzheimer's Unit. The concert will take place on Saturday, Sept. 26, at 7:30 p.m. at St. Andrews Lutheran Church, 260 N. Northwest Highway, Park Ridge.

Musicians Bonnie Lindquist, Molly Sutton, Victor Hildner and Paul Lindblad will perform a musical montage featuring the works of famous composers. Refreshments will be served after the performance.

Guests who feel inspired to support St. Matthew's efforts to develop Faith Place may contribute to a free-will offering at the close of the concert.

The concert is part of a \$150,000 campaign that is being spearheaded by a 10-member volunteer task force. Chairperson Ken Wilson is a member of St. Andrews Lutheran Church.

Among those who have endorsed the Faith Place Benefit Concert are Rev. and Mrs. Mark Bergman, Rev. and Mrs. James Brammeier, Rev. and Mrs. Donald Hallberg, Dr. and Mrs. Ray Henneman, Rev. and Mrs. Fred Hill, Rev. and Mrs. Tom Noll, Rev. and Mrs. Robert Seimeyer and Park Ridge Mayor and Mrs. Ronald Wietecha.

For more information about Northwest Community Hospital's Cancer Services, call the Marketing Communications Department at 259-1000, ext. 5078.

range for a complete physician examination, free cancer risk appraisal or a physician referral following the program.

The remainder of the series, scheduled for October and November will include programs on breast cancer and gynecological cancer.

For more information about Northwest Community Hospital's Cancer Services, call the Marketing Communications Department at 259-1000, ext. 5078.

Viewers can call Northwest Community's Health Resources Department at 259-3463 to arrange for a complete physician examination, free cancer risk appraisal or a physician referral following the program.

USE THE BUGLE

# SENIOR SEASONS

The Bugle

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## Understanding the symptoms of diabetes

Almost everyone has heard of diabetes and is familiar with some of its dangers. However, few individuals really know what the symptoms of diabetes are and the implications of the disease if left untreated.

According to current statistics, 14 million American have diabetes. Of that number, almost two million have diabetes and are unaware of it. It has frequently been dubbed the "sneaky disease." Few individuals notice when they first develop the symptoms of diabetes. As a result, they do not receive prompt treatment. Without treatment, many will suffer acute and chronic complications.

Undetected and uncontrolled diabetes is a known contributor to heart and kidney failure, blindness, poor circulation, coma and death.

"There's a major misconception about diabetes," says Don Uhlmeier, RN, CDE, program director for StableLives, Holy Family Hospital's comprehensive diabetes program. "People don't think of diabetes as a life-threatening illness, but it's the third leading cause of death in the United States."

Diabetes is a condition in which the body cannot use carbohydrates properly. When food is digested, it breaks down into a sugar called glucose, which the body uses for energy. In a person without diabetes, a hormone known as insulin is released from the pancreas and moves the glucose into the cells generating energy.

The person with diabetes does not produce enough insulin. Without adequate insulin, glucose in the blood rises above normal. The glucose remains in the blood stream. Consequently, the body is deprived of the energy it needs.

According to Uhlmeier, diabetes is divided into two major categories: Type I, (insulin dependent) diabetes and Type II, (non insulin dependent).

Type II diabetes affects the greatest number of people. Although it is milder and more controllable than Type I diabetes, it is potentially very dangerous. Its occurrence increases with age, especially in people over age 45, and in those overweight or having a family history of diabetes.

Type I diabetes is the most severe form. It is usually acquired

during childhood, teenage or the young adult years and is much harder to control.

The most common warning signs of diabetes are frequent urination, increased thirst and hunger, irritability, weakness, fatigue, blurred vision and weight loss. These symptoms are sometimes attributed to other illnesses and are overlooked.

What causes diabetes is not known, yet it has been attributed to obesity, poor nutrition, lack of exercise and heredity, as well as aging and pregnancy. Infection, physical and/or emotional trauma and stress may also cause diabetes. Early detection and treatment can often ward off dangerous complications. Although diabetes can be frightening, it is something you can learn to control.

"People with diabetes need to be good administrators of their care," stresses Uhlmeier. "Diabetes takes a lot of work and effort. You can't just take a pill and forget about it. To do so significantly increases your risk of developing complications such as stroke, heart attack, or shorter life expectancy."

Medical science has learned more about diabetes in the last century than all previous centuries. As a result of the discovery of insulin in 1921 and other later discoveries in treatment, millions of people with diabetes today can live fairly normal lives.

If you notice one or more symptoms on a recurring basis, you should attend one of StableLives free diabetes screenings at Holy Family Hospital, StableLives is a comprehensive inpatient and outpatient program, recognized by the American Diabetes Association. It's focus is lifestyle management.

Components of the program include general diabetes education, medication instruction, exercise regimens, stress management, counseling, nutrition and meal planning education, self-blood glucose monitoring instruction, family involvement, and support groups.

For more information about StableLives or for a free assessment if you have the disease, call Sue at (708) 297-9977. If you need a physician, please contact our physician referral service, MedConnection (708) 297-1800, ext. 1110.

## Medicare helps people with kidney disease

An often overlooked success story of the Medicare program is the coverage that it provides for people with kidney disease. Before Medicare, permanent kidney failure requiring dialysis or a kidney transplant was generally fatal to people who could not afford the expensive treatment. Today, some 9 out of 10 workers have this protection.

It was the availability of treatment beyond the reach of most Americans that resulted in the passage of the law in 1972. Since then, the number of treatment centers providing kidney dialysis has mushroomed. And kidney transplants are generally limited only by the availability of organ donors.

Ordinarily, Medicare covers people age 65 and older or people who have been receiving disability benefits for two years. But a person with permanent kidney failure may become eligible for Medicare at any age if he or she, or their spouse, worked long enough under Social Security to be covered. And a child may also be covered on a parent's work record.

Unlike other dependent's benefits, the parent or spouse does not

have to be deceased or drawing retirement or survivors benefits for a family member to receive Medicare coverage for permanent kidney failure.

There are two parts to Medicare and both provide some coverage for kidney disease treatment. Hospital insurance, or Part A, is free, but medical insurance, or Part B, requires the payment of a monthly premium. For 1992, the monthly premium is \$31.80.

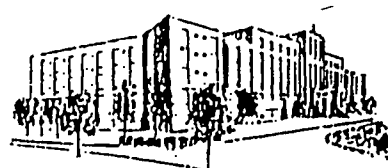
Part A covers in-patient hospital costs. Part B, which pays doctor bills and outpatient services, pays for many of the services needed by people with permanent kidney failure.

If you need more information on Medicare coverage for permanent kidney disease, give Social Security Administration a call. The number is 1-800-772-1213.

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COUNCIL FOR JEWISH ELDERLY

## Cable series focuses on men's cancers

Northwest Community Hospital is airing the second of its four-part cable series, Physician's Corner, in September. The program is designed to keep the northwest suburban community abreast of the latest in cancer prevention, treatment and breakthroughs via a 30-minute talk-show.

In conjunction with Prostate Cancer Awareness Weeks, September 27-October 11, this month's program will focus on "Good News about Common Cancers in Men." When discovered in its earliest stages, prostate cancer is almost 90 percent curable. The same holds true for colon cancer. By watching Physician's Corner, viewers can learn a few simple prevention and detection measures that will help men protect themselves from these common cancers.

The program is hosted by Susan Anderson, WBBM-TV contributing health editor, and will feature the following panel of Northwest Community Hospital physicians: Dr. Jerrold Seckler, Urologist; Dr. Shelby Rifkin, Oncologist; Dr. Alan Loren, General Surgeon, and Dr. John Lightfoot, Family Practitioner.

Physician's Corner will air Thursdays, Sept. 17 and 24 at 6:30 p.m. and Sundays, Sept. 20 and 27 at 3 p.m. on local cable channels 13, 30, 31 and 32. It will air on channel 6 on Thursdays only.

Viewers can call Northwest Community's Health Resources Department at 259-3463 to arrange for a complete physician examination, free cancer risk appraisal or a physician referral following the program.

## Living Trusts

Have you considered replacing your will with a living trust? On October 1 at 2 p.m. the Niles Public Library District will sponsor a program designed for those individuals seeking information on the differences between trusts and wills and the benefits to be gained.

Attorney Chester Przybylo will be our presenter. Mr. Przybylo has given presentations on this topic at the library for the past three years. Audiences find his presentation easy to understand and full of useful information. Library programs are free and open to the public. Registration is required. For mobility or communication access assistance, call 976-8554 voice and TDD.

## Harlem Irving sets Health Clinic

A clinic on "How to Lower your Fat/Cholesterol will be held at Harlem Irving Plaza on Wednesday, Sept. 23, 8 a.m. in Carsons Court. The clinic is part of "HIP's Walking in Style" walking program. The center is located at Harlem Avenue, Irving Park Road and Forest Preserve Drive.

Janet Fortina, Registered Dietitian from Resurrection Medical Center will be on hand to speak to members on how you can lower fat and cholesterol in your diet. "HIP Walking in Style" Walking Club has been developed by Harlem Irving Plaza in partnership with Resurrection Medical Center. The club consists of membership (at no charge), clinics on exercise and fitness, periodic health testing, guidelines, and special discounts at Harlem Irving Plaza stores for members.

Those interested in joining may do so at the Plaza information Center (located near Lerner New York), or may call (312) 625-3036 for further information.

## Norwood Federal to offer free eye screening

On Friday, Oct. 2, Norwood Federal Savings Bank will provide free eye screening for cataracts and glaucoma, compliments of the Desnick Eye Center.

This service will be available from 9 to 11 a.m. at the 5813 N. Milwaukee Avenue office in the Community Room located on the second floor. Any questions should be directed to (312) 775-8900.

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# SENIOR SEASONS

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The Bugle

## Surgical procedure eliminates eye injections

Eye injections for patients undergoing cataract surgery and lens implant may be a thing of the past thanks to a new technique initiated at St. Francis Hospital of Evanston recently by ophthalmologist Dimitri Perros, M.D.

By combining a unique surgical procedure with a topical anesthetic applied like eyedrops and a mild sedative administered intravenously, Dr. Perros successfully avoided the use of injections for anesthesia around the eye prior to the cataract surgery. The operations were performed on several individuals on an outpatient basis. Each operation lasted about 15 minutes.

Dr. Perros said eliminating the "regional block" created by injections of local anesthetic around the eye represents a major departure in the way cataract surgery is usually performed. He plans to use the new approach on an ongoing basis whenever medically indicated.

"From the patient's standpoint, this is a revolutionary approach because the eye injections have been the primary source of anxiety and discomfort for those undergoing the operation," reports Steven Moran, Territory Manager for Surgidev Corporation.

Surgidev manufactures intraocular lenses. Moran annually observes hundreds of cataract operations all over the U.S. and was present at the St. Francis surgeries.

"Anesthetizing the eye for cataract surgery has always been difficult for patients," notes Dr. Perros, chairman of the ophthalmologic surgery section at St. Francis. A cataract is a lens of the eye that has lost its transparency resulting in partial loss of vision. Ophthalmologists can

usually restore vision by removing the cataract and implanting a plastic lens.

"Typically, outpatient surgery for cataracts involves injections of an anesthetic agent around or behind the eye and the eyelids," Dr. Perros explains. "In addition, a mild sedative is administered intravenously to achieve the necessary level of anesthesia and to alleviate the fear and tension of the patient."

With the new approach, he continues, all the injections around the eye prior to surgery have been abandoned. Instead, anesthesia in the form of eyedrops is applied. The mild sedative is given intravenously just as before. The surgeon and the anesthesiologist closely monitor the level of sedation throughout the operation.

"Because the eye itself and the eyelids have not received local injections of anesthetic, patients realize the visual benefits of the operation in a matter of minutes rather than hours, or even a whole day in some instances," the St. Francis ophthalmologist notes. "By eliminating these injections, we also avoid the complications and problems sometimes associated with them."

He says this form of anesthesia works well for his technique, which involves a small, self-closing tunnel incision, but would not be appropriate for other methods of cataract surgery involving larger incisions in the eye.

He adds that keeping the surgical wound as small as possible keeps patient discomfort to a minimum and usually eliminates the need for stitches and an eye-patch.

## City of Hope hosts speaker



Christine Athanasoulis, Senior Advocate in the Public Service Intake Center within the office of Illinois Attorney General Roland W. Burris, will be the guest speaker for the City of Hope Saturday, Sept. 19, at 7000 McCormick Ave., in Lincolnwood. Athanasoulis will address the group at 1:30 p.m. on the topic "Scams Against Seniors."

## Grandparents

Walter & Margit Leibfritz of Niles and Donald & Joan Burke of Northbrook are the proud grandparents of Kristina Michelle Leibfritz. Kristina is the daughter of Steve and Kathy Leibfritz. She was born in Highland Park Hospital. Kristina has a brother, Kyle.

## Guidelines to reduce fat and cholesterol in fast foods

If you eat fast food more than once a week you're not alone. But what if you want to cut back on your fat and cholesterol intake? According to the American Heart Association of Metropolitan Chicago, don't despair.

In the past, almost all fast foods would have been curtailed on a low-fat diet. Because many fast food chains have become more nutrition conscious, many healthy food items are now available. Some of the new healthy choices are salads, skinless chicken, multi-grain buns, and low-fat milk shakes. Some food chains also have "lean" or "light" menu choices. "Lean" or "light" usually refers to less calories and fat, although the fat and calories content may differ greatly between fast food chains.

For the prevention of heart disease, the American Heart Association recommends a diet that contains less than 30 percent of calories from fat and less than 10 percent from saturated fat. High intakes of saturated fat tend to raise blood cholesterol levels. Some foods high in saturated fat are butter, whole milk, some cheeses, palm and coconut oils, fatty meats, and the skin on poultry.

The American Heart Association also recommends that intakes of cholesterol should not exceed 300 milligrams per day.

If you are interested in cutting your fat and cholesterol intake, but occasionally eat fast foods, your best bet is to ask for a nutrition guide at the chains you eat at. Don't choose an item just because it claims to be reduced in

fat or calories. Check it out for yourself. By looking at the nutrition information per serving, you can compare it to the number of grams of fat for the meal you choose. If that meal provides 30 grams of fat and your limit is 60 grams per day, you have two choices. You can either choose another lower fat meal combination or alter what you select at other meals during the day to compensate.

Here are some tips from the American Heart Association of Metropolitan Chicago for reducing the amount of fat and calories from a fast food menu:

- Avoid fatty sauces like mayonnaise and cheese. Top sandwiches with fresh vegetables such as lettuce, tomatoes, and onions.
- Avoid regular salad dressings. Try a reduced calorie dressing instead.
- At Mexican style restaurants, go easy on the sour cream, cheese, and guacamole and toss on more lettuce, tomatoes, onions and salsa.
- Select the single burger instead of the deluxe or double hamburger.
- Eliminate cheese on sandwiches and salads.
- Avoid deep fried items such as fried chicken, fish and chicken sandwiches. Instead try selections in which the chicken and fish are grilled.
- Avoid fatty processed meats like sausage, bacon, hot dogs and pepperoni.
- For a low-fat beverage, select 1 percent low-fat milk shake or fruit juice.

## Help your heart

Beat the heat with your feet - start walking!

If it's too hot to play sports, or you just don't enjoy them, then try walking.

An inactive lifestyle may increase your risk of having a heart attack. But regular aerobic exercise, such as brisk walking, may help improve your cardiovascular health.

Exercise can help improve your blood circulation, burn excess calories to help control weight, and release tension. But you can't reap benefits if you don't exercise right.

A regular walking program may help prevent heart disease and condition the body if done for 30 to 60 minutes at least three times a week. Conditioning allows the body more oxygen and enables the heart to use it more efficiently. Walking can not only help you get in shape, but it can also help you look and feel good.

If you're at high risk for heart disease, over 40 years old or haven't exercised before, you should see your doctor first.

You'll need to take some precautions when you start an exercise program. You should not eat for two hours before you walk, and you should wait to eat until at least 20 minutes afterwards.

Summertime temperatures can cause heat exhaustion and heat stroke, but you can help prevent them. Be sure to drink water before, during and after walking. Heat exhaustion and heat stroke occur when the body becomes dehydrated and is unable to adequately cool itself.

The symptoms for heat exhaustion include a body tempera-

ture that is below normal, dizziness, headaches, nausea and sometimes confusion. These symptoms may be followed by a collapse.

A heat stroke can be more serious than heat exhaustion. It can cause dangerously high body temperatures, dizziness, headaches, thirst, nausea or muscle cramps. However, the two most evident signs of heat stroke are a lack of sweat and high blood pressure.

If it's too hot to exercise outside, then you can take a walk at a shopping mall, gym, health club or at other indoor facilities.

You can also avoid the heat if you walk in the early morning or evening when the temperature is cooler. But at these times be aware of reduced visibility for yourself as well as for drivers. You may need to wear bright or reflective clothing.

Wear light and loose-fitting clothing for summer exercise. Wear cotton or other porous materials because rubberized or plastic suits, sweatshirts and sweat pants don't allow sweat to evaporate. Heavy, non-breathable clothing can increase your body temperature and your risk of heat exhaustion and heat stroke.

You also need a good pair of walking shoes. Choose shoes with thick, flexible soles that cushion the bottom of the foot and absorb shock for the rest of the body.

So stay in shape and beat the heat with your feet. Walking can be fun exercise - and may help keep your heart healthy!

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# SENIOR SEASONS

Page 24 Thursday, September 17, 1992

## Resurrection Auxiliary plans luncheon, fashion show



Three generations of the Healey family are preparing for the Resurrection Hospital Auxiliary's "Eye on Fashion" luncheon and fashion show, Saturday, October 10, at 11:30 a.m. at the Fountain Blue Restaurant in Des Plaines. Fashions will be presented by the Northbrook Court Shopping Center. Tickets are \$28 per person. Pictured left to right, are Patty Healey Yaniz, R.N., with twin daughters, Marcella and Francesca Yaniz and Jeanine Healey, award chairman. Prizes will be awarded in conjunction with the fashion show. Top award is an American Airlines round trip ticket anywhere in the continental United States. All proceeds from the luncheon will go towards the Auxiliary's \$350,000 pledge for the new Mammography Center at Resurrection Medical Center. For more information, contact the Volunteer Office at (312) 792-5110.

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## Hospice seeks volunteers for support to widowed

Rainbow Hospice Inc., Lutheran General Hospital, and Ballard Nursing Center, in cooperation with the American Association of Retired Persons, is organizing a new program called Widowed Persons Service which will offer practical information and an understanding ear to newly widowed men and women of all ages.

The work is to be accomplished through telephone calls, personal visits, and group sessions. Experience indicates that a high percentage of newly widowed persons benefit from programs that use volunteers under the auspices of local agencies.

While there are a variety of volunteer responsibilities, all volunteers should have a deep concern for the newly widowed. Outreach volunteers, themselves widowed, have firsthand knowledge of the feelings, frustration, and struggles faced in rebuilding lives. Volunteer training is provided.

The program needs outreach volunteers - men and women of all ages - to work one-to-one with newly widowed people.

For additional information about the program call the Widowed Persons Service at (708) 292-2828.

## Welcome, baby

**DANIE ANNE FELD**  
Paul and Patricia Feld of Niles and Barbara and Richard Carlson of Prospect Heights have a new granddaughter Danie Anne Feld, 9 lbs. 1/4 oz., born August 28 in Lutheran General Hospital, Monaca and Martin Feld of Mt. Prospect are the parents and Jessica, age 4 and Samantha, age 2 are her sisters. Great grandmothers are Dorothy Mashkes of Niles and Gladys Tebon.

## STEPHEN ANTHONY DIVITO

Mr. and Mrs. Anthony H. Tamburo of Niles and Mr. and Mrs. Christ J. Divito, Jr. of Park Ridge are the grandparents of Stephen Anthony Divito, 8 lbs. 1/4 oz., born August 16, to Linda Lynn Divito and Stephen Thomas Divito of Barrington.

## MARY CATHERINE DEFILIPPO

Edward and Marilyn DeFilippo of Niles and Giovanna Martindale of Mt. Prospect are the proud grandparents of Mary Catherine DeFilippo, a girl, 7 lbs. 7 1/2 oz., born August 28 to Angela Catherine and Larry Anthony DeFilippo.

**HALEY ELISABETH SOEHN**  
Mr. and Mrs. Franz Soehn and Mr. and Mrs. Arnold Carlson, all of Niles, have a new grandchild, Haley Elisabeth Soehn, 9 lbs. 12 oz., was born August 8 in Lutheran General Hospital. Parents are Harold and Lori (Carlson) Soehn. Haley has a 2-year-old sister, Heather.

## Michael R. Sierakowski

Michael R. Sierakowski received practical work in military leadership at the ROTC advanced camp at Fort Lewis, Tacoma, WA.

The cadet is a student at the University of Illinois, Chicago. Sierakowski is the son of Melvin R. and Barbara V. Sierakowski of Chicago.

## LGH introduces laser procedure for prostate

A new laser procedure offered exclusively at Lutheran General Hospital (LGH), 1775 Dempster St., will be of interest to half the men above the age of 50 who statistics say will have benign prostate disease. Using a new laser fiber, the procedure is performed on an outpatient basis with a minimal amount of discomfort.

Urologists at LGH are credentialed to perform prostatic laser surgery. Currently, LGH is the only hospital in the Chicago area and is one of only a few hospitals in the country that have the ability to perform this treatment.

Prostatectomy accounts for some 40 percent of all surgical procedures and is second only to cataracts as the surgery most performed on Medicare-age males. The procedure treats an enlarged prostate - a condition known as benign prostatic hyperplasia (BPH). Symptoms include painful bladder spasms, frequent urination and urgent urination.

Currently, some 400,000 men each year face surgery for the condition which removes some of the prostate tissue to allow the flow of fluids through the urethra. The prostate, a gland situated at the base of the male urethra, secretes an alkaline viscid fluid which is the major component of ejaculatory fluid. If the prostate enlarges, it cuts off the flow through the urethra. Treatment options include monitoring the condition's progress, medication, insertion of stents and coils, balloon dilatation, prostatic hyperthermia and surgery.

Conventional surgery requires a hospital stay of four to five days, post-operative medication to control pain and at least four-weeks post-operative recovery time. Because it is a surgical procedure, it carries the risk of needing a blood transfusion and has as one of its possible side effects, retrograde ejaculation where semen flows backwards through the urethra.

Using a neodymium:YAG laser, the beam travels through a fiber and has the ability to shoot at right angles. The fiber is fed through a cystoscope inserted into the urethra thus eliminating the need for surgical incisions. Surgeons use the laser to remove the obstructing tissue which is then sloughed off through the urine within 30 days. No hospital stay is required, patients are back to normal activity in two to three days, the need for pain medication is minimal, the possibility of the need for blood transfusions is eliminated and retrograde ejaculation is avoided.

It is estimated that using the laser may show substantial savings. Currently, the cost for the physician and hospital stay billed to Medicare for the surgical procedure is approaching \$5 billion.

Prospective patients wanting additional information about this procedure should call the LGH Doctor Referral and Information Center (708) 696-6010.

quired four to seven days hospital stay."

"This new technique may be performed on an inpatient or outpatient basis, with an overnight hospital stay depending upon the patient's health status," Dr. Sadooghi said. "Patient benefits include a short recovery period, no significant bleeding and a quick return to normal lifestyle activities."

"I can hardly believe how great I feel after undergoing laser prostate surgery," said Stanley Steck, who was the first patient to have the procedure performed at Our Lady of the Resurrection Medical Center. "I had considered having surgery for several months. This procedure was the right choice for me. I didn't experience any pain or discomfort and I feel great," said Mr. Steck.

For more information about Laser Prostate Surgery, call Our Lady of the Resurrection Medical Center's Urology program at (312) 794-7616.

## Telephone directory collection yields 4.2 tons

Results are in from the pilot directory recycling collection program in Northbrook, which ran from June 11 - July 6. The program's 8,412 pounds of outdated directories saved 255 cubic feet of landfill.

The sponsors of the program are pleased with the results. "Community involvement is the key ingredient of any collection program. We thank the citizens of Northbrook for making their program truly successful," said Prescott Fletcher, Director of Distribution Services for DonTech.

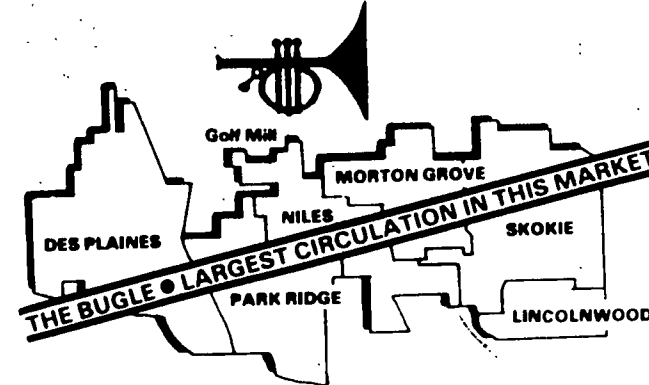
The program was coordinated

by McDonald's, Illinois Bell and DonTech.

The collected directories will be processed into products such as animal bedding and chip board. In 1991 DonTech and Illinois Bell helped nineteen communities recycle more than 300 tons of outdated directories. They will continue their efforts to help communities find long term solutions for directory recycling.

DonTech is a partnership between Ameritech Publishing and Reuben H. Donnelly that publishes Ameritech PagesPlus telephone directories for Illinois Bell.

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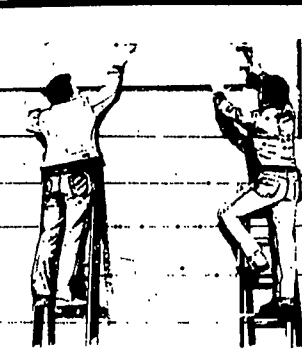
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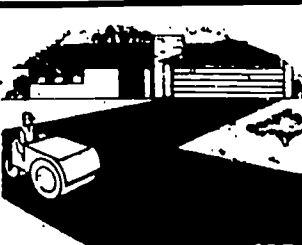
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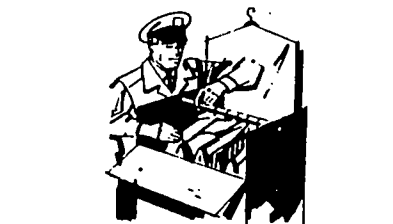
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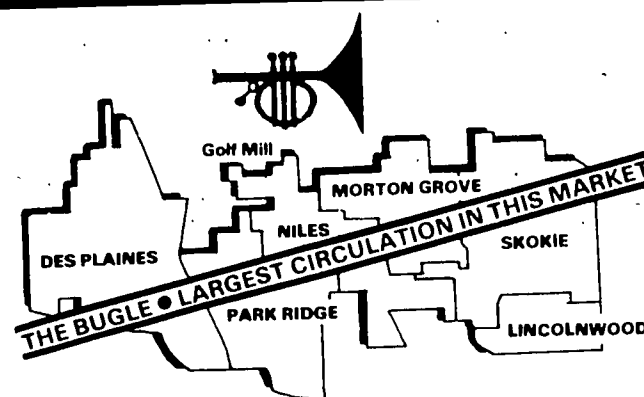
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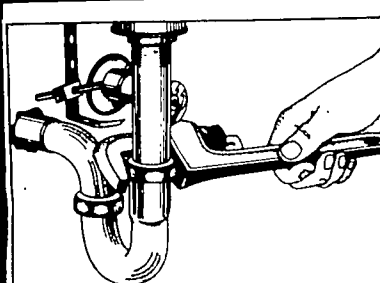
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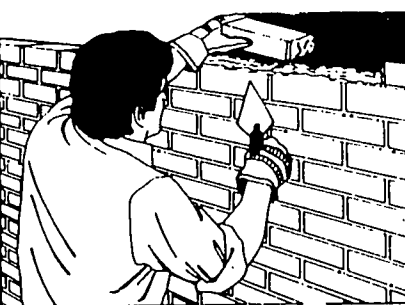
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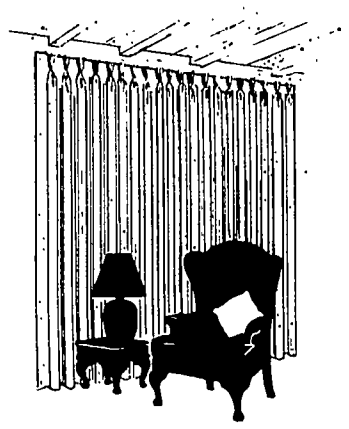


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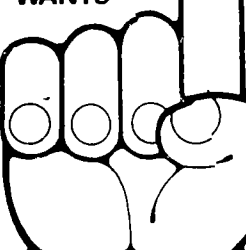
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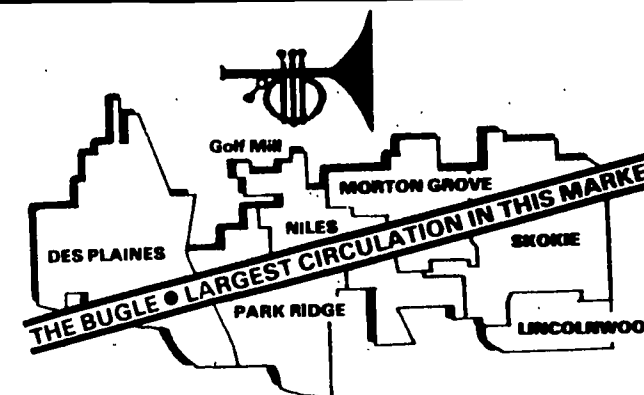
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What are you looking  
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**PARADISE LAWN DESIGN**  
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16' X 7' STEEL DOOR  
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Starting Tomorrow You Can Have This  
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Our Job Is To Clean Your House  
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The Bugle's

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Call (708) 966-3900 To Place Your Bulletin Board Notice!

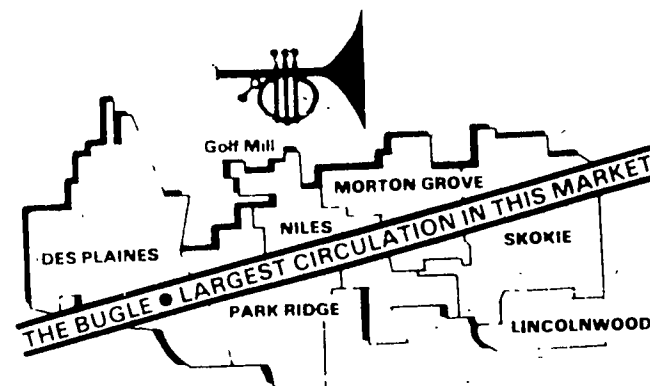
The Bugle's Classified Ads give you . . .

- **MORE** results for
- **LESS** money

"The newspaper that delivers"



USE THE BUGLE  
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In The Following Editions

- NILES BUGLE
- MORTON GROVE BUGLE
- SKOKIE/LINCOLNWOOD BUGLE
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## The Bugle's Bulletin Board

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#### STEAM CLEAN & DEODORIZE

Any 3 Rooms \$49.95  
Fast & Dependable  
Professional - Low Cost  
Will Steam Clean  
Your Entire Home  
For Only \$99.95  
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WE HAVE ONE & TWO ROOM SPECIALS  
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We Cheerfully Do:  
• Power Cleaning • Companion Care  
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(OUR FAX NUMBER)

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- **MORE** results for
  - **LESS** money
- "The newspaper that delivers"

### GARAGE SALE

8128 N. HARLEM AVE. - NILES  
3-Family Garage Sale  
Fri. 9/25 & Sat. 9/26 - 10 A.M.-4:30 P.M.

8110 WISNER STREET - NILES  
Sat. September 19 - 9 A.M.-4 P.M.  
Many Misc. Items - Rain Date 9/26

One Day Sale  
Saturday, September 19  
6850 W. SEWARD - NILES  
10 A.M. to 5 P.M. - Everything Must Go

8456 N. OZARK (A LEE STREET) - NILES  
Sat. Sept. 19 & Sun. Sept. 20 - 9 am-4 pm  
Household Items & Clothing Like New

8316 N. CLEANDER - NILES  
Fri. & Sat. Sept 18 & 19 - 10 am-5 pm  
Tools, Garden Tools, Snowblower  
Furniture And Much More

MULTI-FAMILY 3 BIG DAYS  
8101 N. CLEANDER - MORTON GROVE  
(7550 W.) Sept. 18, 19 & 20 (9 TO 5)  
Much Miscellaneous - All Must Go!

ESTATE SALE  
7462 JONQUIL TERRACE - NILES  
Sat. Sept. 19 - 10 A.M.-5 P.M.  
Furniture, Kitchenware & More

### PERSONALS

**HAPPY BIRTHDAY TO THE MOST NERVOUS DAD TO BE**



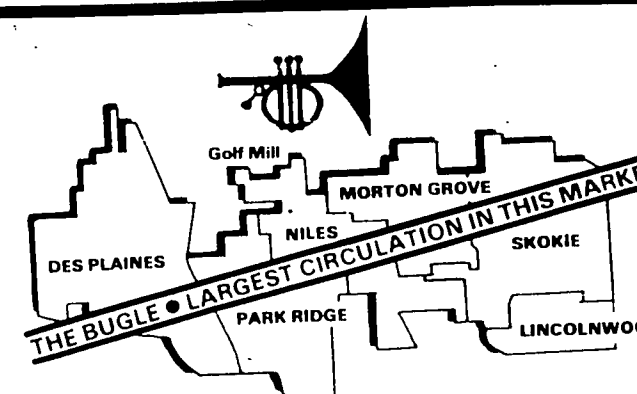
LOVE, THE BUGLERS

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Your Garage Sale  
Ad Today!

Pick Up Your  
**FREE**  
Garage Sale Signs  
Appearing in 3 lines \$6.50 each add 1 line \$1.50  
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**THE BUGLE NEWSPAPERS**  
8746 N. Shermer - Niles  
**(708) 966-3900**

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items with a  
miscellaneous  
for sale ad call:  
**966-3900**

USE THE BUGLE  
**Classifieds**  
966-3900



Your Ad Appears  
In The Following Editions

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- SKOKIE/LINCOLNWOOD BUGLE
- PARK RIDGE/DES PLAINES BUGLE
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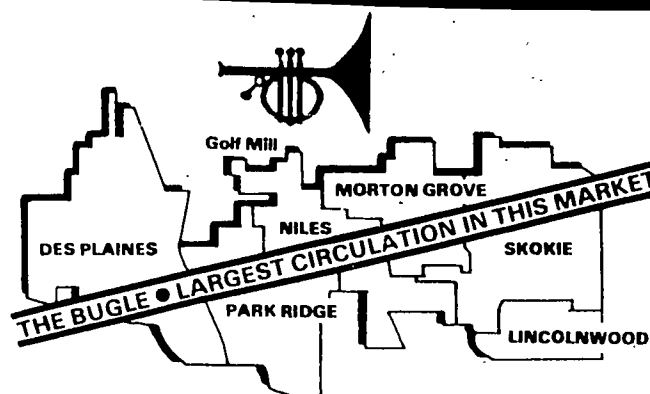
FULL TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
<p><b>PUT YOUR BEST FOOT FORWARD</b></p> <p><b>AND REPEAT THESE WORDS...</b></p> <p><b>MANAGEMENT OPPORTUNITIES</b></p> <p>I want a challenging and interesting opportunity with a bright retail organization that's going places. Importantly, they should be well-established and sell high quality products. I consider myself to be pretty sharp so I expect competitive pay, good benefits and a schedule where I can enjoy my own life.</p> <p>Famous Footwear has all of the above and more! We've written the book on the successful retailing of quality footwear. And we take very good care of our people...that's why we're an industry leader and we continue to grow. We're opening new stores and are seeking more professionals to join us. Put your best foot forward and bring your career to Famous Footwear. We won't give you the retail two-step, we'll give you a career. Send your resume to:</p> <p>Attn: Alicia Parker Famous Footwear 817 Church St. Evanston, IL 60201</p> <p>Attn: Karen James Famous Footwear 9314 Skokie Blvd. Skokie, IL 60077</p> <p>Equal Opportunity Employer M/F/D/V</p>	<p><b>TELEMARKETING</b></p> <p>Part-Time, Evenings Easy, Non-Threatening Non-Sales Calls Hourly Pay Plus Bonus NO SELLING Earn Over \$10 Per Hour With Bonuses CALL TODAY! <b>(708) 675-6836</b></p>	<p><b>Permanent Part-Time Position</b></p> <p>Telemarketing From Your Home Minimum 4-6 Hours A Week Must Be Reliable Please Call: <b>(708) 515-5848</b></p>	<p><b>WANTED LIFE GUARDS AND INSTRUCTORS</b></p> <p><b>FLEXIBLE HOURS AVAILABLE</b></p> <p><b>MCGAW YMCA</b> <b>(708) 475-7400</b></p>
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<p><b>MANAGER TRAINEE</b></p> <p>Large International Corporation Looking For An Ambitious Individual With Ambition To Earn \$30,000 Per Year And More Willing To Start At Bottom And Learn New Business Opportunity To Earn \$300 Per Week While Learning</p> <p>Call: <b>(708) 676-0607</b> EOE/M/F</p>	<p><b>MECHANIC</b></p> <p>Experienced Mechanic To Work 5-1/2 Days <b>Harlem &amp; Shermer Service</b> 9021 N. Harlem Morton Grove Call: <b>(708) 965-4388</b></p>	<p><b>SALES</b></p> <p><b>FULL OR PART-TIME</b></p> <p>Successful west coast company expanding nationally. Sell exclusive product with universal appeal. Seeking aggressive sales executives for the midwest. Unlimited long-term income for dedicated persons. Don't make a mistake call Mike Hardy at: <b>(708) 397-0531</b></p>	<p><b>OWNER/OPERATORS</b></p> <p>MAINSTREAM TRUCKING, INC. Has Openings For Several Owner/Operators Who Would Like To Work In The Metro Chicago And Surrounding Areas Performing Local Semi Trailer Shuttle Service. If You Own A 1980 Or Newer Cab Over Tri Axle Tractor, Live In The Greater Chicago Area, Want Steady Work, And Good Pay, Call J.R. Today At: <b>1 (800) 366-3278</b></p>
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<p><b>MEDICAL ASSISTANT</b></p> <p>For Cardiology/Internal Medicine Practice In Glenview Full-Time - With Benefits Call Diane: <b>(708) 729-2541</b></p>	<p><b>TELEPHONE SALES</b></p> <p><b>PART-TIME PHONE SALES</b></p> <p><b>AT NILES OFFICE</b></p> <p><b>SALARY PLUS COMMISSION</b> <b>(708) 966-3900</b></p>		

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# USE THE BUGLE Classifieds 966-3900



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- SKOKIE/LINCOLNWOOD BUGLE
- PARK RIDGE/DES PLAINES BUGLE
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2 Bedroom 4 Room Apartment  
Fresh Paint - New Carpet  
Please Call After 5 p.m. (708) 296-3718

**Niles - 7628 N. Milwaukee - 1 Bdrm \$455/mo.**  
Ground Level or 2nd Floor - Parking Included  
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Spacious 3 Bedroom - 2 Baths  
Furn. Villa - Pool - Jacuzzi & Tennis  
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2 1/2 Bedrooms - 2 Baths  
Full Basement  
Nr. Dempster & Gross Pt. Rd.  
Price \$154,850  
Call: Caravan Realty  
(312) 763-3545



EQUAL HOUSING  
OPPORTUNITY

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Real Estate advertised in this publication is subject to the "Federal Fair Housing Act," "The Illinois Human Rights Act" and "The Chicago Fair Housing Ordinance."  
These laws make it illegal to advertise any preference, limitation, or discrimination based upon a person's race, color, religion, national origin, sex, familial status, mental or physical handicap, age, marital status, parental status, sexual orientation, or lawful source of income.  
This publication will not knowingly accept any advertising for Real Estate that is in violation of the law.  
All persons are hereby informed that all dwellings advertised herein are available on an equal opportunity basis.

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Experience Child Care  
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\$1800 Or Best Offer (708) 966-7016

**Furniture - Cherry Queen Ann Style**  
Perfect Condition - Bedroom Set \$1700  
Must Sell Complete Set  
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**Men's 10-Speed Racer**  
\$70 Or Best Offer  
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**1992 ENCYCLOPEDIA SET**  
Major Brand - Top Quality  
New In Box, Unopened - Orig. \$1200  
Must Sell \$295 - (708) 960-0585

**Spinet Piano**  
Excellent Condition  
Call: (708) 967-7658

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**'87 Winabago Itasca**  
21' Motorhome  
Excellent Condition  
Sleeps 4 - 2 Air Cond.  
\$14,500 Or Best Offer  
(708) 251-6354

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**MUSIC INSTRUCTIONS**  
Piano, Accordion & Guitar  
From Professional Musician  
With B.A. Degree  
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UNIQUE SERVICE  
For WEDDINGS  
• NIGHT OUT ON THE TOWN •  
• AIRPORT SERVICE •  
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24 HOUR SERVICE  
(312) 478-7676  
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New Commercial - Home Units  
From \$199.00  
Lamps - Lotions - Accessories  
Monthly Payments  
Low As \$18.00 Call Today  
FREE NEW Color Catalog  
1-800-228-6292

**WANTED**  
WURLITZERS  
JUKE BOXES  
ALSO  
SLOT MACHINES  
Any Condition  
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**SUBARU IN PARK RIDGE**  
740 Busse Highway, Park Ridge  
(708) 823-9800

### Buick

**LOREN BUICK/HYUNDAI**  
1620 Waukegan Road, Glenview  
(708) 729-8900

### Chevrolet /Volkswagen

**JENNINGS CHEVROLET/VOLKSWAGEN**  
241 Waukegan Rd.  
Glenview (708) 729-1000

### Chrysler Plymouth

**WALTON CHRYSLER PLYMOUTH**  
5050 Dempster  
Skokie (708) 673-7600

### AUTO DEALERS! Call Classified to place your ad

### Dodge

**DODGE CITY OF DES PLAINES**  
1439 S. Lee Street  
Des Plaines (708) 298-5200

### Ford

**WIL-SHORE FORD**  
611 Green Bay Road  
Wilmette (708) 251-5300

### Lexus

**ARLINGTON LEXUS IN PALATINE**  
1286 E. Dundee Rd.  
Palatine (708) 991-0444

### Subaru

**STEVEN SIMS SUBARU**  
715 Chicago Avenue - Evanston  
(708) 869-5700 - 1 (312) SUBARUS

### FOR INFORMATION (708) 966-3900

## 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  
(708) 966-3900  
THE BUGLE NEWSPAPERS  
THE NEWSPAPERS THAT DELIVER

## From the Left Hand

Continued From Page 1

every day to work, and then drove another 75 miles to Marquette and 50 miles back home several nights a week.

At lunch Saturday Keith told us in 1958 he had nothing to do at night so he became active in his homeowners' group, the Kirk Lane Association. Along with Ed Fronczak, Bill Zimos, Cliff Eickoff, Rudy Hill, Ben Sosnowski and Len Szymanski, they opposed the building of high rises in Niles. They were eventually built in the unincorporated area on Golf Road.

The group was down at the village hall every week pushing and shoving to relieve flooding problems that existed on Dobson Street.

After three park referendums failed, Keith and his friends worked with one of their neighbors, park commissioner Chuck Giovannelli, in finally passing a referendum. Its success enabled the park board to buy the land on Milwaukee Avenue where the present swimming pool and recreation and administration buildings stand.

Keith said he knocked on hundreds, perhaps thousands of doors, night after night asking residents to support the referendum.

In 1961 Keith said he experienced one of the most exhilarating times of his life when Ken Scheel, Len Szymanski and Nick Blase were elected to office under the banner of the New Era political ticket.

The Scheel-led ticket created a mini-revolution in Niles when the upstart group overturned the old line politicians in town who ruled a horse and buggy operation at a time when Niles was experiencing burgeoning growth. The young thirty-year-olds took over the town, eliminated the gambling in the community, and within two years Niles was selected an All America town by Look Magazine and an All America Commission. Again, Keith was in the forefront of the group, working for many months, punching doorbells and helping the new group gain office.

Keith said it was Ken Scheel who changed Niles from an antique operation into one which moved into a modern era. He brought in Notre Dame's Charley Kohlerman, who very early moved Niles into the modern computer age.

In 1961 Keith was appointed to the Police Pension Board. In 1963 he was elected to the Niles Park Board and in 1965 he was top vote-getter when he replaced village trustee Len Szymanski, who retired from the Niles Village Board. Keith said Nick Blase was amazed at Keith's vote-getting skills and told him he never realized how popular Keith was.

In 1969 Keith was the only member of his political ticket who was elected to the village board as he ran on a ticket opposing the incumbent Mayor. In 1973 he joined with Blase in winning re-election for a third term.

In January, 1975, Keith resigned from the village board. When Ed Bacher turned 65 years old, Trustee Rich Har-

zak suggested Keith take over the top post at the Public Works Department. With his engineering and administrative background it was thought Keith and the job were made for each other. Keith took the job saying he could make more of an impact in that job than he could as a minority village trustee.

Peck reminisced about the snowstorm in 1979 when he and his fellow-workers worked 18 hours a day for three weeks to dig Niles out from the snow deluges.

Keith noted all his efforts in the department through the years could never have been accomplished without the tremendous support he received from the Niles village residents and the village trustees.

Keith pointed out Niles streets are unique in that 50% of them are state highways. It created unusual problems. It took many battles with state officials before the state would consent to paying Niles for the maintenance of the state roads. Niles had to clear snow from the state highways in order to clear paths for Niles side streets. It now receives about \$100,000 from the state for this effort.

Along the way Niles received \$7.5 million of federal money for the Sherman Road improvement and for Cumberland Avenue. Another \$3.5 million of federal money went for the Howard Street improvement. When Greenwood Avenue was improved Niles insisted underground water be retained in line retention basins. The powers that be wanted Niles to maintain the roadway water. Keith said it took Nick Blase's efforts to push County Board President George Dunne to agree to make the County responsible for the costs of the retention project.

Keith soon became chairman of the Public Works Committee of the Illinois Municipal League and led the way for the State maintaining the traffic signals in Illinois communities. Previously, the State wouldn't do a traffic light improvement unless the individual community maintained the light. It would have been a tremendous burden on a village such as Niles with its many stoplights along its many state highways.

Keith is sort of retiring. He will continue to work on the Municipal League's committee, continue his efforts as a member of the American Public Works Association, retain active membership on the Transportation Committee of the Northwest Municipal Conference and serve on CATS, the Chicago-Area Transportation System.

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FREE Hot Dogs  
LUNCH SERVED MONDAY THRU FRIDAY  
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COLD WEATHER WARM-UPS  
SOUP or CHILI  
PIZZA ANYTIME

The very busy Mr. Peck said his life has been devoted to family and community. He and Elsie have raised four fine sons. Keith served 10 years with the Niles Baseball Leagues and taught Sunday School at Niles Community Church.

Keith and his Elsie have been avid square dancers for many years and Keith is a fair to middlin' golfer.

He said he received his rewards for all his efforts. One of the greatest rewards was a letter from his son, Ray, who thanked him for all his efforts on behalf of his family. Ray reminded Keith about the wonderful trehouse the kids had when they were young and the great trips they took around the country during their younger days.

Keith said he wouldn't change a thing if he had to live those years over again. He has a loving family, a wonderful supportive wife and has been respected by all of us who have known him.

"I wouldn't change a thing," Keith told us Saturday. He has such a warm feeling for Niles he said he'll never move away.

Keith gave himself to Niles and he received much in return. Everyone who lives here has benefited from Keith's efforts.

In this town Keith was the best and the brightest of our generation. We're all the better because he passed our way.

## Cop imposter...

Continued From Page 1

pull over. He flagged her over a second time and ordered her from her car when she stopped at Menard Street. When she stepped out, he grabbed her arm but she pulled back, got back into her car and backed away, driving until she saw a Morton Grove squad driven by Commander Harvey Redman near Austin Avenue and Dempster, Incledon said.

Redman ordered an immediate search of the area with negative results. At the station, the woman described her attacker as a man in his late 20s, with short, dark brown hair and dark eyes, between 5'8"-5'10" tall and weighing between 160-180 lbs. Silver handcuffs dangled from his belt and he wore a basket-weave holster, but had no gun, she said.

Later Tuesday, Chief Incledon said it was too early to know, but they are not ruling out the possibility the man is the serial rapist with a similar method of operation being sought for attacks on women in southern Wisconsin and northern Illinois. He said Morton Grove police now have a composite artist's sketch of the subject, are putting out the message to northern Cook County and are comparing reports from Lake County, IL and WI.

## Transplant...

Continued From Page 1

coach other kids who wanted to learn. In the early 80's at Notre Dame High School, he played football linebacker and tight end positions against traditional rivals St. Pat's, Mount Carmel and Holy Cross with such determination he was chosen captain of the team.

For DeMeo, helping others was a way of life and after graduation in 1984, he volunteered to coach Notre Dame's freshman football team before going on to Northern Illinois University and earning a degree in political science.

Two years ago, DeMeo married and he and his wife, Susan, bought a grey and white frame townhouse in Carol Stream. He worked as a manager in his father-in-law's nursery business. Last June, after consulting with doctor after doctor about his swollen, painful ankle, Louis DeMeo was diagnosed as having leukemia, a disease in which white blood cells proliferate in uncontrolled numbers.

Today Louis DeMeo needs help. Doctors say a bone marrow transplant gives a nearly 80 percent chance for a cure, said DeMeo's dad, Anthony. The best chance for a match in blood markers needed for the transplant comes from siblings, Anthony noted, but Louis's two brothers did not match.

Today the DeMeos, 25 year residents of Niles, are turning to the local community, to friends and neighbors Louis and his siblings grew up with, to the kids or even the parents of kids he taught the rudiments of football, or anyone who could help save his life by giving two tablespoons of blood at no cost.

That blood test could start Louis back on the road to life. Because the search for a bone marrow match is being sponsored by the National Marrow Donor Association, LifeSource in Glenview and the Leukemia Research Foundation, anyone in good health between the ages of 18 and 55 can be tested at no cost to them. They are asked to enroll in

### LEGAL NOTICE

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Niles, Illinois  
Unclaimed recovered property taken in by the Niles Police Department, also excess and unused Village office furniture.  
Saturday, September 26, 1992  
Merchandise can be viewed 8:30-9:30 A.M. Auction to begin at 9:30 A.M. promptly at the Maintenance Garage directly behind the Police Department.  
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**HELD OVER "HOUSESITTER"**  
Sat. & Sun.: 1:00, 3:00, 5:00, 7:15, 9:20  
Weekdays: 5:10, 7:15, 9:20

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**HELD OVER "UNLAWFUL ENTRY"**  
Sat. & Sun.: 1:15, 5:40, 10:05  
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**HELD OVER "PATRIOT GAMES"**  
Sat. & Sun.: 3:25, 7:50  
Weekdays: 7:50 ONLY

**"LITTLE NEMO"**  
Saturday & Sunday ONLY 12:45

ALL SEATS \$1.50 FOR ALL SHOWS



## Women's News

### Women veterans convention

The Women's Army Corps Veterans Association recently held its 46th national convention at the Sheraton Denver Tech Center, celebrating the 50th anniversary of the WAC/WAC.

The WAC Veterans Association supports veterans, especially women veterans in hospitals. It also supports the HVWP, hospitalized veterans writing project: Redwood Memorial Groves of CA, the Cathedral of the Pines; award a scholarship to a female student who is the dependent of a veteran and studying political science; and awards four Pallas

Athene Medallions and a cash award to each of the top ROTC women in the four ROTC regions.

Martha LaMort was elected national president at this convention and Eva Meyer of Niles was elected first vice president. Among the area women who attended was Marian Alex of Morton Grove.

The Chicago Chapter meets the second Saturday at the Lakeside Veterans Hospital. Anyone interested in more information may contact Eva Meyer at (708) 967-9048.

### First haircut



Nicole Melli of Niles, 14 months old, has her first haircut by Cecylia at Magic Touch Beauty Salon, 7637 Milwaukee Avenue, Niles.

### Mammography van schedules local visits

Inconvenience is cited as one of the major deterrents to regular mammography screenings for early detection of breast cancer. Most women will not take the time off from work or interrupt their daily schedules to have a mammography performed.

Victory Memorial Hospital, Waukegan, has made the convenient mammography screening convenient with its mobile mammogram. The unit is totally self-contained and operated by skilled health care professionals from Victory Memorial. The cost of a screening is \$60, including radiologist reading. Victory's mammogram will be in the neighborhood from 9 a.m. to 3 p.m. on the following dates: Thursday, Sept. 17 - YMCA, 300 E. Northwest Highway, Des Plaines; Monday, Sept. 21 - Oakton College (Parking Lot B), 1600 E. Golf Road, Des Plaines; Wednesday, Sept. 23 - Oakton College (East Campus, Main Parking Lot), 7701 Lincoln Ave., Skokie and Tuesday, Sept. 29 - YMCA, 300 E. Northwest Highway, Des Plaines.

For more information or to schedule an appointment, call (708) 360-4190.

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### Welcome!

### Women sell Entertainment Books

A baby girl, Haley Elizabeth Soehn, 9 lbs. 12 1/2 oz. was born on August 20 at Lutheran General Hospital. She is the daughter of Harold and Lori (Carlson) Soehn of Hoffman Estates. Sister: Heather, 2 years old. Grandparents are Mr. and Mrs. Franz Soehn of Niles and Mr. and Mrs. Arnold Carlson, also from Niles.

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Northern Illinois Region of Women's American ORT is raising funds by selling Entertainment 93 Discount Svgs Books. The Entertainment 93 books will be available for purchase the last week in September for \$35. The books contain a Fine Dining section with distinctive membership card, plus hundreds of two-for-one and 50 percent off coupons for family dining, fast food, movies, theater and sporting events, shopping, services and travel.

Roz Weinstein of Women's American ORT said that the proceeds from the sale of Entertainment 93 books will help fund ORT's Student Health and Social Services Program. This project furnishes cultural activities, health and dental clinics, dorms, physical fitness, psychological services and resource center and libraries.

Contact Roz Weinstein at ORT office, (708) 676-4076 to order Entertainment 93 books.

### Women's group sets meeting

### Women's meeting focuses on careers

"Making It With the Career Makers: How to Enhance Your Career through Executive Recruiters," will be the topic at the Women in Communications, Inc., lunch meeting, Saturday, Sept. 19 at 11:30 a.m. in Willow on Wagner Restaurant, 1519 Wagner Road, Glenview.

John Sibbald, author of "The Career Makers," will address the role of executive recruiters and their relationship to marketing and public relations professionals. Sibbald will also sign copies of his book after the presentation.

The meeting is sponsored by Women in Communications/North Shore and the cost is \$14 for members, \$17 for non-members.

For reservations, call (days) (312) 440-2714 or (evenings) (708) 869-1010.

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## Money topic... Continued from Page 1

"sound accounting procedures and the solvency of the Park District."

Relative to another money topic, the \$2.8 million alternate revenue bond issue already authorized by the Board, Board Attorney Gabe Berrafato said it had received "favorable" bids and the contract for the bid proposal would be presented to the Board Sept. 22. Continuing in the financial vein, Park Treasurer, Michael Cielinski said District revenues for the year to date are \$2,433,881; disbursements, \$2,425,467, with revenues over disbursements equaling \$8,414. With second tax installment payments due soon, more revenues are expected.

Examining revenue facility incomes earlier, The Oasis pool revenues outshone those of the Sports Complex pool by a wide margin. For the eight months ending Aug. 31, the Oasis showed a \$33,614 profit, whereas the Complex pool figures indicated a \$24,624 loss. Tam golf course registered receipts over disbursements at \$98,583.

Park District Business Manager Ron Mrowiec said cost-cutting steps at the now temporarily closed complex are underway. He said the District staff is taking over the garbage pick-up, staff members, and telephone lines have been transferred to Ballard Leisure Center cleaning has been reduced from seven days to one and a refrigeration contract for \$1,400 was eliminated. Projecting expenses at that facility for the next four months, Mrowiec estimated a conservative \$51,000 loss.

Park Director Tim Royster said the complex operation will be reviewed and, "If there's any fat there at all, we'll clean it up." Pierski noted "There are certain basic costs that must go on, but the four month period is a peak period." Hockey registration, which starts Sept. 17, will help offset costs. Park Ridge is providing ice time for the Niles hockey teams, Mrowiec said.

Turning to other topics, Board President Carol Panek gained approval for appointing Commissioners Elaine Heinen and Bud Skaja, Jr. as delegate and alternate delegate, respectively, to the Illinois Association of Park Districts meeting in January. Naming new personnel, Director Royster introduced Nancy Karaminas for the part time post of Public Relations officer and Jerry Krewer for the full time position of Leisure Services Supervisor.

Attorney Berrafato gained board approval for executing a contract agreement with Krewer and for authorizing execution of an unspecified amendment to Director Royster's contract.

### Set estate planning seminar

Don't wait any longer to prepare estate plans. On September 23 at 6:30, the Niles Public Library District will host a seminar on Estate Planning for Widows, Divorced Individuals, and Retirees. Attorney Richard Kuenster will examine some of the legal, tax and psychological issues associated with special planning needs. Topics covered will include unique considerations; pitfalls; trusts and other agreements; living wills and durable powers of attorney; planning and tax considerations; and insurance and retirement funds.

Library programs are free and open to the public. Registration is required. For mobility or communication access assistance call 976-8554 voice and TDD.

**Parks offer after school care**

There are still some spaces available in the Morton Grove Park District's Afterschool Child-care Program. Program sites include Nelson, Washington, Park View and Hynes Schools. This program is held from 3 to 6 p.m. every full day of school.

Payment plans are available for the convenience of parents. For more information, call 965-1200 or register at the Prairie View Community Center, 6834 Dempster St., Morton Grove.

### Darren L. Hoffman

Navy Petty Officer 2nd Class Darren L. Hoffman, whose wife, Lisa, is the daughter of Lee and Susan Windmiller of Morton Grove, recently deployed aboard the guided missile cruiser USS Thomas S. Gates, homeported in Norfolk, VA, for six months to the Mediterranean. The 1983 graduate of Cory High School, Cory, PA, joined the Navy in May 1986.

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T O I I S J M

## POW/MIA vigil to be held in Skokie

A 24-hour vigil will be held at Oakton Park in Skokie from 7 p.m. Friday, Sept. 25, to 7 p.m. Saturday, Sept. 26, to call public attention to the American Service personnel still Missing In Action and Unaccounted For, from America's most recent wars.

Approximately 2,263 U.S. servicemen remain missing from the Southeast Asia (Vietnam, Cambodia, Laos) Conflict (1960-75). Over 8,000 Americans remain unaccounted for from the Korean War. Almost 80,000 Americans never came home from World War II, and remain missing and unaccounted for.

In light of the recent revelations by Russian President Boris Yeltsin, and the findings of the Senate Select Committees on POW/MIAs, evidence that live Americans were abandoned at the end of all three wars is overwhelming.

Opening ceremonies, involving members of many veterans organizations, will be held at the site of Skokie's Vietnam War Memorial in Oakton Park, 4701 Oakton St., Skokie, on Friday, Sept. 25, at 7 p.m. The vigil will continue for 24 hours, with candle-lighting and speakers, rain or shine.

Volunteers are welcome for honor guard duty during the entire 24-hour period.

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Library programs are free and open to the public. Registration is required. For mobility or communication access assistance call 976-8554 voice and TDD.

### Stop Crime!

1) Determine if the person you are speaking to is a financial advisor, or a product salesman in planner's clothing.

## Maine Township provides relief to hurricane victims

"Maine Township wasted no time in launching a relief effort to assist victims of Hurricane Andrew," said Township Supervisor Joan B. Hall.

Maine Township announced plans to begin "Operation Andrew" on Aug. 24, within hours after the hurricane brought devastation to South Florida and headed for Louisiana.

"After enduring two major floods, we in Maine Township understand what it takes to recover from disaster. We appreciated the help we received and welcomed the opportunity to assist other disaster victims," Hall said. "We could not have done it, however, without the generosity of thousands of donors, hundreds of volunteers, trucking companies, container suppliers and local businesses."

"Because the response was so overwhelming, we contacted U.S. Rep. Henry Hyde who worked with Gov. Jim Edgar to provide National Guard troops. We also received considerable assistance from Cook County Sheriff's Department community service workers," Hall said.

The relief operation was supervised by the township's Emergency Management Agency (EMA) assisted by township officials, department heads and staff members who worked relentlessly to implement the drive.

Within two days after the drive began, the township was swamped with donations of food, clothing, baby supplies,

sanitary items, medicine and other items to be sent to victims. Hundreds of volunteers sorted and packed supplies while others loaded trucks headed for disaster sites. Monetary contributions were forwarded to the Red Cross, Salvation Army and Florida Relief Fund.

When the two private trucking companies that had volunteered to transport supplies could no longer ship to Florida, the National Guard took over. As of Sept. 11, fourteen truckloads, each carrying about 35,000 pounds of supplies, had left the Maine Township Town Hall and more truckloads were expected to leave the following week. Some of the items were shipped overland and others were transferred to air carriers.

Banquets by Brigante, Plains-Bank of Des Plaines, K-Mart of Des Plaines, and Pepsi Cola Corp, provided lunches and snacks for the volunteers. Large quantities of packing supplies, water, food and other necessities for the hurricane victims were donated by the Des Plaines and Niles K-Marts, Niles Venture, Arvey Paper and Office Products of Niles, and many container companies. Garden City Recycling and Waste Services helped with cleanup efforts by providing dumpsters and collection service.

Hall said, "We are tremendously gratified at the enormous community response to this relief effort and proud of the role we were able to play in it."

## DO YOU KNOW THE 10 JEALOUSLY GUARDED SECRETS TO CHOOSING A REAL FINANCIAL PLANNER

There are a lot of people that call themselves financial planners. Unfortunately most of these so called planners are actually product salespeople, utilizing the title of financial planner to give themselves "credibility".

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- 1) Determine if the person you are speaking to is a financial advisor, or a product salesman in planner's clothing.
- 2) Determine whether the person you are speaking to is interested in your financial well being or merely their own.
- 3) Determine whether the person you are speaking with is the one you want to entrust with your financial future.

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# LEGAL NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, October 5, 1992, at 7:30 P.M. in the Municipal Council Chambers, 7200 Milwaukee Ave., Niles, Illinois, to hear the following matter(s):

92-ZP-25 David Kaplan, American Automotive Parts, Inc., 7007 Austin Avenue, Niles, Illinois. Requesting a change in zoning from M to M Special Use for outside storage of automotive parts for American Automotive Parts, Inc., 7007 Austin Avenue.

92-ZP-26 Peter M. Aleksin, 4719 N. Keating, Chicago, Illinois. Petitioner. Requesting a change in zoning from B-2 to B-2 Special Use to open an auto parts remanufacturing company at 7430 Milwaukee Avenue, Waltech Products, Inc.

92-ZP-27 Antonio Priolo, 8819 Elmore, Niles, Illinois. Petitioner. Requesting a variation to required rear yard from 40 feet to 34 feet and reduce the required separation between proposed addition and existing garage from 10 feet to 9 feet at 8819 Elmore.

92-ZP-28 Michael Smolyansky, Lifeway Foods, Inc., 7625 Austin Avenue, Skokie, Illinois. Petitioner. Requesting a variation of 17% in the number of parking spaces required from 160 to 133 spaces at 7800 Caldwell Avenue, Box Car Willies.

The Village of Niles intends to 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, 7601 N. Milwaukee Avenue, Niles, Illinois (708) 967-6100.

John Frick, Chairman  
Plan Commission & Zoning Board of Appeals

Sydney Mitchell, Secretary  
Plan Commission & Zoning Board of Appeals

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# Zoners ... Continued from Page 3

ther confirm or deny the petition. At Commissioner James Callo's motion, the Board approved the petition.

Zoning commissioners looked out for a pioneer Touhy Avenue. Niles business, Frank J. Turk and Sons when Cragin Federal Bank of Chicago asked for a special use rating to expand their parking lot at 7142 Touhy. Turk sons, Frank and Jim, told their concern the Cragin lot, immediately west of their building, would cause flooding into their building. They complained a proposed guard rail on the east side of the lot would inhibit access to their property.

The parking lot designer, Bob Hanson of Gary Weiss, Inc. agreed the parking lot drained in Turk's direction, but suggested a swale area down the center of the lot could be converted to a catch

# County ... Continued from Page 3

its October 7 meeting, then forward it to the County Board of Commissioners for a final decision. But, he noted, the preparation of material takes at least a week, the Columbus Day holiday intervenes and the case may not make the regularly scheduled County Board meeting Oct. 19. Moving the case ahead to the following Board meeting drops it to a Nov. 2 calendar slot, the day before the general election and a busy day for those holding elective positions.

The County's final decision on Callas' petition may be a while

# LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County. File No. D009936 on Aug. 26, 1992, under the Assumed Name of Calligraphy by Paula with the place of business located at 7901 N. Nordica Ave., Niles, IL 60714. The true name(s) and residence address of owner(s) is: Paula P. Moss, 7901 N. Nordica, Niles, IL 60714.

# Former Pastor returns for St. John's golden anniversary

The members and friends of St. John's Lutheran Church, 4707 Pratt Ave., Lincolnwood, will welcome former pastor, The Rev. Dr. George F. Hall, at a special 50th Anniversary celebration service on Sunday, Sept. 20 at 10:30 a.m.

Dr. Hall was installed as pastor of St. John's Nov. 2, 1969, and served until Dec. 31, 1977. He brought a rich background of study and multi-cultural ministries to his ministry. Hall earned a Doctor of Philosophy degree from the University of Chicago and served as a professor of Christianity at Bethany, Gustavus Adolphus, and Upsala Colleges. He was the Associate Professor of Biblical Theology at the Lutheran School of Theology at

Chicago and also served a year at the All-African Lutheran Seminary, Marangu, Tanganyika. He is the author of five college textbooks on Bible and history and contributor of numerous articles to newspapers and magazines.

Dr. Hall will assist the church's present pastor, Dr. David C. Nelson, in the baptisms of four grandchildren of Anne and Henry Graham of Lincolnwood during the service. "We are all excited that Dr. Hall will be participating in this great day in the life of the Graham family and our church family," said Pastor Nelson. "And I'm sure that Pastor Hall is looking forward to seeing all the neighbors and friends who cherished him and his ministry."

# Host at show in Park Ridge

The grounds of the Park Ridge Public Library will fill with a variety of arts and crafts during the Arts and Crafts Adventure II to be presented by American Society of Artists, a national membership organization, on Saturday, Sept. 19, from 9 a.m. to 5 p.m.

The show, hosted by the Uptown Business Association, will be held on the grounds of the Park Ridge Public Library at 20 S. Prospect Ave., downtown Park Ridge.

# Area recycling centers open

As school resumes and groups from civic organizations to seniors, starting recycling as a means of helping their community and also to raise funds, they review old recycling specials, newspaper pullouts, and Earth Day handouts for addresses and phone numbers of their neighborhood recycling centers.

Reynolds Aluminum Recycling Company (RARCO), a division of Reynolds Metals Company is very active in this area, purchasing aluminum, copper and brass directly from the public for recycling.

Reynolds now offers bonuses to seniors (55-and-older) and for flattened cans.

In Des Plaines, the Reynolds recycling center is located in the Kmart lot, Oakton Avenue and Lee from 9 a.m. to 4:30 p.m. Tuesday through Friday and from 9 a.m. to 4 p.m. Saturday.

In Glenview, the Reynolds recycling center is located in the Talcott Shopping Center lot, at the northeast corner of Golf Road and Washington Street from 9 a.m. to 4:30 p.m. Tuesday through Friday and from 9 a.m. to 4 p.m. Saturday.

# Lawrence Horn

Navy Seaman Apprentice Lawrence A. Horn, son of Lawrence A. and Mary J. Horn of Niles, recently returned aboard the guided missile cruiser USS England, homeported in San Diego from a six-month deployment to the Western Pacific.

# Jaycees to sell Entertainment Books

The Des Plaines Jaycees will be selling Entertainment '92 Guides through November 1.

Entertainment Books feature hundreds of 50 percent off or 2 for 1 offers in dining, movies, theater, sporting activities, hotels, travel and more. For different Chicagoland editions are available: North, Northwest, West and South.

Cost per book is \$35. Orders can be placed by leaving a message for Jim Perone at (708) 518-6977.

The Jaycees, a leadership training organization composed of people aged 21-39, actively seeking new members who are interested in personal growth through community improvement. For more information, on the Jaycees, contact President, Debbi Russell at (708) 518-6977.

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# Niles Historical Society to reminisce about Riverview

The Niles Historical Society will hold its first meeting of the new season on September 28 at 7:30 p.m. at Museum, 8970 Milwaukee Avenue.

The public is invited to a film telling the story of famed Riverview Amusement Park. As an added attraction, Eugene Clery, who was an electrician at Riverview for 25 years, will speak about some of his memories of the days when the park was one of the few entertainment outlets in Chicago.

The world's largest amusement park provided two and one-half miles of rides, concessions, shows, prizes and refreshments. In its heyday there were nine wooden rollercoasters, the famed Bobs, Pair-O-Chutes, Shoot-the-Chutes, Tilt-A-Whirl, Water Bug, miniature trains and the walk-through fun houses -- Hades and Aladdin's Castle. The captivating sounds of the organ, catliffe and band music filled the park, where families could picnic and spend a day and night and pay just a few cents to go on the rides.

Riverview Park began as Sharpshooters Park in 1904. The German Sharpshooters Club used the 22-acre bog for target practice and beer parties. At the turn of the century George Schmidt, son of a wealthy, retired commercial baker, returned from a European

vacation where he had seen amusement devices in Hanover, Germany. He persuaded his father William to build a Merry-Go-Round, small railroad, Shoot-the-Chutes ride, booths for Keno and a few refreshment stands on six acres, setting aside the other 16 acres as picnic groves and rifle range.

Swiss immigrants carved six dozen horses and four chariots for the world's largest Merry-Go-Round, which was commissioned by William and George Schmidt in 1906. From 1904 until the park's closing in 1967, the 96-passenger ride carried nearly 30 million riders on their journey to nowhere. After the park closed, this ride made its way to Six Flags Over Georgia, where it is still in use today. There are six plain-clothes guards constantly watching the ride; one of the horses is missing and Six Flags is offering \$50,000 for its return.

The Niles Historical Society meets the fourth Monday of the month at 7:30 p.m. It is open to the public on Wednesdays and Fridays from 10:30 a.m. until 4 p.m., and on Sundays by appointment. Group tours are available on request. Contact the Museum at 390-0160.

The Museum is looking for artifacts from the Columbian Exposition to exhibit along with a Columbus Quincentennial exhibit it is planning. If anyone has such items please contact the Museum.

# Boy's & girl's gymnastics classes

Gymnastics classes for boys and girls are about to begin at the Morton Grove Park District. Girls classes are offered for beginning, intermediate and advanced students on Mondays, Wednesdays, and Fridays. Boys classes, for grades K-6, are held on Wednesdays.

Program registration takes place at Prairie View Center, 6834 Dempster St., Morton Grove. For more details call 965-1200.

**Morton Grove Park District's open gym**

Did you know the Morton Grove Park District has a full-size gymnasium which is open to the public for open gym at a variety of days and times.

If you reside in Morton Grove and are 18 and younger the fee is only \$5.00. If you are over 18, the fee is \$1. Non-residents pay \$5.

Proper Morton Grove I.D. must be presented at each visitation. Open gym schedules are available at the Prairie View Community Center, which is where the gym is located, or by calling 965-1200.

**Glenview State Bank to host blood drive**

Glenview State Bank will be the site for blood drives on Saturday, Sept. 19, and Sunday, Sept. 26, at the main facility at 800 Waukegan Road. The drives are in cooperation with United Blood Services and are for Glenview area donors.

Persons in good health, at least 17 years of age and weighing 110 pounds or more are eligible to donate blood once every eight weeks. Walk-in donors are welcome on both days.

For additional information, contact United Blood Services at (312) 751-0246.

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# Skokie Art Guild opens season

The first meeting of the 1992-93 season of the Skokie Art Guild will be held at 7:30 p.m. on Tuesday, Sept. 22, in the Community Hall, Lower Level of the Skokie Village Hall.

After a short meeting and refreshments, Evanston artist, Walter Moskow, will give a demonstration with commentary on figure drawing. The public is invited to attend free of charge; ample parking is available.

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# Irving's searches for "Chicagoland's Top Dog"

In search of Chicagoland's Top Dog, Irving's For Red Hot Lovers, a Chicago area tradition in the fast food industry and one of the area's fastest growing fast food restaurants, is sponsoring its first annual hot dog eating contest to find "Chicago's Top Dog."

The person who can eat the most hot dogs in five minutes will win a trophy and a \$250 cash prize. In addition, Irving's will award a hot dog a day for one month to each person. All participants will receive an Irving's sports cap. All customers will receive a free regular Pepsi the day of the event.

The events will be open to the public. They will be held at 5 p.m. at various Irving's locations: September 23 at Granada Center, 6445 N. Sheridan Rd., Chicago; September 24 at Patrick Place, 10255 S. Western Ave., Chicago; and September 25 at 148 S. Bloomingdale Rd., Bloomingdale. The finals will take place on October 3 in Wilmette.

These events, which culminate with the winner from each regional event competing at the finals, will have a silent partner, Starlight Foundation, cheering on the contestants! The hot dog eating contest will kick off a pledge to raise money for the Starlight's "Wish Program." Starlight Foundation is an organization dedicated to brightening the lives of seriously ill children throughout Illinois.

To continue the partnership, Irving's will be donating a portion from the proceeds of every hot dog eaten on each of the events to the Starlight Foundation.

Starlight's funds come from contributions from individuals, corporations, foundations, and special events. Vienna, Pepsi and Alpha Baking Company will be providing products for the events.

Irving's For Red Hot Lovers, with locations throughout the Chicagoland area, has been serving Chicago's finest hot dogs since 1975. For more information, call (708) 256-8855.

# St. Martha's sets Back-to-School

Back-to-School Night will be held for St. Martha School parents on Wednesday, Sept. 23 at 7 p.m., in the school auditorium.

The keynote speaker, Mr. James Marqu, M.A., M.Ed., is a student and family counselor in his presentation, "Who's Running this House Anyway?" Marqu will explore parenting models which will help children achieve age appropriate independence with a minimum of explosive and unnecessary anger.

Communication can be difficult as children mature. The presentation will help parents establish reasonable limits and consequences for youngsters as well as discuss issues such as curfew, disrespect, alcohol/drug education and performance in school.

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