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SKOKIE-LINCOLNWOOD,
NORTHWEST CHICAGO,
DES PLAINES, PARK RIDGE,
GOLF MILL-EAST MAINE,
WEST GLENVIEW-NORTHBROOK

VOL. 40, NO. 27

The Bangle

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For auld lang syne For auld lang syne For auld lang syne For auld lang syne

Low-Cost Will Preparation for seniors

Eligible senior citizens are offered low-cost will preparation services through the Senior Citizens Will Program on Wednesday, Jan. 8, 1997 at the Skokie Office of Human Services. Advance appointments are required and will be scheduled between 9:30 a.m. and noon.

Attorneys from the Chicago Bar Association's Lawyer Referral Service will provide free consultations about wills to seniors who register for the service. At a client's request, an attorney will also prepare a simple will for a reduced fee. The cost for drawing up a will is not more than \$50 for an individual (\$75 for a couple).

Durable Power of Attorney and Living Will forms are available free of charge. A durable Power of Attorney allows a senior to designate another person to make property or health care decisions in the event the senior becomes physically or mentally unable to do so. A living Will allows an individual with a terminal health condition to express his or her desire to have death delaying procedures withheld or withdrawn.

Seniors may complete the Durable Power of Attorney and Living Will forms themselves, or they may hire the attorney to help fill them out and to explain the various options available on the forms. The fee for the attorney to provide legal advice about a Durable Power of Attorney is \$75 maximum for an individual (\$125 for a couple). The charge for a Living Will is no more than \$50 for an individual (\$75 for a couple).

To be eligible for the Senior Citizens Will Program, a client must be age 60 or over, annual income must not exceed \$15,000 (20,000 for a couple), and assets, excluding a home and personal

car, should be worth no more than \$30,000.

The Senior Citizens Will Program is sponsored by The Chicago Bar Association Lawyer Referral Service, the suburban Area Agency on Aging and the Cook County Legal Assistance Foundation.

Appointments for the Senior Citizens Will Program must be scheduled in advance. To register and be screened for eligibility, call the Skokie Office of Human Services at (847) 933-8208 (voice) or (847) 933-8455 (TDD). The program is usually held the second Wednesday of each month.

Senior Mens Bowling

END OF 1ST HALF Brunswick Niles Bowl

STANDINGS	W/L
Remax All Stars	72/47
Heat Master	70/49
White Eagle Banquets	66/53
Jonathans Restaurant	67/52
Windjammer Travel	67/52
Callero & Catino	64/55
Minelli Bros. Foods	64/55
Park National Bank	64/55
Bowling Store	64/55
North Shore Auto Repair	63/56
Candlelight Jewelers	63/56
Kristof's Entertainment Center	61/58
Colonial Funeral	59/60
Penny's Team	57/62
Skaja Terrace #1	55/64
Males & Sons Funeral	50/69
Dr. Bello Advanced Vis.	49/70
Monarch Alarm	48/71
Skaja Terrace #2	44/75
State Farm Insurance	43/76
Hot Shots	
M. Steigerwald	596
K. Da Luga	592
Harry Bostrom	591
Bob Schaub	577
Jim Fitzgerald	576
Walter Parison	556



BY JEFFREY CARDELLA
Special to The Bugle

Edward Jones: Final Part of a Series of Articles on Investing

I'M CONCERNED ABOUT THE FUTURE OF SOCIAL SECURITY BUT CONFUSED ABOUT ALL THE RETIREMENT-PLANNING INFORMATION I SEE. WHAT ADVICE CAN YOU GIVE ME TO BEST PREPARE FOR RETIREMENT?

First, you must have a plan. Most people need retirement savings of 2 1/2 times to six times their pre-retirement income. Then, determine how much you need to set aside today and how you need to invest that money to reach that amount. Second, start early and invest reg-

ularly. The sooner you start, the easier it is to build a large nest egg. In addition, investing regularly rather than trying to figure out the "right time" to invest allows you to even out the ups and downs of the market.

Third, diversify. Every investment carries some type of risk, but rarely do all types of investments rise or fall at the same time. Diversification lessens the impact of a downturn in any one investment area.

Fourth, take advantage of tax deferral. Contribute to your 401(k) plan. Open an IRA, and add to it each year. For additional savings, you might even consider an annu-

ity. You don't have to be a genius to have a secure retirement, but you do have to be disciplined and focused on the long term.

MY COMPANY HAS OFFERED ME EARLY RETIREMENT. I'LL BE LEAVING WITH A LARGE DISTRIBUTION FROM MY RETIREMENT PLAN. WHAT SHOULD I DO WITH IT?

You basically have three options to choose from. 1) You can take all the money yourself. 2) You can roll the full amount directly into an IRA. Or 3) You can

take some of the money for yourself and roll some of it into an IRA.

The important thing to remember is that you will owe federal income tax on whatever amount you take. In addition, if you're under age 55, you also may be subject to a 10 percent penalty. If you're receiving a large distribution, 10 percent can represent a substantial sum of money.

On the other hand, any amount that is rolled directly into an IRA not only avoids taxes and penalties, it also grows tax deferred. Plus, you don't have to begin taking distributions until age 70 1/2.

When you move your retirement savings into an IRA, you must decide how that money will be invested. Your choices are many: CDs, government securities, bonds, mutual funds, stocks, annuities and more can all be in an IRA. Your best option is to diversify, either by choosing a mutual fund or by opening a directed IRA that allows you to combine a variety of investments in one account.

Jeffrey Cardella can be reached at Edward Jones, 841 N. Milwaukee Avenue, Niles, (847) 470-8953.

Make-up tips offered at Norwood Park Home

Norwood Park Home, 6016 N. Nina Avenue, will offer a free skin care class and makeup consultation presented by Shelly Berger of Mary Kay Cosmetics on Wednesday, January 15 at 2 p.m.

Women today want information about the benefits of various beauty products as well as how they can simply make the most of their natural beauty. Guests will receive one-on-one beauty advice from Ms. Berger as well as the latest tips on skin care, color cosmetics products and application techniques. Guests will be given custom advice on proper body care, problem skin, sun care and makeup application. In addition to the opportunity to try products prior to purchase, all products are backed by a 100 percent money-back satisfaction guarantee. Samples of fragrances, men's grooming products and daily use products will also be available.

Norwood Park Home offers monthly seminars free to the community as part of the Home's community outreach program. For more information about this seminar or to receive a free calendar of Norwood Park Home 1997 Highlights, please call (773) 631-4856.

Special program for seniors at Devon Bank

Devon Bank invites all senior citizens to a free musical entertainment program on Wednesday, January 8, featuring four year old, Jaime Beth Friedman. The performance will begin at 10 a.m. in the conference center at 6445 North Western Avenue in Chicago. Refreshments will be served before the program. For more information call Iraida Carrazco at (773) 4652500 ext. 1302.

Niles Senior Citizens 967-6100 ext. 376

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center is open to residents of the Village of Niles age 62 and over, and their younger spouses. Niles seniors interested in obtaining additional senior center information should call or visit the center and be placed on the mailing list. The center is located at 8060 Oakton Street.

YARN NEEDED

The Senior Center is requesting any left-over yarn or scraps of material (8"x 8" or bigger). Lap robes and shawls are made for veterans at Hines Hospital. Volunteer knitters and crocheters are needed. If interested, contact Mary Vandenplas.

TICKET SALES

Ticket Sales will be on Friday, Jan. 3 at 9:30 a.m. Tickets for the following events will be sold: SWINGING VALENTINES LUNCHEON is on Friday, Feb. 14 at noon. Menu features Chinese food and entertainment by the Big Band Sounds of the Ron Snolen Orchestra. Cost is \$6 per person. FEBRUARY LITE LUNCH & MOVIE is on Friday, Feb. 21 at noon. The menu features Italian Beef sandwich followed by "My Fair Lady" starring Audrey Hepburn. Cost is \$2.50. "A SHAKESPEARE EVENT" trip is on Wednesday, March 5 from 10:30 a.m. to 5 p.m. Enjoy a family style lunch at Marcello's featuring oven broasted chicken and mostaccioli with meat sauce. Then enjoy Shakespeare's light-hearted comedy "The Merry Wives of Windsor." Cost per person is \$36.

CARBON MONOXIDE APPOINTMENTS

Appointments are being taken for carbon monoxide inspections. Call the Senior Center at extension 376 to set up an appointment.

CLASS REGISTRATION JANUARY 2

Registration for all Winter/Spring classes is on Thursday, Jan. 2 at 9 a.m. Classes are listed in the December/January News and Views.

MAYFLOWER 1997 TOUR PREVIEW

A Mayflower 1997 Tour Preview is scheduled for Thursday, Jan. 2 at 1 p.m. The following trips will be discussed: Florida Fun Coast, Arizona-Legends of the West, and California Coastal Highway. Registration required.

DIABETIC SCREENING

Diabetic Screening will be on Friday, Jan. 17 from 9 a.m. until 11 a.m. If you are a diabetic or just looking to see if you have diabetes, make an appointment to have your blood sugar checked. Fast 10 to 12 hours, water permitted. Hold diabetic medications or any medications that should be taken with food. Fee \$1. Registration necessary.

PINOCHLE TOURNAMENT

A Pinochle Tournament will be held on Friday, Jan. 31 at 1 p.m. All card players are encouraged to participate in a three handed tournament. Seating will be selected at random. A fee of \$3.50 will cover refreshments and prize money. Registration required.

Dressed in Holiday Style



Photo by Mike Heuel

Helping to make the season and the neighborhood bright, this ornately decorated house in the eighty-four hundred block of Normal Street has attracted many passersby in celebrating the holiday spirit.

Teacher contract signed in Dist. 219

It took two weeks on strike and six more weeks at the negotiation table, but the teachers of High School District 219 finally ratified their new four-year contract Dec. 19. The vote was unanimous.

The two-week strike gave the 4,230 students of Niles North and Niles West high schools an unexpected two-week mid-autumn vacation from classes.

Sam Borek, school board president, said in a Sun-Times article that the board was being extremely cautious over contract language to avoid making the mis-

takes that cost the district extra money in the last contract negotiations.

The new contract will give teachers 2.7 percent more in their paychecks (a 1.6 percent seniority raise and an additional 1.1 percent won in the strike negotiations) for the first two years of the contract.

In years three and four, raises will be tied to the Cook County property tax cap, which could be as much as 5 percent, but no more.

The school board will vote on the contract Jan. 13.

Savings Bond for first 1997 baby born

"The brothers of the North American Matryrs, council 4338, Knights of Columbus, proudly announce they will award a \$100 Savings Bond to the very first baby born in 1997. Only St. John Brebeuf registered parish families can participate in this special one-time award. This special award is in conjunction with the council's efforts to support the family life & the right to life commission.

LGH Recovery Center relocates to Park Ridge

The Lutheran General Recovery Center in Vernon Hills is now relocated at the West Pavilion of Lutheran General Hospital in Park Ridge.

All substance abuse services for adults and adolescents will be discontinued at the Vernon Hills site. A complete continuum of outpatient services including assessment, intervention, partial hospital and evening outpatient treatment and support groups, will be offered at the Park Ridge site.

Adult services available at the West Pavilion will remain unchanged. For information call (847) 723-6052.

Please contact past grand knight Andy Beierwaltes at (847) 967-8976 or Grand Knight Bob Galassi (847) 965-0920 to make us aware of your blessed event. Winner will be announced at a later date!

The Knights of Columbus offers their hardest congratulations & best wishes to all the families who will bring a child into the world in 1997!! The knights believe the best choice is life!!!

Morton Grove resident wins Little Lotto

Leonard Ahrens of Morton Grove has come forward to claim a First Prize of \$25,375 from December 13, 1996 Little Lotto drawing. Ahrens correctly matched all five numbers and will receive the amount in a one-time cash payment.

The First Prize jackpot of \$177,625 was split among seven winners. Ahrens's winning ticket was purchased at Angelo's Service Station, located at 242 Waukegan Road in Glenview. For selling the winning ticket, the business will receive a 1 percent bonus of \$1,776.

Auxiliary winners named

The Morton Grove American Legion Auxiliary Unit #134 thank the community for their attendance and support of the recent Christmas Cheer luncheon party-card party which was held at the Legion Memorial Home. President Pat Kim reports a financial and social success.

Funds derived are used to make the holiday happier with gifts from the Auxiliary, for the former servicemen still confined to VA Hospitals in the Chicago area and nursing homes.

The Unit regularly holds monthly parties at the Hines VA near Maywood and the West Side VA on Damen in Chicago.

During the luncheon, cash prizes were awarded in a special drawing. The winners were, Evie Ross of Morton Grove; Marla Carson, Niles and Jeanette Hack, Morton Grove.

Election Filing Notice

Notice is hereby given that the office of the Village Clerk for the Village of Niles will be open from 8:30 a.m. to 5 p.m. beginning Monday, Jan. 13, 1997, through Tuesday, Jan. 21, 1997, for the purpose of accepting candidate petitions or certificates of nomination for the Consolidated Election to be held on Monday, April 1, 1997, for the office of Mayor and three (3) Village Trustees.

Donate \$25 To Ronald McDonald House Charities™

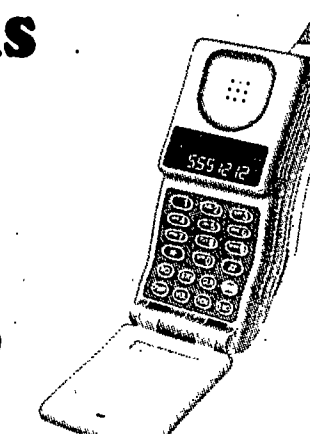
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Plus 3 Months

Unlimited

Local Calls

FREE!



CALL FOR EXTENDED HOLIDAY HOURS

This holiday season you can bring a smile to children in need. Simply make a \$25 donation to Ronald McDonald House Charities of Chicagoland and Northwest Indiana. In return, you'll receive three months unlimited local calls and a Motorola flip phone free when you sign up for service. From all of us at Cellular One, Alpha Communications and Ronald McDonald House Charities, thanks for making this holiday season a brighter one.

Authorized ACCESSCARD™ Refill Location

Auto security, Remote Car Starters, Paging

Niles 9001 Milwaukee Ave. 847-581-0981		Alpha Communications CELLULARONE® <i>Authorized Sales and Service</i>	
Glenview (Corner of Waukegan & Milwaukee Roads In Dollar Tree Center) 847-998-1040			
Calumet City (847)868-8806	Orland Park (847)349-9040	Elgin #1 (847)468-0188	Elgin #2 (847)888-1071
Wood Dale (630)860-7001	Palatine (847)359-9920	Schaumburg (847)885-9920	Elk Grove Village (847)718-9901

*No purchase necessary at McDonald's. Three months of free unlimited local calling with two-year contract and eligible rate plan. \$35 new-line activation, processing fee and two-year contract with Cellular One Chicago or North Central Illinois service required. Monthly access charges apply. \$35 line activation fee waived with three-year contract. Subject to credit approval and deposits may apply. While quantities last. Must be 18 years of age or older. Certain restrictions apply. Cellular One is a registered service mark of the Cellular One Group. The Wireless Phone Company is a service mark of Southwestern Bell Mobile Systems, Inc. Offer expires 12/31/96. ©1996 McDonald's Corporation.

Holiday Food Buys!

U.S.D.A. CHOICE BUFFET ROAST
\$2.98 LB.

U.S.D.A. CHOICE EYE OF ROUND
\$3.98 LB.

Order Early

OVEN READY STANDING RIB ROAST	WHOLE	\$5.98 LB.
BONELESS RIB EYE ROAST	WHOLE	\$6.98 LB.
WHOLE NO FAT BEEF TENDERLOIN	5-6 LB. AVG.	\$10.98 LB.

BONELESS PORK ROAST
PORK CROWN ROAST
FRESH TURKEYS

HAPPY NEW YEAR from The Minelli Family

PRODUCE

BABY PEELED CARROTS	16 OZ. PKG.	99¢
CALIFORNIA CAULIFLOWER	HEAD	\$1.39
CALIFORNIA FRESH CELERY	EACH STALK	69¢
LETTUCE SALE	• ROMAINE • GREEN LEAF • BOSTON	79¢ LB.
GOLDEN RIPE BANANAS	LB.	39¢
SUNKIST NAVEL ORANGES	4 LB. BAG	\$1.29

DELI

MINELLI'S HOMEMADE ITALIAN SAUSAGE	NOT MILD EXTRA HOT	\$2.29 LB.
FRESH POLISH or NO SEED ITALIAN SAUSAGE		\$2.29 LB.
CHOICE BACALA	SALTED COD FISH	\$5.98 LB.
MAMA MINELLI'S ITALIAN ROAST BEEF	FREE GRAVY	\$5.99 LB.
FRESH MADE DAILY OLIVE SALAD		\$2.98 LB.
CHELLINO FRESH RICOTTA	BY THE CONTAINER	\$1.69 LB.

Hillshire Farm

HILLSHIRE SKINLESS SHANKLESS HAMS

WHOLE	\$2.69 LB.
HALF	\$2.89 LB.

Spiral Cut Hams

WHOLE	\$3.29 LB.
HALF	\$3.49 LB.

GROCERY

FAMILY SIZE - HEAT & EAT HOMEMADE LASAGNA	5 LBS.	\$12.99
HEAT & EAT HOMEMADE - ALL NATURAL MANICOTTI or LASAGNA	1 1/2 LBS.	\$3.99
HOMEMADE RAVIOLI	12 PK. JUMBO SIZE	\$3.49
MEAT or CHEESE		99¢ LB.
CENTRELLA BUTTER		99¢ LB.
HOMEMADE PASTAS		\$3.49 LB.
MELLO CRISP SLICED BACON		99¢ LB.
DUTCH FARMS MOZZARELLA CHEESE	LB. PKG.	\$2.49
BERTOLLI OLIVE OIL	34 OZ.	\$6.99
DEAN'S HALF & HALF	PINT	39¢
DUTCH FARMS SOUR CREAM	16 OZ.	79¢
HOMEMADE PASTA SAUCE	PLAIN or WITH 6 MEATBALLS	\$4.49 QT. \$5.99 QT.

Happy New Year

Minelli Bros.

Imported Italian Specialty Foods
7780 Milwaukee Avenue, Niles
(847) 965-1315

Mon. thru Sat. 8:30 - 6:00 P.M.
Sunday 9:30 - 2:00 P.M.

We reserve the right to limit quantities and correct printing errors.

Wines & Liquors

IDEAL FOR SERVING AND GIVING

HAPPY NEW YEAR

The Minelli Family
From 7780 Milwaukee Ave, Niles

SANTA MARGHERITA PINOT GRIGIO \$15.99 750 ML.	LA MARCA NOVELLO MERLOT DEL VENETO \$7.99 750 ML.	SMIRNOFF VODKA \$7.99 750 ML.	INGLENOK CHABLIS RHINE BURGUNDY \$4.99 1.5 LITER	INGLENOK WHITE ZINFANDEL \$7.99 3 LITER
MARCUS JAMES WINE • White Zin • Chardonnay Merlot \$4.99 750 ML.	SUTTER HOME WHITE ZINFANDEL \$7.99 1.5 LITER	Fruit/Wine Baskets Party Trays Pizzele Makers Pasta Makers Pasta Bowls	ABSOLUT VODKA \$14.99 750 ML.	KETEL ONE VODKA \$16.99 750 ML.
PERE PATRIARCHE • From France • \$5.99 750 ML.	CASTEL D'ARAGONA • From Italy • Montepulciano D'Abruzzo \$7.99 750 ML.	GANCIA ASTI \$7.99 750 ML.	EARLY TIMES WHISKEY \$12.99 1.5 LITER	OLD MILWAUKEE BEER \$7.99 24 12 OZ. CANS
KAHLUA COFFEE LIQUEUR \$13.99 750 ML.	BERINGER WHITE ZINFANDEL \$4.99 750 ML.	E & J BRANDY \$12.99 1.75 LITER	CK FORTISSIMO \$11.99 4 LITER	MILLER BUDWEISER BEER \$10.99 24 12 OZ. CANS
BAILEY'S IRISH CREAM \$16.99 750 ML.	J & B SCOTCH \$14.99 750 ML.	COCA COLA • REGULAR • DIET \$2.99 12 PAK. 12 OZ. CANS	CARLO ROSSI WINE \$6.99 4 LITER	GALLO VERMOUTH SWEET or DRY \$2.99 750 ML.
ANDRE CHAMPAGNE \$2.99 750 ML.	JACK DANIEL'S BLACK \$12.99 750 ML.	Baci Candy Panettone Torrone Candy Fresh Italian Pastries - Cookies	MICHELOB BEER \$8.99 18 PKG. 12 OZ. CANS	BEEFEATER GIN \$12.99 750 ML.
			BECK'S BEER \$5.99 6 PKG. 12 OZ. BTL.	SAMUEL ADAMS \$4.99 6 PKG. 12 OZ. BOTTLES

S.I.J. 55 Plus Club Christmas Party



Left to right, Rudy Seifert - President and his wife Irene. Left to right on stairs, Ann and Frank Romeo - Vice President. S.I.J. 55 Plus Club had a very nice turn out for a Turkey Shoot. A big bravo to all the men who helped sell the extra Turkey Shoot tickets. Members had a good time. The Turkey winners were Betty Nowrockie, Frank Romeo, Louie Bassi, Jerry Mostek and Betty Joe K. President Rudy Seifert, wished all the members a Happy Thanksgiving. Our Christmas Party was December 1 at the Chateau Ritz. As usual the party was a huge success, the food, fruit punch, drinks, and hors d'oeuvres were

plentiful and delicious. A big thank you to Mario and his Society Orchestra, Mario, Louie and John, who have kept our feet dancing for 19 years. Happy Birthday to all celebrating this month and to couples celebrating their Anniversaries. Our prayers are for all our deceased and sick members. Rudy Seifert and Officers wish everyone a very happy season and a very healthy and happy New Year. P.S. Can't forget Gil Kaitis, our photographer, who has taken club pictures for 10 years and doing and great job. Thanks Gil!

Teens Shovel Snow

The Flickinger Senior Center matches youth workers with senior citizen homeowners who need a little assistance with seasonal related chores around the house. Call the Senior Center at 965-4100, ext. 343 for more details.

Morton Grove Senior Citizens 470-5223

CHOLESTEROL SCREENING

Cholesterol is a soft, fat-like substance found in every cell in the body. Most of the body's cholesterol is made in the liver, the rest comes from animal fat in foods. Egg yolks, meat, poultry and dairy products all contain cholesterol. Everyone needs some cholesterol, but not too much. Eating foods low in animal fat is one of the best ways to lower cholesterol. Cholesterol screenings will be offered from 9 to 11 a.m. on Tuesday, Jan. 7 in the Flickinger Senior Center. The quick and simple test will give an accurate total blood cholesterol measurement in just three minutes. For Morton Grove seniors (age 65+), there is a charge of \$3. For those under 65 or for non-residents, the charge is \$4.

LUNCH BUNCH MOVIES

Following the regular Senior Nutrition Site lunch on Wednesday, Jan. 8, "Grumpy Old Men," will be shown at 1 p.m. in the Flickinger Senior Center. Lunch is provided for those who make a reservation. Seniors who do not come in for lunch can still come for the show. The February movie is "Roman Holiday" on Feb. 5. For information about the lunch program, call the Morton Grove Senior Hot Line at 470-5223.

CHICAGO HISTORICAL SOCIETY

On Thursday, Jan. 23, don't miss the exhibit at the Chicago Historical Society - The Last Best Hope of Earth: Abraham Lincoln and the Promise of America. The exhibit takes visitors for a walk through the story of Lincoln's life from boyhood to the presidency. There are rare handwritten documents and original artifacts, prints and memorabilia. This exhibition is the largest and most comprehensive collection of original Lincoln materials ever assembled, and features more than 200 rare items, including the Gettysburg Address and Lincoln's stove-pipe hat.

Start the day with a scrumptious lunch at Lutz's Continental Cafe and Pastry Shop, and on the way home, indulge at the Illinois Nut and Fantasia Chocolate Company. The bus will leave the Prairie View Community Center at 10:30 a.m. and return around at 4:30 p.m. The cost is \$26 for residents and \$29 for non-residents. Register by January 10 at Prairie View.

RTA REDUCED FARE CARD REGISTRATION

The Flickinger Senior Center will now be a distribution point for the RTA Reduced Fare Card. At 10 a.m. on Monday, Jan. 27 seniors can have their own RTA Reduced Fare Card processed free of charge at the Flickinger Senior Center. Registration is for seniors (age 65 and over) to ride at half fare on the CTA, Metra or Pace transit systems. Bring a Medicare card plus a driver's license or Illinois identification card. Photographs will be taken and affixed to the fare card. The Flickinger Senior Center will begin processing cards after that date. All seniors need to do is bring in the same identification and a color 1-1/2" by 1-1/2" photograph. If you do not have a current color photo, we will take one of you for \$3. For more information, call the Morton Grove Senior Hot Line at 470-5223 between the hours of 9 a.m. and 3:30 p.m.

LUNCHES NOW SERVED ON TUESDAYS

The senior nutrition program located within the Flickinger Senior Center (Village Hall) is now serving lunches on Tuesdays. The Community Nutrition Network, Inc. operates four days per week (Mondays, Tuesdays, Wednesdays, and Fridays) by serving up to 60 meals each day to those over age 60. The suggested cost is between \$1.75 and \$2.25, depending upon what a person can afford. Serving time is 11:45 a.m. Call the Morton Grove Senior Hot Line to sign up for lunch in advance. Meals will not be served on Christmas Eve or New Year's Eve.

HELP OTHERS WITH TAX RETURNS

There's something very good an individual can do about taxes. Volunteers are being sought now to help people in the Morton Grove community who need assistance with their tax returns. Receive free IRS training in January 1997, and receive on-the-spot satisfaction from helping others. Volunteers qualify if they:

- 1) can meet and deal with a variety of people,
- 2) have experience or can learn about preparing income taxes,
- 3) have general administrative or publicity experience,
- 4) take pride in complete and accurate work,
- 5) are willing to complete the IRS training program at the Flickinger Senior Center, and
- 6) can spend several hours a week from February through April 15 in helping others.

For more information, call the Morton Grove Senior Hot Line at 470-5223.

Area News

Need a Resolution?

As the new year begins, consider adopting a New Year's resolution that could have a lasting impact on both your daily energy, as well as your long-term risks of cancer and heart disease. Try to eat more fruits and vegetables this year.

While our country seems obsessed with low-fat diets, we have to recognize that eating less fat by substituting fat-free cookies and chips is quite different from reducing fat by eating more fruits, vegetables and whole grains. Despite years of advertisements and grocery store signs promoting five daily servings of fruits and vegetables daily, our country averages just two-thirds of that minimum goal, at 3.4 servings per day.

In the Journal of the American Dietetic Association, a recent review of 228 studies on the role of fruits and vegetables in cancer prevention concluded that eating more fruits and vegetables has a major impact on overall cancer risk. The greatest protective effect is seen with cancers of the stomach, esophagus, lung, mouth, uterus, pancreas and colon (large intestine).

While some people may try to make up for eating too few fruits and vegetables by taking nutritional supplements, they may be missing out on a large number of cancer protectors found only in food. Antioxidant nutrients like beta carotene and vitamins C and E seem important to lower cancer risk, but of equal importance are the dietary fiber and natural plant substances not found in supplements. These substances act in various ways to maintain normal cell DNA and prevent the initiation of the cancer process, block the formation of cancer-causing substances, and alter hormonal and other body systems to promote more normal cell function.

Need a resolution? Eating hearty amounts of fruits and vegetables can also improve the chances for good health in many other ways. Fruits and vegetables provide the dietary fiber that can help control diabetes, blood cholesterol, and intestinal function. They also supply antioxidants that may help prevent cataracts and potassium that may help prevent or control high blood pressure. From a weight control standpoint, fruits and vegetables can be a dieter's best friend as a great-tasting low-fat and low-calorie energy source.

Before the "5 A Day" campaign began, surveys found that 66 percent of Americans thought that eating two or fewer servings of fruits and vegetables (equivalent to one cup or less) a day was enough for good health and nutrition. With our growing understanding of the importance of fruits and vegetables comes the

knowledge that it takes much more than just eating a serving or two during the day. The new goal is to make these foods a major part of our diets.

When choosing a New Year's resolution, consider the "5 A Day goal." You don't need to carry around a measuring cup. Determine first how many half-cup servings you currently eat in a typical day (remember to count a whole cup of raw leafy greens as just one serving). If you eat fewer than five servings a day, increase your average daily servings by one each week until you reach your goal.

It's easier to do than you think, when you include some fruit, vegetables or juice at each meal. Boost produce portion sizes at meals at least one cup. Reduce the size of meat portions, or cut out additional grain servings, if necessary, to make room in your appetite for more fruits and vegetables. Finally instead of empty calories provided by fat-free sweets, choose vegetables or fruit as a snack each day.

For a free brochure on fruits, vegetables and a healthier you, send a self-addressed, stamped (55 cents postage) business-size envelope to AICR, Dept. AP, Washington, DC 20069.

"Nutrition Notes" is provided as a public service by the American Institute for Cancer Research, Washington D.C. 20069.



YEAR END CLEARANCE

Time for some of this year's best values on solid wood furniture

Fine Ready-To-Finish Furniture PLUS, If You Choose - Custom Finishing Available In Your Choice Of Color.

Des Plaines
1411 Ellinwood
(In Downtown)
(847) 296-3314

Naked FURNITURE
REAL WOOD AFFORDABLY PRICED

Keep your family Safe at Home this holiday season

The holiday season is usually a busy time for most people. But while you're shopping, baking, decorating and wrapping, take some time to be sure your home is safe for the holidays—and all winter long. Here are a few tips from Northern Illinois Gas:

- Be sure the damper is open on your chimney before starting a fire in your fireplace, and have your chimney professionally cleaned on a regular basis.
- Never burn wrapping paper in your fireplace. Many types are made with chemicals that can cause hazardous fumes. They also burn hotter than wood and may cause dangerous flare ups.
- Have your heating and venting system inspected annually by a qualified contractor. Our nonregulated sister company, NICOR Energy Services, offers preventive maintenance service plans for your furnace, water heater and air conditioner through approved, independent contractors.

- For more information, call NICOR Energy Services at 1 800 373-1100.
- Never use your natural gas range or oven to heat your home. This can cause a dangerous buildup of carbon monoxide.
- Place space heaters on a level surface and keep them away from holiday decorations, curtains, bed linens and other flammable objects.

If you smell natural gas, make sure all pilot lights are lit. If the odor persists, leave the house, opening doors and windows as you go. Do not operate any gas or electrical appliances, use the phone, or turn any light switches on or off. Call Northern Illinois Gas from a neighbor's home.

...and to keep your family safe from CO

You can't smell, see or taste carbon monoxide (CO), but you need to be informed about it. CO forms when any fuel is burned without complete combustion—usually in malfunctioning fuel-burning equipment. CO can build up if there is not enough ventilation, and over-exposure causes CO poisoning, which can lead to serious illness, even death.

Symptoms of CO poisoning are flu-like and include headaches, dizziness, nausea, coughing and an irregular heartbeat. Victims may appear pale, but then develop a cherry red color on lips and ear tips. Be suspicious of CO poisoning if everyone in your household is experiencing

the same symptoms—especially if pets also have symptoms, because animals cannot get the flu.

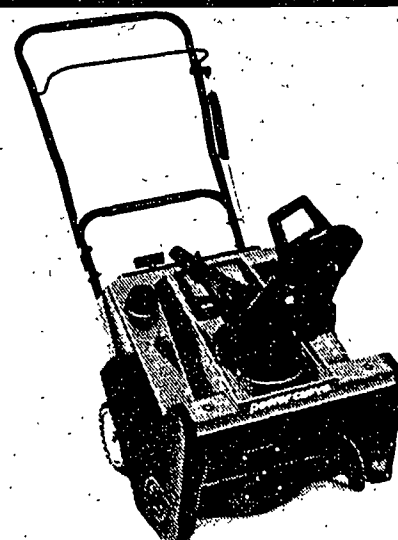
CO poisoning victims need fresh air immediately. Go to a neighbor's house and call 911 or your local department, even if the victim seems to be recovering.

Mayfair Women's Association

Wednesday, January 8th, is the date of the next regular meeting of the Women's Association of Mayfair Presbyterian Church, 4358 W. Ainslie Street. Following a Noon Business Meeting, the 1 o'clock luncheon will be served by Board Members. Circle F has charge of the sales project and Marilyn Neil will deliver the afternoon devotion. Pastor Gene Fowler will lead the Installation of Officers service, followed by a mini program.

Cost of the luncheon is \$5 and everyone is welcome to attend. For further information call the church office at (312) 685-0104.

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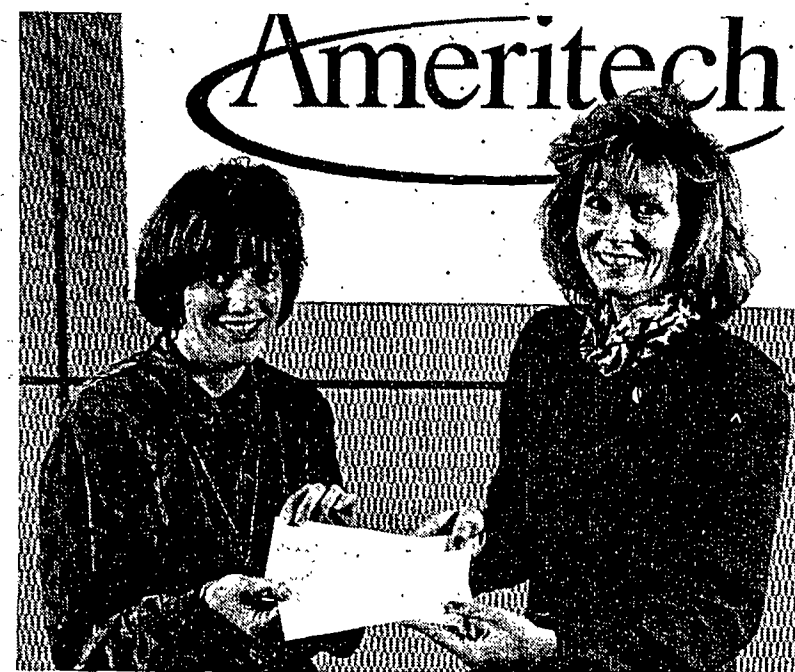
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Health News

Bear necessities receives check



Ameritech employee Beth A. Simonis, left, presents a check for \$1,000 to Kathleen Casey of Cary's Bear Necessities Pediatric Cancer Foundation. Ameritech made the gift to honor the many hours of volunteer service Simonis has given to Cary's Bear Necessities Pediatric Cancer Foundation.

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Brain Cell Death and Alzheimer's Disease

A gene that prompts damaged cells to kill themselves may play a role in the development of Alzheimer's disease -- a finding that could someday lead to effective treatments for the disorder, reports a researcher at Loyola University Medical Center, Chicago.

The gene, presenilin 2, codes for a protein that creates a natural defense against cancer and other serious diseases by triggering suicide among cells with abnormal or damaged DNA, a process known as "programmed cell death." DNA, found in every cell, is a biological substance that serves as the natural building block for all life forms.

Under normal circumstances, this presenilin protein remains in active until stimulated by hormonal changes or DNA damage that occurs to cells in the body. However, a mutation that occasionally occurs in this presenilin gene can keep its cell-death switch in the "on" position, said Benjamin Wolozin, M.D., Ph.D., an associate professor of pharmacology at Loyola.

In his study, published in the December 6 issue of Science, Wolozin discovered that this

gene mutation becomes particularly troublesome as the body ages and seemingly contributes to familial Alzheimer's disease, a form of the brain disorder that is inherited and usually develops before the age of 65. Familial Alzheimer's disease represents about 15 percent of the Alzheimer's cases. Abnormalities in both presenilin 2 and a similar gene, presenilin 1, account for most of the cases of familial Alzheimer's disease.

The researcher theorizes that the mutated genes create a cycle of unending brain cell death, starting with an increase of beta-amyloids in the brain. These chemicals, which are peptides that build up in the brain as a person ages, are toxic to brain cells, damaging them and their DNA. The heightened presence of cells with damaged DNA excites the abnormal presenilin genes into accelerating the process of programmed cell death, thereby killing more and more brain cells.

Further research based on this finding could eventually lead to the development of medications that block the activities of these genes, Wolozin stated.

In conducting his study, Wolozin first took neuronal cells derived from rodent adrenal glands and stimulated the cells with the hormone, nerve growth factor. Once the cells became used to the nerve growth factor, he withdrew the hormone and noted that the cells underwent programmed cell death.

By inserting presenilin 2 gene into the cells, this programmed death process was accelerated significantly. By blocking the activity of the gene, programmed cell death ceased.

Programmed cell death is a natural process that begins before birth. For example, it is responsible for preventing babies from being born with webbing between their fingers and toes, Wolozin said. As a person grows and develops, the process protects the individual by automatically eliminating cells with damaged DNA that could make the cells malignant.

Under normal circumstances, the genes controlling programmed cell death have switches that remain in the "off" position unless the genes sense the presence of damaged cells in the body. The mutated genes found in persons with Alzheimer's disease seem to have switches that remain "on" throughout a person's life.

"Having the switch 'on' when you are young is not a problem because most of the body's cells are healthy. However, as the body ages, cells bombarded by years of oxygen-free radicals, beta-amyloids and other toxic substances become more susceptible to damage. The presence of a growing number of damaged cells stimulates the abnormal presenilin genes into triggering an ever-increasing process of programmed cell death," Wolozin said.

Couples are spitting image of oral habit

Couples often possess similar dental habits, reports the Academy of General Dentistry, an international organization of 34,000 general dentists from the United States, its territories and Canada dedicated to continuing education to ensure the best possible dental care for the patient.

According to a recent study, a person with clear dental neglect is 32 times more likely than others to have a partner with clear neglect. Likewise, a person without neglect is 5.4 times more likely to have a comparable partner. Persons "in denial" about their

condition are one-and-a-half times more likely to have a similar partner, while the "worried well" are 3.6 times more likely.

The study suggests that social and environmental processes above and beyond genetic components shape dental neglect within families, and that either people select spouses with some parallel dental behavior, or spouses over time develop the same dental characteristics. "When people live together, they have a tendency to adopt similar dental habits," says Academy spokesperson J. Nick Russo, DDS. "However, while living together is an important factor involved, there are other factors that influence their oral hygiene habits, including where they live, their social and financial status, and hereditary factors."

Dr. Russo says that the results are promising because improving the oral health of one partner could be a motivational influence on the other partner.

Volunteers wanted for residential program

Volunteers wanted for a 19 person residential program located in Skokie. You would answer phones, take messages, and sign people in for appointments. If you want to help others and contribute to the community we need you! For more information call Turning Point Behavioral Health Care Center and ask for Rose Mary Nichols, LCSW at (847) 933-0051 ext. 418.

USE THE BUGLE

Church and Temple News

OBITUARIES

ADELINE J. NORK

Adeline J. Nork, 89, of Niles, died November 17. She was born on May 13, 1907, in Chicago. Mother of Delores (August) Tomusk, and Erwin (Ezra) Nork. Funeral services were held November 23 at St. Andrew Home. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Casimir Cemetery.

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

The Phoenix Support Group

The Phoenix Support Group invites all separated, divorced and widowed persons to meet Friday, January 3, 1997 starting at 8:00. There will be a small group discussion for those who are working through the grieving process starting at 7:00 (please be prompt) and ending at 8:00 in time to join the regular meeting. The place is McDonnell Hall (lower level of the Church) of Our Lady of Perpetual Help, 1127 Church Street in Glenview. To start the new year we are having Rita Emmett as the guest speaker. Her topic for the evening is "COMMUNICATING WITH THE PEOPLE IN YOUR LIFE: MUCH MORE THAN WORDS." Her enthusiasm, expertise and sense of humor result in dynamic presentations which are jam packed with relevant information, and are comfortable and fun to attend. A \$4 donation is requested, except to those who pay a baby sitter. Direct inquiries to: 847-673-3411.

ELROY "STUBBY" E. SWENSON

Elroy "Stubby" E. Swenson, 77, of Niles, died November 20. He was born August 3, 1919 in Green Valley, Wisconsin. Father of Sandra Swenson, Richard Swenson, Glenn Bertocchini, Gail (Rick) Vink, Gary (Bette) Bertocchini. Brother of Bernice Elliott, LaVern Swenson, late Harris Swenson, and late Melvin Swenson. Funeral services were held November 25 at St. John Brebeuf Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Elm Lawn Cemetery, Elmhurst.

ANTHONY CHROSTOWSKI
 Anthony Chrostowski, 61, of Niles, died December 6. He was born March 20, 1935 in Poland. Father of Diane (Jack) Mazek, Andrew, and Elizabeth. Funeral services were held December 11 at St. Juliana Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

JOSEPH ZAHN

Joseph Zahn, 57, of Niles, died November 19. He was born March 15, 1939 in Rumania. Brother of Richard Zahn and Michael Zahn. Funeral services were held November 23 at St. John Brebeuf Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

HELEN E. KENNEDY

Helen E. Kennedy, 79, of Niles, died November 23. She was born on September 1, in Chicago. Aunt of Phyllis McIlwain. Funeral services were held November 26 at St. Isaac Jogues Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

JOHN A. SKIBA

John A. Skiba, 87, of Glenview, died November 19. He was born on September 14, 1906 in Chicago. Father of Dorothy (John) Stonis, Jane (John) Jirgenson, and Dennis (Carol) Skiba. Funeral services were held November 23 at St. Catherine Labourer Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

SOPHIE HELEN DRABANT
 Sophie Helen Drabant, 83, of Niles, died on December 2. She was born May 15, 1913 in Chicago. Sister of Jean Kaszynski, late Henry (I. Evelyn) Kozlowski, and late Ted (I. Judy) Kozlowski. Aunt of Ted (Connie) Kasch, Richard (Joanne) Kaszynski, Pat (Doug) Nielsen, Linda (Neil) Faye, Diane Zemla, Barbara (Bernie) Papich, and Ted (Linda) Kozlowski. Sister-in-law of Dorothy (L. Mike) Krusel, Larry (Jean) Drabant, and Irene (I. Bill) Drabant. Funeral services were held December 5 at Our Lady of Ransom Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

MARK McANDREW

Mark McAndrew, 39, of Niles, died on December 3. He was born on December 14, 1956 in Heron, Illinois. Brother of Karen (Jim) Murphy, Scott (Gail) McAndrew, and Craig McAndrew. Uncle of Patty, Chrissy Murphy. Former husband of Patricia McAndrew. Funeral services were held December 7 at Skaja Terrace Funeral Home. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Acacia Park Cemetery, Chicago.

JAMES R. DAVIDSON

James R. Davidson, 85, of Des Plaines, died November 17. He was born December 13, 1910 in Chicago. Father of Charles Davidson, Claudia (L. Lawre) Slonski, Thomas (Jo Ann) Davidson, and James (Marie) Davidson. Funeral services were held at St. Juliana Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

CHARLES E. SMAHA

Charles E. Smaha, 70, of Niles, died November 14. He was born June 25, 1926 in Chicago. Father of Larry (Roberta) Smaha, Sharon (Marty) Scholtz, Christine (Scott) Lettow, and Beth Moorehouse. Funeral services were held November 18 at Skaja Terrace Funeral Home. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

ANNE SCHUTT

Anne Schutt, 82, of Niles, died December 7. She was born November 27, 1914 in Chicago. Mother of Robert (Marcia) Schutt, and Judith (Wayne) Zimmerman. Grandmother of Patrick (Sherry) Schutt, Elizabeth Schutt, and Sean Zimmerman. Funeral services were held December 9 at St. Juliana Church. Arrangements handled by Skaja Terrace Funeral Home. Interment in Ridgewood Cemetery, Des Plaines.

CHESTER PERKOWSKI

Chester Perkowski, 71, of Niles, died November 23. He was born on August 18, 1925 in Chicago. Father of Harry (Susan) Perkowski, Adam (Alina) Perkowski. Brother of Regina (Edward) Swieczicki, and Helena (Stanley) Piotrowska. Funeral services were held November 26 at St. Juliana Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Mausoleum, Niles.

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Women's News

Ronald McDonald House Charities awards grant

Ronald McDonald House Charities of Chicagoland & Northwest Indiana, a not-for-profit organization dedicated to improving the lives of the children in the Chicago metropolitan area, recently awarded \$10,000 to

The Harbour, Inc. located in Park Ridge. The Harbour, Inc. will use this Ronald McDonald House Charities grant to purchase supplies for their emergency shelter program.

Ronald McDonald House Charities of Chicagoland & Northwest Indiana supports three Chicago-area Ronald McDonald Houses as well as many area children's programs. Locally, since 1987, Ronald McDonald House Charities has awarded over \$5.2 million to more than 200 groups. In 1996 alone, RMHC of Chicagoland and Northwest Indiana has given out \$1.1 million to 44 different people.

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Northbrook woman named Monarch Ball honoree

During her 25 year fight against cancer, Georgia Photopolos of Northbrook has been an inspiration and emotional support to others with this disease. This triumphant cancer survivor of 19-cancer related surgeries, brain surgery and 120 radiation treatments celebrates life and retains her optimism. Because of her work, Mrs. Photopolos is this year's honoree at the Resurrection Health Care's Monarch Ball on March 1.

Exchange Program needs help

World Heritage Exchange Student Program is in the process of building its team of program contact people, and needs helpers in Northern Illinois. According to Program Coordinator, Sandy Storer, the program is looking for enthusiastic adults who enjoy working with people from foreign cultures and countries.

World Heritage is a non-profit organization that sponsors high school exchange students while they spend an academic year here in the United States. Program helps screen local host families for incoming exchange students, act as an advocate and friend to the students during the academic year, and oversee a smooth adjustment for the participants in their locale. A background in student exchange is helpful, but not required.

The opportunity offers rewarding experiences and lifelong friendships for people who would like to get involved in their local community and to help youngsters with the challenges of adjusting to everyday living in America. This is a non-paid, public benefit position, however local training and program expenses are provided.

For more information on how to become a community contact person please call Sandy Storer collect at 616/796-2582 or call the World Heritage Head Office at 800/785-9040.

When Georgia was first diagnosed with cancer, she became frustrated with the lack of support programs available to those trying to cope with this disease. Through this experience, Georgia founded Cancer Call Pac (People Against Cancer), an award winning 24-hour emotional support phone service of the American Cancer Society. This was the first service of its kind in the nation and became the prototype for subsequent support hotlines.

She has been a guest on more than 100 national and local TV shows and networks including "Good Morning America," "CNN," "Christian Broadcast Network," etc.

She was consultant to the National Cancer Institute's, where she developed materials on emotional support concepts for use at major cancer centers such as Sloan Kettering, M.D. Anderson and the Mayo Clinic, and conducted workshops for center administrators from 1975 to 1977. She also assisted with the establishment of the institutes nationwide toll-free information hotline, 1-800-4-CANCER.

She served on the national task force on breast and uterine cancer of the American College of Gynecologists.

She also was writer for the Emmy Award-winning Best Individual Sequence on Daytime Television in 1976-77, a sequence dealing with breast cancer surgery on CBS's "The Young and the Restless."

With her husband Bud, (a reporter/producer for ABC Network News) she co-authored the book, "Of Tears and Triumphs," which was on the Best Seller List for three weeks and chronicles the family's inspirational survival in the face of cancer. She is also the author of a syndicated column which addresses issues related to life-threatening illness and answers readers' queries.

She has delivered more than 180 professional education and public information lectures to audiences which include cancer survivors, community groups, health care professionals, medical students and faculty. Georgia's pioneering of emotional support systems for cancer patients and her many other accomplishments have won her honors across the country, including recognition by two White House administrations.

Georgia has helped thousands in need cope with cancer and is an inspiration to people facing similar situations.

Jessica Maiorca receives WGN Extra Effort Award

Junior Jessica Maiorca of Chicago (60631) received WGN's Extra Effort Award last week. A regular feature on Channel 9, the award is given to high school students who demonstrate student leadership and commitment to community service. "Jessica is a great example of a student leader," said Joe Taylor, Loyola's Ministry Department Director. Last year she received the school's Ignatian Medal, given in recognition of her service to others. She has already logged over 100 hours of service, particularly at St. Benedict's Home in Chicago. As a volunteer, she works

with the elderly residents in activities, helps out or just lends an ear to those who want to talk. She is also involved with Loyola's Amnesty program which is involved in upholding human rights here and abroad through letter writing campaigns, petitions, speakers, and efforts toward greater awareness of injustice.

Skokie's Gonzales studying abroad

Sara Gonzales, a sophomore at Lawrence University, is spending the 1996 fall term studying in London. Established in 1970, the Lawrence London Study Center enables students to continue their regular academic program while incorporating British culture and history into the subject matter. Taught by both Lawrence and British faculty members, the 10-week academic program emphasizes field trips to local museums, concert halls and theatres as well as more lengthy weekend excursions to the English countryside and the European mainland. During her term abroad, Gonzales is studying and living in a hotel rented by Lawrence. A 1995 graduate of Niles Township West, she is the daughter of Nancy Gonzales Smith, Skokie, and John Gonzales, Park Forest.

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Women's News

Tablescapes gives the dirt on dishwashing

The holiday party was a success. The guests have left. Your sink is stacked with a pile of dishes, each one coated with the remains of a five-course meal.

Your pile might seem insurmountable, but Kathy Ruff, co-owner of Tablescapes, Ltd., a rental firm that supplies fine china, crystal, silverware, tables and chairs has tackled tougher tasks. In December, Tablescapes will provide table settings for about 1,000 events.

Although Ruff has the aid of commercial dishwashers and soaps to wash her dishes, which sometimes exceed 1,000 at a time, she has a few do's and don'ts when it comes to washing your holiday best.

Put crystal stemware in a dish washer (the force of the water could break glasses). Let dishes sit with food on them (the grime will dull the shine on china). Place cold crystal in scalding water (could cause cracks).

Line your sink with a terry cloth towel and place a rubber collar on faucets to prevent breakage. Add a small amount of ammonia to soapsuds to prevent streaking on stemware. Wash dinnerware in order of least greasy items (crystal, then silverware, then plates). Use cloth diapers for lint-free drying.

AT&T honored as Corporate Partner of the Year

AT&T has been honored as 1996 Corporate Partner of the Year by the Chicago Area Chapter of the National Association of Women Business Owners (NAWBO).

The award -- one of the chapter's most prestigious -- was announced during the organization's annual Corporate Partner Breakfast at The Palmer House Hilton. AT&T received it in recognition of its strong and ongoing support of women business owners, according to Deborah Sawyer, Chicago NAWBO president.

AT&T's support of the chapter has been extensive, including ongoing sponsorship of various major events, such as the annual Achievement Luncheon where Chicago NAWBO's Woman Business Owner of the Year is announced. Additionally, AT&T helped launch and, for three years, has financially supported NAWBO-Net, the chapter's business referral service.

Also recognized during the corporate partners breakfast was Gigi Zorn, president of Graphic Network, Inc., as Entrepreneurial Partner of the Year. Receiving special president's awards were Marilyn Lamar, partner, McDermott Will & Emery, Linda H. Forman, CPA, partner, Gleason Sklar Savoyers & Cumpata, LLP, and Diane Valletta, Valletta Associates.

The Chicago Area Chapter is headquartered at 175 W. Jackson Blvd., Suite 625, Chicago, IL 60604, phone (312) 322-0990.

New pediatric intensive care unit at Loyola

A new pediatric intensive care unit that combines a soothing underwater theme and family amenities with advanced diagnostic and patient monitoring capabilities open and in mid-October at the Ronald McDonald Children's Hospital of Loyola University Medical Center.

The facility features large columns of bubbling water, artificial fish swimming behind glass along the sides of the nursing station, and wall tiles depicting water scenes drawn by nearly 200 school children from the Chicago area.

Each of the rooms in the 14-bed unit provide a daybed for parents who remain overnight with a child, closet and storage space for families, and televisions with videocassette recorders. The rooms' sliding glass doors will be etched with fish and seaweed to enhance the underwater atmosphere.

"The intent is to create an environment that is both peaceful and fun for children who must be hospitalized here, while at the same time providing technology that advances the capabilities of our physicians and nurses in the diagnosis and monitoring of patients," said Pamela Roman, administrative director of the children's hospital.

This technology includes computer terminals placed in each room so that a nurse can enter information about the patient without leaving the bedside and computed radiography, a process whereby standard X-ray of patients can be converted

BNAI Emunah Sisterhood schedules singer

On Thursday, January 23, 1997, at 12 noon, Bnai Emunah Sisterhood will hold its January Open Meeting. Guest entertainer Ed Warble will present a program of songs from Broadway, as well as Hebrew, Yiddish and Russian favorites. Luncheon will be served, and the cost is \$5 for Sisterhood members, \$6 for guests.

Congregation Bnai Emunah is located at 9131 Niles Center Road, Skokie. Reservations for the luncheon must be made by January 16. Call to reserve, Congregation Bnai Emunah (847) 674-9292.

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Community Calendar

ARTS & CRAFTS

Jan + Feb

SKOKIE ART GUILD

The following are the locations where the Skokie Art Guild members are presenting their work during the months of January and February:

McDonald's, 4830 Dempster - Lydia Hwang
LaSalle Talman Bank, 5033 Dempster - Nativia Calfiori
Bank of Lincolnwood, 4433 W. Touhy - Mikhail Kanezky
LaSalle Talman, 7080 Carpenter Rd. - Helen Alev
Liberty Federal 5700 N. Lincoln - Lydia Hwang

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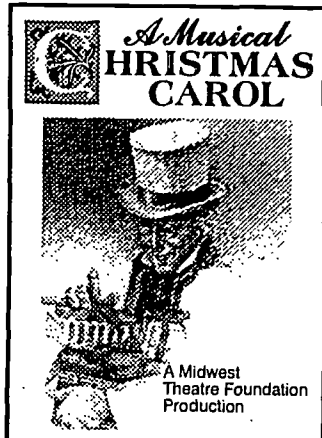
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The New Musical
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Oct. 24, '96 - Jan. 19, '97



A Midwest Theatre Foundation Production

Nov. 22 - Dec. 30, 1996

Candlelight & Forum Theatres
5620 S. Harlem, Summit 15 Min. from Downtown 708-496-3000 GROUP DISCOUNTS FREE PARKING

ENTERTAINMENT

Dec 31

Linda Eder

Linda Eder will perform one concert only at 10 p.m. on December 31, at Pheasant Run Resort's Mega Center, 4051 E. Main St., St. Charles. Party Packages start as low as \$99 and include a pass to four live entertainment parties featuring live bands, a deejay, open bar until 2:30 a.m., continental breakfast and party favors. Dinner and overnight packages are available. Parking is free! For tickets call (630) 584-MEGA (6342) or TicketMaster at (312) 559-1212. For overnight packages call (630) 584-6300.

Thurs., Jan. 2

DAVE BRUBECK QUARTET

The Ameritech Jazz at Orchestra Hall series proudly presents The Dave Brubeck Quartet on Jan. 2, 1997 at 8 p.m. Tickets: \$15-37; Box Seats: \$60. For group rates, call (312) 294-3040. For all other information, call PhoneCharge at (312) 294-3000 or stop by the Orchestra Hall Box Office, Monday-Saturday 10 a.m.-6 p.m.; Sunday 11 a.m.-4 p.m.

Jan 8 thru Mar 9

PLAY IT AGAIN SAM

"Play It Again Sam" by Woody Allen opens at Drury Lane Theatre, 2500 W. 95 St., Evergreen Park, with previews, Wednesday, Jan. 8. Opening night is Wednesday, Jan. 15. The comedy continues through Sunday, March 9. Show times are Wednesday, 2 p.m. & 8 p.m.; Thursday, 2 p.m.; Friday, 8:30 p.m.; Saturday, 6 p.m. & 9 p.m. and Sunday, 3:30 p.m. Admission for show only is \$19 to \$25. Dinner/show ranges from \$31 to \$41. There is a \$2 senior citizen discount for all matinees. For information phone 708-422-0404.

Fri., Jan. 10

Ameritech Jazz

The Ameritech Jazz at Orchestra Hall series presents Blues, Roots, Honks & Moans, a "Young Lions Jazz Festival," at Orchestra Hall on Friday, January 10, at 8 p.m. Tickets: \$15-37; Box Seats: \$60. For group rates, please call (312) 294-3040. For all other information, please call PhoneCharge at (312) 294-3000 or stop by the Orchestra Hall Box Office, Monday-Saturday 10 a.m.-6 p.m.; Sunday 11 a.m.-4 p.m.

Fri Jan 10

Notre Dame String Trio

The Notre Dame String Trio with Carolyn Plummer, violin;

Polish Carols at St. Paul of The Cross Church



The Lira Singers female ensemble will present a concert of Polish and American carols at 7:30 p.m. Saturday, Dec. 28, 1996 at St. Paul of the Cross Church, Northwest Highway at Washington Street in Park Ridge. The concert will include a guest appearance by the Lira Children's Chorus - "Dzieci" (which means "children" in Polish).

Tickets for the performance are \$10 for adults, and \$5 for children to age 16. They may be purchased at the door or can be ordered by calling the Lira office at (773) 539-4900.

Christine Rutledge, viola; and Karen Buranskas, cello, will perform in concert at Northeastern Illinois University's (NEIU) tenth anniversary Chamber Music Series, Friday, January 10, at 7:30 p.m. Commentary will precede the program and a reception with the artists will follow. Admission is \$10; senior citizen and students, \$8. NEIU Auditorium, 5500 North St. Louis Avenue (Bryn Mawr and Central Park), Chicago. For further information, call 773/794-3042.

Sun Jan 12
"Ports of Call"
The Skokie Community Chorus Welcomes in 1997 with its Winter concert entitled "Ports of Call," on Sunday, January 12th, at 3 p.m., in the auditorium of the Mayer Kaplan Jewish Community Center, 5050 W. Dunham Road, just a half mile north of Route 64 (North Avenue) in St. Charles.

Sat., Jan. 11

Tom Chapin Family Concert

The "Pied Piper" of children's music Tom Chapin will visit the Norris Theatre on Saturday, January 11, 1997, at 11 a.m. Tickets (Adults \$8, Children/Seniors \$7, Groups \$6) can be purchased by calling

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Community Calendar

ENTERTAINMENT

Jan 14, 19, 22, 27

Orchestral Concert

Music of the Baroque annual concert 8 p.m. Tuesday, January 14 at Grace Lutheran Church, 7300 W. Division Street in River Forest; 3 p.m. Sunday, January 19 at United Church of Hyde Park, 1448 E. 53rd Street in Chicago; 8 p.m. Wednesday, January 22 at First United Methodist Church, 1630 Hinman Avenue, Evanston; and 8 p.m. Monday, January 27 at St. Paul's United Church of Christ, 6335 On. Orchard St. in Chicago.

Tickets are on sale now and range from \$24 to \$40; senior and student tickets are available at \$18 with proper identification.

For further information, contact Music of the Baroque's box office, 100 North LaSalle Street, Suite 1610, Chicago, IL or call (312) 551-1414.

Fri Jan 17

RONNIE RICE CONCERT

Ronnie Rice in Concert. St. Martha School, 8535 Georgianna, Morton Grove. Friday January 17, 1997. Doors open at 8 p.m. 15 per person or \$135 per table of ten. Cash bar available. For reservation or more information call Jeff Anne at (847) 967-1152.

Opening January 17

WINTER BLOCKBUSTER

Chicago's Field Museum provides the backdrop for Paramount's latest thriller, The Relic, opening January 17. Museum visitors will receive \$1 off regular admission price when they present a ticket stub

from The Relic. General admission to the Museum is \$5 for adults, and \$3 for children ages 3 to 17, students with an ID, and seniors. Maximum general admission for a family (parents and children) is \$16. General admission is free on Wednesdays. The Field Museum is located on Lake Shore Drive at Roosevelt Rd. and is open from 9 a.m. to 5 p.m. daily. For general Museum information, call (312) 922-9410 or (312) 341-9299 TDD for the hearing impaired.

Sat. Jan. 18

Paramount/Second City

The Second City National Touring Company presents its rip-roaring comedy show at The Paramount Arts Centre on Saturday, January 18 at 8 p.m. Tickets are \$14.75 and \$12.75 and may be purchased at the Paramount Box Office at 23 E. Galena Blvd., by calling (630) 896-6666 or at any Ticketmaster outlet.

HEALTH

Tuesdays

Arthritis Support Group

An Arthritis Support Group meets on the fourth Tuesday of each month at 3:30 p.m., at Rush North Shore Medical Center's North Dining Room. This support group is sponsored by the Senior Health Program of Rush North Shore Medical Center and includes problem sharing, exercises and speakers. For information call Mary Roth at (847) 933-6663.

On Going

Support Group

On-going support group for family members whose loved

one suffers from chronic mental illness has openings for new members. The group offers a supportive environment in which to share experiences and resources. For more information call Turning Point Behavioral Health Care Center and ask for Marcia Pantell, LCSW at (847) 933-0051 ext. 417.

On Going

Anxiety, panic and/or depression

On-going therapy group for people who are experiencing problems related to anxiety, panic and/or depression is seeking new members. For more information call Turning Point Behavioral Health Care Center at (847) 933-0051 and ask for Linda Hogan, LCSW, ext. 449 or Beatrice Finkelstein, RN, ext. 435

Tues + Thurs

Low Impact Aerobic Classes

The Good Health Program at Rush North Shore Medical Center offers both Low-Impact Aerobic classes and Easy Exercise classes. Low Impact Aerobic classes are held on Tuesdays and Thursdays from 5:30 p.m. to 6:30 p.m. and Saturdays at 9 a.m. Both are held in the Knox-Kenton Building at 9701 Kenton Avenue, Skokie. There is a charge for these classes. For information or to make a reservation call (847) 933-6000.

SCHOOL

Mon Jan 6

WINTER TERM 1997

North Central College offers a variety of day, evening and weekend classes at three locations: Naperville's main cam-

pus, the Schaumburg Center and the St. Charles Center. Call the Office of Admission to register for undergraduate courses, 630/637-5800; the Office of Graduate Programs for any of North Central's six graduate degree programs, 630/637-5840; or the College's Center for Adult and Continuing Education at 630/637-5555.

Sat Jan 11

KIDS NIGHT OUT

The North Central College men's baseball team will chaperone your child between the ages of 8 and 13 for an evening of fun - while you relax. "Kid's Night Out" activities include a PG-rated movie, swimming, basketball, volleyball, badminton, batting cages, dodgeball and sack races. A cash concession stand will also be open. Each "Night Out" runs from 6 p.m. to 9:30 p.m. in the College's Merner Fieldhouse, 450 S. Brainerd Street. Charges are \$10 per child, and

\$8 for each additional child in the family. Call baseball coach Ed Matthey at 630/637-5512 to register.

SINGLES

Every Sunday

CLUB FEVER

Interactive DJ, Ablaze 767, 7pm \$6, 7th day. Singles Dance Party, 7pm-11 pm every Sun. Club Fever, 3201 Algonquin Rd., Rolling Meadows 9/12 mi. E. of Rt. 53) DJ plays all requests. Admission includes free buffet and \$1 drinks. Sponsored by Attachments, Inc. Hotline 847-604-2400 or 630-584-1031.

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This landmark also specializes in prime steaks and fresh fabulous seafood. Our chef, also offers a long list of daily specials.

Enjoy Matty's Oak Rail Bar featuring Complimentary appetizers from 4-9 p.m. and live entertainment at our piano Monday-Saturday evenings.

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Community Calendar

SINGLES

Fri., Dec. 27

ST. ANDREWS C.C.

Special holiday season singles dance parties, St. Andrews Country Club, (the time and place to make new connections) Dec. 27, 8-12:00 p.m. 3N441 Rt. 59, West Chicago (1/2 mi. N. of North Ave.) Sponsored by, Attachments, Inc. Hotline (630) 584-1031, Tina (630) 584-3264, Hotline (847) 604-2400.

December 27

CHICAGOLAND SINGLES

The Chicagoland Singles Association and The Aware Singles Group will sponsor a "Super Dance" at 8 p.m. on Friday, Dec. 27, at the Hyatt Regency Oak Brook, 1909 Spring Road, Oak Brook. Live music will be provided. Admission is \$8. The Chicagoland Singles Association is a non-profit organization.

Sun. December 29

Northwest suburban Singles

The Northwest Suburban Singles invite all singles to a dance at 7:00 p.m. on Sunday, December 29, at The Barn of Barrington Restaurant, 1415 S. Barrington Road, Barrington. There will be DJ dance music. Admission of \$5.00 includes a buffet.

For more information, call 708-786-8688.

December 30, 1996

INTIMATE GATHERINGS

"Intimate Gatherings", Sunday Evening Singles parties for the 35+, invites you to the Grand Opening celebration at "The 905 Club", 9055 N. Milwaukee, Niles, Sunday, Jan. 12, 1997, at 7 p.m. Music, dancing, appetizers, free valet parking, \$6, info? 847-470-1700. Your hostess, Geri Siegel (formerly Private Eyes-Hyatt Deerfield).

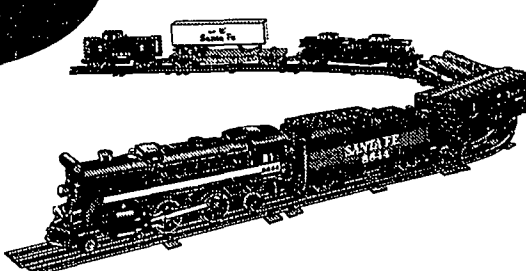
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Tues., Wed., Fri., 10 - 6

Sat. 9 - 5

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TUES. DEC. 31

MIDWEST SINGLES DANCE

The Midwest Singles Association, Attachment Singles, and Chicagoland Singles invite all singles to a "New Years Eve Super Singles Dance" at 8 p.m. on Tuesday, Dec. 31, at Chandeliers at the Schaumburg Golf Club, 401 N. Roselle Rd., Schaumburg. Music will be provided by Music Unlimited. Admission is \$15. Reservations are not necessary. For more information, call (773) 509-5000. The Midwest Singles Association is a non-profit organization.

January 3

JEWISH SINGLES

Friday 1/3/97 = 5:30 pm Happy Hour-meet at Matty's Wayside Inn. 1727 Waukegan Rd., Glenview. Reservation call (773) 761-7573.

Chicago Suburban Singles

The Chicago Suburban Singles will sponsor a dance at 8:00 p.m. on Friday, January 3, at the Barn of Barrington Restaurant, 1415 S. Barrington Road, Barrington. DJ music will be provided. Admission of \$6 includes a buffet. For more information call 847-216-9773.

SINGLES DANCE

The Aware Singles Group and the Chicagoland Singles Association invite all singles to a "Super Dance" at 8 p.m. on Friday, Jan. 3 at The Drake Hotel Oak Brook, 2301 York Rd. Live music will be provided. Admission is \$8. For more information, call Aware at 708-632-9600.

Jan. 3 & Jan. 4

St. Peter's Singles Club

All singles over 45 invited to these dances. St. Peter's Singles Dances. Fri. Jan. 3 at 8:45 PM Tivoli Gardens 3258 N. Harlem, and Sat. Jan. 4, at 8:45 PM Golden Flame, 6417 Higgins. Cost both dances \$5.

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EVERYDAY: 1:20, 3:25, 5:30, 7:35, 9:40 - Rated PG -

HELD OVER "ROMEO & JULIET"

EVERYDAY: 12:30, 2:50, 5:10, 7:30, 9:50 - Rated PG-13 -

HELD OVER Dustin Hoffman & Brad Pitt

"SLEEPERS"

EVERYDAY: 1:15, 4:05, 6:55, 9:45 - Rated R -

HELD OVER "FLY AWAY HOME"

EVERYDAY: 12:45, 2:55, 5:05, 7:15 - Rated PG -

Jon Lovitz "HIGH SCHOOL HIGH"

EVERYDAY: 9:25 - Rated PG-13 -

ALL SEATS \$17.50

WOMEN

Tues Jan 7, 1997

Francie Farley Lecture

Francie Farley will speak at the Tuesday, January 7, 9:30 a.m. meeting of the North Suburban Embroiderers' Guild. The Guild meets at the Village Presbyterian Church, 1500 Sherman Road, Northbrook. New members and guests are welcome. A \$3 fee is charged for visitors. For more information call Robbi Eklow at 847-223-0460.

Wed., Jan. 8

MAYFAIR WOMEN'S ASSOC.

Wednesday, Jan. 8, is the date of the next regular meeting of the Women's Association of Mayfair Presbyterian Church, 4356 W. Ainslie St. Following a noon Business Meeting, the 1 p.m. luncheon will be served by Board Members. Cost of the luncheon is \$5 and everyone is welcome to attend. For further information, call the church office at (312) 685-0104.

Free Epiphany Concert at St. Lambert Church

The Lira Singers and the Cerdas Clasicas String Ensemble will present a cross-cultural concert of Mexican and Polish carols and hymns at St. Lambert Church, 8148 North Karlov Avenue in Skokie at 3 p.m. Sunday, January 5, 1996-the Feast of the Epiphany.

Admission to the concert is free. A free will collection will be taken. The concert will be followed by a free reception at which audience members will be invited to meet the artists and will be invited to participate in Mexican and Polish holiday customs.

For more information about the Mexican-Polish concert, call the Lira Ensemble office at 773-539-4900.

Disney's Toy Story on Ice seeks skaters

Walt Disney's *World On Ice - Toy Story* is looking for talented local ice skaters to join the show's international cast. Auditions will be held on Thursday, Jan. 23, beginning at 3 p.m. at the Rosemont Horizon, 6920 No. Mannheim Rd., Rosemont, IL.

Interested male and female skaters should call Judy Thomas, artistic talent coordinator, at (813) 349-4848 to reserve a spot at the audition. Skaters chosen to perform with the show will be at least 17 years old or high school graduates and available to travel for extended periods of time. Personality, appearance, weight and ability to learn intricate routines will be considered. Auditioners should arrive at 2:30 p.m. and enter through the Lunt Street entrance on the north side of the Rosemont Horizon.

The show will travel to 79 U.S. cities over a three-year period. *Walt Disney's World On Ice - Toy Story* appears at the Rosemont Horizon on January 22 to 26, then moves to the United Center, January 28 to February 9.

Travel and learn on a South African Adventure

Travel and learn on one of four educational tours to South Africa sponsored by Oakton Community College. The tours are scheduled in 1997 for Jan. 17 - Feb. 3; April 4 - 21; July 11 - 28 and Sept. 12 - 29.

Enjoy an escorted wildlife and cultural safari to the most technologically advanced nation in Africa with a population of over 36 million. From the sub-tropical east coast and spectacular Drakensburg Mountains to the temperate southern cape, the country has an unequalled variety of landscapes.

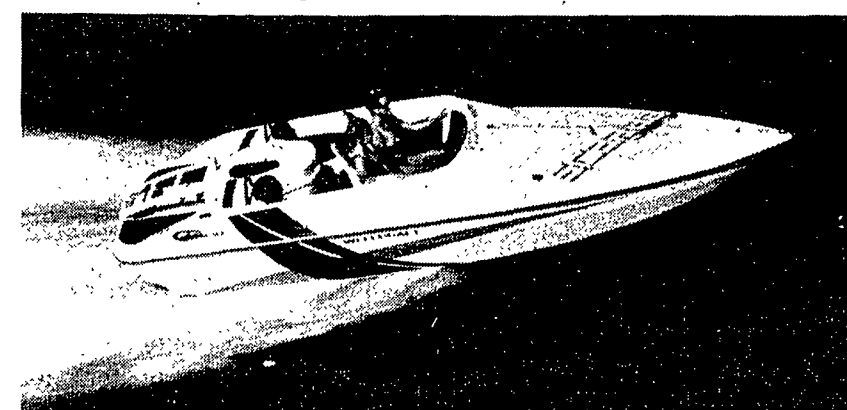
Spend several days on wildlife safaris in private game parks and national parks seeing a wide variety of species including the "big five." Two days are devoted to learning about the Zulu people. Visit a village, experience its traditions and witness native dances.

Visit a local Zulu school to see how contemporary life is impacting these proud people. Spend two nights each at Ndumo and Rocktail Bay where you will witness how ecotourism is being used to help preserve South Africa's wildlife and enhance the lives of the people who live near the reserves. Finish your learning adventure with a special family luncheon which is arranged for the group in Cape Town.

For more information or complete itineraries, call Bea Cornelissen at (847) 635-1812.

Entertainment

Family fun at Chicago Boat, Sports & RV Show



You can pick out your dream boat and start thinking about summer family fun at the 1997 Chicago Boat, Sports & RV Show, January 1-5 at McCormick Place. More than 900 boats and 300 recreational vehicles will be on display. The show is a convenient and affordable way to shop for the newest and best boats, RVs, fishing tackle, camping equipment, electronics and vacation resorts.



YIKES, SHARKS! Five daily live shark shows will be the dramatic new attraction at this year's Chicago Boat, Sports & RV Show, January 1-5 at McCormick Place. With smoke billowing and "JAWS" music playing, visitors will see caged divers enter the 7,000 gallon saltwater aquarium, and interact with the creature that elicits more fear and fascination than any other on the planet.

Let the family fun begin in 1997 by visiting the 67th Chicago Boat, Sports & RV Show, January 1-5 at McCormick Place.

More than 900 boats and personal watercraft and 300 recreational vehicles will be on display. Visitors can board many of the craft for a good look around. Boats and RVs can also be purchased during the show.

Danger fans and thrill seekers will want to check out three boats used in James Bond movies: the world record holder jump and chase boat from *Live and Let Die*, the hang glider/torpedo boat from *Moonraker*, and the Neptune submarine from *For Your Eyes Only*.

Just when you think you've seen everything, there's **YIKES! SHARKS!** This year's new dramatic attractions will be five daily live shark shows. With smoke billowing and *JAWS* music playing, visitors will see caged divers enter the 7,000 gallon saltwater aquarium, and interact with the creature that elicits more fear and

Mervin P. Corpin

Navy Seaman Recruit Mervin P. Corpin, son of Dominador P. and Lilia D. Corpin of Des Plaines, recently completed U.S. navy basic training at Recruit Training Command, Great Lakes.

ing pros will talk about areas of specialty: Larry Lazoen on bass, Ted Takasaki on walleye and Ron Lappin on crappie. Ed Shirley Sports will once again sponsor the very popular fishing seminars on Saturday and Sunday which feature top local fishing experts.

For kids 12 years of age and younger, the Huck Finn Trout Pond returns, with a ton of trout just waiting to be caught. Representatives from the Illinois Wildlife Federation are on hand to teach basic fishing skills and techniques to the youngsters.

Additional returning features include boating seminars, a casting pond and a remote control model boat pond.

"We consider this year's show as the gateway to the great outdoors, the land of family fun," said show manager Susan Lind. "We're seeing more and more families pursuing boating, camping and fishing as a group activity, and our two floors of equipment and exhibits can show people how to get started or go to the next level in adventure."

According to Lind, this year's show will have a special lobby display sponsored by *Boating Life Magazine* featuring a great assortment of boats and RVs for under \$10,000.

"We want people to know that they can discover family fun for under \$10,000 at our show," said Lind. "Enjoying the great outdoors can be a very affordable family activity, and this display will show you how."

You can sign up to win a Godfrey Pontoon boat at the lobby display. Visitors can also enter to win a Tigershark Montego personal watercraft displayed in the shark tank area.

Hours are: Wednesday through Friday from 11 a.m. to 9 p.m., Saturday from 10 a.m. to 9 p.m., and Saturday from 10 a.m. to 6 p.m.

Adult admission is \$7; children under 12 are free when accompanied by an adult. January 1 is Seniors Day when all seniors, 65 and older, receive a \$2 discount on admission. Adults can receive a \$2 discount on admis-

sion when they bring a Sony Theatre ticket stub dated December 1, 1996 through January 5, 1997 to the box office. The discount is good for all five days of the show. Two dollar discount

coupons are also available at participating boat and RV dealerships.

For information about the Show, call Susan Lind at 312/946-6262.

JADE EAST

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Niles, Illinois 60714

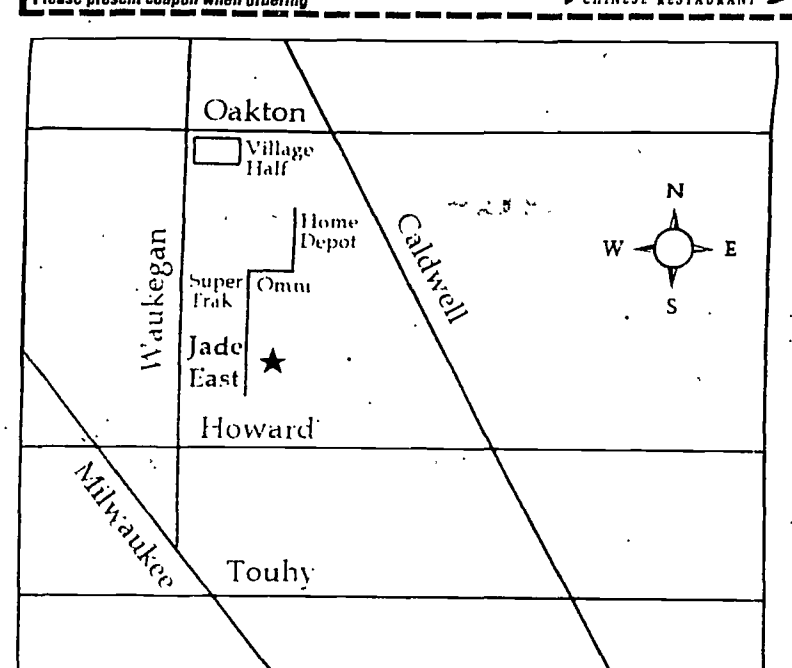
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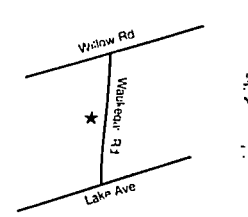

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Entertainment

Christmas Spirits Lawyers Revue



Chicago's top lawyers and judges poked fun at local and national celebrities and events in the news during last year's performance of the Chicago Bar Association's acclaimed Christmas Spirits Revue. The title of this year's show, **101 Dull Motions**, is somewhat misleading as an entertaining evening is sure to bring laughter to all. The show is coming to the Mainstage of the Performing Arts Center at 8:30 p.m., Saturday, Jan. 25 at Oakton Community College's Des Plaines campus, 1600 E. Golf Road. The program is brought to you by the Oakton Educational Foundation. Tickets for the Saturday night benefit performance and reception are available for \$45. For ticket reservations, call the Oakton Box Office at (847) 635-1900. Last year's performance sold out early, so order your tickets now.

Gemini art work on display

After weeks of painstaking work on a variety of art projects, a group of seventh grade students from Gemini Junior High School are sharing the fruits of their labor with the community through an art exhibit at the Donald C. Steina Educational Center at 10150 Dee Road in Des Plaines. Working under the direction of art teacher Audrey Westgor, the children produced projects focusing on ceramics, linoleum blocks, and copper tooling. These unique designs will be on display through December.

Students participating in the exhibit include Connie Yang, Nicole Weglarz, Marina Loseva, Rachael Ranz, Steve Siu, Ji Won Kim, Forum Patel (Ceramics) Martin Sacharia, Christina Bambino, Diana Lee, Irena Djuric, Damian Podgorski, Saloni Kapur, Sadaf Quereshi, Melissa Weiser, Anita Eyshou, Nicole Weglarz, and Sam Kim (Linoleum Blocks/Copper Tooling).

COMMUNITY DINING GUIDE

SPECIALS GOOD FROM ...
Thursday, December 26, 1996 to Wednesday, January 1, 1997

RESTAURANT	TYPE	LOCATION	THIS WEEK'S SPECIALS
Chi Tung	Mandarin/Cantonese	8105 N. Milwaukee Avenue Niles, Illinois 60714 (847) 966-1145	Lunch Buffet (Monday - Friday) 11 A.M. - 2 P.M. - \$5.15 Weekend Buffet (Friday - Sunday) 5 P.M. - 8 P.M. - \$6.88
Father & Son Restaurant Pizzeria	Italian/American	5691 N. Milwaukee Avenue Chicago, Illinois 60648 (312) 774-2620	Everyday Pizza Special \$5.95
La Pasta Ria Ristorante & Catering	Italian/American	3711 Central Road Glenview, Illinois 60025 (847) 729-0084	(TUESDAY) ALL YOU CAN EAT RAVIOLI - \$6.95
Matty's Wayside Inn	American Cuisine	1727 Waukegan Road Glenview, Illinois 60025 (847) 724-1314	- Complete Dinners - Fresh Poached Salmon - \$15.95 Fresh Grilled Swordfish - \$15.95

For complete itineraries and prices, call (847) 635-1812.

Entertainment

Skokie Museum
Communication exhibit

The transformation of communication from the Civil War through World War I is the subject of the Skokie Heritage Museum's upcoming communication exhibit, entitled "The Dawn of the Communications Age," Co-sponsored by the Skokie Historical Society, the exhibit opens Dec. 5 and runs through June 1997.

Consisting of four sections, the exhibit will focus on the history of radio but will also encompass the history of the telephone, telegraph and phonograph as well as identify the major inventors that contributed to the birth of modern communication. The items on display at this FREE exhibit are on loan from private collectors and Skokie residents Julia and David Bart. The Barts are avid collectors of communication devices, many of which they found at collectors' shows, auctions and flea markets.

Highlights of the museum's exhibit include a replica of the first Bell telephone, wooden wall phones from the 1890s and desk phones from 1900 through 1940s. Phonographs such as the Edison cylinder player, the Victorian horn player and other windup phonographs will also be on display. Telegraph equipment spanning 1870 to 1930 will also be featured.

The focus, however, will be on the Golden Age of Radio, spanning World War I through the late 1940s. "This fascinating era will be the focal point of the display," says David Bart, who has exhibited at various collectors' shows across the country. "This exhibit will take you back to the sights and sounds of yesteryear to the laughter of Charlie McCarthy and Jack Benny, to the tales of suspense, to the shadow and to the voice of Franklin Delano Roosevelt."

Also included in this portion of the exhibit are radio premiums such as handouts and advertising pieces from old radio shows as well as pictures of famous radio personalities. A small section demonstrating how radio sound effects are generated will be included for children.

"I've never seen an exhibit like this before in the Skokie area," says Elizabeth O'Toole, Skokie Heritage Museum supervisor. "By encompassing all these forms of communication, the exhibit will be one you won't want to miss."

The Skokie Heritage Museum is located 8031 Floral Ave. in Skokie and is open Tuesday through Saturday Noon to 4pm. Admission to the museum and exhibit is FREE.

Travel to Bermuda, the oldest jewel in the crown

Explore the rich cultural heritage of Bermuda, Britain's oldest remaining colony whose founding provided the inspiration for William Shakespeare's "The Tempest." This educational experience, sponsored by Oakton Community College, is available for booking March 9 - 18 and Nov. 9 - 18, 1997.

An example of political and social stability, Bermuda provides an ambience that is unique in the Western Hemisphere. Bathed by winds off the Gulf Stream, this "island for all seasons" is also the northernmost area in the world where reef building coral is found. Share a morning of storytelling and folklore with native Bermudians before joining them for small group luncheons in the relaxed and hospitable atmosphere of their charming homes.

Learn about the cultural and natural history of Bermuda through a combination of interpretive walking tours, followed by slides and lectures at the Royal Dockyard and Maritime Museum, Waterville, Spittal Pond, Hamilton, St. George and Fort St. Catherine. Also, learn about the coral and reefs of Bermuda at the Bermuda Biological Station through practical "hands-on" lessons in coral identification in the laboratory, followed by a trip to the reefs on one of the Biological Station's ships.

For complete itineraries and prices, call (847) 635-1812.

Tony is searching for a new Tina!

Tony n' Tina's Wedding, Chicago's favorite comedy is on a citywide search for a new TINA! She must be funny, gregarious, confident, honest, wisecracking, charming, energetic, and a little nutty! So spread the word and help Chicago's hilarious hit find their new leading lady!

Tony n' Tina's Wedding, is now in its fourth smash year at Piper's Alley. Since its riotous opening in 1993 the show remains wildly popular, playing to sell out crowds six nights a week and has showcased special guests like Tom Dreesen and Frankie Avalon. Tony n' Tina have fast become Chicago cultural icons, recently making an appearance on The Tonight Show with Jay Leno. They've shown up all over the Windy City, from singing the National Anthem for the White House.

Open tryouts for young actors in grades 6-10, January 8 & 9 at 4 p.m. at the Northbrook Theatre, 3323 Walters Avenue, Northbrook. All who audition must have a prepared song with sheet music and participate in a reading from the script as well as a dance tryout. Also, ALL possible rehearsal conflicts must be turned in on the day of auditions.

Performances begin March 1 and run on Saturdays and Sundays through March 23rd. Rehearsals are twice a week; 4 - 6 p.m. on weekdays (Mondays, Thursdays or Fridays) and 2 - 6 p.m. on Sundays. For more information call the Performing Arts Office (847) 291-2367.

Children's theatre announces auditions

Open tryouts for young actors in grades 6-10, January 8 & 9 at 4 p.m. at the Northbrook Theatre, 3323 Walters Avenue, Northbrook. All who audition must have a prepared song with sheet music and participate in a reading from the script as well as a dance tryout. Also, ALL possible rehearsal conflicts must be turned in on the day of auditions.

Performances begin March 1 and run on Saturdays and Sundays through March 23rd. Rehearsals are twice a week; 4 - 6 p.m. on weekdays (Mondays, Thursdays or Fridays) and 2 - 6 p.m. on Sundays. For more information call the Performing Arts Office (847) 291-2367.

Sox to preparing cannolis at this year's "Taste of Chicago" festival. They are also avid supporters of local charities.

Tina wanna-be's should mail in a picture and cover letter telling Tony about herself to: The Tina Search, c/o Tony n' Tina's Wedding, 230 W. North Ave., Chicago, IL 60610.

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School News

Crane Tech Old Timers

The Crane Tech Old Timers Dinner Reunion Committee is looking for crane tech alumni to place on our mailing list. To be sure of receiving notices for the 1997 dinner reunion sched-

uled for Wednesday, May 21, 1997, please contact Hohn Alvarez at 773-794-1559 or Arnold Borenstein at 312-744-4905.

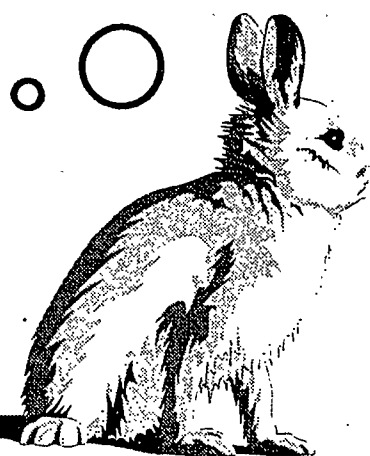
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Monday Thru Friday
7:00 AM - 6:00 PM
Saturday: 9:00 AM - 3:00 PM
CLOSED SUNDAY

Notre Dame holds placement exam

Notre Dame High School for Boys, 7655 Dempster, Niles, will administer its placement exam for 8th grade boys on Saturday, January 11th at 8:15 a.m. Any boy who is considering application to Notre Dame High School next fall is required to take the placement exam. There is a \$20 testing fee payable on test day.

The placement exam is used as an indicator of the 8th grade boy's academic aptitude, and assist in placing the boy in the proper academic level for his freshman year at Notre Dame High School. Along with taking the test, the boys will receive further information about the admission process and about the programs at Notre Dame High School. For further information about the Placement Exam, please call Mr. George Rattin, Director of Enrollment at (847) 965-2900, Extension 227.

Three cheerleaders compete in Nationals

After celebrating Christmas with family and friends on December 25, many people will board planes to return home; this won't be the case, however, for three Maine East varsity cheerleaders. Seniors Tony Hanahan of Niles, Jenny Iglehart of Des Plaines, and Jason Shapiro of Glenview will be leaving home for Nashville, Tennessee, to compete in national cheerleading competition, scheduled for December 26 through December 30.

The three were chosen this summer at Northern Illinois University to be members of the Cheerleading Illinois All-Star Co-ed Competition team. Maine East senior Joey Jao of Morton Grove was also chosen to participate and represent Illinois, but he will not be able to attend with Hanahan, Iglehart, and Shapiro.

Heidi Lapin

Heidi Lapin, a 1995 Maine East High School graduate and a Niles resident spent this past summer working for the Norwegian Cruise Line aboard the MS Dreamward. The ship sailed from New York to Bermuda weekly. Ports of call were St. George and Hamilton. Heidi was one of the Youth Co-ordinators responsible for creating, organizing, and supervising activities for the children ages 3-17 years old.

Heidi is a sophomore at the University of Illinois, Urbana-Champaign. She is majoring in Recreation and Sports Management at the College of Leisure Studies. She has received the Applied Life Studies Continuation Scholarship for the last two years. It is a \$1500 scholarship per year, awarded to students for academics, leadership skills and continuing studies in their major.

Prudential Spirit of Community Awards received



Maine East Principal Carol Grenier congratulates senior Lisa Weiland of Des Plaines and junior Michael Shim of Glenview for being selected Maine East's honorees in The Prudential Spirit of Community Awards Program.

Senior Lisa Weiland of Des Plaines and junior Michael Shim of Glenview have been selected as Maine East's honorees in The Prudential Spirit of Community Awards program.

The Spirit of Community Awards are presented to students who have made positive differences through volunteer activities in the past year. Weiland volunteers at Lutheran General Hospital while Shim volunteers at his church.

Their qualifications have been forwarded to the Illinois selection committee to be considered for awards on the state and national levels. Two state honorees, one middle-level and one high school student, will each receive a \$1,000 award, a silver medalion, and travel to Washington, D.C. for recognition ceremonies in May. The state selection committee will also award four bronze medals to Distinguished Finalists.

Niles Township Schools' Pre-School Screening

All school districts in Niles Township will be conducting free developmental screening during the months of November, December, 1996, January, February, 1997 for all children who are 3 and 4 years of age.

This annual screening is held to assess a child's general development and to detect any problems or delays in vision, hearing, motor, cognitive, social-emotional and/or speech and language development.

Members of the special services team will be conducting the screening and will provide feedback to parents as to their child's

performance. The screening is done informally and children generally enjoy the process.

This screening is strongly recommended. Educational problems identified at an early age can often be corrected. If the screening identifies educational needs, services are available in the township.

Pre-school children screened last year can be re-evaluated this year.

All children living in any of the nine Niles Township Districts are eligible. There is no charge for this service. The screening requires about 45 min. to complete.

DISTRICT (Schools)	SCREENING DATES	PHONE	CONTACT PERSON
#67 Hyman	Jan. 29, 30, 31	965-4500	Pat Steinman
#68 Jane Stenson	Feb. 1	967-9380	Barb Becker/Lonnie Sherman
#69 Madison	Jan. 27, 28, 29	675-3048	Barbara Schiebke
#70 Parkview	Nov. 4, 6, 7, 8, 12	965-6200	Jan Lombardo
#71 Niles Elem.	Feb. 3, 4, 5	647-9752	Kathleen Panke
#72 Fairview	Nov. 5	674-8210	Carol Peterson
#73 East Prairie	Feb. 26, 27	673-1141	Sheila Gardner
#73 S. Tripp	Feb. 23, 26, 27	673-1223	Beverly Ruttenberg
#74 Todd Hall	Feb. 18, 19, 20, 21	675-8235	Georgia Theodorakakis

Christopher C. Hogan

Navy Seaman Recruit Christopher C. Hogan, son of Chris Hogan of Glenview, recently completed U.S. Navy basic training at Recruit Training Command,

Great Lakes, Ill.

He is a 1996 graduate of Glenbrook South High School of Glenview.

Sports/Parks & Library News

Forest preserve official gets honor

Cook County Forest Preserve District Board President John Stroger announced that Joseph N. Nevius, General Superintendent of the Forest Preserve District of Cook County received top honors from the American Society of Landscape Architects at its annual meeting in Los Angeles.

Deck the walls! Enter Storybook Art Contest

It's time to deck the walls! Lincolnwood residents are invited to enter the Lincolnwood Public Library's Storybook Art Contest. The works they create will decorate the huge temporary wooden walls that seal off certain areas while remodeling is underway during construction of the library addition.

The theme for the contest must be book related -- such as a character or scene from a story. The name of the story or book and its author must appear on the front of the poster. The contest deadline is Friday, Jan. 10, 1997. Contest categories are preschool; K-2; grades 3-5, grades 6-8, and grade 9 to adult. Members of the Library Board of Trustees will judge the winners. Awards will be announced.

Participants should write their name, address, phone number and category on the back of the poster. Entries will be displayed on the walls and will remain up as long as construction permits. Join in the fun and let your creative juices flow. The library is located at 4000 W. Pratt Ave. Phone: (847) 677-5277.

At the meeting Nevius was elected a Fellow in the American Society of Landscape Architects (ASLA) for professional excellence and outstanding accomplishments in administrative professional work in a public agency.

"This honor recognizes Joe's commitment to land preservation, comprehensive planning and cooperative partnerships," said Stroger. "It also distinguishes him among his peers as a national leader in the areas of natural resource management, volunteer land stewardship, environmental education and open space partnerships."

NSLF

Presentation

Margaret Atwood will be speaking as a part of the North Suburban Library Foundation's Literary Circle Series on Monday, January 6, 1997, from 7:30-9:00 p.m. at Glenbrook South High School, 4000 W. Lake Ave. in Glenview. Atwood is the author of the best-selling "Handmaid's Tale" which was also made into a film. She is also the author of the new novel, "Alias Grace" and has written over 16 volumes of poetry, nine novels, and four short-fiction collections. The Literary Circle Series also features best-selling author Tom Wolfe on Tuesday, March 11, 1997.

Tickets are \$22 for general admission and \$45 for patron seating (which includes a post-lecture reception with the author). Proceeds will benefit the Foundation. For more information, call (847) 459-1300, ext. 139.

Lincolnwood Library Board positions open

Filing dates for candidates wishing to run for a seat on the Board of Library Trustees of the Lincolnwood Public Library District are Jan. 13 to Jan. 21, 1997.

Forms for two trustee positions for the Board may be picked up at the library during regular library hours. The term of each position is six years. The library is located at 4000 W. Pratt Ave., phone: (847) 677-5277.

A candidate must be a Lincolnwood resident and must reside in the district, which is co-terminus with the Village, and be a registered voter within the district. The election will be held Tuesday, April 1, 1997. The board meets monthly on the third Wednesday to decide library policy.

Names of candidates will appear on the ballot in the order in which the filing papers are received. Documents required include a non-partisan statement of candidacy, a receipt for a statement of economic interest and a petition for nomination with a minimum of 50 signatures from registered voters in the district. An additional 25 signatures is recommended in case some are invalid. Deadline for returning the papers to the library is 5 p.m. Jan. 21, 1997.

A candidate for trustee must have an interest in the Lincolnwood Public Library, its operations and programs and have the time to devote to working with the board, the library director and the Lincolnwood community.

USE THE BUGLE

Stroger holds a summer kick-off in winter

It might look and feel like winter, but summer will literally be around the corner when residents start lining up at the Forest Preserve District of Cook County's picnic permit office. Beginning Thursday, January 2, 1997, at 6 a.m., the Forest Preserve District will start selling picnic permits and golf activity cards for the 1997 spring and summer season in Room #608 of the County Building.

"The early opening of the picnic permit office following New Year's Day is a Forest Preserve District tradition," said Stroger. "For many people their first order of business for 1997 will be reserving a grove for their summer picnic."

The fee for a 1997 picnic permit is \$20 per picnic site without a shelter and \$25 per picnic site with a shelter. People requesting additional groves and shelters will be charged accordingly. The designated picnic chairperson seeking a picnic permit must appear in person at the County Building to purchase a permit and

to determine grove availability. The fee for a golf activity card is \$20 for residents and \$50 for non-residents. The activity card enables golfers to receive discounts on greens fees at any of the Preserve's 10 golf courses.

On Thursday, January 2, the picnic permit office will be open from 6 a.m. - 5 p.m. "Starting Friday, January 3, the picnic permit office will resume regular office hours from 9 a.m. - 5 p.m., Monday - Friday. The sale of picnic permits at the District's General Headquarters in River Forest will begin in February 1. People can purchase a permit over the telephone in March 1. The permit office will accept cash, business or personal checks (with photo identification) and Visa or MasterCard.

The District has more than 325 picnic groves throughout Cook County. People will be camping out in the County Building on New Year's Day to try to be among the first in line Tuesday morning to secure their favorite picnic site.

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Professionals Guide

A directory of area professionals and services

<p>REAL ESTATE</p> <p>Century 21 Marino Realtors*, Inc. 5800 Dempster Street Morton Grove, Illinois 60053 Business 847-967-5500 Fax 847-965-5600 Toll Free 800-253-0021 Residence 847-965-1774</p> <p>Each Office is Independently Owned and Operated</p>	<p>REAL ESTATE</p> <p>Joseph R. Hedrick REALTOR Q Member 1994</p> <p>FOR A FREE ESTIMATE OF VALUE ON YOUR HOME Please Call Betty Cusimano or Norbert Johnson - NO OBLIGATION EVER - Also Certified Real Estate Appraisal's Call Johnson Real Estate Company 1-847-967-8800 MULTIPLE LISTING SERVICES 8137 N. Milwaukee Ave. Niles, IL 60714</p>	<p>REAL ESTATE</p> <p>RE/MAX AllStars Toni Brens, CRS, GRI Broker Bi-Lingual: English/Polish 7900 N. Milwaukee Ave. Oak Mill Mall - Suite 32 Niles, Illinois 60714 Direct: (847) 965-3768 VM: (847) 965-4286 Independently Owned and Operated</p>
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Business News

TeleFile Tax Packages are coming-Don't lose them

If you are eligible to file by telephone through the Internal Revenue Service TeleFile system, you will receive a TeleFile tax package in the mail by early January. It's very important that you save your TeleFile package even if it's too early to think about taxes. If you lose your package, it can't be replaced and you won't be able to TeleFile.

The TeleFile tax package includes a special identification number that allows you to file your taxes by phone. And, as soon as you get your W-2's, you can file your return and get your refund in about three weeks.

Nationwide, over three million people filed their federal tax returns by phone last year—about 15% of those eligible to use TeleFile. TeleFile is free—the call is toll-free and is available 24 hours a day. Filing through TeleFile is fast—you can file your return in about 10 minutes. And, it's easy. The instructions are simple and the computer does all the calculating.

Remember, hold on to your TeleFile packages so you can quickly and easily file by phone.

Data Processing courses offered by ALL

Data processing classes for business and non-business users are being offered by Alliance for Lifelong Learning (ALL), the continuing education program of Oakton Community College this winter. Classes are held at the Des Plaines campus, 1600 E. Golf Road, and the Ray Harstein Campus, 7701 N. Lincoln Ave., Skokie.

Beginning, intermediate and advanced classes are offered in the following software packages: Macintosh, Internet, WordPerfect 6.1 for Windows, Microsoft Windows 3.1, Microsoft Excel 5.0, Lotus 1-2-3, PowerPoint 4.0, Access 2.0, DOS, Microsoft Word

for Windows 6.0, and Word Perfect 5.1 DOS. Morning, evening, afternoon and weekend classes are available.

How to Get the Most Out of Your Computer, a series of lecture-only courses, designed to help you determine which software package is appropriate for you is also offered. Topics include: *Using Your Modem, Managing Memory, Using Utilities, Using Software and Using Your PC Functions to the Limit.*

Soc. Sec. information a must on your tax return

Beginning this year, the Internal Revenue Service will disallow certain credits and deductions where valid Social Security Numbers (SSNs) are not provided on tax returns.

Take special care to enter complete and accurate SSNs for yourself, your spouse (if filing jointly), and any dependents born before December 1, 1996, as well as for qualifying children for the Earned Income Tax Credit (EITC) and dependent care credit.

Due to recent tax law changes, the IRS will deny the dependency deduction and the dependent care credit on returns with missing or incorrect SSNs for dependent or qualifying children. The IRS will also deny the EITC on returns with missing or incorrect SSNs for the taxpayer, spouse (if filing jointly), or qualifying children. This means the returns will be processed immediately and refunds will be adjusted accordingly. The IRS will send a notice to the taxpayer advising them of the changes made, but will not ask for additional information. Corrected information may be provided by the taxpayer at any time.

You should check the Social Security cards for yourself and others claimed on your tax return to make sure that all numbers and names match the information that is on the return. If you (or a family member) have a name change due to marriage or divorce, you need to report the change to the Social Security Administration as soon as possible so that records can be changed prior to the time you file your return.

New staff members for District 207

Maine Township High School District 207 Board of Education approved the appointment of four new staff members. They are Gary Fester, a custodian at Maine East; Mary Molenda, an occupational therapist for Maine Township Special Education Program (MTSEP); Stephen Otten, Jr., a custodian at Maine West; and Patrick O'Hara, a custodian at Maine East. The occupational therapist appointment is a new position. The custodial appointments are replacements for existing positions.

Stock Certificates may become a "thing of the past"

Attention all stock investors: Corporate America has taken the next step toward making the world of stock investing a paperless one.

On Dec. 31, 1996, AT&T will distribute a special stock spin-off to shareholders of record on Dec. 13. The spin-off will be a distribution of NCR shares on the basis of .0625 of a share of NCR for each AT&T share owned. But that's not the reason it's special.

Through a process known as "electronic registration" or "direct registration," shareholders, who own 16 or more shares of AT&T will receive an account statement notifying them of their NCR shares. (Shareowners who own fewer than 16 AT&T shares will receive cash payments for fractional NCR shares.)

When a company declares a stock spin-off or stock split, the company typically issues stock certificates to investors who hold their shares in their own name as proof of ownership of the new shares. However, there will be no stock certificates issued for this transaction—only an account statement that serves as proof of ownership. In the case of the upcoming AT&T-NCR transaction, direct registration account statements will be issued to about 1.7 million AT&T shareholders.

So, what does all this mean for stock investors? As future transactions are processed in a certificateless fashion, more and more shareholders will receive account statements instead of stock certificates, which will change the way stocks are traded.

Similarly, because a transfer agent does not have to abide by the same time restrictions as your brokerage firm, selling through a

transfer agent means you may not necessarily sell your shares at the time or desired price you were looking for.

As a way to simplify the confusing process that will be bought about by direct registration, Winter suggested that investors can register their stocks in "street name."

Street-name registration means that your brokerage firm can hold your shares on your behalf. Instead of taking actual possession of stock certificates after purchasing stocks, you let your brokerage firm hold the securities in your account, where they can be automatically accessed to settle trades.

Street-name registration pro-

vides a variety of other advantages, such as optional automatic deposit of dividend payments into your brokerage account, easier tracking of stocks in your portfolio via monthly brokerage account statements, and less cumbersome paperwork for tax reporting purposes.

David B. Habinghurst

Navy Seaman Recruit David B. Habinghurst, son of David B. Habinghurst Sr. of Des Plaines, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

He is a 1996 graduate of Rolling Meadows High School of Rolling Meadows.

Niles West Spectrum wins first place award

Spectrum, the Niles West High School yearbook, recently received a First Place with Special Merit award from the American Scholastic Press Association. Spectrum was cited for being an outstanding example of a scholastic publication in format, content and presentation. The yearbook received outstanding scores in the categories of general photography, publication structure and creativity.

Niles West English teacher Michele Lewis serves as the yearbook advisor.

In 1951,

the buck stopped here, operators assisted with long distance calls, "A Streetcar Named Desire" rolled through Hollywood, and banking from your car was all the rage.



So much has changed...

Harry Truman is gone, the Internet is the latest in communications, Brando is bigger than ever, and dial-up is replacing drive-up banking.

But one thing hasn't...

First National Bank of Morton Grove is still your community bank. Right now we're celebrating our 45th anniversary by offering a special 45-week Anniversary CD at 6.00% A.P.Y. Call or stop in for details.

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LEGAL NOTICE

NILES PARK DISTRICT
COMBINED BALANCE SHEET
ALL FUND TYPES AND ACCOUNT GROUPS
DECEMBER 31, 1995

ASSETS	Governmental Fund Types				Proprietary Fund Types				Fiduciary Fund Types				Account Groups		Totals (Memorandum Only)
	General	Special Revenue	Debt Service	Capital Projects	Enterprise Funds	Trust and Agency	General Fixed Assets	Long-Term Debt	General	Fixed Assets	Long-Term Debt	Other	General	Fixed Assets	
Cash and cash equivalents	\$ 33,427	\$ 490,747	\$ -	\$ -	\$ 336,359	\$ 243,863	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,387,235
Investments					5,146,672						673				5,147,345
Property taxes receivable, 1995 levy, less allowance for uncollectible amounts	609,803	1,098,224	1,750,700												3,458,727
Accounts receivable		17				32,695									32,712
Due from other funds	347,111	64,221				69,659									481,001
Prepaid expenditures		30,759			217										30,976
Fixed Assets (net, where applicable, of accumulated depreciation)						8,347,329				8,137,225					16,484,554
Restricted Assets:															
Cash						110,505									110,505
Due from other funds						3,650									3,650
Other debits:															
Amount available in debt service fund													358,231		358,231
Amount to be provided for retirement of general long-term debt															
Total Assets and Other Debits	\$990,341	\$1,683,968	\$1,750,700	\$5,483,248	\$8,807,712	\$282,512	\$8,137,225	\$12,860,000	\$39,996,726						\$99,218,231
LIABILITIES															
Accounts payable	\$ 37,014	\$ 33,413	\$ 11,120	\$ 133,337	\$ 45,689	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 260,573
Accrued salaries	34,945	20,814			28,408										84,167
Deferred gain on bond refunding															
Due to other funds	3,650		347,111		60,409										404,170
Deferred revenue	609,803	1,180,315	1,750,700		133,890										3,598,708
Amount due employees for deferred compensation plan benefits					58,152										
Bonds payable															
Total Liabilities	\$85,412	\$1,234,542	\$2,108,931	\$133,337	\$326,548	\$673		\$12,860,000	\$39,996,726						\$57,218,231
FUND EQUITY AND OTHER CREDITS															
Contributed Capital - Park District					10,744,270										10,744,270
Retained Earnings:															
Reserved-restricted accounts					114,156										114,156
Unreserved					(2,377,262)										(2,377,262)
Investments in general fixed assets															
Fund balance:															
Reserved for petty cash	500	2,158													2,658
Reserved for prepaid expenditures		30,759			217										30,976
Reserved for capital improvements					5,349,694										5,349,694
Reserved for debt service															
Reserved for loans															
Unreserved	304,428	416,502			282,839										1,003,769
Total Fund Equity and Other Credits	\$304,428	\$449,426	\$358,231	\$5,349,694	\$8,481,164	\$282,512	\$8,137,225	\$12,860,000	\$39,996,726						\$99,218,231
Total Liabilities, Fund Equity and Other Credits	\$990,341	\$1,683,968	\$1,750,700	\$5,483,248	\$8,807,712	\$282,512	\$8,137,225	\$12,860,000	\$39,996,726						\$99,218,231

The accompanying notes to financial statements are an integral part of this statement.

Continued on Page 23

LEGAL NOTICE

NILES PARK DISTRICT
COMBINED STATEMENT OF REVENUE, EXPENDITURES AND CHANGES IN FUND BALANCES - BUDGET AND ACTUAL
ALL GOVERNMENTAL FUND TYPES
YEAR ENDED DECEMBER 31, 1995

REVENUE	General Fund		Special Revenue Fund Types		Debt Service Fund		Capital Projects Fund	
	Budget	Actual	Budget	Actual	Budget	Actual	Budget	Actual
Property taxes, net	\$ 621,000	\$609,338	\$ 936,489	\$ 926,238	\$ 10,251	\$1,358,288	\$ 959,641	\$959,747
Replacement tax	140,000	185,772						
Interest income	44,000	57,070						
Recreation programs								
Donations	2,500	8,500	539,575	444,951	(94,624)			494,364
Other	204,000	195,286						
Total Revenue	\$1,006,500	\$1,056,966	\$1,476,064	\$1,371,189	\$308,202	\$1,358,288	\$959,641	\$959,747
EXPENDITURES								
Current:								
Administrative	384,171	323,577	60,594	331,305	289,503	41,802		
Parks and maintenance	624,329	570,794	53,535	165,284	155,212	10,072		
Recreation programs				588,404	523,452	64,952		
Retirement expense				214,225	207,563	6,662		
Insurance				163,255	113,401	49,854		
Handicapped program fees				135,000	101,581	33,419		
Audit fees				15,000	14,000	1,000		
Police protection				21,520	17,976	13,144		
Paving and lighting				47,500	10,003	37,497		
Debt Service:								
Principal							945,000	945,000
Interest and fees							413,208	479,977
Capital Outlay:								
Capital Projects								
Total Expenditures	\$1,006,500	\$941,371	\$114,122	\$1,692,692	\$1,433,586	\$259,107	\$1,424,977	\$66,689
Revenue over (under) expenditures before other financing sources (uses)			144,695	144,695	(47,095)	(47,095)	(465,436)	(465,436)
OTHER FINANCING SOURCES (USES):								
Proceeds from bond issue								
Transfer from Golf Course Enterprise Fund								
Bond issue fees								
Transfer to Golf Course Enterprise Fund								
Revenue and other financing sources over (under) expenditures and other financing uses			144,195	\$144,195	\$ -	(47,095)	(47,095)	(465,436)
FUND BALANCE, beginning of year								
FUND BALANCE, end of year								

The accompanying notes to financial statements are an integral part of this statement.

Continued on Page 24

Police News

Niles donates used fire truck to downstate town

by Kathleen Quirsfeld

Niles Fire Chief Harry Kinowski asked the Village Board at its special board meeting on Dec. 17, if they would approve donating a

used fire truck to an Illinois town badly in need of one. Kinowski told the board, who unanimously approved the mo-

tion, that the town of Anna, IL, was selected for receipt of the used Niles vehicle from three other small cities that could also benefit from the twenty-year old truck.

Anna is a small town near Carbondale, population 5,000, that had been hit by flood waters that ravaged parts of the state two years ago.

While it continues to build up again, the donation of the used fire truck will be one less expense for the town to bear.

Kinowski said that the Illinois Fire Chiefs Association runs a list of communities in need of used fire department equipment.

The truck to be donated by Niles is one that served the Village for 20 years but was replaced by a new engine this year.

Anna, Illinois Fire Chief Jim Cross will be coming up to Niles this week to collect the truck for the drive back to Anna.

Kinowski said that knowing how handy fire fighters are, the truck will be spruced up and working like new before long.

Don't let holiday cheer be spoiled by drunk drivers

During the holiday season, more than 50 percent of all motor-vehicle fatalities are alcohol-related, according to the National Safety Council. Take a stand against drunk driving by thinking "designated driver" and "safe party planning" around this time of year, says the AAA-Chicago Motor Club.

It's easy to be a designated driver. All it takes is a promise not to drink any alcohol and provide a safe and sober ride home for those with you. The designated driver concept is gaining more and more acceptance across the country, and has been credited with saving many lives.

If you are planning to host a party during the holidays, put the emphasis on fun and food - not the bar. Serve a wide variety of beverages, most of which should be non-alcoholic. Control the amount of beverages served. Ask alcohol-impaired guests to stay overnight or call a cab to assure a safe ride home. When tempted to offer friends another drink, ask yourself if you're really doing them a favor. If guests leave your party and drive under the influence of alcohol, you haven't been a very good friend, and you may be held liable if they are hurt.

As part of its annual First a Friend, Then a Host (FAFTH) program, AAA-CMC's brochure, Host a Holiday Party Your Friends Will Love and Live to Tell About, suggests the following safe party tips:

• Serve a variety of non-alcoholic beverages, using the recipes from the holiday brochure.

• Slow down the drinking rate of your guests with lively talk and party games.

• Serve protein-rich and starchy foods throughout the evening to help retard alcohol absorption.

• Put away the alcohol when it gets late; serve coffee and dessert instead.

• Encourage carpooling. Give a small gift to all designated drivers.

• Remember, only time will sober inebriated guests. Nothing else - not even cold showers or coffee - lowers blood alcohol level or improves motor skills. Take away car keys, call a cab or insist that guests who have had too much to drink sleep overnight at your home.

To receive a free copy of the Host a Party Your Friends Will Love and Live to Tell About brochure, send a self-addressed, stamped, business-sized envelope to: FAFTH, AAA-CMC, Public Affairs Department, 999 E. Touhy, Des Plaines, IL 60018.

Firefighter test cycle in progress

The Northwest Municipal Conference (NWMC) Area Joint Fire & Police Recruitment & Testing Consortium will hold its mandatory orientation session on Saturday, Jan. 4, 1997 for those interested in learning about the position of entry level firefighter for municipal fire departments in Arlington Heights, Morton Grove, Northbrook, Park Ridge, Rolling Meadows, Skokie, Wheeling, Wilmette, and Winnetka.

Written exams will be administered on Saturday, Jan. 11, 1997, and the physical agility test is Saturday, Feb. 22, 1997.

Minimum requirements apply, and specific information about the test cycle is available by calling the Northwest Municipal Conference at (847) 296-9200.

Science and Environmental Club member

Bree Keener, daughter of Dave and Mary Keener, Lincolnwood, is a member of the Science and Environmental Club, which promotes and participates in cleaning up our environment, is also active in promoting recycling on the Upper Iowa campus.

Upper Iowa University, a four-year liberal arts college that has offered quality education to men and women since 1857, is located in the scenic Volga River valley of Fayette.

PTASINSKI & SMITH, P. C.
Attorneys at Law

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FREE LITERATURE**



LEGAL NOTICE
Continued from Page 23
NILES PARK DISTRICT
ENTERPRISE FUNDS
COMBINED STATEMENT OF REVENUES, EXPENSES AND CHANGES IN FUND EQUITY
YEAR ENDED DECEMBER 31, 1995

Operating Revenues:	
Fees and charges	\$1,138,226
Sales and rentals	518,696
Food sales	245,893
Other	48,030
Total Operating revenues	1,950,845
Operating Expenses:	
Salaries	816,366
Sales tax	18,977
Lessons and programs	159,112
Materials and supplies	231,337
Insurance	61,729
Utilities and telephone	189,302
Contract services	37,616
Buildings, equipment and landscaping	218,923
Other expenses	58,109
Depreciation	327,190
Total Operating Expenses	2,118,561
Operating Income (Loss)	(167,716)
Nonoperating Revenue (Expenses):	
Loss on disposal of fixed assets	(14,580)
Interest on indebtedness	(950)
Transfer to Debt Service	(77,566)
Transfer from General Fund	500
Interest income/bond reserve	1,361
Gain on refunding	3,207
Net Income (Loss)	(255,744)
Equity, December 31, 1994	7,224,227
Capital Contributed by Park District:	
Capital Projects Fund	1,512,681
Equity, December 31, 1995	\$8,481,164

The accompanying notes to financial statements are an integral part of this statement.

Vyacheslav Voloshin

Army Pvt. Vyacheslav Voloshin has graduated from the cavalry scout course at Fort Knox, Radcliff, Ky.

Voloshin is the son of Peter and Lubia Voloshin of Des Plaines.

PEACE

Century 21
COACHLIGHT REALTY INC.
7735 N. Milwaukee Ave.

YOUR NILES BROKER
1975 1997

HAPPY HOLIDAYS
To All Our Community Neighbors
From Our House To Yours

JOE TATKOWSKI
MARY RICE
JIM RICE
MICHAEL NAMOVITZ
BARBARA KARBOWSKI
ARLENE KROLL
ROBERT SCHULTER
LAURA MCENERNEY
EDWARD SIMMONS
JANINA MALEK
ANN BARNAS

PAT DALESSANDRO - BROKER
VALI DEMOS - MANAGER
GAIL ATWATER - SECRETARY

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Selling or Buying Jan. 1, 1997 & thru March 31, 1997

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CALL US
TODAY **847-967-9320**

Police News

Free Guide available for selecting a school

North Side and north suburban parents looking for the right school for their children will be interested in a free 1997 directory to private, non-parochial schools, many of which are in the northern suburbs and the North Side of Chicago.

The schools offer a wide range of programs, including classical curriculums, those based upon European approaches to learning, and those using innovative methods of teachings.

Copies of "A Guide to Chicago - Area Independent Schools" are available by writing, Independent Schools Directory, Room 199, University of Chicago Laboratory Schools, 1362 E. 59th St. Chicago, IL 60637.

The schools listed in the booklet are these North Side schools: Bernard Zell Anshe Emet Day School, Chicago Academy for the Arts, Chicago City Day School, Chicago International School, Chicago Waldorf School, The Latin School, North Shore School, Francis W. Parker School, and Sacred Heart Schools.

North suburban schools listed in the directory are the Baker Demonstration School, Chiavari Montessori School, and Roycemore School, all in Evanston; Creative Children's Academy, Palatine; Lake Forest Academy, Lake Forest Country Day School, and Woodlands Academy of the Sacred Heart, all in Lake Forest; The North Shore Country Day School, Winnetka; Northridge Preparatory School, Niles, and the Willows Academy, Des Plaines.

Other Chicago schools in the directory are The Ancona School, The Harvard School, Morgan Park Academy, and the University of Chicago Laboratory Schools. Also in the directory are Avery Coonley School, Downers Grove; Chicago Junior School and Elgin Academy, both in Elgin; Marmion Academy, Aurora; Keith School, Rockford; and La Lumiere School, LaPorte, Indiana.

Are you having trouble finding the right Christmas present, stocking stuffer, for your husband, wife, children, boyfriend or girlfriend? The Niles Police Department has the right "Ticket for You". No, it's not a traffic ticket, it's a ticket to watch some of "Niles' Finest" face-off against some of the best former Chicago Blackhawks players in a benefit Ice Hockey game.

The game will be held on Friday, February 21, 1997, 7:30 p.m. at Iceland, located at Ballard and Cumberland Rd., Niles. The Niles Police promise that this will be "inter-arresting entertainment for the entire family." Call now for tickets priced at \$10 or information by contacting Sgt. Dennis McEnemey or Det. Ken Sall at (847) 588-6500.

Minimum requirements apply, and specific information about the test cycle is available by calling the Northwest Municipal Conference at (847) 296-9200.

Written exams will be administered on Saturday, Jan. 11, 1997, and the physical agility test is Saturday, Feb. 22, 1997.

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NSJC New Year's Eve Party

Northwest Suburban Jewish Congregation will hold its Annual New Year's Eve Party on Tuesday, Dec. 31 from 9 p.m. until ?? Raffle drawing for prizes, professional D.J. & dancing, deli dinner, free bar, hors d'oeuvres, champagne, favors, sweet table, and lots of fun. The cost is \$24.50 per person. Reservations a must. Synagogue is located at 7800 W. Lyons, Morton Grove. For further information, call 965-0900.

Theft

A 78-year-old Niles woman who is suffering from cancer reported that a pair of gold earrings valued at \$250 and a hearing aid valued at \$700 were missing from the top of her dresser after she was transported to Lutheran General Hospital for treatment at 10 p.m. Dec. 19. When she returned to her apartment in the 8800 block of Golf Road around 5 p.m. Dec. 20, the articles were missing.

A 27-year-old Chicago woman placed her purse and some clothes on the floor at the retail store in the 5600 block of Touhy Avenue around 5:50 p.m. Dec. 17 while she was shopping. When she returned, the purse was gone. Miscellaneous credit cards and an unknown amount of cash were taken with the purse.

A 40-year-old Mt. Prospect man employed at the construction site in the 7000 block of Touhy Avenue reported that unknown offender(s) entered the site, pried open padlocks on a tool shed and tool box and removed several handtools valued at \$900, a saw valued at \$200 and a cellular phone valued at \$400.

A man called 911 around 4:51 p.m. Dec. 16 and threatened to "level" the toy store in the 9500 block of Milwaukee Avenue by

Niles Police vs. Chicago Blackhawks Alumni

Are you having trouble finding the right Christmas present, stocking stuffer, for your husband, wife, children, boyfriend or girlfriend? The Niles Police Department has the right "Ticket for You". No, it's not a traffic ticket, it's a ticket to watch some of "Niles' Finest" face-off against some of the best former Chicago Blackhawks players in a benefit Ice Hockey game.

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means of a bomb because he did not get his Tickle Me Elmo doll.

No bomb was located near the public phone where the call was placed nor was any located in the store, the restrooms or the garbage cans.

Stolen auto

A 27-year-old stock room employee at the retail store in the shopping center in the 5600 block of Touhy Avenue reported that the pearl white 1992 Mitsubishi that he had purchased only three days earlier was stolen by unknown person(s) sometime between 4:30 p.m. and 7 p.m. Dec. 17.

Fire investigation

Niles police responded along with Niles Fire Department personnel to an alarm at a nursing home in the 6800 block of Touhy Avenue at 4:55 p.m. Dec. 18. The fire was located in a dryer in the laundry room and was extinguished. Damage to the dryer was estimated at \$3,000. Water damage from the sprinkler system was also done in the hallway leading to the laundry room.

Fire assist/forced entry

Niles Police and Fire Department personnel responded to a fire alarm in an apartment in the 7100 block of Milwaukee Avenue around 8:30 p.m. Dec. 8.

The 57-year-old occupant of the apartment who is deaf and speaks only Polish refused to open the door. Fire Department personnel used a sledge hammer to force entry in order to check on the well being of the occupant. They found that the fire alarm had been activated by burned food.

Battery

A 30-year-old hair dresser in the salon in at 530 Golf Mill reported she and a 47-year-old co-worker exchanged words in the back room of the salon around 6 p.m. Dec. 18. The offender then grabbed her by the shoulders and threw her against the wall twice, finally kicking her in the right leg. She then gathered her belongings and left. Two photos were taken of her injuries and inventory. The victim told police

she will sign a complaint.

Criminal damage to property

The 5-ft. by 5-ft. window on a pool house in a townhouse complex in at Shermer Road and Niles Avenue was shattered by unknown offender(s) sometime between 5 p.m. and 8:48 p.m. Dec. 17. Replacement cost is estimated at \$300.

Dumpster fire

A 25-year-old Park Patrol officer exited the garage area of a building in the 7500 block of Oak Park Avenue and saw smoke rising from a dumpster in the parking lot on the north side of the building. He called Niles police who summoned the Niles Fire Department to extinguish the fire.

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Letters To The Editor

Wilma Wendt will not seek re-election

Dear Editor and Members of the Action Committee, Officials and Staff of the Village, All residents of Morton Grove:

Since I do not consider an office to be a lifetime tenure, I have decided NOT to seek re-election. When my term ends, I will have achieved what I perceive to be my term limitations.

Twelve years ago, I was excited to be asked to be part of an election slate. The Action Party has been good to me, and, certainly, has been good for Morton Grove! In turn, I have garnered more than a few votes; and again, I thank all of you who have helped me over the years.

I have thoroughly enjoyed holding public office. The clerk is basically a behind-the-scenes facilitator, but I have done what I could in the time I have had to spend to make the position viable and workable. I have been a faithful keeper of the Village Seal, affixing it only when documents

were correctly executed. I have made changes and recommendations when I saw problems that needed solutions or noted procedures that could be improved.

I am a victim of arthritis. Although I might wish to the contrary, it will not be "going away". With increased rest, physical therapy, and stress management, I hope to be able to remain active for additional years.

Although none of our children are nearby, my husband and I, who have lived at the same location in Morton Grove for most of forty years, have no plans to leave.

May God bless all of you, fellow residents, officials, and staff! My thanks and best wishes!

As ever,
Wilma Wendt

Washington St. resident cites lack of clean-up

To Whom it may concern:
I have watched and counted the months with some of my neighbors as to when the Dept. of streets comes down the alley between Wisner and Washington. It has been over six months since we have seen a clean up truck in the alley or on Washington.

The garbage men leave a mess when they pick up the garbage flinging and breaking the bags. They sure don't make an effort to help maintain this area. Is it to be marked as a flight area and let it go at that?

Sincerely,
E.C. Kahn
Niles, IL.

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Mayor Commends Park Commissioners for past efforts

Dear Editor:

Recently, the Niles Park District has been criticized because of problems which have existed over a prolonged period of time. I believe it is unfair to criticize Park District Commissioners for all of the problems of the District, most of which have been caused by a shortage of funds created by property tax caps and other restrictions imposed by the State of Illinois.

All of our Park District Commissioners have attempted to do a good job of running programs for the residents of our community. Economic forces have created gaps in programs due to the lack of funding and have caused complaints from many of our residents because they have had to pay for programs which, in the past, have been provided at a lesser cost or no cost at all. Park District Commissioners can only work with the tools and funds provided and I believe it is unfair for the public to blame all of the problems related to the park on the Park Commissioners.

On April 1, 1997, three Park Commissioners will be retiring: Myrna Brietzman, Bud Skaja and Rick Sheridan. These Commissioners, along with others, have given their best effort in attempting to improve matters at the Park District. I am sure they have experienced frustration along with unfair criticism over the course of the past four years. I respect them and their efforts and wish to publicly thank them for what they have attempted to accomplish.

Newly elected Commissioners will have the problem of trying to figure out how the Park District can be run on a sound financial basis. In the next few years, if the Commissioners feel the restrictions placed on them by the State make it impossible to manage the Park District on a sound financial basis, they will then have to determine what other course of action is available to them.

Nicholas B. Blase
Mayor

New Replacement Shelters ????

Dear Editor:

It is obvious that the designer of the new shelter is neither a frequent Pace rider - or a Pace rider at all. The term "shelter" can hardly describe the new design, though attractive, as it does not protect the rider from wind, rain, or snow, but appears to be used

merely as an advertising medium. This is hardly the way to win friends and encourage new riders. What it may do, is lose some of it's present riders. What a shame!

Yours truly,
A Niles resident

Pace Responds to bus shelter complaints

Dear Niles residents,

Thank you for your recent letter regarding the bus shelters that have been placed in your community. We have been receiving numerous complaints about these shelters, however, these are not Pace shelters. As a result, unfortunately, there is no action Pace can take to improve the quality of these shelters.

These shelters were purchased and placed by a private company under an agreement with the community in which they have been installed.

Please direct any complaints

about these shelters directly to the community in which they are placed. We will also try to contact the community to inform them we have been receiving complaints. Hopefully something can be done by the community or the private shelter company to make improvements.

I am sorry for the inconvenience this has caused. Thank you again for contacting Pace with your comments.

Sincerely,
Joseph Di John
Executive Director

David J. Bynum

Air National Guard Airman 1st Class David J. Bynum has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

Bynum is the son of Nancy L. Bynum of Des Plaines.

Thank you Bugle

Dear Editor:

As publicity Director for St. John Brebeuf Golden-Agers I wish to thank you for your courtesy in printing our club's news.

Thank you very much for your cooperation!

Have a happy holiday season!
Cordially,
Helen Willer

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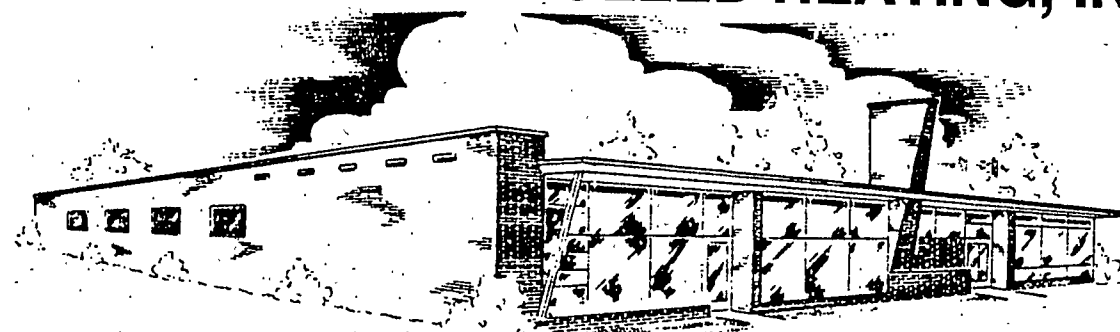
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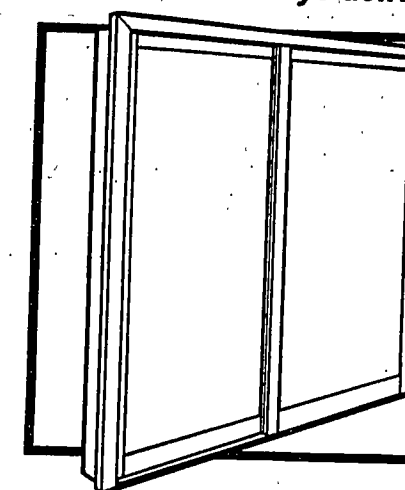
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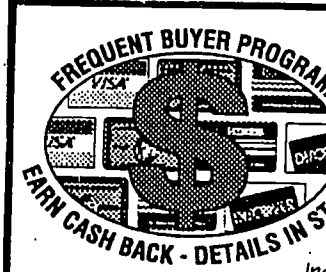
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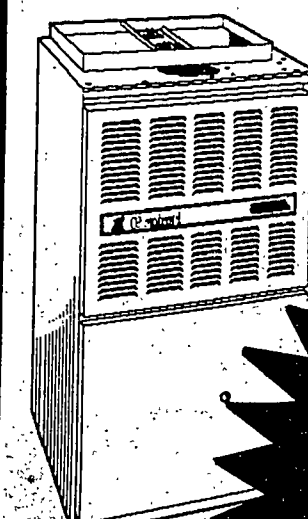
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You Can Place Your Classified Ads by Calling 966-3900 or Come To Our Office In Person At: 8746 N. Sherman Road, Niles, IL. Our Office Is Open - Monday thru Friday, 9 A.M. to 5 P.M. DEADLINE FOR PLACING ADS IS TUESDAY AT 2 P.M. Certain Ads Must Be Pre-Paid In Advance: Business Opportunity, For Sale, Miscellaneous, Moving/Sale, Personals, Situation Wanted, Or If The Advertiser Lives Outside Of The Bugle's Normal Circulation Area.

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Newspaper Production Typing, ad design, page paste-up. Monday, Tuesday, Thursday, Friday 9 a.m. to 5 p.m. at Bugle Newspapers, 8746 Sherman Rd., Niles 847-966-3900	OUR CLASSIFIED ADS •REACH MORE PEOPLE PER WEEK• •FOR THE LEAST AMOUNT OF DOLLARS!• See how your money can work for you! *2 Insertions Per Week *2 Deadlines Per Week Specials Designed With Your Needs in Mind Call us today for details. Judie (847) 966-3900 x.40 Beverly (847) 966-3900 x. 38 We're always available for your convenience	TRADES/ INDUSTRIAL/DRIVERS ASSEMBLY Full Time Group Leader Position Available in a Rapid Growing International Company. Experience Supervising 6+ Assembly Workers. Bilingual English/Spanish. Willingness to Work as a Team Player. Computer Experience a Plus. SRAM Corporation 2801 Carl Boulevard Elk Grove Village, IL 60007 (847) 238-6180 x. 241 or fax resume: (847) 238-8788 EOE M/F	BUGLE NEWSPAPERS FOR CLASSIFIED THE BEST PLACE TO ADVERTISE CALL (847) 966-3900 x 40 TO PLACE YOUR ADS	HAPPY HOLIDAYS! FROM YOUR CLASSIFIED STAFF

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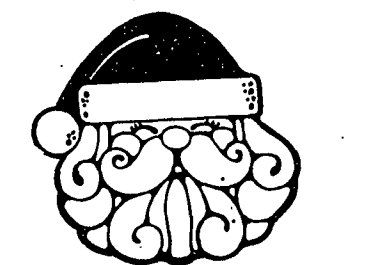
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ARLENE
JUDIE
BUGLE
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STAFF

Nutrition Wise

Q. How do I know whether to take a calcium supplement with vitamin D in it?

A: If you are outside a few times a week with skin exposed to the sun, you may produce enough vitamin D on your own. Since many people are not consistently out that much, especially during the winter, they need dietary sources of vitamin D, which is vital for the use of calcium to keep bones healthy. If you are taking a calcium supplement because you don't consume dairy products, choose one that supplies vitamin D. If you're at least 25 years old, 200 IU is all that you need. However, if you drink two eight-ounce glasses of milk most days and use a supplement to get even more calcium, you are getting enough vitamin D in the milk and do not need it in your supplement. Because more of this vitamin is not necessarily better, it is important not to over-supplement yourself.

Q: Is lemonade as nutritious as orange and grapefruit juice?

A: No. Orange and grapefruit juice each contain at least a day's worth of vitamin C in an eight-ounce glass. While an equal amount of lemon juice contains about as much of the vitamins, lemonade dilutes the fruit juice and adds sweeteners. So while the calories in lemonade may be equal to other fruit juices and some vitamin C is provided, the amount is substantially reduced. In addition, while orange juice is an excellent source of the vitamin folate, and orange and grapefruit

juices are both high in potassium, lemonade is not a good source of either nutrient. Enjoy lemonade for its good taste, but don't count it as a serving of fruit in the way you might count pure juice.

Q. How long after I've started a low-fat diet can I expect to see a change in my cholesterol level?

A: Although you can see some changes in blood cholesterol within two to three weeks, they won't be a true indication of the total effect the changes you make in your diet will eventually have. Within three to six months, however, you can get a very good idea of how your new eating habits are affecting your health. If your cholesterol level has not dropped to a desired level by then, you may want to more strictly limit your consumption of saturated fat (mainly in meats and dairy products) and to make sure you're including enough soluble dietary fiber (from fruits, vegetables, dried beans, and grains like oats and barley) in your daily diet. You may also want to evaluate your need for weight control and regular moderate exercise. Your doctor will want to know what you've done in these areas, in order to determine heredity's role in your cholesterol level and whether there is a need for medication.

"Nutrition-Wise" is provided as a public service by the American Institute for Cancer Research. Questions for this column may be sent to "Nutrition-Wise," c/o this newspaper, 1759 R Street, N.W., Washington, D.C. 20009. Ms. Collins cannot respond to questions personally.

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Pre-owned homes for sale

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1976 - 2 Bedroom, 1 Bath, 14 x 56 Freedom.....\$13,500.00
1981 - 2 Bedroom, 1 Bath, 14 x 60 Cambridge.....\$18,500.00
1986 - 2 Bedroom, 1 Bath, 14 x 54 Fairmont.....\$15,500.00
1986 - 2 Bedroom, 1 Bath, 14 x 52 Shamrock.....\$10,000.00
1988 - 1 Bedroom, 1 Bath, 12 x 44 Commodore.....\$15,000.00
1989 - 2 Bedroom, 1 Bath, 14 x 60 Commodore.....\$17,000.00
1990 - 1 Bedroom, 1 Bath, 14 x 42 Sabre.....\$16,000.00
1991 - 2 Bedroom, 1 Bath, 14 x 56 Carrollton.....\$29,900.00
1991 - 1 Bedroom, 1 Bath, 14 x 44 Sabre.....\$12,000.00
1995 - 2 Bedroom, 1 Bath, 14 x 56 Skyline.....\$25,000.00

Loyola Scholastic Bowl on even streak

The Loyola Scholastic Bowl teams have begun a busy season! Both the Varsity and Frosh/Soph teams have played individual matches at VonSteuken, New Trier, Niles North, and Maine West, and the Varsity team participated in the Illinois High School Scholastic Bowl Coaches' Association (IHSSBCA) tournament on October 19 at the University of Illinois in Urbana. Currently, the Varsity team has a win/loss record of 9-2; the Frosh/Soph 4-0.

In addition to the IHSSBCA team, varsity players include captains Peter Flevaris of Chicago (60659) and Brian Hinds of Northbrook. Remaining team members include Mike Arvia of Glenview, Dan Baig of Des Plaines, Jeremiah Bowman of Highland Park, Matt Campbell of Kenilworth, John Hanna of Niles, Mike Kaiser of Evanston, Ted Kozelka of Park Ridge, Adam Winchester of Glenview, and Tim Dunn, Tom Gerard, Chris Lathliff, Will McGrath, and Ed Whalen, all of Chicago.

Frosh/Soph team members are captains Peter Kozelka of Park Ridge and Jay Sarthy of Evanston; Ian Adams, Aquinas Hobor, and Chris Lamas of Highland Park, Brett Augspurger of Winnetka, Rudi Patucci of Winnetka, Rami Turayhi of Mt. Prospect, Hajduk, Bernie Henry, Peter Kossakowski, Ivo Tcherny,

Kristen Toren, and Julie Van Winkle, all of Chicago; David Lee, Shawn Mathew, and Prashant Nair, all of Northbrook. Loyola's Scholastic Bowl teams are coached by Assistant Librarian David Riley.

Loyola Forensic Team Competitions

The Loyola Academy Forensics Team competed October 25 and 26 in the Wheeling Lincoln Douglas Debate Tournament. Freshmen Clare McCloskey of Chicago (60640) placed fifth and Stephanie VanWinkle, also of Chicago (60646) placed third.

At the highly competitive Lake Park Individual Events Tournament, sophomore Allison Langs of Deerfield placed third in Dramatic Interpretation, senior Ted Wulfer of Arlington Heights placed third in extemporaneous speaking, and sophomore Will Moran of Winnetka placed second in impromptu speaking.

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Notre Dame student in national poem contest

Nick Mergen, a senior at Notre Dame High School for Boys, Niles, was selected as a semifinalist in the 1996 North American Open Poetry Contest for his poem "Eternity". Nick's poem was chosen out of thousands of poems received each year by The National Library of Poetry. The poem will be automatically entered into the final competition held in May, 1997. Being a semi-

finalist Nick has an excellent chance of winning one of 70 cash or gift prizes. If his poem ranks as number 1, The National Library of Poetry will award him with a grand prize of \$1,000. Nick's poem will also be printed in an anthology of other poems called "Silence of Yesterday" due to be released in May of '97.

Math Team competes

The Loyola math team competed in the second North Suburban Math League meet at Stevenson High School. The freshman team took second place with the high score going to Beth Krings of Glenview, followed closely by Luke Shepard and Andrew de los Reyes of Evanston, and Matt Stanislawski of Chicago (60631). Congratulations to Nora Mueller of Arlington Heights and David Kim of Morton Grove who let the junior and senior scoring.

She joined the Navy in May 1996. Osheff is a 1995 graduate of the University of Illinois, Urbana, Ill., with a BS degree.

Christmas Blessings to Everyone

You can attend college for free

Most parents and students think that scholarships are only for the students with good grades, low-income families, or the athletically inclined. A small example of the numerous scholarships available to students include: Handicapped Student, Scholarships, Members of a Church Scholarships, Scholarships for "C" Students, Veteran Children's Scholarships, Scholarships for Minorities and much, much more.

The general public is not aware that over \$10 billion is available to students from private sector scholarships. Over \$20.4 billion is available from the Federal Government. In a U.S. Congressional study, it was reported that "Over \$6.6 billion of private sector financial aid went unused because parents and students did not know where to apply." A conservative college tuition for a full-time student runs from \$10,000 - \$30,000; high cost colleges can run from \$40,000 - \$100,000!

There are organizations that have spent hundreds of hours in research locating scholarship sources. The U.S. Commission for Scholastic Assistance - College Bound is such an organization and supplies the public with over 700 different scholarships sources. The lists include the scholarship names, addresses, application deadlines, summaries about the scholarships and the amount the scholarship will pay your child.

Many scholarships pay the entire tuition; otherwise, students combine applicable scholarships together to form one large tuition payment. Most scholarships include junior colleges, career and vocational schools, 4-year colleges, graduate schools, medical and law schools.

For information on obtaining these scholarship lists, send a self-addressed stamped #10 envelope to: The U.S. Commission for Scholastic Assistance, P.O. Box 668, O'Fallon, IL 62269.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D039139 on Dec. 9, 1996, under the Assumed Name of Anel's Catering with the business located at 5420 N. Sheridan Rd., Chicago, IL 60640. The true name(s) and residence address of owner(s) is: Lena T. Edwards, 5420 N. Sheridan Rd., Apt. 201, Chicago, IL 60640.

School News

Loyola Scholastic Bowl on even streak

The Loyola Scholastic Bowl teams have begun a busy season! Both the Varsity and Frosh/Soph teams have played individual matches at VonSteuken, New Trier, Niles North, and Maine West, and the Varsity team participated in the Illinois High School Scholastic Bowl Coaches' Association (IHSSBCA) tournament on October 19 at the University of Illinois in Urbana. Currently, the Varsity team has a win/loss record of 9-2; the Frosh/Soph 4-0.

In addition to the IHSSBCA team, varsity players include captains Peter Flevaris of Chicago (60659) and Brian Hinds of Northbrook. Remaining team members include Mike Arvia of Glenview, Dan Baig of Des Plaines, Jeremiah Bowman of Highland Park, Matt Campbell of Kenilworth, John Hanna of Niles, Mike Kaiser of Evanston, Ted Kozelka of Park Ridge, Adam Winchester of Glenview, and Tim Dunn, Tom Gerard, Chris Lathliff, Will McGrath, and Ed Whalen, all of Chicago.

Frosh/Soph team members are captains Peter Kozelka of Park Ridge and Jay Sarthy of Evanston; Ian Adams, Aquinas Hobor, and Chris Lamas of Highland Park, Brett Augspurger of Winnetka, Rudi Patucci of Winnetka, Rami Turayhi of Mt. Prospect, Hajduk, Bernie Henry, Peter Kossakowski, Ivo Tcherny,

Kristen Toren, and Julie Van Winkle, all of Chicago; David Lee, Shawn Mathew, and Prashant Nair, all of Northbrook. Loyola's Scholastic Bowl teams are coached by Assistant Librarian David Riley.

Loyola Forensic Team Competitions

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Regina Dominican Forensics teams

Regina Dominican High School's Varsity Individual Events team participated in the 1st Chicago Catholic Forensics League Qualifying Tournament at Loyola Academy on Saturday, November 2nd. The following team members placed: Meredith White - 4th in Original Oratory, Anjali Vij - 4th in Oratorical Declamation, Katie Brennan, & Pam Hall - 4th in Duo Interpretation, Ann Bagel, - 2nd in Oral Interpretation of Literature, Jessica Endara, & Beth Hollywood - Tied for 4th in Verse Reading, Mary DiLeo, 2nd in Special Occasion Speaking, Stacey Sublette, 1st in Dramatic Interpretation.

Each school may enter only three contestants in each speech category and each contestant takes part in three rounds of

competition. In the nine rounds of competition in Oral Interpretation Regina Dominican's contestants placed 1st in eight rounds and 2nd in one round. As a team, RDHS placed 2nd.

Also on November 2nd, members of Regina Dominican's Novice and Varsity Speech Teams competed in an Individual Events Tournament at Conant High School. The following team members placed: Mary DiLeo, - 4th in Oratorical Declamation, Diane Hirsch, & Melissa Patenio - Tied for 4th in Verse Reading, Mary DiLeo, 2nd in Special Occasion Speaking, Stacey Sublette, 1st in Dramatic Interpretation.

Resurrection Illinois State Scholars

The Illinois Student Assistance Commission recently announced the 1997-98 Illinois State Scholars. Of this year's Scholars, 24 are students at Resurrection High School, 7500 W. Talcott, in Chicago.

About 10% of Illinois' high school seniors are designated State Scholars. In order to enter the competition, high school students must take the ACT and/or SAT I college entrance examination between September 1 and June 30 of their junior year of high school. The scores are sent to ISAC, along with the class rank.

The following Illinois State Scholars from Resurrection High School are: Amy Anderson, Megan Cantos, Margaret Cunningham, Katherine Georopoulos, and law schools.

For information on obtaining these scholarship lists, send a self-addressed stamped #10 envelope to: The U.S. Commission for Scholastic Assistance, P.O. Box 668, O'Fallon, IL 62269.

LEGAL NOTICE

PLEASE TAKE NOTICE--THE MORTON GROVE ZONING BOARD OF APPEALS will hold a public hearing on Monday, January 20, 1997 at 7:30 P.M. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois, to consider the following case:

CASE 1286
Requesting variations from Section 6.1.7.3 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to allow for the construction of an addition to the existing structure:
Side Yard West:
Required-6.00 feet
Requested-2.58 feet
Variation Required-3.42 feet (After the fact)

CASE PC96-7
Requesting a special use permit to allow for the operation of a mattress assembly and sales business in the Highland Square Shopping Center.
The parcel is located in the C-2 Service Commercial District and is commonly known as 7927 Golf Road, Morton Grove, Illinois 60053.

All interested parties are invited to attend and be heard.
Lawrence M. Strybel
Chairman

Denise Janicki, Angela Janor, Sandra Jarosz, Melissa Kazikiewicz, April Lee, Kathleen Lescher, Heidi Lucas, Judith McGrath, Kathleen McGrath, Candice McGrew, Salena Michalowicz, Danielle Parisi, Dagmara Piotrowicz, Victoria Prosser, Josephine Puleo, Nicole Raimondi, Amanda Richerson, Sara Scifo, Kara Tadin, Michelle Tapkovski.

LEGAL NOTICE

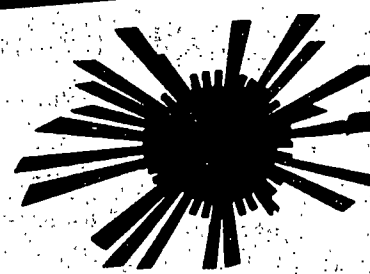
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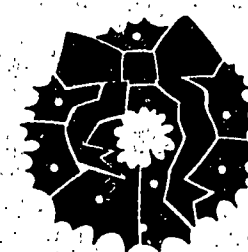
Side Yards-Combined Width:
Required-14.00 feet
Requested-9.83 feet
Variation Required-4.17 feet (After the fact)

The parcel is located in the R-1 Single Family Residence District and is commonly known as 6905 Lyons Street, Morton Grove, Illinois.

All interested parties are invited to attend and be heard.
Lawrence M. Strybel
Chairman



TURK II
Heating & Air Conditioning, Inc.
Est. 1904



HAPPY HOLIDAYS

We at Turk II Heating & Air Conditioning would like to extend our warmest wishes for you and your family this season.

Also we would like to sincerely thank you for your business and continued support.

As you may already know, Turk II Heating & Air Conditioning has temporarily relocated its offices to our warehouse location. We did this mainly because we were short on space and the traffic congestion on Touhy and Harlem was making it increasingly difficult for our technicians and customers to access our showroom.

In a few short months Turk II Heating & Air Conditioning shall be opening a Customer Service Center that will be designed primarily for our walk-in customers. We will have a huge stock of parts and equipment for our customers and it will be located in an easy to access area.

In the meantime, you can still get our expert 24 hour service and installations by calling us directly at (847) 647-9612 Niles/Park Ridge or at (773) 631-2900 Chicago.

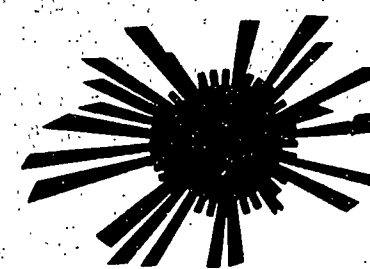
To temporarily service our walk-in customers until our new facility is open, we will take orders for any part, filter, pad etc. over the telephone and provide free delivery to your doorstep.

Again, thank you for using Turk II Heating & Air Conditioning. Have a safe and enjoyable holiday season.

Sincerely,

Turk II Heating & Air Conditioning

Jerry	Bob K
Paul	Ray R
Gary	Brian
Val	Jim
Barbara	Mike
Nanette	Vince
Bob D.	Ray K.
Doug	John
Hayko	Alex
Jim D.	Steve



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