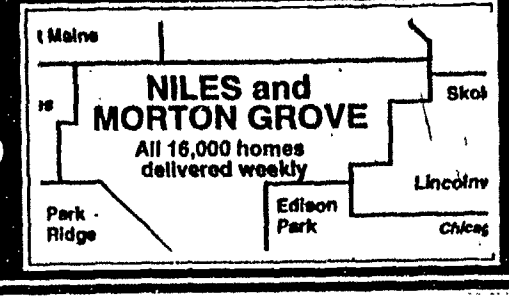


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Bugle News

THURSDAY, JANUARY 27, 2000 VOL. 43, NO. 31

Explosion probe continues after worker dies of injuries

by Rosemary Tirio

Rafael Flores, 41, of Wheeling, one of four workers critically injured in a Jan. 12 explosion at Electronic Recovery Specialists, 7800 N. Merimac Ave., a Niles recycling firm, died of severe burns over 94 percent of his body Jan. 19 at the Loyola University Medical Center in Maywood. Three other men wounded in the blast, Gerald Briscoe, 41 and Enrique Anzo, 20, remained in critical condition at the same medical center, while Thomas

Gilbert, 42, brother of the firm's president, was in serious condition in the University of Chicago Hospital.

Attorneys for Flores filed a lawsuit in Cook County Circuit Court to gain access to the badly damaged factory, where an independent team of fire and explosion experts will attempt to determine the cause of the blast.

Niles Police along with officials from the U.S. Alcohol, To-

Continued on Page 41

Ferris/Lehigh Avenues TIF District approved

by Christine Caplinger

In its January 24, 2000 meeting, the Village of Morton Grove Board of Trustees passed a series of ordinances that define and establish the new Ferris Avenue/Lehigh Avenue tax increment allocation financing (TIF) district. With pride and satisfaction, Trustee Ronna Brenner read the ordinances into the public record and moved that they be adopted.

Following the public hearing on the proposed TIF district on

January 10, the four ordinances were drafted, and subsequently passed on January 24. They are the first ordinances passed in the new year.

The first of these was the approval of the Ferris Avenue/Lehigh Avenue TIF development plan and project. This established a broad foundation for more nar-

Continued on Page 41

Morton Grove to buy American Legion Post 134

by Rosemary Tirio

After standing proudly at 6140 Dempster Street for many years, itself an impressive memorial to the thousands of area men who served their country in the military as well as the scene of innumerable Friday night fish fries and Wednesday evening Bingos, American Legion Post 134 will soon be purchased by the Village of Morton Grove for \$1,046,000 and converted, in part, to civic use.

The Morton Grove Village Board approved the purchase at their Jan. 10 meeting. However, far from vacating the scene, the post will have exclusive and free use of part of the building and the main hall.

The board retained Senie and Rubel Architects, a Northbrook consulting firm, to conduct a study to determine the best uses

Continued on Page 41

Retirement ends life-long career in Niles; Police Department's Jerry Sheehan named acting chief

Niles Police Chief Ray Giovanelli retires

by Rosemary Tirio

After 35 years of service to the people of Niles, Police Chief Raymond Giovanelli, 58, announced Tuesday, Jan. 25, that he has decided to hang up the gun and holster and head for the hills of retirement.

Giovanelli was chief for the past 12 years. "I've reached the maximum time for a pension," Giovanelli said. "I've been thinking about it [retirement] for several months. It's a perfect time to retire. Things are running good, crime is down. There have been no major scandals in the department. I wanted to go out like a champ," Giovanelli said.

In the eyes of most of the law enforcement and village officials with whom Giovanelli has been associated for the past 35 years,

he is indeed a champ. "He's [Giovanelli's] done an excellent job... a marvelous job,"

Continued on Page 41

Man tries to blame sons for wife's murder

by Rosemary Tirio

A Cook County judge set bond two young sons, according to a resident of an unincorporated area near Glenview charged with first degree murder for allegedly killing his wife with a single gunshot wound to the head and then blaming it on the younger of his

Continued on Page 41

Maine Republicans achieve record breaking petition drive



Maine Township Republican Committeemen Bill Darr announced that the Maine Township Republican Organization (MTRRO) has collected a record number of nominating petition signatures in Maine Township for federal and state candidates. Prior to being placed on the election ballot, all candidates, including incumbents, must collect and submit a minimum number of signatures from registered voters living in the district where the candidate is running for office.

Committeemen Bill Darr also said the MTRRO is still seeking qualified Republicans to serve as Precinct Captains and as Election Judges. Any person having an interest in either of those positions is encouraged to call the organization headquarters at 847-824-8350.

Maine Township Deputy Committeemen Bob Provenzano, Past President Gary Warner and Committeemen Bill Darr present Congressman Harry Hyde (Pictured third from left) with nominating petitions containing over 1,400 signatures collected by Republican precinct captains from Maine Township.

INSIDE:

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Calendar
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Health & Fitness

Vision problems could be a trigger for delinquent behavior

When Juvenile Court Judge Lawrence Kapiloff sees young people come before him for vandalism, theft, assault, and myriad other juvenile crimes, the first thing he often asks is if they've had a vision screening.

Kapiloff isn't just talking about the traditional reading of letters off an eye chart. He wants to know if a behavioral optometrist has determined if their eyes focus properly and function as they should. The San Diego judge has

found that "a substantial number" of young people in trouble have vision problems. He finds that vision therapy with a trained behavioral optometrist - rather than time spent in juvenile hall - is what turns their lives around.

"Just about all of the kids who come before me are getting into trouble because they are having problems in school," Kapiloff says. "They are usually having problems in school because they

are having trouble reading, and they are having trouble reading because they have vision problems."

There's more to good vision than 20/20 eyesight. Vision is a complex process involving the following functions of the eye:

- Binocularity - the ability of the eyes to work together.
- Accommodation - the flexibility or focusing power of the eyes.
- Oculomotor Functions - the way the eyes move.

"Visual-perceptual motor functions - eye-hand coordination and the ability to mentally retain images and pictures and compare them to pictures and words on the printed page.

When these functions don't work properly, otherwise bright children may see squiggly letters, blurry print, or misspelled words, and end up having major problems with schoolwork. The problem has become greater in recent years because children spend so much time in passive visual activities, such as watching television and computer screens.

Kapiloff is not the only one in law enforcement to see a connection between vision problems and juvenile delinquency. At the Kean College of Health in Virginia, a short-term residential facility for delinquent teenage boys, officials found that about 50 percent of the boys had visual problems that had not previously been detected.

A number of other studies over the years have also found a correlation between visual problems and juvenile delinquency.

Dr. Stanley Kaseno, a San Bernardino, California, optometrist, found that the recidivism rate among juvenile offenders dropped to around 15 percent when optometric vision therapy was included in a facility's correction program. The recidivism rate for the general juvenile population at the facility was nearly 70 percent.

Baltimore optometrist Dr. Paul Harris found that out of 132 juvenile delinquent boys he studied, 129 had 20/20 visual acuity, but only two were able to pass all areas of visual perception tests.

A Virginia optometrist, Dr. Joel N. Zaba, found that young people who had run into difficulty with the law, then had their visual problems corrected through optometric vision therapy, were six times less likely to return to court for future violations.

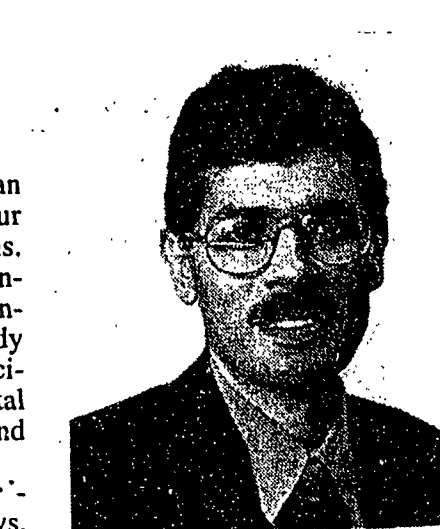
There are behavioral and developmental optometrists throughout the country who can properly screen children and help them correct vision problems through training.

For further information, readers may contact P.A.V.E. by phone (619) 287-0081, fax (619) 287-0084, or on the Internet, www.pave-eye.com/vision. P.A.V.E. will send interested parties a list of behavioral optometrists in their state.

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Internist appointed to medical staff at Res



Ehab M. Shams, M.D.

Reduce stress through yoga

The Fitness Center of Lutheran General Hospital offers four unique six-week yoga sessions. Each class offers personalized instruction from a certified yoga instructor. Yoga prepares the body for healing and can give participants the physical and mental tools needed to access a deep and sustaining energy.

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- **Advanced Beginners** - 7:45 to 8:45 p.m. Wednesdays, February 23 through March 29.
- **Yoga during Pregnancy** - 10:30 to 11:30 a.m. Saturdays, February 26 through April 1.
- **Yoga for Cancer/Restoration** - 11:45 a.m. to 12:45 p.m. Saturdays, February 26 through April 1. This class is for those undergoing chemotherapy or in cancer recovery, as well as post orthopedic surgery patients and those with arthritis or limited range of motion.

All classes are taught at Lutheran General Hospital, 1775 Dempster, Park Ridge. The cost is \$48 for the six sessions. For more information or to register, call the Fitness Center at 1-847-723-6138.

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Health & Fitness

Monarch Ball friends marvel at butterfly haven

More than 125 friends of Resurrection Health Care gathered at The Peggy Notebaert Nature Museum in Lincoln Park on the evening of Nov. 3 to attend The Monarch Ball 2000 Preview Party. The event, featured an elegant buffet dinner and served as the official kickoff for one of the city's major charity events.

Party chair Natalie Iachowycz of Glenview scheduled leisurely tours of the new museum, which included strolls through the spectacular butterfly haven.

Monarch Ball chair Rita Kisielius of Near North Side, formerly of Winnetka, announced plans for the Saturday, March 4, black tie gala at the Chicago Hilton and Towers.

At the preview party pledges were made for 35 tables, representing almost \$150,000 raised for The Monarch Ball 2000. "This is an exciting start, representing pledges for more than 25 percent of the tables available at what has become a sell-out event," noted Kisielius.

The Monarch Ball hosts some 1,300 guests each year and is the official celebration of the Resurrection Health Care family. The upcoming benefit is also serving as part of the year-long centennial observance of the ministry of the Sisters of the Resurrection in the United States.

Tickets to The Monarch Ball are \$250 per person and may be reserved by calling the Office of the Monarch Ball at (773) 792-9964.

Resurrection Health Care is a comprehensive Catholic health care delivery system that comprises four hospitals, six nursing homes, a retirement community, a surgery center, dozens of outpatient and medical office facilities, hospice services and one of the state's largest home health care networks. Facilities include Resurrection Medical Center in Chicago, St. Francis Hospital in Evanston, Westlake Hospital in Melrose Park, Resurrection Nursing and Rehabilitation Center in Park Ridge, Resurrection Life Center in Chicago, St. Francis Nursing and Rehabilitation Center in Evanston, Westlake Nursing and Rehabilitation Center in Franklin Park and Resurrection Retirement Community in Chicago.

Maria Cleary-Fishman and Dr. David Fishman of Park Ridge enjoy the butterfly haven at The Monarch Ball Preview Party, Nov. 3 at The Peggy Notebaert Nature Museum. The Monarch Ball, a benefit for Resurrection Health Care, will be held Saturday, March 4 at the Chicago Hilton and Towers. For information or tickets, call the Office of the Monarch Ball at 773-792-9964.

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Health & Fitness

Lutheran General Hospital among 100 Top Hospitals

For the fourth year, Lutheran General Hospital, Park Ridge, has been selected one of the nation's best hospitals, according to the 1999 "100 Top Hospitals: Benchmarks for Success" study.

Lutheran General is one of only 25 hospitals in the country to be named to the "100 Top Hospitals" list for four or more years.

Focusing on key performance measures related to high quality care, efficiency of operations and sustainability of overall performance, the independent study

identified the top 100 performers based on data from more than 6,000 acute care and specialty hospitals in the United States.

Lutheran General, which is part of Advocate Health Care, was one of the 15 major teaching hospitals honored in the country and one of only six Illinois hospitals singled out in the study. Another hospital in the Advocate system, Christ Hospital and Medical Center, Oak Lawn, also was named as one of the Illinois hospitals in the national rankings.

"As we celebrate our 40th year as the leading health care provider in the northwest suburbs, this top national recognition and other awards we have received over the past five years are the result of the dedication and team effort of physicians, staff, volunteers and hundreds of others who are committed to Lutheran General Hospital," said Kenneth J. Rojek, chief executive, Lutheran General Hospital.

Used as an important benchmark of the top-performing hospitals in the nation, the "100 Top Hospitals" analysis is conducted annually by HCIA, a Baltimore-based health care information company, and The Health Network, a leading consumer television and Internet health care information site, to recognize hospitals that demonstrate superior performance.

"To gain this recognition for four years, Lutheran General Hospital again had to rank above its peers in eight categories related to clinical practices, operations and financial management," noted Rojek.

These categories included the risk-adjusted mortality index, risk-adjusted complications index, severity-adjusted average length of stay, expense per adjust-

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The "100 Top Hospitals: Benchmarks for Success" honors will be presented to Lutheran General and other top hospitals at an awards luncheon this winter in Orlando, Florida.

Rojek added, "This award is a great conclusion to our 40th anniversary celebration, and serves as a cornerstone for renewal of the hospital's core values of excellence, compassion and partnership as we continue the success of Lutheran General and Advocate Health Care into the 21st century."

Lutheran General has received numerous national and local recognitions over the past five years. It was rated among the top 50 hospitals in the country for cardiology, cancer care, respiratory disorders, hormonal disorders, gastroenterology and urology in the 10th annual "America's Best Hospitals" ranking published by U.S. News & World Report. It was also rated the #1 hospital in the Chicago area for quality of care, oncology and orthopedics in the "Chicago's Top Hospitals" survey in 1998.

Lutheran General Hospital is a 608-bed teaching, research and referral hospital and Level I trauma center that serves approximately 26,000 inpatients, 46,000 emergency patients and 167,000 outpatients each year. The hospital is a recognized leader in cardiology, oncology, pediatrics, orthopedics, women's health, geriatrics, high-risk obstetrics, neonatology, addiction medicine and psychiatry.

Affiliated with several area medical schools, Lutheran General is one of the largest university training centers for primary care physicians in Illinois. The hospital operates residency programs in medicine, family practice, pediatrics, obstetrics, psychiatry, surgery, emergency medicine and pathology.

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Dr. Kozio is in practice with Kenneth Crane, M.D., David Sager, M.D., and Thomas Palella, M.D., of the Rheumatic Disease Center. Their offices are in Des Plaines at 150 N. River Rd., Suite 270. Appointments can be made by calling (847) 293-8470.

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Brookfield Zoo to celebrate Groundhog Day



Will the unseasonably warm weather continue or will winter make a comeback for six more weeks? Find out at Brookfield Zoo on Wednesday, February 2, as resident "meteorologist" Sunshine groundhog, emerges from his winter quarters during the annual Groundhog Day celebration. At 10:30 a.m. in the Children's Zoo, keepers will attempt to coax the furry forecaster from his winter digs with a nutritious homemade carrot-shaped cake prepared especially for him by Brookfield Zoo's executive chef.

According to legend, if a groundhog sees its shadow on February 2, there will be six more weeks of winter. If it doesn't see its shadow, spring is just around the corner.

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Outstanding Volunteer nominations sought

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The top seven winners will receive not only commemorative sculptures and plaques, but also \$1,000 cash awards for their non-profit organizations (except in the category of outstanding

youth volunteer, where \$500 scholarship awarded to the youth) and will automatically qualify for consideration in the National JC Penney Golden Rule Awards Program.

Ten other finalists will be presented with Golden Rule certificates and plaques, plus \$250 for their organizations.

Four years ago, we were honored to have one of our own local winners, club friend (high school volunteers of School District #300 in Carpentersville who work in an after school mentorship program with at-risk children) go on to attain recognition as a national winner. They were awarded \$10,000 for their

program! The JC Penney Golden Rule Awards/Outstanding Volunteer Program is sponsored by the volunteer center of Northwest Suburban Chicago in partnership with the JC Penney stores at Stratford Square, Woodfield, Randolph, Spring Hill Mall, Golf Mill, Lincolnwood and Hawthorn. Winners will be chosen by a panel of community leaders. Act now. Take the time to thank the people who have so generously given their time.

For more information or to receive a nomination form, contact the volunteer center at 847-228-1320. Deadline for nominations is February 10, 2000.

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Rheumatologist appointed to medical staff at Res



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Dr. Kozol, of Park Ridge, received her bachelor's degree from Northwestern University, a master's in economics from Brown University, and her medical degree from the University of Illinois at Chicago College of Medicine. She completed an internship and residency at Lutheran General Hospital, Park Ridge, and a fellowship in rheumatology at Duke University Medical Center, Durham, North Carolina. She is board certified in internal medicine and rheumatology and has a special interest in osteoporosis.

Dr. Kozol is a member of the American College of Rheumatology, the International Society of Clinical Densitometry and the National Osteoporosis Foundation.

Dr. Kozol is in practice with Kenneth Crane, M.D., David Sugar, M.D., and Thomas Palella, M.D., of the Rheumatic Disease Center. Their offices are in Des Plaines at 1501 N. River Rd., Suite 270. Appointments can be made by calling (847) 293-8470.

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Brookfield Zoo to celebrate Groundhog Day



Will the unseasonably warm weather continue or will winter make a comeback for six more weeks? Find out at Brookfield Zoo on Wednesday, February 2, as resident "meteorologist," Sunshine groundhog, emerges from his winter quarters during the annual Groundhog Day celebration. At 10:30 a.m. in the Children's Zoo, keepers will attempt to coax the furry forecaster from his winter digs with a nutritious homemade carrot-shaped cake prepared especially for him by Brookfield Zoo's executive chef.

According to legend, if a groundhog sees its shadow on February 2, there will be six more weeks of winter. If it doesn't see its shadow, spring is just around the corner.

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Outstanding Volunteer nominations sought

Do you know someone who has made a difference? Someone who volunteered to help the needy, the elderly, the homeless? Someone who helped a child expand his or her horizons or taught an adult to read or helped in countless other ways? Now is the time to salute these caring people - and the organizations they serve - by nominating them for the 2000 JC Penney Golden Rule Outstanding Volunteer Awards.

The top seven winners will receive not only commemorative sculptures and plaques, but also \$1,000 cash awards for their non-profit organizations (except in the category of outstanding

youth volunteer, where \$500 scholarship awarded to the youth) and will automatically qualify for consideration in the National JC Penney Golden Rule Awards Program. Ten other finalists will be presented with Golden Rule certificates and plaques, plus \$250 for their organizations. Four years ago, we were honored to have one of our own local winners, club friend (high school volunteers of School District #300 in Carpentersville) who work in an after school mentorship program with at-risk children) go on to attain recognition as a national winner. They were awarded \$10,000 for their

program! The JC Penney Golden Rule Awards/Outstanding Volunteer Program is sponsored by the volunteer center of Northwest Suburban Chicago in partnership with the JC Penney stores at Stratford Square, Woodfield, Randhurst, Spring Hill Mall, Golf Mill, Lincolnwood and Hawthorn. Winners will be chosen by a panel of community leaders. Act now. Take the time to thank the people who have so generously given their time. For more information or to receive a nomination form, contact the volunteer center at 847-228-1320. Deadline for nominations is February 10, 2000.

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		Muller's 2% GALLON MILK \$1.59 EACH
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		ANTHOS EXTRA VIRGIN OLIVE OIL \$13.99 (3 LITER)
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Women's News

'Effects of Addiction on Women'

The Women's Health Resource Center kicks off February with "Effects of Addiction on Women" from 7:30 to 8:30 p.m. Tuesday, February 15, at Barnes and Noble, Village Crossing Shopping Center, 5405 Touhy Avenue, Skokie. Lara Segallie, M.D., psychiatrist and addiction medicine, will discuss the physical and psychological implications that women face with regard to substance use and abuse, as well as ways of coping with past and present addiction in the family. To register, call HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622).

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

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Illinois Poison Center offers Online Toxic Plant List

As the vibrant greens of summer fade into the warm hues of fall, we are tempted to take in the beauty of nature - walk through the leaves, maybe even gather some plant clippings or wild mushrooms. But wait! Before you come in contact with potentially toxic plants, check the Illinois Poison Center's (IPC) free plant list. The list, now available to the public on the IPC's Web site at www.mchc.org/ipc, provides the names of moderately to highly toxic house and garden plants, trees, shrubs and weeds.

"Of the more than 3,200 calls the IPC received in 1998 involving plants, weeds, shrubs or trees, the IPC staff found that the majority of concerns fell into four categories," said Tony Burda, R.Ph., chief poison specialist at the IPC. "The first involves plants that are not toxic to humans, such as the spider plant, African violet and jade. Second are outdoor plants that cause dermatitis (skin irritation), such as poison ivy and stinging nettle. The third set of plants causes gastrointestinal irritation; these include holly berries and amaryllis. And the fourth set involves highly toxic plants, such as water hemlock, which stimulate (causes increased activity in) the body, and lily of the valley and foxglove, which contain a cardiac glycoside (a substance that alters cardiac function)."

Plants to watch out for in the fall include the yew bush and nightshade. Symptoms of poisoning from the yew, whose berries attract attention this time of year, include dilated pupils, dizziness and nausea/vomiting. The most common variety of nightshade, which frequently grows wild in Illinois' backyards and prairies, has characteristic purple flowers and clusters of tiny, tomato-like berries that turn from green to red. Ingestion of nightshade can result in nausea and vomiting, headache and dizziness.

Prevent Exposure to Toxic Plants
"Although the indoor and outdoor plants that are toxic are too numerous to mention, I can suggest some tips for preventing exposures and for handling exposures should they occur," said Burda. To prevent a plant poisoning, he suggests the following:

- "Keep all household plants out of children's reach.
- "Know the names of all your plants, both indoors and outdoors. Label each plant with the correct common and botanical name. Consult a local greenhouse, nursery or florist to identify unknown plants.
- "Teach children never to put mushrooms, berries or any part of a plant (including leaves, flowers, stems, bulbs or seeds) into their mouths.
- "Do not assume a plant is non-toxic because birds or wildlife eat it.
- "Keep the IPC phone number (1-800-942-5969) on or near all telephones.
- "Keep a bottle of both syrup of ipecac and activated charcoal for each child in the home. Syrup of ipecac is used to induce vomiting, while activated charcoal "adsorbs" poisons in the stomach. Different toxins require different treatments, however, so never use either product without first calling the IPC or a doctor.
- "In case of a plant exposure, call the IPC immediately. Then follow these first-aid steps, recommended by Burda:
- "Exposure to the mouth: Remove any plant parts from the victim's mouth. Give a small amount of water.
- "Exposure to the skin: Wash any skin exposed to the plant with soap and cool water immediately. Remove any clothing that had been in contact with the plant.
- "Exposure to the eyes: Rinse eyes with lukewarm water for 15 minutes.
- "It is possible to treat most poisoning exposures safely and effectively at home, by calling the

Illinois Poison Center and providing the name of the plant and the approximate amount ingested. The IPC's staff of pharmacists, nurses and other poison information providers have access to references which allow them to quickly determine the degree of toxicity or hazard, and they will offer recommendations for managing the plant poisoning. They will advise callers to see a physician or visit an emergency room if a doctor's care is needed. They'll also make a follow-up call and suggest further care, if needed.

Following is an abbreviated list of mildly and highly toxic plants; for a complete list, visit the IPC's Web site, which also includes other poison prevention information for adults along with fun, interactive games for children.

Mildly Toxic
Plants that are mildly to moderately toxic include aloe, daisies, foxglove, poison ivy, cottonwood and crab apple seeds. Contact with some of the plants, weeds, shrubs and trees that are mildly toxic could cause a skin rash, which can be both serious and painful. Other plants that are considered mildly or moderately toxic can cause minor illnesses, such as vomiting and diarrhea, if eaten in large amounts. Always call the IPC if any mildly toxic plant is eaten.

Highly Toxic
Yew trees, poppies, castor bean, and foxglove are just a few of the highly toxic plants that are considered dangerous. Ingesting a small amount of these plants may cause serious illness or even death. Call the IPC immediately if someone has eaten a plant that is considered highly toxic.

There are numerous varieties of wild mushrooms that fall into the mildly and highly toxic categories. Because it can be difficult to discern the edible varieties from those that are toxic, the IPC advises against picking and eating any wild mushrooms.

The IPC can provide toxicity information about plants that are not included on the toxic plants lists if given their common or botanical names. For more information about plant toxicity, or to order a free brochure featuring the list of toxic plants, call the Illinois Poison Center at 1-800-942-5969, or click on its Web site at www.mchc.org/ipc.

Treat The Family To Dinner

Women's News

LGH offers childbirth preparation, baby-sitter and parenting classes

Lutheran General Hospital offers a variety of childbirth and community classes to meet the needs of expectant and new parents, as well as teens interested in taking a baby-sitting course. All classes are taught by instructors certified by the American Red Cross.

• Early Pregnancy Class - This five-hour class is designed for the first four months of pregnancy, covering such topics as the physical and emotional changes during pregnancy; fetal growth and development; relaxation techniques; nutrition; body care, and fitness and exercise.

• Childbirth Class - This 12 1/2 hour course is designed for couples during the last three months of pregnancy. Topics include what to expect during late pregnancy; labor, birth and the postpartum period. Coping skills, including Lamaze-style breathing and relaxation techniques, will be practiced. Included in this class is a tour of a LDR room (labor, delivery and recovery), the OB/GYN unit and the newborn nursery.

• Cesarean Class - This three-hour class is designed for couples who are anticipating a cesarean birth. Topics to be discussed include the cesarean birth process, postpartum recovery and breastfeeding. Included in this class is a tour of a LDR room (labor, delivery and recovery), the OB/GYN unit and the newborn nursery.

• Refresher/Vaginal Birth After Cesarean Class - This five-hour course is designed for couples who have been through a birth before and a desire a review of the labor process; Vaginal Birth After Cesarean guidelines; breastfeeding and relaxation techniques; and medication and anesthesia options. Included in this class is a tour of a LDR room (labor, delivery and recovery), the OB/GYN unit and the newborn nursery.

• Prenatal/Breastfeeding Class - This three-hour class is for women and their partners who are planning to breastfeed their baby.

• Adoptive Parenting Class - This three-hour class is for couples who are anticipating the adoption of an infant, and includes information on newborn characteristics, daily care, feeding options, healthcare and medical practices.

• Grandparenting in the 2000's - This three-hour course provides new or expectant grandparents with the opportunity to discuss current child care and feeding philosophies, as well as what it means to be a grandparent today.

• Sibling Class - This 1 1/2 hour course is geared toward children between 3 and 9 years of age who are expecting a new baby in the family. This class discusses newborn behavior and responses, infant needs and supplies, ways children can help with the baby and family changes. For further information or enrollment, call (847) 824-5180.

• Spanish Childbirth Class - Classes are held at the Genesis Center for Health and Empowerment, 1 N. Broadway, Des Plaines. For enrollment information, dates and times of classes, call (847) 298-3150.

• Prenatal and Postpartum Exercise Consultation - This program explores how physical activity and exercise have a positive effect on the course and outcome of pregnancy. For a consultation, call (847) 215-7755 for Buffalo Grove or (773) 763-5037 for Chicago/Niles.

Women's health center sponsors addiction program

The Women's Health Resource Center kicks off February with "Effects of Addiction on Women" from 7:30 to 8:30 p.m. Tuesday, February 15, at Barnes and Noble, Village Crossing Shopping Center, 5405 Touhy Avenue, Skokie. Lara Segallie, M.D., psychiatrist and addiction medicine, will discuss the physical and psychological implications that women face with regard to substance use and abuse, as well as ways of coping with past and present addiction in the family. To register, call HealthAdvisor at 1-800-3-ADVOCATE (1-800-323-8622).

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The "Moms' Club of Northern Chicagoland

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Community Calendar

CHILDREN

Sat., Feb. 5

Victorian Valentines
Children, ages 5 and up will discover the history of Valentine's Day and create their own Victorian Valentine at the Wheaton History Center's Children's Discovery Days on Saturday, February 5, 2000 from 10-11:30 a.m. The Victorian Valentine's program will entice children to discover the true meaning behind Valentine's Day and distinguish some of the practices throughout history. To register

for Victorian Valentines, contact the Wheaton Park District and refer to the program's registration #48025-8 for February 5, 2000. Program fees are \$5 for non-Wheaton residents and \$8 for Wheaton residents. For more information, please call Laura Dooley, Educator at 630.882.9472.

HEALTH

February 2

The Comprehensive Clinic
The Northwest Epilepsy Support Unit invites anyone with epilepsy

or seizure disorders. Family and friends are also welcome to attend our monthly meeting at: Our Lady of Resurrection Hospital, 5545 W. Addison Ave., 3rd floor (West Building) Room 4, 6:30 p.m. Please note the new location. Next topic is "Understanding Social Benefits with Epilepsy." On March 1st, Warren Cherry Preschool, 847-492-1215.

Maine Hockey Night and Food Drive a huge success

The Maine Township Hockey Club hosted its first ever Hockey Night on December 17, 1999 at Island Ice Arena in Niles. The evening included two hockey games played by the varsity and junior varsity teams as well as a food-drive, a bake sale, an on-site making booth, and a raffle with many exciting prizes. The MC for the evening was Mike Cieleski, president of the hockey club. Attendance for the evening was upwards towards 1000 people. Ten boxes of food and \$156 were collected in admission fees, all of which was donated to the Maine Township Food Pantry. The evening started off with the game between the Junior

storyteller Jennifer Armstrong performs.

Join the fun at Trinity Lutheran Church, 3837 Golf Rd., Evanston. Admission is \$3.50, which includes two free game tickets and entertainment. Kids under 2 free. Proceeds to benefit Warren Cherry Preschool, Evanston.

Free bone density tests

Whitehall North Rehabilitative and Skilled Health Care will be offering free bone density tests to the community on Thursday, February 2nd and Friday, February 3rd from 9 a.m. to 4 p.m. The tests will be conducted at Whitehall North, 300 Waukegan Road, in Desfield. Reservations should be made to (847) 943-4600, as space is limited. The purpose of this test is to diagnosis individuals who are at high risk for osteoporosis. It is a painless, noninvasive test of the bone mineral density of the heel or forearm, which takes less than a minute to perform. The test will be performed by a licensed operator.

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North Suburban NeedleArts Guild

North Suburban NeedleArts Guild will feature Janet Mitchell Pishel, A needle artist and teacher, commercial and graphic artist, technical illustration, and costume designer, she will discuss Artists and Embroiders - A Mutual Fascination at the Tuesday, February 1, 9:30 a.m. meeting at The Village Presbyterian Church, 1300 Sherman Road, Northbrook. For further information, call Debbie Bice at 255-6793. Guests welcome.

ENTERTAINMENT

Continued from Page 13

Sun., Jan. 30

Super Bowl Party
It's time for the 6th annual SUPER BOWL PARTY fund raiser, sponsored by the Maine Township Regular Democratic Organization, Sunday, January 30, 2000. Doors open at 4:30 p.m. for pre-game activities, at the White Eagle Restaurant and Banquets, 6859 N. Milwaukee Ave., Niles. Enjoy the game on the large projection television and several smaller televisions in the room. Feast on the all you can eat, Super Food Buffet.

draft and bottled beer, open bar, and door prizes. Tickets are \$30 for adults and \$7 for Children ages 3-16. To purchase tickets or for more information, call Fred at (847) 925-4283 or Cammy at (847) 647-0660.

Sat., Feb. 5

The Magic Banjo

Michael J. Miles, Old Town School of Folk Music banjo performer, will conduct a performance entitled, "The Magic Banjo and How It Sings: A Musical Portrait," on Saturday, February 5, at 2 p.m. at Terra Museum of American Art, 684 N. Michigan Ave., Chicago. Guested on the musical, "The Magic Banjo" and How It Sings: A Musical Portrait.

Jo* Miles will explore the history of the banjo. The musical performance will feature the works of writers and musicians such as Walt Whitman, Carl Sandburg, Pete Seeger and Woody Guthrie. The performance is free with Terra Museum admission, for more information, call the Education Department at Terra Museum of American Art at (312) 654-2255. Terra Museum and bookstores are open six days a week. Tuesday, 10 a.m. - 8 p.m.; Wednesday to Saturday, 10 a.m. - 6 p.m.; Sunday, 12 noon to 5 p.m. The museum is closed on Mondays. Admission for Outside and Folk Art. The Chicago Collections is \$7 for adults and \$3.50 for seniors. Admission is free to the public on Tuesday and the first Sunday of every month, and at all times to teachers, students, U.S. veterans and children under 12. For more information, call Terra Museum of American Art at (312) 654-2255.

CJE Support Groups

Council for Jewish Elderly (CJE) is offering the following support groups in the month of January in Skokie and Lincolnwood. Fees vary according to the program and individual circumstances. Some groups may be partially covered by Medicare and supplemental insurance.

Mondays, February 7, 14, 21, 29 - 1 to 2:30 p.m. Support group: *Coffee and Conversation*: a weekly group for Holocaust survivors meets at the Holocaust Memorial Foundation of Illinois, 4225 W. Main, Skokie. The group is free, sponsored by Council for Jewish Elderly and Jewish Family and Community Service. To register, call Ann Hartman-Libon at 773-508-1000. Mondays, Feb. 7, 14, 21, 29 - 3 to 4 p.m. Support group: *Coping with Parkinson's*, each Monday, individuals with Parkinson's disease share coping strategies, practical ideas for making tasks easier, and day-to-day struggles and triumphs. Sponsored by CJE, the group meets at Lincolnwood place's Auditorium, 7000 N. McCormick Blvd., Lincolnwood. No Charge. To register, call Sharon Dornberg-Lee at 773-508-1000.

Wednesday, Feb. 9 - 1:30 to 3 p.m. Support group: *Living with Parkinson's*. Guest speakers, helpful resources and medical updates are featured. The group meets at Lieberman Geriatric Health Centre, 9700 Gross Point Road, Skokie. No charge. For registration, please call 773-508-1000.

The Golden Apple Foundation Teacher Education Program applications due

Remember having a great teacher? Why not become one? The Golden Apple Foundation is accepting applications until March 15 for its Golden Apple Teacher Education (GATE) program for high school math and science teachers. This 14-month accelerated program is designed for mid-career changing professionals to become certified teachers in the Chicago Public Schools. In its third year, the GATE program has brought more than 40 gifted teachers into the Chicago Public School system. This year, up to 100 applicants will be chosen for the 2000 program. Interested candidates must have a bachelor's degree and a 3.0 collegiate grade point average. The application deadline is March 15. For more information or an application, call (312) 407-0006, ext. 104.

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Community Calendar

SINGLES

Continued from Page 13
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7 p.m. \$11 at Northwestern
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at a Board hearing. Where:
West Point Park Fieldhouse,
740 Wolf Rd., Des Plaines.
Time: 6:30 p.m. registration, 7
p.m. start. Sponsor: Alderman
Dick Sayad of Des Plaines.
Cook County is the second
largest county in the country
with nearly 1.6 million parcels
of property to be assessed
each year. Property owners
may appeal their assessments
to the Assessor, the Board of
Review and the State Property
Tax Appeal Board in that order.
Applications for appealing your
assessment will be available at
the seminar. Commissioner

Murphy encourages taxpayers
to bring their Assessment No-
tice or Property Identification
Number to the seminar.

**Lutheran General
publishes Year
2000 calendar**
To mark the new millennium,
Lutheran General Hospital has
published a commemorative
Year 2000 calendar that features
memorable dates from the hos-
pital's four decades in the north-
west Chicago area, along
with photographs of recently in-
troduced services and programs.
Among the highlighted entries
in the calendar are little known
facts (17 persons were admitted
to the hospital on Lutheran Gen-
eral's opening day; past hospital
room rates in 1960, there was a
\$24-a-day charge for a hospital
room); the date the first set of
quintuplets was born at the hos-
pital (August 4, 1982); and
when numerous pioneering med-
ical procedures were introduced
at Lutheran General.

New services include the hos-
pital's Cardiovascular Risk Re-
duction Center, 8816 Dempster
St., Niles. The Heart Institute for
Children's expanded pediatric
heart surgery program and the
Children's Health Center.
Free copies of the calendar
are available by calling Health
Advisor at 1-800-323-8622.

Park Ridge Rotary Club Ambassadorial Scholarship applications available

Applications for 2001-2002
Rotary Foundation Ambassa-
dorial Scholarships now are avail-
able from the Rotary Club of
Park Ridge.

The scholarships, which are
designed to further international
understanding and goodwill,
provide for study abroad in more
than 150 countries where Rotary
clubs are located. Some 1,300
scholarships of various types
will be available from clubs
worldwide.

Academic Year Ambassadorial
Scholarships are for one aca-
demic year abroad and provide
funding for round-trip transpor-
tation, tuition and fees, room,
board, some educational sup-
plies and language training (if
necessary) up to a maximum
award of \$25,000.

Also available are Cultural
Ambassadorial Scholarships,
which provide funding for three
or six months of intensive lan-
guage study and cultural immer-
sion in another country, includ-
ing transportation, tuition and
homestay expenses, up to a max-
imum of \$12,000 and \$19,000
respectively.

During their studies abroad,
Rotary Foundation ambassadorial

scholars act as ambassadors of
goodwill. Through appearances
before Rotary clubs and dis-
tricts, schools, civic organiza-
tions and other forums, the
scholars represent their home-
lands and work to further inter-
national understanding.

For an application, contact
William Haley or Michael Cala-
han of the Rotary Club of Park
Ridge, P.O. Box 130, Park
Ridge, IL 60068. Calahan also
can be reached at 847-583-1126
or through e-mail at MCalahan@KlaymanKorman.com.

The Park Ridge Rotary Club
must receive completed applica-
tion packages by April 1, 2000.

The Rotary Foundation Am-
bassadorial Scholarships pro-
gram is the world's largest pri-
vately sponsored international

scholarship program. Focused
on humanitarian service, per-
sonal diplomacy and academic ex-
cellence, the program has spon-
sored more than 30,000 Rotary
scholars abroad since it began in
1947.

The Park Ridge Rotary, which
was chartered in 1961, is an af-
filiate of Rotary International, a
service organization of more
than 1.1 million men and wom-
en in 29,728 clubs in 162 coun-
tries around the world. The 60-
member Park Ridge club serves
its community and institutions
with action and funding pro-
jects, supports Rotary's interna-
tional efforts for peace and un-
derstanding, improved health
services, disaster relief and liter-
acy, and promotes fellowship
and vocational service.

Helpful Hints from a Pediatrician's Perspective

"Helpful Hints on Children: A
Pediatrician's Perspective" is the
topic for the first in a Year 2000
series of free lectures featuring
"vintage" specialists and health
professionals from Lutheran

General Children's Hospital, Park
Ridge.

The Tuesday, Feb. 15, chil-
dren's health issues programs will
be presented from 7 to 8:30 p.m.
in Olson Auditorium of Lutheran
General Hospital, 1775 Dempster
St., Park Ridge.

The speaker for the evening is
William Witter, M.D., pediatri-
cians at Lutheran General Chil-
dren's Hospital. He will discuss
common childhood illnesses,
what to do when children are sick
or injured, when to call the doc-
tor, how to choose a pediatrician
and other common parent ques-
tions.

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

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Community Calendar

Loyola rated among top heart hospitals

A national consumer survey
has rated Loyola University
Health System in Maywood, one
of the top institutions for heart
care services in the Chicago met-
ropolitan region.

The National Research Cor-
poration (NRC), which measures
performance of health care in-
stitutions, announced this week that
Loyola and the University of Chi-
cago Hospitals are co-winners of
the 1999 Consumer Choice
Award for Heart Care Services.

The award signifies that an in-
stitution has merited top ratings
when measured on the basis of
such benchmarks as physician
and hospital status and image in
heart care, consumer preference
and consumer confidence, trust
and satisfaction.

"Achievement of this recogni-
tion is truly a testament to the suc-
cessful work of our cardiovascular
health-care team. The honor
confirms that Loyola does offer
to the community the very best
available care possible for disor-
ders of the heart," said Dr. Patrick
Foley, chairman of the depart-
ment of medicine at Loyola Uni-
versity Chicago Stritch School of
Medicine.

NRC's annual consumer sur-
vey tracks the opinions of more
than 170,000 households. Results
are published in the NRC Health-
care Market Guide. Using the sur-
vey findings and consumer re-
sessment ratings, the corporation
determines the Consumer Choice
Award winners in each of approx-
imately 100 large urban areas in
the United States.

Throughout the 1980s and
1990s, Loyola's name has been
synonymous with leading heart
care. In March 1984, Loyola per-
formed its first heart transplant
operation, and in 1988 opened the
nation's first hospital unit dedi-
cated solely to heart transplant
patients. Since that time, Loyola
has become the leading heart
transplant hospital in Illinois and
one of the top such institutions in
the country.

Just four months ago, cardio-
vascular surgeon Bryan Foy, who
assisted at Loyola's first heart
transplant operation, performed
the institution's 500th such proce-
dure. The achievement placed
Loyola among an elite group of
institutions that have reached the
500 mark.

Loyola was the first Illinois
medical center selected by the
Federal Food and Drug Adminis-
tration (FDA) to investigate the
effectiveness of the Heartmate, a
pump that helps a failing heart

**USE
THE
BUGLE**

Niles Park District Board welcomes new hockey director



Steve Glickman has joined the Niles Park District as Director of Hockey Operations after serving in the same capacity for the Skokie Park District for the past twelve years. Steve brings to the Niles Park District his passion and enthusiasm for the sport, as well as his expertise in hockey programming. If you would like information on Hockey Programs, please contact Steve at (847) 297-8010. Shown from left to right: Commissioner Walter Bousse; President James Hynes; Steve Glickman, Hockey Director; Vice President Elaine Heinen; and Commissioner William Terpinas.

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Dining / Entertainment

Heart Ball to benefit American Heart Association

The 2000 American Heart Association Heart Ball - one of Chicago's premier black tie fundraisers - will be held on Saturday, February 12 at the Hyatt Regency McCormick Place, 2233 South Martin Luther King Drive, Chicago, beginning at 6:30 p.m. in the Grand Ballroom.

Celebrating its 18th year, the Heart Ball is expected to raise nearly \$500,000 to benefit the

Ralph S. Zitnik, M.D., Clinical Research Investigatorship, established to encourage highly promising investigators in the early stages of their careers to pursue clinical research, and place HeartPower!, a heart health education program for children in pre-kindergarten through grade 8, in Chicago area schools.

The evening will feature both a live and silent auction with top tier items, including several domestic and international trips for

two on American Airlines; a weeklong stay for two at the Bitter End Yacht Club on Virgin Gorda, British Islands; a stay in the San Francisco area with a tour, lunch or dinner at the Robert Mondavi Winery and the use of a Mercedes Benz for one week; and autographed merchandise from several Chicago sports teams.

Additional information on the 2000 Heart Ball is available by calling Trammel at 312-346-4675.

'Laurel & Hardy vs. Love'

The Chicago Bacon Grabbers, the local chapter of the Sons of the Desert (the international Laurel & Hardy appreciation society) will host a free Laurel & Hardy film festival Saturday, February 5, at Lutheran General Hospital.

The event will be held from 7 to 10 p.m. in Johnson Auditorium, ground floor of the Parkside Building on Lutheran General's Park Ridge campus, 1875 W. Dempster St.

Just in time for Valentine's Day, the "Laurel & Hardy vs.

Love" film program will focus on six Laurel & Hardy movies that feature plots revolving around romantic entanglements with wives, fiancées and former girlfriends.

Reservations are not required. For more information, call 847-658-3421.

Lyric Opera presents Bizet's "Carmen"

Bizet's "Carmen," the everybody-can-hum tunes opera is the rousing finale to Lyric Opera of Chicago 1999-2000 season begins February 12 at Lyric Opera of Chicago. Everybody's favorite cigarette girl is sung by Denyce Graves, who "owns the role" according to the Washington Post. Don Jose, the east-aside lover, is Lyric Opera favorite Richard Leech.

The Skokie Valley Chapter of Lyric Opera of Chicago invites you to a preview lecture by Dr. Ellie Olin, National Louis University lecture Sunday, February 6, 7 p.m. Location: Morton Grove Library, 6140 Lincoln Avenue, Morton Grove. Refreshments served. Admission free. For further information call (847) 674-2735 or (773) 225-3667.

Troop 175 tours Chicago

One of the best ways to get into the holiday spirit is to visit downtown Chicago. A person can't help to feel the spirit once they see all the beautiful lights and holiday decorations.

On December 12, Scoutmaster David Okun, of Troop 175, led a group of eight adventurous scouts to visit the best decorations that Chicago offers, including the Daley Plaza. The scouts and their leaders enjoyed the many beautiful decorations and the holiday spirit that seemed to be everywhere. The scouts can't wait to visit the downtown decorations again next year!

Melissa Thodos & Dancers to perform at Oakton



Melissa Thodos & Dancers, Chicago's hottest contemporary dance company, brings its unique combination of art and athletics to Oakton Community College's Performing Arts Center, 1600 East Golf Road, Des Plaines, at 8 p.m. on Saturday, Feb. 5.

Thodos, an Evanston native and the company's artistic director and choreographer, is a trained gymnast and a former gymnastics trainer and coach at the Illinois Rhythmic Gymnastics Center in Northfield. She uses her extensive classical, modern dance and gymnastics background to create a unique style of dance, incorporating props such as hoops, balls and boxes into her programs. Her troupe has performed to acclaim at the Ruth Page Dance Series, Dance Chicago and Dance for Life. Tickets at \$15 can be purchased by calling the Oakton Box Office at (847) 635-1900. For group discounts, call Karol Varon at (847) 635-2165.

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Church and Temple News

Rabbi Alan Lew to visit local congregations

Congregation B'nai Jehoshua Beth Elohim (Glenview) and Congregation Beth Shalom (Northbrook) will welcome Rabbi Alan Lew, author of "One G-d Clapping: Spiritual Path of a Zen Rabbi." Rabbi Lew serves as spiritual leader of Congregation Beth Shalom, San Francisco, and is president of the Board of Rabbis of Northern California.

During Shabbat worship, Friday, Feb. 18, 8 p.m., at Congregation Beth Shalom, 3433 Walters Ave., Northbrook, Rabbi Lew will discuss What I Learned from Buddhism About How to Enrich Judaism.

Saturday, Feb. 19, at 7:30 p.m., at a Havdala service, at Congregation B'nai Jehoshua Beth Elohim, 901 Milwaukee Avenue, Glenview, Rabbi Lew's topic will be Taking the Shema Seriously: Meditation and the Jewish Imperative for Social Justice.

Sunday, Feb. 20, following a brunch at 9:45 a.m., at Congregation Beth Shalom, Rabbi Lew's topic will be The Biblical Encounter with the Transcendent: Three Examples of the Earliest Jewish Encounters with G-d. Yoga stretching, directed meditation and text study for all adults and levels of experience. It is suggested that attendees wear loose

clothing and bring a cushion or mat to discover what's Jewish about meditation.

For more information, contact Shari Bauer, (847) 729-7575 or on-line at <http://uahc.org/rl1010>.

St. Luke's Pastor to confess sin to congregation

The Rev. Raymond W. Nyquist will confess his personal sin to the people of his congregation this Sunday, Jan. 30, 2000 at the 10:15 a.m. worship service. In a sermon titled "The Vice of the Virtuous," Pastor Nyquist will speak to his congregation about his besetting sin, and ask God, his wife, and the people for their forgiveness.

The church is located at 9233 Sherman Road in Morton Grove. Rev. Nyquist has been serving as the Interim Pastor there since Aug. 1, 1999. An Adult Bible Class is held each Sunday at 9 a.m. and Sunday School classes for children and youth begin at 9:15 a.m. Pastor Nyquist invites all members of the community who are not actively involved in any church to attend St. Luke's which is handicapped access-

Farewell to a great Knight

As most everyone knows, Father Andy Barzyk has left St. John Brebeuf parish to assume new responsibilities at another parish in Chicago. What many folks were not aware of - Father Andy was a brother 4th degree Knight of Columbus and Chaplain of the North American Martyrs Council. He lived and worked as a true knight and christian, in every sense of the word!

The brothers of North American Martyrs Council 4338, Knights of Columbus wish brother Knight Andy Barzyk the best of health and good luck in his new assignments. He will be truly missed as a member of our council!

Father Andy will be missed by many people at St. John Brebeuf. His support of the many ministries and actions as a priest are/were exemplary!

The brothers of North American Martyrs Council are proud to have Father Arthur Olsen and Father Adam Galek as part of the 300 current members of our council. We look forward to proudly receiving Pastor Tom May as a brother in the very near future. We appreciate these great men as they become an active part of a great organization.

Local Holocaust survivor services to expand

The Chicago Jewish community's ability to provide service to Holocaust survivors and their families has been expanded by grants from the Conference on Jewish Material Claims Against Germany, Inc. and the Harry and Jeannette Weinberg Foundation.

The result is a far-reaching, comprehensive communal service network for aging survivors of the Holocaust, newly-dubbed Holocaust Community Services. Building upon the program formerly known as "Hineinu," Holocaust Community Services is a collaborative effort of Council for Jewish Elderly and Jewish and Family Community Service, in partnership with the Jewish Federation of Metropolitan Chicago.

The influx of funds allows Holocaust Community Services to provide in-home services to a greatly expanded geographical area.

Available services -- which include personal care, house-keeping, transportation, home-delivered meals, counseling and care management services -- are provided on a fee-for-service basis, with subsidies for those who cannot afford to pay the entire fee.

Some emergency financial assistance also may be provided, under the direct supervision of a committee of Holocaust survivors. In addition, group support services to survivors and their families are being expanded, as is programming to sensitize and educate professional caregivers, social service agency workers and the general community about the needs of Holocaust survivors.

For more information, and to inquire about services, please call Ann Hartman Luban, program director, at 773-538-1701.

KOC new members

1st Degree Exemplification held on January 5, 2000. The Brothers of N.A.M. welcome: Benny Costes and Bart McGuinn and their families to the Knights! Special welcome to Brother Jeff Aloisio, who recently transferred to our Council.

Rich warmly welcomes the twelve men that have joined the Council this Fraternal year. He asks them to become involved in the Council's many charitable events throughout the year. The best part about being a Knight - is knowing you're helping the people in your community.

Rich invites all other Catholic gentlemen to consider joining our Council. There are great benefits to belonging to the current 1.6 million member family! All Catholic gentlemen 18 and older are eligible to join the Knights. For more information on the Knights and all their great charitable deeds, contact Bob Galassi at 847-963-0920.

St. Martha's to present 'Forever Plaid'

"Forever Plaid" - a musical comedy set to the "doo-wop" beat of the 1950s is being presented at St. Martha's Church, 8523 Georgiana Ave., Morton Grove on Friday, February 11, 2000. The professional cast is from the same play currently at the Royal George Theatre. Doors open at 7 p.m. Performance at 8 p.m. Open seating. Cash bar available. \$40 per person in advance, \$50 at the door. For information or tickets, call 847-965-8062.

Man is made of dust, and dust that is stuck on itself is mud.

Letters to the Editor

An open letter from Mark Thompson

Each year the holiday season offers me the opportunity to see volunteers from throughout Maine Township collectively donating hundreds of hours and a wide variety of resources to ward our annual Community Holiday Party for those in greatest need. At this year's party, held in the Maine East High School cafeteria on December 23rd, volunteers and area businesses and organizations helped over 90 families and nearly 300 children enjoy a complete holiday meal, seasonal entertainment and even a visit from Santa Claus who gave out hundreds of new toys and presents to youngsters.

I'd like to express sincere gratitude and a heartfelt thank you to all those who planned this event and pitched in to help out. The list includes: Maine East High School, District 207, Doug Harrison, Irene Balogh and staff member Christopher Broeka, Tom Higgins, Bob Kocura and Lutheran General Hospital for turkey dinners and kitchen help. Mary Ann Cunningham, Terry Roberts and Holy Family Medical Center for desserts, paper goods and set-up help. Cornelia Grunst and Plainsbank for stuffed polar bears for the younger children. Jim Roberts, Michelle Shonbrod and CoVest Banc for a cash donation. Marine Toys for

Tots and all those who contributed to them for toys for the children. Illinois Juggling Institute's Mike Vodruska for children's entertainment. Rev. William Orlie and his guitar for strolling holiday music. First Congregational Church and First Methodist Church for volunteer help. Bill Humnick and Bob France who donated time as security.

The general press gets it all confused between "show biz" and reality!! and real life!! My husband often said, he was annoyed that out of 12 homes, only 5 hung flags, on our block!! He had plans to write an article about Memorial Day and its true meaning: I'll have to do it for him!!

The adults must set an example for our children and grandchildren and instill the patriotism they should have! The greatness of this country and the possibilities to be greater!

When you're a kid in school, the War is a far off event - especially with no instant news reports!!

Being in England at the 45th Ann. of the War, was a awakening for me! It was more than not having a Prom date!! Standing in Cambridge ceme-

Many, many Thanks for your very powerful article in the Bugle's Dec. 30, 1999 issue about a tribute to the World War II generation!! Everyone is talking about it!

Just because, we were all so young and dedicated, that we didn't dwell on it - but, certainly didn't mean for it all to be forgotten!

There is no reason to forget our

Reader praises Bugle article

terry and looking at the row upon row of white crosses, really stirs the heart!! That's all the young men that never came home to resume their lives, marry, have kids, and retell their experiences!!

Count Your Blessings Morton Grove!

Dear Editor: On October 26, 1999, about 7 p.m., my husband needed the assistance of the Morton Grove Paramedics. We cannot say enough for their minutes of response - their quiet take over as they walked into our home. Dan Gallagher and Mike Littaw (Paramedic) supported my husband while Rod Stephens took medication information from me. Within

Mike Raczyla

Millikin University student Mike Raczyla of Park Ridge will be featured during a one-person art show as part of his senior art project. The show will be on display May 17-21 in Kirkland Fine Arts Center on campus.

heritage, but let's be Americans first!! Let's never forget our Veterans!!! Sincerely, Dorothy Beverley, Niles

Count Your Blessings Morton Grove!

a very short time we were on our way to the hospital. As a professional Nurse (RN) I say again Morton Grove, count your blessings! We are so fortunate to have these great people when we need them. Many thanks to all of you.

Sincerely, Carl and Marge Thuerk, Morton Grove

Mike Raczyla

Raczyla, a commercial art/computer design major, is a 1995 graduate of Maine South High School.

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Friday afternoons at the movies

Are you a movie buff who loves to discuss the latest and greatest films with your friends? Join them at Friday Afternoon at the Movies (HUM E74-01) a non-profit class offered by Oakton's Emeritus Program.

Beginning Feb. 18, the class meets for six weeks on Fridays, from 1-2:30 p.m., at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. The entertaining films chosen by Oakton instructor Karol Verson await your "thumbs-up" or "thumbs-down" reviews. The course fee is \$75.

If theater is your specialty, register for Six Plays (ENG E98-71), a lively discussion of the sociopolitical and aesthetic values apparent in six of the "hottest" plays to grace the stages of Chicago and New York. This six-week class meets from 1-3 p.m. on Thursdays, beginning February 10, at the Ray Hartstein Campus. The course fee is \$70.

In-district residents age 60 and older pay half the listed fee. For more information about these classes and a listing of future Emeritus programs and events, call (847) 635-1414.

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Police News

Fraud & violence report reveals extortion in the name of mental healing

What do health care, fraud and violent crime have in common? According to a new booklet, "plenty." The common denominator is psychiatry, and it's costing the country a pretty penny—at least \$20 billion defrauded per year. According to the booklet, *Psychiatry Committing Fraud—Extortion in the Name of Mental Healing*, ever since World War II, psychiatrists have claimed an expertise in dealing with society's crime, violence, illiteracy and delinquency problems. Yet things are getting worse, not better, under their mental health monopoly. At the same time, the financial demands of these "experts" have ballooned from millions to billions.

Today, psychiatric, mind-altering drugs are linked to senseless killing sprees—6 teenage violent crimes with 19 dead between 1997 and 1998 alone. In 1997, sales of these drugs topped \$1.5 billion, double the figure of two years earlier. How did the experts respond in the wake of the Columbine massacre—committed by teenager Eric Harris, known to have been taking an antidepressant which causes aggression and hostility? They solicited the bulk of \$5.5 million in federal funds

for mental health, concluding that more than 71,000 Coloradans need counseling in response to the shooting. The *Rocky Mountain News* declared that this "simply stretches the definition of trauma into the realm of the absurd."

Psychiatry Committing Fraud—Extortion in the Name of Mental Healing, a report co-authored by Ms. Jan Eastgate, International President of the Citizens Commission on Human Rights (CCHRH), is timely. The Surgeon General just released his report on mental illness which Ms. Eastgate says ignores the very serious problems of fraud, abusive treatment and excessive drug pushing within the psychiatric system. "Unfortunately, the Surgeon General's report is about the snoring of billions more of taxpayers dollars by a failing mental health system and reinforces the established and lucrative psychiatric fixation on using mind-altering drug solutions. This will only increase the national violence and suicide rates, while proving a gold mine for pharmaceutical providers and prescribers."

The Clinton administration has announced that health care fraud is its number-two priority behind violent crime. Over the next 6

years, it will allocate \$4.5 billion for fraud enforcement in an effort to combat the annual loss of about \$100 billion to health care fraud. However, it is not generally realized that the largest health care fraud suit in history involved the smallest sector of health care—psychiatry. In the early 1990s, \$375 million was paid to the US Justice Department by National Medical Enterprises because of psychiatric fraud and abuse.

Ms. Eastgate has 22 years experience reforming the mental health system and has testified and presented evidence of psychiatric abuse to authorities around the world. CCHRH was established by the Church of Scientology. For a free copy of *Psychiatry Committing Fraud*, call CCHRH at (800) 869-2247.

Senior Citizen Law Enforcement Academy

Cook County Sheriff Michael F. Sheahan invites all senior citizens interested in law enforcement and crime awareness issues to enroll in his department's Senior Citizen Law Enforcement Academy to be held at the Olympia Park Field House, 6566 N. Avondale, in Chicago, beginning February 7.

The Sheriff's Office designed the program to open the lines of communication between senior citizens and law enforcement officials. Participants will gain a better understanding of the responsibilities and duties of law enforcement officials as well as receive advice on personal safety and crime prevention.

Top officials from Sheahan's Office will conduct the eight-session Academy. Each speaker

provides pertinent information on an array of topics, including law enforcement agency operations, crimes against seniors, gang & drug awareness, the Emergency Management Agency, functions of the Cook County Jail, and more.

The Academy at the Olympia Park Field House will meet Monday mornings, 9:30 - 11:30 a.m., through April 10 when all participants will be honored at a graduation ceremony and reception. The Sheriff's Office offers the program free of charge to all seniors living in Cook County.

For more information or to register for the Senior Citizen Law Enforcement Academy at the Olympia Park Field House, please call the Sheriff's Office at 773-869-7725.

Safe Neighborhoods Act Reinstatement in Skokie

Following this past weekend's distribution of hate literature by members of the World Church of the Creator, State Senator Ira Silverstein (D-8) has stepped up his call for the complete reinstatement of the Safe Neighborhoods Act. With the General Assembly in its seventh day of a special session to re-institute the Safe Neighborhoods Act, Senator Silverstein (D-Chicago) said the actions by followers of Matt Hale, the leader of the church, underscore the need for strong

laws dealing with violence and illegal gun use.

If the followers of Matt Hale and his campaign of intolerance and hate have taught us one thing, it is the fact we must have strong laws on the books that send the message that this type of behavior will not be tolerated," Silverstein said. "The Safe Neighborhoods Act, among other things, ensures that those convicted of the unlawful use of a weapon are properly punished."

It was reported to Silverstein

that World Church members dropped literature throughout Skokie that included racial and religious slurs. This was not the first time that World Church members have targeted areas of Silverstein's district, which was the scene of last July's shooting rampage by follower Benjamin Smith.

In the four years since its adoption, the act has been a proven deterrent in fighting the type of gun violence that rocked Skokie and the surrounding area this past summer, when World Church follower Benjamin Smith wounded individuals in the 8th Senate District and killed two other innocent individuals outside the District. "If we are to continue to honor the memory of those who died so needlessly and to stand up to this type of hatred, we must reinstate the Safe Neighborhoods Act in its entirety," Silverstein said.

Learn a skill, become a better sailor

Every year, thousands of Strictly Sail-Chicago visitors attend informational seminars at the show. This year is expected to be no exception.

A very full slate of seminars targeting all levels of sailor from true beginner to seasoned ocean racer, will be offered, for free, during all show days.

A complete seminar schedule can be obtained by logging into the Web at www.strictlysail.com.

For more information about Strictly Sail-Chicago seminars or about the show itself, please call (312) 946-6262.



Tragically, over five million dogs are abandoned every year because of behavior problems.

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Behavior problems, such as biting, growling, howling, destroying things, and urinating or defecating when left alone, are the number one reason that dogs are abandoned, left in shelters or euthanized. But now, veterinarians have effective and innovative ways of training behavior problems. So, if you're concerned about your dog's behavior, schedule an appointment with your family veterinarian today.

A public service of this publication and the American Veterinary Medical Association. *Member 1/20/00 1/20/00 1/20/00

Police News

Theft from locker

A 42-year-old Skokie woman reported that unknown offender(s) used a bolt cutter to remove the lock from her locker at the gymnasium in the 6300 block of

Touhy Avenue sometime between 4 p.m. and 5 p.m. Jan. 23. Removed from the victim's locker was a red purse containing \$20 cash, a diamond ring valued at \$4,500, earrings valued at \$100, a wristwatch valued at \$100, the victim's driver's license and numerous credit cards. The offender apparently kept the lock.

Retail theft

Police responded to a report of a retail theft in progress in a supermarket in the 8900 block of Greenwood between 3 a.m. and 3:30 a.m. Jan. 22. Employees in the loss prevention office while working the security cameras observed a 22-year-old Wheeling man and a 20-year-old Hoffman Estates man as they walked through the aisles placing things into plastic tubs.

Both the offenders entered a rear storage area but were unable to gain entry to a locked liquor storage area. They then walked to the south exit doors, where the Wheeling man unlocked one of the doors and pushed a shopping cart containing the two filled tubs while the Hoffman Estates man carried the third tub out. Police arrested both suspects. The value of the stolen merchandise was \$1,206.67, both offenders were charged with two counts of felony retail theft. Bond for the Wheeling man was set at \$40,000. The Hoffman Estates man's bond was set at \$5,000. Both offenders were scheduled for a Jan. 25 court appearance.

Criminal damage to auto

A 34-year-old Niles man reported that unknown offender(s) using an unknown object broke the driver's side mirror of his black 1998 Honda Civic while it was parked in the 8300 block of Oketo between 3:15 a.m. and 3:43 a.m. Jan. 22.

Theft

The owner of a health food store in the 9200 block of Milwaukee Avenue reported that two male suspects, both in their 20s, entered the store and split up walking in two different aisles. One of the suspects approached the complainant asking questions about vitamins. She showed the suspects the vitamin aisles and left the subjects. After the subjects left the store, the complainant discovered an entire display of 24 bottles of vitamins, each valued at \$44.95 was missing. The total loss was \$1,078.80.

Burglary

A 28-year-old woman reported that she discovered the rear door of her home in the 8100 block of Oketo open and a glass panel window broken when she returned around 9:05 p.m. Jan. 13. Unknown offender(s) apparently gained entry to the home and ransacked the northwest and northeast bedrooms. A jewelry box and dresser in the northwest bedroom were ransacked, but \$500 in an envelope was left untouched. Also removed was \$30 cash from a dresser drawer in the northeast bedroom. A pillow case and plastic tray containing several jewelry items were also removed.

Entry and exit were apparently

made through a rear door. Large footprints were found in the snow near the rear door. A neighborhood canvass revealed that no one saw or heard anything unusual during the time when the robbery was committed.

Burglary to auto

An 18-year-old landscape manager reported that unknown offender(s) gained entry to his 1997 Chevrolet Silverado pickup truck by forcing open a vent window while the vehicle was parked in the 8500 block of Ottawa between 3:30 a.m. and 10:56 a.m. Jan. 10.

Upon closer investigation, the victim observed that the dashboard had been ripped out, two cellular phones valued at \$400 each had been removed along with a television valued at \$1,380 and CDs valued at \$400, for a total loss of \$2,500.

Notre Dame student honored

Notre Dame High School for Boys' sophomore Mark Gorski was elected as an honorable mention selection in the recently announced results of the 2000 American Literary Council Poetry Contest.

Gorski, who is a graduate of Immaculate Conception grade school and resident of Chicago, will have his poetry submission published in this year's limited

edition anthology. The title of his poem is "By the Fireplace." Gorski is the first Notre Dame student to have his work published in the American Literary Council's Anthology.

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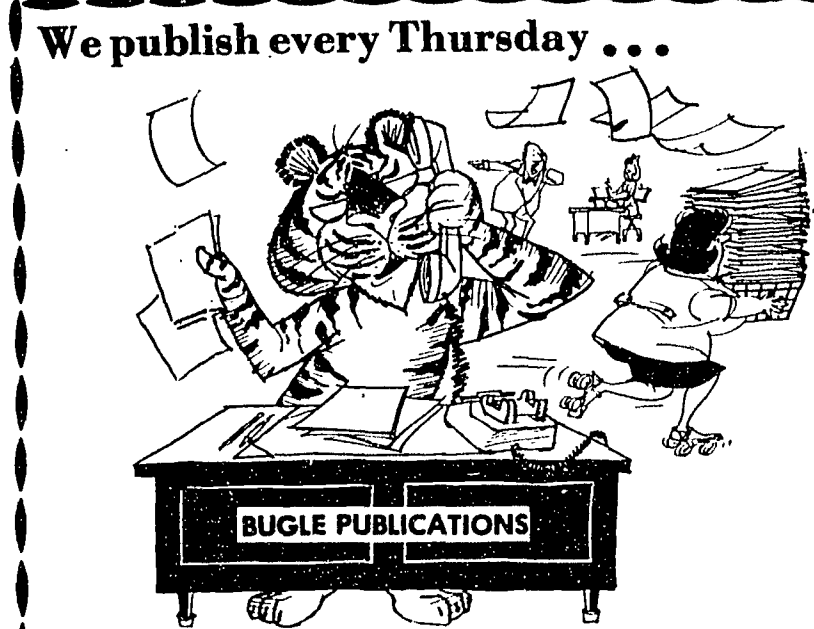
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Telephone: 847-965-0330
Fax: 847-965-4162

The Morton Grove Chamber of Commerce is a business organization dedicated to the advancement of the economic, commercial, industrial and civic interests of Morton Grove.

President: MGCCI
Christine Calk
MGCCI Executive Director/Editor:
Tina Mirtallo

"Webrary" wins libraryspot.com 'Library Site of the Month' award

LibrarySpot.com (<http://www.libraryspot.com>), an award-winning library and reference information portal on the Internet, today announced that the Morton Grove Public Library Webrary site (<http://www.webrary.org/mgplhome.html>) has been selected as the "Library Site of the Month" for January.

Each month LibrarySpot.com recognizes one site as the "Site of the Month" for its outstanding contributions to the online library community. The "Library Site of the Year" will be selected from the "Site of the Month" winners at the end of 2000. Winners of the "Library Site of the Year" and Reference Site of the Year for 1999 will be announced later this month.

"It is evident that a lot of thought went into the development of this site and that it is tended to with regularity and

contagious enthusiasm," said Lauren Zollinger, LibrarySpot.com managing editor.

The Morton Grove Public Library Webrary began as one staff member's list of links and has grown into a full-service information destination. "Pathfinders" help patrons locate books about a variety of subjects and MatchBook service notifies them of new purchases that match their individual interests.

The reference section offers a robust collection of resources, including a special section for the city's Russian-speaking population and a searchable obituary file. Young patrons will find kid-friendly Web sites and books in the colorful Kids Webrary.

Morton Grove Historical Society meeting

The Morton Grove Historical Society will present a special program by E. Two Rivers at its next meeting, on February 15th at 7 p.m. in the Baxter Room of the Morton Grove Public Library, 6140 Lincoln Ave. Two Rivers, who is the Director of Red Path Theatre Co. in Chicago, will present a reading of his Native American poetry and a monologue about Native American culture. An Ojibwa Native American, Two Rivers is a prize-winning author and artistic director. His program will relate to "True Beginnings: Morton Grove's Native American Past," an exhibit which will open in the middle of February at the Morton Grove Historical Museum.

The public is cordially invited to attend Two Rivers' special performance. There is no admission charge, and light refreshments will be served following the program.

Further information can be obtained by calling the Morton Grove Historical Museum at 965-0203.

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Taste 2000 - Mardi Gras

This annual fund raising activity, sponsored by the Morton Grove Foundation and the First National Bank of Morton Grove is quickly approaching. The Taste 2000 - Mardi Gras event is scheduled for March 2, 2000, from 5:30 p.m. to 9 p.m. Once again, the event will be held at the Chateau Ritz Banquet Facility, 9100 Milwaukee Avenue, Niles.

The theme for the 2000 event is "Taste 2000 - Mardi Gras." A buffet featuring twelve local restaurants will serve freshly prepared food continuously throughout the evening. While raffles, food, music, and fun are mainstays of the event, the high point of the occasion is always the silent auction. The auction has always proved to be one of the key elements of this important fund raising activity. Live entertainment will be provided by the well known band, "Centerline."

The Morton Grove Foundation is dedicated to generating resources to benefit programs and projects that meet the community's charitable needs.

A raffle with all cash prizes and a top prize of \$3,000 will be conducted as part of this year's fund raising event. A maximum of 600 tickets will be sold at \$25 each and are available for purchase by calling Terry Liston at 847/965-8123. Tickets for the Taste 2000 event are available for \$30 each or \$250 for a table of ten. Tickets are available at the First National Bank of Morton Grove (847/965-4400) or at the Morton Grove Village Hall (847/470-5220).

Morton Grove's Native American Past

Sunday, February 13, 2000, from 2-4 p.m. The Morton Grove Historical Museum is opening its newest exhibit entitled "True Beginnings: Morton Grove's Native American Past." This exhibit brings together the collections and stories of local residents with artifacts and information gathered from other Museums.

For insight into Morton Grove's unique Native American heritage, visit the Museum and watch for upcoming programming revolving around this exhibit. The Museum is located at 6240 W. Dempster, in Harter Park, and is open to the public Tuesdays, 2-4 p.m. and Wednesdays, 1-3 p.m. Community and school groups are always welcome, and should call ahead for an appointment, 965-0203.

Please call the Morton Grove Family & Senior Services Department to make an appointment at 470-5246.

Morton Grove Chamber's History

The modern chamber of commerce movement traces its origin to Marseilles, France, where an independent voluntary organization was formed in the early seventeenth century. This organization was formed to represent the commercial interests of that Mediterranean seaport.

The first American chamber of

Continued on Page 25

MORTON GROVE CHAMBER OF COMMERCE AND INDUSTRY

6101 Capulina Avenue
Morton Grove, Illinois 60053
Telephone: 847-965-0330
Fax: 847-965-4162

The Morton Grove Chamber of Commerce is a business organization dedicated to the advancement of the economic, commercial, industrial and civic interests of Morton Grove.

President: MGCCI
Christine Calk
MGCCI Executive Director/Editor:
Tina Mirtallo

Information You Need To Know

Building Permits: Building permits are required for many home improvements, including installation of fences, swimming pools, and structural changes such as room additions. Plans are reviewed for compliance with Village codes. During construction, inspections will be made to confirm that the improvements are being made in accordance to plan. This service is provided for your protection as well as the Village. Applications for permits are available at the Building Department.

Business Licenses: Individuals, firms, or corporations may not operate or conduct business without first obtaining a business license from the Village. Applications for renewal must be received by May 1 of each year.

Parking Restrictions: The following parking restrictions are violated most frequently in the Village of Morton Grove:

- Parking in a handicapped zone (Section 5-9-1C)
- Parking in a fire lane (Section 5-9-1C)
- Parking within 15 feet of a fire hydrant (Section 5-9-1a4)
- Parking within 20 feet of an intersection or crosswalk (Section 5-9-1a6)
- Parking within 30 feet of a stop sign (Section 5-9-1a7)
- Parking a vehicle marked "For Sale" on the street (Section 5-9-5b)

History . . .

Continued from Page 24

commerce was established in 1770 in New York City. By 1870, chambers were operating in 40 major American cities. As of 1992, approximately 5,000 local and state chambers are operating across the United States.

The U.S. Chamber of Commerce was founded on April 22, 1912, at the suggestion of President William Howard Taft to develop a strong link between business and government.

The Morton Grove Chamber of Commerce & Industry, also a member of the U.S. Chamber of Commerce, was first organized in the 1920's. Membership has grown from a modest handful to approximately 200 concerned members. That is a representation of 1/4 of the Morton Grove business community. The retail, service, and commercial activity has grown dramatically, and with it the need for greater communication, community involvement, and leadership on the part of all who live and work here.

Turning Point Behavioral Health Care Center

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

He holds an MBA in Management from the University of Evansville, Evansville, Indiana. Ken Zwiener, President of the Board, said, "The inclusion of Mr. Brand to the Turning Point Board provides us with a special area of expertise and perspective in the continually changing arena of human resources. Larry will be especially valuable in addressing major policy positions here and in analyzing existing factors within Turning Point

overall operations."

The Board of Directors oversees Turning Point Center, a comprehensive 501(c)3 charitable community mental health center, serving a general population of nearly 100,000 residents of Skokie, Niles, Morton Grove, Lincolnwood, and Golf. The center serves more than 1,000 clients and families each year. The staff of 75 includes professional disciplines of psychiatry, psychology, social work, nursing, and education. Services extend from preschool children to the elderly. Outpatient care is available by callin Turning Point at 847-933-0051 and requesting the Intake Department.

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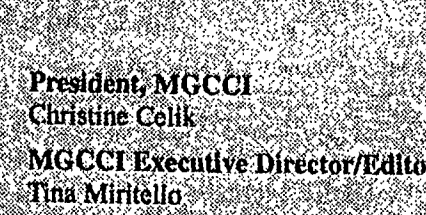
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Continued on Page 25

Healthtalk: Exercise? But I have Arthritis!

If your arthritis keeps you from exercising, you may be surprised to learn that daily exercise can reduce the pain associated with arthritis, prevent stiffness, increase flexibility, and reduce fatigue.

"Research shows that people with arthritis can safely exercise on a regular basis to improve their strength, endurance, and aerobic fitness," said Helen Levine, Vice President for Medical Affairs for the New York Chapter of the Arthritis Foundation. "There are three major types of exercise. Each plays an important role in your health and fitness and reducing arthritis related pain," she added.

Flexibility: Try some gentle stretching each day to maintain or improve your range of motion. Flexibility is also important to prevent injuries. These exercises can be done daily to help your joints move to their full extent.

Muscle conditioning: You

can improve your strength and endurance by adding more vigorous activities like lifting weights (or filled water bottles) for resistance. These exercises can be done daily or every other day.

Aerobic exercise: These activities use the large muscles of the body to improve heart, lung, and muscle functions. Aerobic exercise is also a great way to lose weight (which reduces the stress on the spine, hips and knees).

Before you start any exercise program, check with your physician. Tell your physician what kind of activity you want to pursue, how often, and how long you plan to exercise. Once you get the green light from your physician, you're ready to get moving. Here are some tips to help you:

1. Choose an activity you enjoy. If you don't enjoy your choice of exercise, odds are you won't stick with it.

2. Wear comfortable cloth-

ing and shoes. Be sure your shoes fit well and are suited for the activity you have chosen.

3. Always stretch first. Many injuries can be prevented with simple stretching before your workout. Breathe. Take your time. Remember to move swollen joints gently.

4. Start slowly. Start with 5-10 minutes a day for the first week or so. As you grow stronger, you can gradually add time to your workout.

5. Listen to your body. If you feel any pain, dizziness, tightness in your chest, or have difficulty breathing, stop immediately. And don't forget your cool down stretches when you are finished.

6. Try to establish a daily routine. To get the most benefit, it is recommended to exercise aerobically 20-30 minutes a day, three times a week. Working out 10 minutes in three short periods each day will give you the same benefits as one 30-minute workout.

7. Experiment to find the time of day that works best. If you have pain and stiffness in the morning, an afternoon exercise session may be better for you.

8. Walking and swimming are excellent forms of aerobic activities. Daily activities like walking the dog, mowing the lawn, and even cleaning the house are also aerobic.

For further information about arthritis and exercise contact: Arthritis Foundation, P.A.C.E. (People with Arthritis Can Exercise program), (800) 283-7800 or www.arthritis.org.

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

Programs for seniors to be the topic of PNA meeting

The Polish National Alliance North Side Seniors will meet Wednesday, February 9, 2000, at 10 a.m. at the PNA Fraternal Center, 6038 N. Cicero Avenue, Chicago.

The speaker for this session will be Dr. Diane Lewandowski, Administrative Aide to Secretary of State Jesse White. Dr. Lewandowski will introduce the group to the many programs under the jurisdiction of the Secretary of State which relate to the needs of seniors.

All seniors 55 and over, whether PNA members or not, are invited to attend.

Refreshments will be served. For more information call (773) 286-0500 ext. 309 or 316.

Morton Grove Senior Citizens 470-5223

TAKE TIME FOR THURSDAYS

Today's seniors are defying stereotypes about growing old. For many older Americans, maintaining a healthy sex life is an important part of their emotional and physical well-being. But for others, just talking about sex is difficult. To help, the Take Time for Thursdays program at 1 p.m. on January 27 at the Prairie View Community Center entitled, "Love and Life" will be presented and discussed.

Join friends for a cup of hot chocolate or coffee and a fun-filled afternoon of games at 1 p.m. on February 17 at the Prairie View Community Center. The main event is indoor Bocca Ball, which will be demonstrated by Craig Culp, Head Coach of the U.S. Disabled Bocca Team. Participants will be well prepared to try a few rounds of the game that day. There will be other games like pictionary and human tic-tac-toe going on concurrently, so each person can participate in as many games as they would like. Also enjoy a cupcake walk and have a chance to win desserts. Register by calling Catherine Deam at the Morton Grove Park District, 965-1200.

CHOLESTEROL SCREENING

A clinic for cholesterol screening will be held from 9 to 11 a.m. on Tuesday, Feb. 1 in the Morton Grove Village Hall 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.

INCOME TAX

RETURN FILING ASSISTANCE
Income tax return filing assistance is available free of charge for residents age 60+ who have low or moderate incomes that can be reported on basic IRS forms. Call the Senior Hot Line at 470-5223 for your personal appointment on a Monday, Wednesday, or Friday at the Morton Grove Village Hall Senior Center beginning Wednesday, Feb. 2. Appointment times are for either 9 or 10:30 a.m.

Volunteers trained by the IRS will assist in completing Federal and State of Illinois returns. Bring in W-2, Social Security 1098 and 1099 forms which are received in the mail between now and January 31, 2000. A copy of the 1998 tax return should be brought in also. The program does not include income tax returns for other states, business taxes or international investments.

CHUNK OF CHOCOLATE

Be ready for a day of chocolate delight presented by Spangles Tours on Tuesday, Feb. 8. Discover the history of chocolate and learn about how this versatile ingredient is used in recipes beyond the dessert variety. Visit a popular bakery known for its wedding cake creations. There will be time for shopping and tid-bit tasting. Then feasting the eyes on unique chocolate designs at a north suburban specialty shop and learning about some unusual requests from customers. A special meal with a chocolate theme and a stop at a popular chocolate outlet shop will round out the day. The bus leaves the Prairie View Community Center at 9 a.m. and will return at 3 p.m. The cost is \$47 for residents, and \$53 for non-residents. Register at Prairie View.

DISCUSSION ON ISSUES IN THE NEWS
Here's a chance to join the popular "Issues in the News" course led by Mike Kniff. Exchange viewpoints on local, national and international events from 9:30 to 11:30 a.m. on Thursdays from February 10 through March 30 in the Prairie View Community Center. Join friends for these lively discussions. The cost is \$24 for residents, and \$31 for non-residents. Register at Prairie View.

BOWLING LEAGUE OPENINGS
Bowling is America's most popular participation sport. There are two openings for bowlers in the Morton Grove Senior Bowling League through for this winter and spring. The league begins rolling at 9:30 a.m. each Friday at Skokie Lanes, 8146 Floral Avenue. Good competition and good friends are waiting. For more information, call Ruth Clark at 965-5792.

TREASURES OF MOUNT VERNON
Celebrate George Washington's birthday on Tuesday, Feb. 22 with a trip to the Chicago Historical Society. For the first time ever, a remarkable collection of priceless George Washington items will leave the gates of Mount Vernon to appear in a special exhibit at the museum. Enjoy a live "Voices from History" performance along with the many other unique exhibits tracking the city's history. Lunch choices at the Big Shoulders Restaurant in the museum will be fettuccini pasta with grilled vegetables or hamburger served with vegetables and roasted potatoes. The bus leaves the Prairie View Community Center at 9 a.m., and will return at 2:30 p.m. The cost is \$25 for residents, and \$28 for non-residents. Register at Prairie View.

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION

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

COLLECTORS WANTED
The Niles Senior Center is planning a Hobby Collectors Show 2000 this Spring. If you collect or have a hobby, please submit your name, address and phone number by calling 588-8420. Remember the more participants, the better the show.

MEALS ON WHEELS DRIVERS are needed to deliver meals to homebound older adults in Niles. Meals are delivered weekdays between 11 a.m. and 12:30 p.m. Please contact Kelly Miskie at 588-8420.

HEAT/COLD ALERT VOLUNTEERS needed to make phone calls during extreme weather conditions to homebound elderly. Please contact Mary S. at 588-8420.

EVENING AND SUNDAY VOLUNTEERS are needed to assist at our Sunday and Evening programs. Please contact Mary Swanson at 588-8420.

FEBRUARY TICKET SALES
February Ticket Sales are Wednesday, Feb. 2, at 8:45 a.m. to all members. Doors open at 8:30 a.m. First come, first served. Please enter through the east entrance.

Sunday at the Center - Mexican Fiesta is Sunday, March 12, 11 a.m. to 4 p.m. (Meal served from noon to 1 p.m.) Enjoy a meal featuring Chicken & Beef Fajitas, Mexican Potatoes, Beans, Rice, and Dessert. The enjoy a 7-piece Mariachi Band. Prizes for best Mexican Costume! Lots of surprises, too! \$10.

Rosemary Clooney in Concert will be a trip to Drury Lane Martini on Tuesday, March 21, from 11 a.m. to 5:30 p.m. Lunch will be served before her performance, choose from Boston Baked Scrod or Butt Steak. Cost: \$48.

March Life Lunch and Movie is Friday, March 24 at noon. Enjoy a homemade Sloppy Joe Sandwich followed by the popular movie, "Runaway Bride" (PG-13) starring Julia Roberts and Richard Gere. Cost: \$2.

Evening at the Center - Card Party is Wednesday, March 29, 5 p.m. to 8:30 p.m. Enjoy submarine sandwich with chips followed by an evening of Pinochle, Bridge, Poker, Uno, Billiards and Board Games. \$6 for meal, games and prizes.

CURRENT EVENTS DISCUSSION GROUP
The Current Events Discussion Group is 10:30 a.m. on Wednesday, Jan. 26. Discussion topics depending on the group's interest. For more information, call Mary S.

FRIDAYS AT THE MOVIES
Showing at 1 p.m. on January 28 is *Deep End of the Ocean* (1999, PG-13) starring Michelle Pfeiffer, Treat Williams, and Whoopi Goldberg. Adapted from Jacquelyn Mitchard's best-seller about the disappearance of a three year old.

PINOCHLE TOURNAMENT
Pinochle Tournament will be held Friday, Jan. 28 at 1 p.m. (arrival at 12 noon.) Enjoy a three-handed Pinochle Tournament, refreshments and prizes. Cost: \$3.50.

FLOYD'S RESTAURANT AND THE GRAND VICTORIA GAMBLING BOAT
Floyd's Restaurant the Grand Victoria Gambling Boat is Monday, Jan. 31, 10:30 a.m. to 4:30 p.m. Travel to Floyd's Restaurant for a Family-style luncheon of Roast Beef & Baked Chicken. Then try your luck at the Grand Victoria Riverboat for a 2 1/2 hour gaming session. Cost: \$20.

BOOK DISCUSSION
Book Discussion Group meets the first Friday each month at 10 a.m. On Friday, Feb. 4, discuss *Dreams of My Russian Summer*. \$1 includes refreshments.

FRIDAYS AT THE MOVIES
The first Friday afternoon of the month is 1 p.m., February 4. *The Other Sister* (1999, PG-13) starring Juliette Lewis and Diane Keaton. This film is about a mentally challenged girl and her first attempt to free herself from a smothering mother. Coming Attraction: February 11 - *When Harry Met Sally*.

GENERAL TICKET SALES
Please call for ticket availability.
February Life Lunch and Movie is Friday, Feb. 11 at 12 noon. Enjoy an Italian Beef Sandwich and Chips followed by the movie, "When Harry Met Sally" (R), a delightful comedy featuring Meg Ryan and Billy Crystal. Cost: \$2.50.

CJE February programs for Seniors

Council for Jewish Elderly (CJE) will offer the following free programs during the month of February in Skokie. For reservations and information to programs, please call 773-508-1000, or consult CJE's web site at <http://www.cje.net>.

Thursday, February 3
Lyric Opera Lecture: Wagner's *Tristan and Isolde*, 2 p.m., Lieberman Geriatric Health Center, 9700 Gross Point Road, Skokie. For reservations, please call 773-508-1000.

Wednesday, February 9
Lecture/Discussion: *The Jewish World Today*, presented by Sareta Lazovsky, 10 a.m., Lie-

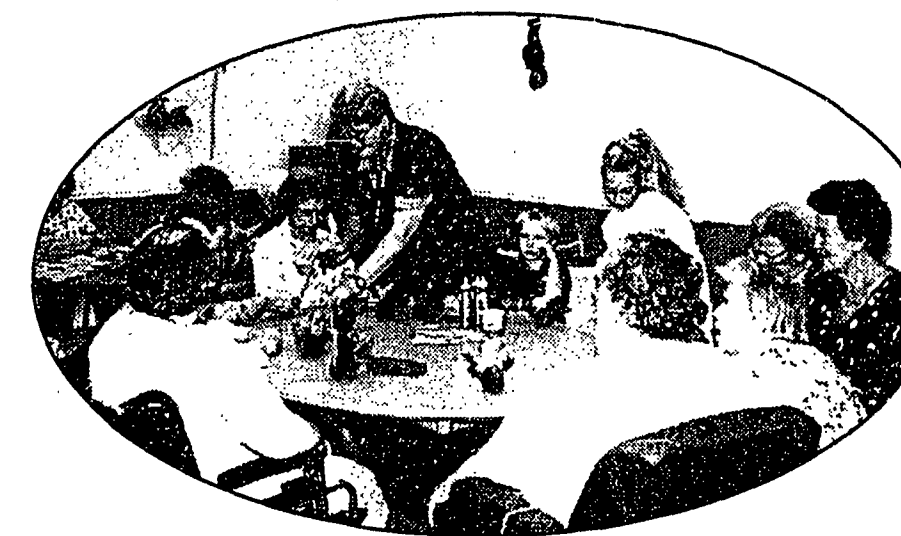
berman Geriatric Health Center, 9700 Gross Point Road, Skokie. For reservations, please call 773-508-1000.

Thursday, February 24
Sunday at the Center - Valentines Around the World is February 13, from 11 a.m. to 4 p.m. Enjoy a meal catered by Sophie's Polish Deli featuring Roast Beef, Polish Sausage and Sauerkraut, Pierogi, Cheese Blintzes and Kolaczki. (Meal served from noon to 1 p.m.) Enjoy a performance by Ed Warble, a classically trained tenor with the ability to sing in 13 languages. Cost: \$8.50.

Evening at the Center - Leap Year Extravaganza is Tuesday, Feb. 29, 5 p.m. to 8:30 p.m. Meal served until 6 p.m. includes Honey Dipped Chicken, BBQ Beef, Baked Beans, Corn, Cole Slaw, Biscuits and Dessert. Then enjoy the Banjo Buddies. Games and Bingo complete the evening. Cost: \$10.



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Business News

Are You Following the Right Index?

The Dow Jones Industrial Average is the most watched market index in the world, and when it cracked 10,000 points recently, investors cheered. But many investment experts question whether investors are focusing too much on the wrong index.

What index should you be following? The S&P 500? The Nasdaq Composite? The Russell 2000? Do these indexes provide the best market perspective? Do they provide a better comparison for your own investment portfolio? That depends on where you have your money invested, say many Certified Financial Planner practitioners. When you look at market indexes, you want to make sure you are comparing apples to apples.

The Dow tracks 30 of the biggest companies in America. For a long time, it's been the bellwether of the stock market. But critics argue that 30 stocks are too few to track, considering there are over 7,000 publicly traded stocks in the United States alone. For example, the average U.S. diversified stock fund, which typically would hold dozens or even hundreds of stocks, returned around 1.15 percent the first quarter of this year, while the Dow shot up 9 percent. Furthermore, say critics, the

Dow doesn't include some of the nation's most important stocks, namely the big technological companies such as Microsoft and Intel.

What about the S&P 500? It tracks 500 U.S. stocks, mostly large companies. Does that better represent the "market"? If all you own are large company stocks, either individually or through mutual funds, or most of your money is in S&P 500 index mutual funds, then tracking the S&P 500 makes sense. But many investors have money spread in a variety of places, from certificates of deposits (CDs) and bonds, to international stocks and real estate.

Comparing the returns of your bond funds, for example, to the return of the S&P 500 provides no more value than comparing the returns of a stock mutual fund to the current interest rates being paid for CDs.

It's also important to understand how indexes are put together in order to judge how effectively they represent the market and your investments.

For example, the S&P 500 and the Nasdaq are "capitalization-weighted" indexes. That means that the large companies on the index influence the return of the overall index more than the

smaller companies. In the case of the S&P 500, the ten largest companies on the index account for roughly 20 percent of the total value of the index, and the top two companies, Microsoft and General Electric, account for nearly 7 percent of its total value.

On the Nasdaq, the top ten companies account for nearly half of the value of an index that tracks 5,000 high tech companies. As with the S&P 500, that means that the ups and downs of a handful of companies can account for much of the ups and downs of the index. The Nasdaq Composite returned 59.6 percent for 1998, yet most of that return was due to the returns of the largest companies on the index.

Half of the 5,000 companies listed on the index actually lost 20 percent or more! Consequently, unless you were holding those Nasdaq winners, your personal returns wouldn't have reflected the overall returns of the index.

When you compare the returns of your portfolio or an individual mutual fund or security to the "market," it's important that you compare it to the right benchmark. If your portfolio is diversified across a variety of investment categories, some of those categories will inevitably do better than others at any particular time. For example, a

small-company stock mutual fund probably isn't going to look good against the Dow or the S&P 500 because small-company stocks as a whole haven't done as well as large company stocks in recent years. But the fund may have done very well measured against a more appropriate index, the Russell 2000, which tracks 2,000 smaller-company stocks.

The return of your portfolio as a whole, assuming it is diversified, also probably won't match the returns of whatever is the hottest segment of the market (which may be next year's cold segment). That's because diversification is intended to reduce risk, not maximize returns. What's important is to see whether the various components of the diversified portfolio match up well with their appropriate indexes.

College savings plans getting good grades

Parents with college-bound children have a new tool available that can help them build a bigger college fund. It's called the state-sponsored college savings plan, and it may be the best-kept secret amid the wide assortment of college savings vehicles and tax breaks added in recent years.

A state college savings plan should not be confused with its older cousin, the state prepaid tuition plan. A state prepaid tuition plan typically allows you to buy future state school tuition at today's prices. The plans usually guarantee to cover the tuition you pay regardless of how much tuition goes up between now and the time your child enters college.

A state college savings plan, on the other hand, is more similar to a regular mutual fund with one notable exception: investment earnings are tax deferred, and in some cases even tax free. You can invest a lump sum into the account, or through monthly installments as low as \$25 in some plans. Some plans allow total contributions as high as \$100,000 per child, far more than you can put into an education IRA, though you may run into gift-tax issues. Unlike most prepaid tuition plans, contributions and earnings can pay for not only tuition but room and board, books, and in at least one case, college loans. Also unlike some prepaid plans, you're not restricted where you spend the money for college.

What are the advantages of these plans versus prepaid plans, other college funding strategies? With tuition costs rising at a more modest four to five percent annually instead of the earlier rates of nine to ten percent, savings plans will probably provide a better return than prepaid plans.

Earnings usually are free of state income tax (unless you invest in an out-of-state plan). Federal income taxes are deferred until the money is used to pay college expenses, and then the earnings are taxed at the student's rate, typically 15 percent.

Some state plans, most notably New York, allow state-tax deductions for the contributions, unless you don't live in that state. You can participate regardless of income. If your taxable income is too high, you can't take advantage of the education IRA, the Roth IRA, student loan interest discounts, or the Hope Scholarship and Lifetime Learning credits.

Generally, the savings plans reduce financial aid less than prepaid plans.

The savings plans present some disadvantages, however. They typically allow you to buy first class, equipped with their own mask, fins and snorkel. This seven-week class meets from 7:30 - 9:30 p.m. on Tuesdays, beginning Feb. 1, at Glenbrook South High School, 4000 W. Lake Avenue, Glenview. The course fee is \$10.

Learn to Scuba Dive (PED 527-01, Touch-Tone 13439) teaches the skills necessary to become a PADI Open Water Diver, the most popular scuba certification (the open water dive is not included in this course). Instruction is self-paced in small groups, using one instructor for a maximum of four students. Students should be prepared to enter the water in the first class, equipped with their own mask, fins and snorkel. This seven-week class meets from 7:30 - 11 p.m. on Thursdays, beginning Feb. 3, at Maine East High School, 2601 Dempster Street, Park Ridge. The course fee is \$125; a textbook (approximately \$20) is available on the first night of class.

Golf I (PED 502) is an indoor class that teaches golfing fundamentals, including grip, stance, swing, rules and proper etiquette. Students should bring a 5-iron and wear shoes with rubber soles (e.g., gym shoes) to the first class. Two seven-week sections of this class begin on Tuesday, Feb. 1, at the Golf Center, 353 N. River Road, Des Plaines: PED 502-01 (Touch-Tone 13383) meets from 7 - 8 p.m., and PED 502-02 (Touch-Tone 13382) meets from 8 - 9 p.m. The course fee is \$150.

Earnings not used to pay for college expenses are deemed the contributor's and are taxed at the contributor's tax rate. A 15 percent penalty also is imposed on the unused earnings. However, money not used by the child can be transferred to another family member such as a sibling, parent or nephew.

Sixteen states now offer college savings programs, and another eight are expected in 1999. To see if your state has a plan, check www.collegesavings.org. However, even if your state doesn't offer a savings plan, or doesn't offer a good one, several of the plans allow nonresidents to participate. You'll want to review your options with your Certified Financial Planner professional for the best strategy.

Sports / Park & Library News

Sports & recreation classes offered

Prepare yourself for a new season of outdoor activities by taking a class offered by the Alliance for Lifelong Learning (ALL), the continuing education program partnered by Oakton Community College and district high schools.

Boating Skills & Seamanship (REC E12-01, Touch-Tone 14001) covers nomenclature, knots and splices, navigation and piloting of power boats. Instruction is also given in safety and the "rules of the road" for boating. This ten-week class meets from 7:30 - 9:30 p.m. on Tuesdays, beginning Feb. 1, at Glenbrook South High School, 4000 W. Lake Avenue, Glenview. The course fee is \$10.

Learn to Scuba Dive (PED 527-01, Touch-Tone 13439) teaches the skills necessary to become a PADI Open Water Diver, the most popular scuba certification (the open water dive is not included in this course). Instruction is self-paced in small groups, using one instructor for a maximum of four students. Students should be prepared to enter the water in the first class, equipped with their own mask, fins and snorkel. This seven-week class meets from 7:30 - 11 p.m. on Thursdays, beginning Feb. 3, at Maine East High School, 2601 Dempster Street, Park Ridge. The course fee is \$125; a textbook (approximately \$20) is available on the first night of class.

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Other sports and recreation classes beginning soon include Fresh Water Fishing (REC E16), Intermediate Golf (PED 503), Advanced Coastal Navigation (REC E13), Youth Boating (REC E14), Scuba Divers: Red-Discover Your Sport (PED 526), and Coed Volleyball (PED 522).

Students who have registered for Oakton or ALL classes within the last five years and have a correct Social Security number on file may register by using the Touch-Tone system at (847) 635-1616 or by FAX at (847) 635-1448.

Lyric Opera Lecture at Morton Grove Library
Conductor and composer Philip Seward discusses "Tristan and Isolde," Richard Wagner's greatest work on Sunday, January 30 at 2 p.m. at the Morton Grove Public Library, 6140 Lincoln Ave. "Tristan and Isolde" tell the passionate story of an Irish princess in love with a knight but promised to a king. For more information, or for mobility and communication access assistance, please call (847) 965-4220, for TDD call 965-4236.

Niles Park District Board welcomes new Superintendent of Park Services



Niles Park District is pleased to introduce our new Superintendent of Park Services, Bob Strickler. Bob joins the Niles Park District with over 18 years of parks and grounds maintenance experience. He will oversee the maintenance of the District's 19 park locations. Shown from left to right: Commissioner William Torpinas; President James Hynes; Vice President Elaine Heinen; Superintendent of Park Services Bob Strickler; and Commissioner Walter Beusse.

Lyric Opera Lecture at Morton Grove Library

Bizet's "Carmen" will be the topic of discussion on Sunday, February 6 at 2 p.m. in the Baxter Room of the Morton Grove Public Library, 6140 Lincoln Ave. Dr. Ellie Olin, a musicologist and specialist in French literature converted to opera presents a lecture on one of the most popular operas in the world. Carmen is a cigarette girl who spins her love.

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School News

SJB students learn about the 'Food-Web'



In Mrs. O'Brien's third grade classroom at St. John Brebeuf School, Niles, the students were treated to an educational program introducing them to the concept of the "Food-Web." Being such a small homeroom of only nineteen students, the third graders were able to spend more time role-playing as different parts of the food-web.

Through this Outreach Program, the students discovered that they are not alone in this world. They are an equal member in the energy-cycle of life! They learned, that as human beings, we all have a special duty to protect the "cycle" in each of its stages. By acting out the different stages the Third Graders realized that they have a responsibility to insure that the chain will continue for the next generation.

(Left to Right) Regina, Andrew, Scott, Amanda, Anna, Thomas, Kim, Czarnik, Grzelko, Polonczak.

Maine East cheerleaders qualify for state championship

The Maine East High School varsity cheerleaders started the millennium off with a bang by qualifying for the Illinois Cheerleading Coaches Association state championships at the Rolling Meadows Regional on Sunday January 9, 2000 with a first place finish in the co-ed division. Led by captains Karlo Familar, Anne Maris, Jeff Tackes, and Lisa Yee, the Demons have now qualified for both the national and the state championships in March. This is the fifth straight year that Maine East has qualified for the Illinois state championships. Maine East won the first Illinois co-ed state championship in 1996.

The cheer portion of the team routine immediately started out difficult with a pyramid of all 20 cheerleaders that was the same beginning to the Demons' championship at Six Flags Great Escape last fall. The pyramid transitioned into the execution of pike and touch jumps and partner stunting with all five male cheerleaders holding liber- ties. This was the first time in Maine East history that five lib- eries were held simultaneously. Maine East demonstrated more expertise in partner stunting

with five toss hands after two standing back tucks by Familar and Tackes. The cheer ended with Familar and Tackes hold- ing up flyers Yee and Maris in cupies, respectively, while Col- legen Bercyn was thrown into Maine East's established basket toss.

The routine finished strong with the music and dance perfor- mance. The music began imme- diately with a moving mount that again used all 20 squad members with junior Diane Kha- nia as the "cute in the middle." The mount transitioned into tumbling runs by Mike Rodri- guez, Michelle Beauvoir, Dean Pistas, Familar, and Tackes. After the crowd was energized by the tumbling runs, the 15 girl cheerleaders performed a very intense girls solo dance and then stepped aside for a Maine East tradition, the guys solo. The dancing brought the usual shrieks of delight from every member of the audience during all three different dance por- tions. Maine East closed out the routine with a visual mount of toss hands and high stunts.

Sunday was also a day of good news for four of Maine East's partner stunting teams as they found out that they had qualified for CANAM Nationals as well. The teams of Familar and Yee, Tackes and Maris, Rodriguez and Bercyn, and Dante Castillo and Anette Bo- duch will compete at the national competition in Myrtle Beach, South Carolina this March. The next two months will be busy ones for the 20 cheerleaders. Maine East will upgrade their routine for the Stevenson High School Regional in February, and then will try to win the ICCA state championship in Springfield in March. The week following the state champion- ships will be spent in Myrtle Beach for the CANAM national championships in the co-ed and partner stunting divisions.

The Maine East cheerleaders are: Des Plaines - Michelle Beauvoir, senior; Jaclyn Carroll, senior; Karlo Familar, senior; Brandy Raffel, junior; Evelyn Wlodarska, junior; Morton Grove - Diane Khania, junior; Monica Manaois, senior; Anne Maris, senior; Mike Rodriguez, senior; Niles - Colleen Bercyn, senior; Anette Boduch, junior; Sheila Casaba, sophomore; Dante Castillo, junior; Jessica Costes, junior; Melanie Kamin- ski, junior; Joanna Kulikowski, junior; Dean Pistas, junior; Jeff Tackes, senior; Cathy Vida, junior; Lisa Yee, senior.

The Maine East partner stun- ting groups are: Anne Maris & Jeff Tackes, Lisa Yee & Karlo Familar, Anette Boduch & Dante Castillo, Diane Khania & Dean Pistas.

The Maine East all-American cheerleaders are: Colleen Ber- cyn, Karlo Familar, Anne Mar- is, Brandy Raffel, Jeff Tackes, and Lisa Yee.

Lighting the Way to a New Century-Catholic Schools

St. John Brebeuf School, 8301 N. Harlem Avenue in Niles, will be celebrating Catho- lic Schools Week by having an Open House on Sunday, January 30th at 12 noon to 2 p.m. pre- ceded by a Liturgy at 11 a.m. All are welcome to visit the school, meet with the teachers and view the students' work.

The festivities will continue throughout the week of January 30th to February 4th. On Mon- day, January 31st, students will be making "Thank You" cards for special people. Tuesday, February 1st is Teacher Appreci- ation Day and the Parish/School Association will plan a special luncheon. Wednesday, February 2nd is Student Career Day. Stu- dents will come to school in their desired career clothes. They will be doing reports, skills and "show and tell." Friday, February 3rd, will be "Student Appreciation Day" and students will be treated to a movie and popcorn by their teachers. St. John Brebeuf School of- fers the following: Three & Four Year Old Pre-School, Extended Day Program, Sacramental Pro-

Nelson ISAT Testing

The fifth grade students at Nel- son have just returned back from winter break. They now find themselves working diligently to prepare for ISAT testing (Illinois Standard Achievement Test). The ISAT will test the students on reading comprehension and writ- ing. The students will be practic- ing their reading comprehension through the Accelerated Reading Program and practice tests. The students will also continue to practice persuasive, expository and narrative writing until the ISAT test arrives the first week in February.

Developing an Appreciation for the Fine Arts in Children

Carol O'Grady - St. John Brebeuf

An appreciation of the fine arts (literature, dance, music, paint- ing, sculpture, and architecture) enhances the education of all stu- dents. To develop this apprecia- tion, parents play an important role.

Parents can explain that art may affect people intellectually, emotionally, and aesthetically. For example, a good book may stimulate thinking, a beautiful song may make someone smile, perhaps even cry, and a painting may fill someone with a sense of beauty.

To help children develop an appreciation for the fine arts, par- ents are encouraged to participate with their children in the following activities:

1. Attend musical performanc- es, whether professional or amate- ur, such as concerts, recitals, and operas. Attending such events encourages an appreciation for the music. Also, listening to music at home and in the car promotes understanding and ap- preciation for music. The Chica- go-area is a rich source of excel- lent musical radio programming from classical to rock and roll. A little known fact is that Chicago is one of only a few major cities to have more than one classical mu- sic radio station. Remember to that local libraries have large selec- tions of cassette tapes and CDs of virtually every type of music available for lending.

2. Attend literary performanc- es, whether professional or amate- ur, such as plays, movies, and book and poetry readings. These activities encourage an apprecia- tion for literature. Numerous lo- cal high schools, colleges, and amateur theatre groups present plays. Of course, many excellent videotapes and books-on-tape are also available to help develop ap- preciation for literature. Local li- braries and libraries may be con- sulted about videos and books- on-tape that would be especially helpful in developing an apprecia- tion for literature in children.

3. Attend dance performances such as ballet or modern dance. While ballets are regularly pro- fessionally presented in Chicago, many amateur dance groups also present local performances and recitals. With the Christmas hol- iday season rapidly approaching, many families are making plans to attend the *The Nutcracker*. Also, Riverdance, a performance celebrating Irish dance, is often shown on Public Television (Channel 11 and Channel 20) and was performed live at the Allstate Arena. Parents will find Public Television to be an excellent source for performances to stim- ulate appreciation for dance in children. Also, don't overlook Chicago's rich ethnic roots. Virtu- ally every ethnic group in Chicag- o has a dance troupe that offers

Largest reunion slated for Lane Class of '60

What is likely to be the larg- est U.S. high school class reun- ion ever held has been scheduled for September, when Lane Tech's 1960 graduates observe their 40th Anniversary.

The January and June alumni, who number almost 1,300, at- tended the then-all-male North Side Chicago campus where en- rollment approached 6,000 stu- dents at the time of their gradu- ation.

We began our activities early last year, in view of the large size of the class," points out Charles R. Logan, who is chair- man of the Reunion Committee.

St. Martha's School Catholic school week celebration

Sunday, January 30: Mass (Prepared by 8th, 5th, & Kinder- garten Classes) 11 a.m.; Open House 12 noon-1:30 p.m.; Book Fair - Scout Room, 12 - 1:30 p.m.

Monday, January 31: Mass- 8:30 a.m.; Small Church Book Fair - Scout Room, 9 a.m. - 2 p.m.; Teacher Switch Day - After- noon.

Notre Dame students short story contest

Notre Dame School for Boys' Christopher Brendel and Bren- dan Diamond have had their work chosen by the school's li- brary staff to represent Notre Dame in the North Suburban Li- brary Foundation Circle of Young Writers Short Fiction Competition.

This is the first year Notre Dame has participated in this competition. Brendel is a junior at Notre Dame and a graduate of St. Edward grade school. Di- amond, a sophomore, graduated from Our Lady of Ransom and is a resident of Niles. Brendel hails from Chicago.

The winner of the Short Fic- tion competition will be an- nounced on January 28. That person will be invited, with one guest, to dinner with Susan Son- tag, whose short story, "The Way We Live Now," was in- cluded in *The Best American Short Stories of the Eighties*.

The poetry winner was an- nounced on December 3. Notre Dame was the only private school out of 19 schools that sent in nomination. Juniors Dave Smolen and George Steinfels were Notre Dame's representa- tives in that contest. Smolen is a St. Eugene grade school gradu- ate in Chicago and Steinfels at- tended Mary, Seat of Wisdom in Park Ridge.

Tuesday, February 1: Valen- tine Cards prepared by classes for Bethany Terrace; Fun Fair - Audi- torium, Pre-K - 4th, & 5th - 8th. Friday, February 4: Student Appreciation Day - 12 Day Dis- missal - 11:30 a.m.; Millennium Day - Non-Uniform Day.

Art Project: Classes will dis- play banners that they made showing Christian Virtues-Love, Kindness, etc. On display throughout the week.

Thursday, February 3: 4th, 5th, & 6th Grade Field Trip, Robert Crown Center. 9 a.m. - 1 p.m.

Staff Baby Pictures Ported, Chil- dren to Guess Who; Movie: Af- ternoon, Pre-K - 4th, & 5th - 8th.

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Friday,

Home Style

Rediscovering The Joys Of Wallpaper

Wallcoverings are making a big comeback in the world of decorating. A great way to transform a plain room, wallpapering is so simple anyone can do it. However, before you get rolling, you should invest in a good wallpapering book to help you get started. *The Complete Guide to Wallpapering* (by David M. Croft, Creative Homeowner Press) is a great choice for amateurs as well as seasoned paperhangers. This book covers wallpaper from A to Z, with information on how to remove old or outdated wallpaper, the right way to prepare walls, using adhesives, and more. If you're interested in incorporating some wallcoverings into your home's decor, read on for some basics designed to help you get started.

Tools of the trade: Fortunately, wallpapering is not a high-tech business, so you don't need a lot of complicated tools and expensive equipment for the job. Just like any home improvement project, you'll need the basics like a ladder, dropcloths, hammer, nails, and measuring tape. Some specific tools you'll need include a paint scraper, drywall knife, sealer, caulk and gun, rollers, steamer (if applicable), sandpaper, and a level.

Choosing the right wallcover-

ings: Before you fall in love with a pattern, first consider the basic characteristics of the wallpaper. Does it come prepeeled, or do you have to fuss with adhesives? Is it heavy-duty, thick paper, or is it thin and untreated, which makes it prone to rips and tears? Can you wash it with soap and water, or does it have to be professionally cleaned? If you're looking for the kitchen or bath, consider vinyl paper, which stands up to grease, moisture, and water. Fiberglass weaves are also a good choice, because they're highly durable, long-lasting, and won't burn, rot or mildew.

Preparing the walls: Preparation is half the job. When it comes to hanging wallpaper, that statement couldn't be more accurate. However, it depends on the condition of the surfaces as well as the type of wallpaper you choose. For smooth, reflective papers, you need a flat wall with no nicks. The thicker papers tend to do a better job of camouflaging imperfections. Be sure to do a complete job of clearing and cleaning before you get started. Remove all wall fixtures, pictures, and electrical switch plates. Thoroughly clean dirty or greasy walls with equal parts of ammonia and water. Repair any cracks or holes in the walls, and use sandpaper to

remove small bumps, and to create a smooth surface.

Getting started: Before you choose a starting point, remember to check where the most dominant part of the pattern will fall, and whether you like the location. Be sure to have the seams of the papers lined up correctly. Cut the first strip according to the wall measurements, and leave a couple of inches for trimming along the top and bottom. If you need to apply adhesive, lay the strip (face down) on a flat table, dip a brush into the bucket of paste, and apply the adhesive to the back of the paper with a smooth and continuous motion. Let the wallpaper sit for 5 to 10 minutes, allowing it to expand, and the adhesive to penetrate into the backing. Align the first strip to the guideline you've marked on the wall, and smooth out the paper without trapping air bubbles underneath, working from the guideline edge. Align the pattern as you hang the second strip, and repeat.

Troubleshooting: Whether you're a novice or experienced pro, mistakes can happen. A common problem is tips or tears in the wallpaper. If your problem is limited to a small area, you can easily repair it with a spot patch. Just cut a circle around the damaged area

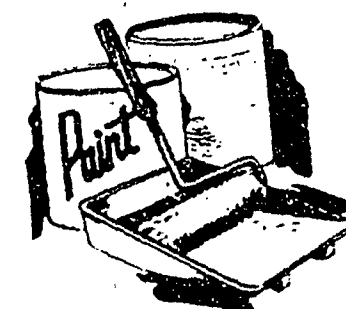
with a razor blade, and remove the wallpaper. Cut a clean piece of wallpaper, at least 1" larger than the diameter of the circle, and make sure it matches the pattern correctly. Paste it over the circle, and make a double cut through the overlapped part of the top piece, following the pattern outline to conceal the seam. Remove the excess pieces from the patch. You should have a perfect-

ly matched, invisible seam. **Creative Homeowner Press** is the premier publisher of high-quality, home improvement, decorating, and gardening titles. **CHP** books are available where fine books are sold. You can also order them direct by calling 1-800-631-7795 or via their website at <http://www.creativehomeowner.com>.

Web Watch

Here are a few web sites you may want to click on to:

- The College Board is found at: www.collegeboard.org.
- Healthtex is found at: www.healthtex.com.
- The American College of Physicians Complete Home Medical Guide is found at: www.DK.com.
- Tigra information is found at: www.orderitiga.com.
- Kohler at: www.kohlerco.com.
- The American Optometric Association is found at: www.monitoringeyes.com.
- Zircon at: www.zircon.com.
- Weatherbeater Paint Pro at: Sears.com/paint.
- NextCard's GoShopping! at: www.nextcard.com/shopping.
- Petopia.com is found at: www.petopia.com.



Home Style

Do You Need a New Roof? How to Make that Decision...

If your home is nearly 20 years old, or it's been a good two decades since it was last shingled, chances are you may need a new roof.

Autumn is a good time to inspect closely and evaluate the condition of your roof. If the roof has deteriorated significantly, you'll have enough time to get your home re-roofed before winter weather arrives.

The Asphalt Roofing Manufacturers Association (ARMA) suggests that consumers look for the following aging/deterioration signs in trying to determine if they need a new roof.

- Using binoculars, walk around the outside of the house and look for cracked, severely curled or broken shingles. Never

Notre Dame students to have work published

Notre Dame High School for Boys' sophomores Brian Depa, Rohit Paul and Michael Pelpow will have their poems published in the upcoming anthology, *Celebration of Illinois' Young Poets*.

Paul graduated from Divine Savior School in Chicago. Paul's poem is titled "The Essence of the Sun." Pelpow is a graduate of Mary, Seat of Wisdom in Park Ridge, and his poem is "Life in a Bowl." Depa graduated from St. Edward in Chicago. He penned "Dear Mr. Bernd of the Seventh Grade." All three students are in Mary O'Connor's English class.

The poems are chosen on their literary merit, creativity and social awareness. Judges are still reviewing the poems to award more than \$1500 in prizes to the top poets. The students may still receive an award as a "Top Ten Poet." Less than 50 percent of the thousands of entries submitted are selected to be published. Each poem is printed with the student's name, grade, school name and town.

walk on a roof; it can be dangerous and may damage the shingles.

Check gutters and downspouts for excessive accumulation of the mineral granules that coat the shingles. (It is normal for shingles to lose some of their granules, as an excess amount is applied during shingle manufacture.) These granules provide important weather resistance to your roof. Noticeable loss of granules usually signifies roof aging or deterioration.

Using a flashlight, inspect your attic space, looking carefully at the underside of the roof deck and rafters for stains or wet spots; both can be signs of leakage.

If you decide it's probably time to re-roof, you'll quickly discover there's a wide variety of products and options available in today's asphalt shingles. According to ARMA, four out of five homes in the United States have asphalt shingles.

For the most part, asphalt shingles remain the number one choice of homeowners because they offer the broadest array of colors, shapes and textures to match most architectural styles at the most affordable price. In addition, asphalt shingles offer a long

life expectancy and low maintenance requirements.

For roofing professionals, asphalt shingles are often preferred because they offer good performance in all types of temperatures and are considered the easiest to apply of the standard roofing materials.

In addition, asphalt shingles are available in a variety of classifications that meet specific fire, wind and hail resistance testing standards. For example, all shingles carry a Class A, B or C fire rating, with Class A providing the highest fire resistance. These fire ratings are defined by nationally recognized standards and tested by independent testing agencies. In addition, many asphalt shingles carry a "wind resistant" label indicating that they've been tested to meet specific high-wind criteria.

Once you decide on the type of roof you're interested in, then color and style questions loom large. ARMA experts recommend that you consider the following basics when trying to decide on a roof:

- The color of your roof should harmonize with the color of your home's exterior walls. For example, if you have light gray siding and white trim, choose a roof color

or in the gray family and avoid brown shades.

- Stay in keeping with the neighborhood. You'll be happier with a roof that blends into the background rather than one that differs noticeably from the surrounding homes.

- If you want your home to blend in with the natural environment, pick a roof color that blends together varying shades of browns, grays or greens.

- A small home may be given added dimension with a light-colored roof to direct the eye upward and create a sense of airiness.

To learn more about roofing styles, design, color and materials, order the ARMA brochure "A Homeowner's Guide to Quality Asphalt Roofing," available for \$1 by writing to the Asphalt Roofing Manufacturers Association, HP Department, P.O. Box 1531 North Babylon, NY 11703.

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Home Style

Oakton offers home improvement classes

Now is the time to tackle those home improvement projects you've put off too long. Oakton's Alliance for Lifelong Learning (ALL) program is offering new classes, as well as some old favorites, this winter.

Bathroom Remodeling (TEC E89-01, Touch-Tone 14541) is presented by an experienced professional who has remodeled more than 200 bathrooms. You'll review "before" and "after" slides of completed projects, fill out a sample costing sheet, and learn where to get the best value for materials. This class meets from 7 - 10 p.m. on Thursday, Feb. 17, at Niles West High School, Oakton & Edens Expressway, Skokie. The course fee is \$19.

Electrical Home Wiring Workshop (TEC B78-01, Touch-Tone 14451) teaches how to install lights, fixtures, ceiling fans, electric dryers and other home appliances. Students will also learn how to install different types of switches and outlets. A list of materials (costing approximately \$30) will be distributed at the first class. This eight-week class meets from 7 - 10 p.m. on Mondays, beginning Feb. 7, at Niles North High School, 9800 Law-

er, Skokie. The course fee is \$110.

Faux Decorating (ART B51-01, Touch-Tone 07387) covers variations of faux decorating combined with theories of color harmony. Practice rag rolling, blotting, sponge painting and other techniques. This four-week class meets from 7 - 9 p.m. on Tuesdays, beginning Feb. 8, at Maine East High School, 2601 Dempster Street, Park Ridge. The course fee is \$65, with a \$20 materials fee payable at the first class.

Other home improvement courses offered this spring include Interior Design Workshop (TEC B01), Choosing Floor Covering (TEC B16), Introduction to Home Plumbing (TEC B69), Accessorizing Your Home (TEC B18), Furniture Arrangement and Color Scheme (TEC B17), Feng Shui: Change Your Life With the Art of Placement (TEC B85), Basic Home Repairs (TEC E24) and Kitchens Remodeling (TEC E88).

For more information about these classes and for a complete brochure of ALL courses, call (847) 952-9838, press #3.

Changes in activities can help you avoid insomnia

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

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

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

According to Mayo Clinic Guide to Self-Care, to combat insomnia you should:

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

(However, do not shift your rising time.)

• Keep a sleep diary

If, after a week or two, you still can't sleep, see your physician. Tests may uncover the cause of your insomnia.

Most of these so-called empty nesters are simply looking for a new environment that reflects their change in lifestyle. Bringing up the kids is no longer the major focus," said Helen Weiss, principal of Weiss Development Corp., a pioneer Chicago-based condominium developer currently creating Village Green Condominiums in north suburban Lincolnshire.

Working, semi-retired or retired, many of these couples are at a stage where they actually may be entering the most active period of their lives. They may still be at the peak of their careers as professionals or business people and spending an increasing amount of time at their work.

"These people, and it certainly speaks for many of those who have purchased homes at Village Green or Hidden Lakes Condominiums just north of here - including quite a few single professionals - simply don't have the time, energy or desire to maintain a large house."

What they do want, Weiss observes, is a smaller home with large rooms geared to an active adult lifestyle and for professional management to worry about the basic exterior chores like landscape maintenance and removing snow. "They simply want more time for more satisfying activities," she declared.

The ways this can be accommodated include:

- Arranging space differently. The ideal home for an active, mature couple has a large living room/dining room or Great Room for entertaining and a kitchen big enough for a breakfast nook.
- Even though they may cook less for themselves or guests, they want to be able to entertain graciously, and that includes a well-designed kitchen," said Weiss.
- Making sure the master suite is big and the secondary bedroom is big enough to function as a combination den/guest bedroom. Include enough storage space for two adults.
- Eliminating upkeep. In most cases, the days when a couple took pleasure in raking leaves, mowing the lawn, shoveling snow, painting the house or cleaning or repairing gutters or downspouts are long gone.
- Including recreational amenities. "A swimming pool with a

Why affluent adults are embracing condo lifestyle

Why are mature couples who can afford \$500,000-or-more homes choosing condominiums rather than single-family homes? After many years devoted to rearing a family, most affluent buyers say they have earned the right to a maintenance-free lifestyle. And while most want a smaller home than the one in which their family grew, high-quality construction and amenities are still top priorities.

"Putting your development in the right location. But what that means can vary greatly. For working people it may mean being close to good public transportation, like a commuter train, or easy access to major expressways. For others it may simply mean remaining in an area close to friends, family and familiar community amenities like shops and restaurants, medical facilities and places of worship."

The first building, with 31 residences, is a two- and three-story L-shaped structure now under construction on the southwest section of the property. Accessed through a gated entry, it will have 10 floor plans ranging in size from 1,546 to 2,524 square feet. Pre-construction prices for residences still available for purchase in the first building range from \$301,500 to \$392,900. (Prices and availability are subject to change without notice.)

All remaining Phase I units include two heated indoor parking spaces in the purchase price. Phase II units are now being offered.

The appeal of Village Green Condominiums will be enhanced by an extensive and colorful landscaping plan that includes a European-style central courtyard beyond the gated entry.

The Village Green sales/display center is in downtown Lincolnshire in the Spectrum Office Centre, 175 Old Half Day Road, one block north of Route 22 and one block east of Milwaukee Avenue. Hours are from 11 a.m. to 5 p.m. daily, closed Friday, or by appointment. For directions or information, call (847) 821-8080.



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Oakton chemistry professor named PEW Scholar

Mark H. Walter, associate professor of chemistry at Oakton Community College, has been chosen by the Carnegie Academy for the Scholarship of Teaching and Learning (CASTL) to be a member of the second class of Pew Scholars. Walter is one of 28 outstanding academicians selected from a pool of more than 200 candidates to participate in this distinguished program during the 1999-2000 term.

Walter, a resident of Rockford, earned his B.A. in history from the University of Northern Colorado and his Ph.D. in biochemistry from Northwestern University. A full-time faculty member at Oakton since 1995, Walter teaches general chemistry, organic chemistry and biochemistry.

The Pew Scholars program, funded by The Pew Charitable Trusts and The Carnegie Foundation, is part of a five-year effort to create a community of scholars whose work will advance the profession of teaching and enhance the learning of students. To qualify for the program, each candidate must suggest an investigative project about an issue important to the teaching and learning of his or her academic subject. Walter has designed two projects. One is a "carry forward" experiment that observes what skills and knowledge students are able to transfer from one class to another. His other project focuses on the institutional infrastructure as it relates to new faculty development.

"Chemistry is traditionally taught in a lecture and lab format, where the teacher lectures in front of the class and the students take notes," says Walter. "Four years ago I became interested in a student-centered, collaborative type of teaching that helps students master chemistry while acquiring skills that benefit every aspect of their lives."

Walter has since incorporated different strategies to develop critical thinking and leadership skills in his chemistry students. These include student-designed laboratory experiments, collaborative problem solving in small groups, and team-building exercises based on those used in the Outward Bound program. Using these techniques, the average number of students who have finished his courses over the past four semesters has risen to 91 percent. Three classes had a student completion rate of 100 percent. At the end of each semester Walter administers two national tests to measure the students' mastery of general chemistry and their logical thinking skills. These tests have shown significant gains in both areas.

Part of Walter's tenure as a Pew Scholar will focus on whether the skills developed by the students in their chemistry class will carry over to an algebra class. Although the majority of his project will be completed at Oakton, he and other Pew Scholars will meet to review and share their work this summer and periodically throughout the year at the Foundation headquarters in Menlo Park, California.

Walter's efforts to advance the study and teaching of chemistry extend beyond his daily classroom work and his activities as a principal investigator on a National Science Foundation grant that brings together faculty from 11 community colleges in the Chicago area to change the way chemistry is taught. He participates in the Middle Atlantic Discovery Chemistry Project (MADCP), which promotes the incorporation of discovery-based learning in the classroom. Walter is also a member of Project Kaleidoscope, a national organization that supports young math and science faculty interested in reforming science education.

Maine South students receive award for Youth Excellence

Dawn Wilson, Sam Dalal and William Heerman of Maine South High School have been awarded the 1999 Lt. Governor's Award for Youth Excellence by Lt. Governor Corinne Wood in the area of Community Leadership.

Every public high school from the Chicago area was invited to nominate up to five students, one in each of five award categories: Athletics, Civic Responsibility, Community Leadership, Scholastic Achievement, and Student Leadership. Three hundred and fifty students were selected to receive the Lt. Governor's Award for Youth Excellence, representing 217 high schools.

"I am honored to recognize these high school students as leaders in their communities," Lt. Governor Wood said. "The award winners have distinguished themselves in a variety of areas, from spearheading efforts to bring technology into our classrooms to organizing gift collections for children's hospitals. These students are assets to our schools and state. This is the first year that Lt. Governor Wood has offered the award, which she plans to continue annually."

Awardees were honored at a reception on October 18 at the James R. Thompson Center downtown sponsored by the Shell Oil Company. Mary Ann Childers of News 2 Chicago served as the Mistress of Ceremonies. Presenting the awards were Dr. Hazel Loucks, Deputy Governor for Education, Justice Anne Burke, Jade Smalls, Miss Illinois 1999, Minnie Minoso, former Chicago White Sox and Hall of

Famer, and Kate Shindle, Miss America 1998. State Superintendent Max McGee also offered introductory remarks. The event was underwritten by Shell Oil Company.

The awards program marks the start of the Lt. Governor's Youth Initiative, to engage young people in state government and their communities. Schools from the downstate region have been invited to participate in the award program as well.

Post Office delivers at Washington School

Third graders at Washington School enjoyed a presentation by the United States Service on the "We Deliver" program. Information on the different types of mail, how an envelope should be addressed, and what happens to our letters once they leave our hands, were some of the topics that were discussed.

Third graders also saw a video that showed a brief history of the United States Postal Service, how mail is processed, how to

properly address envelopes and packages, safety (dogs and postal vehicles), stamp collecting as a cool hobby, new stamps to be released, and an introduction to the "Celebrate the Century" Program. The video was followed by a question and answer period by eager third graders who wanted to know more specifically how mail is delivered.

Part of the "We Deliver" program includes writing to our Pen Pals who go to school in New Jersey, Arizona, and California.

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Friends of the Israel Defense Forces (IDF) raises \$1 Million for Humanitarian Projects



Skokie residents Rabbi Neil Brief (left) and Adam Starkopf (right) enjoyed a moment with Maj. Gen. Shlomo Yanai and Caryn Rosen Adelman at the Friends of the Israel Defense Forces (IDF) gala, December 8, at the Chicago Hilton and Towers. The event drew nearly 1,000 guests and raised more than \$1 million for fitness and recreation facilities for Israel's soldiers. Maj. Gen. Yanai, who serves on Israel's Permanent Status negotiating team, spoke on prospects for peace in the Middle East. Caryn Rosen Adelman received the Yonatan Netanyahu Memorial Award, named in memory of the heroic IDF soldier who lost his life rescuing Jewish and Israeli hostages in a daring 1976 raid at Entebbe. Friends of the IDF was founded in 1942 to support the Jewish Brigade fighting the Nazis in World War II. Today, the organization supports projects to make life easier for Israeli troops, including college scholarships to help them prepare for civilian life. Rabbi Brief is the spiritual leader of Niles Township Jewish Congregation of Skokie.

LEGAL NOTICE PLEASE TAKE NOTICE

THE MORTON GROVE ZONING BOARD OF APPEALS will hold a public hearing on Monday, February 21, 2000 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 cases:

CASE 1325
Requesting variations from Section 6.2.7.2 and 2.5.4.3 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to construct a detached garage:

Lot Coverage-Rear Yard	Allowed	-	30% of rear yard
Requested	-	37% of rear yard	
Variation Required	-	7% of rear yard	

Side Yard-North	Required	-	14.16 feet
Requested	-	12.69 feet	
Variation Necessary	-	1.47 feet (after the fact)	

The parcel is located in the R-2 Single Family Residence District and is commonly known as 8248 Central Avenue, Morton Grove, Illinois. The petitioner is Mukesh Shah.

CASE 1327
Requesting a variation from Section 2.6.4.2 of Ordinance 91-10 (Zoning Ordinance of the Village of Morton Grove) to construct a 2-car attached garage:

Front Yard Setback	Required	-	37.00 feet
Requested	-	25.00 feet	
Variation Required	-	12.00 feet (After the fact)	

The parcel is located in the R-2 Single Family Residence District and is commonly known as 9120 Austin Avenue, Morton Grove, Illinois. The petitioner is John "Bill" Handzel, 8446 Harms Road, Morton Grove, Illinois.

All interested parties are invited to attend and be heard.

Steven L. Blonz
Chairman

Financial Aid Workshop offered

The Financial Aid Office of Dominican University, 7900 West Division Street, will hold a financial aid workshop for students and their parents on Tuesday, February 8, from 7:30 p.m. to approximately 8:30 p.m. in the Mazzuchelli Dining Hall. The workshop will take families through the Free Application for Federal Student Aid (FAFSA) step-by-step. The FAFSA is the form used to apply for federal, state and institutional financial aid at colleges and universities across the United States. The workshop will help families understand the application process and help them complete the necessary forms. The workshop is open to all prospective students and current college students and their parents. Families are encouraged to bring their 1999 tax returns so the FAFSA can be completed at the workshop. The FAFSA is used to apply for grants, loans and on-campus employment. The workshop is free and reservations are encouraged. For more information, call the Office of Undergraduate Admission at (708) 524-6800.

Eighth grade math contest winners

On Saturday, November 20, Resurrection High School hosted its Annual Math Contest for eighth grade students. Over 145 eighth grade boys and girls from neighboring public and private grade schools participated in the contest.

Leving supports return of Elian Gonzaleez

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. D061327 on the JAN. 03, 2000. Under the Assumed Name of K.B. ELECTRIC with the business located at 7918 N. OCONTO AVENUE, NILES, ILLINOIS 60714. The true name(s) and residence address of owner(s) is: KAROL BISIAK, 7918 N. OCONTO AVENUE, NILES, ILLINOIS 60714

LEGAL NOTICE PLEASE TAKE NOTICE

THE MORTON GROVE PLAN COMMISSION will hold a public hearing on Monday, February 21, 2000 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 cases:

CASE PC99-7

Requesting an amendment to an existing Special Use to allow construction of a Hippotherapy Center at 9501 Austin Avenue with a front yard setback variation of nine (9) feet, after the fact, to accommodate the existing structure on the property. The applicant is Jeffrey Lee, M.D., 9501 Austin Avenue, Morton Grove, Illinois 60053.

CASE PC99-18

Requesting a Special Use Permit to convert an existing automobile services station at 6000 Oakton Street into a mini-mart service station. The applicant is Nedeljko Lero, 8613 West Catherine, Chicago, Illinois 60656.

All interested parties are invited to attend and be heard.

Steven L. Blonz
Chairman

Chief ...

Continued from Page 1

said Mary Kay Morrissey, assistant village manager, herself a Niles official for the past 25 years.

Giovannelli moved to Niles with his family in 1950 at the age of 9. He has lived and worked here ever since.

After attending the South Elementary School and Niles East High School, Giovannelli went into the service. When he was discharged at age 23, he became a rookie cop with the Niles Police Department.

He worked his way up through the ranks, becoming a detective in 1967, a sergeant in the early 1970s, lieutenant in the late 1970s, Chief of Detectives in the mid 1980s and Chief of Police in 1989, a post he has filled for 12 years.

Looking back over his career, Giovannelli said he is very proud of the active role he took in establishing two task forces, the Major Crimes Task Force and the Mutual Aid Task Force.

NORTAS, the acronym of the major crimes task force includes 17 or 18 communities in the North Shore area. It is mobilized in the event of serious crimes such as homicide and non-parental kidnappings.

"It's been activated several times," Giovannelli said, "and every time it's been successful. We've solved murders in Evanston, Des Plaines, Wheeling."

NORTAS has recently been activated in the case of the jewelry salesman who was murdered in Wheeling, Giovannelli said.

The Mutual Aid Task Force, also known as NIPAS, is mobilized in the event of catastrophe when less of police are needed. Seventy municipalities in northern Illinois are NIPAS members, Giovannelli said.

The chief, as he is known at the NPD, also points proudly to the PRIDE drug education program and the GATE program promoting gang awareness.

His most significant accom-

plishment of all, Giovannelli said, and one he credits the people of Niles for in large measure, is the fact that Niles has one of the lowest crime rates in the northwest suburbs. "I'd like to think we had something to do with this as a police department," Giovannelli said.

Giovannelli will remain in office until May. Acting Chief Jerry Sheehan will replace him then. "I was surprised I thought Ray wasn't going to retire yet," Sheehan said. "I thought he'd stay around a year or two until he turned 60."

Sheehan, who joined the NPD in 1974 as a detective, said he and Giovannelli were partners when he first joined the staff.

"He was a great police officer, probably one of the most outgoing and social people you'll ever meet, and he's one of the funniest people I've ever known. He has an outstanding sense of humor and sense of direction."

"He always had the best interests of the residents foremost in his mind. He made Niles a safe place for everyone," Sheehan added.

Remembering Giovannelli's stroke in Jan. of 1997, Sheehan said the chief batted his way back. "He was gone five months, maybe six. Then he came back and he was in the office everyday. He never missed a beat. He's like a poster child for the work ethic," Sheehan said.

Mayor Nicholas B. Blase was unavailable for comment at press time, but Acting Chief Sheehan said, "Mayor Blase always backed Chief Giovannelli. He showed a lot of confidence in him."

Roger Wilson, former Communications Supervisor and Support Services Sgt. in Niles who works as Communications Coordinator for the Village of Skokie since his retirement last year, said, "He's a great guy and a great guy to work for. He'll leave big shoes to fill."

Explosion ...

Continued from Page 1

bacco and Firearms Department have been investigating since the tragic explosion occurred. Initial findings point to a possible spark emitted by a new machine used to strip copper off the top of military shell casings, which was just installed in the factory.

Ronald Bell, attorney for Electronic Recovery Specialists, described the blast as a freak accident.

The workers were removing magnesium from demilitarized mortar shells. Although the magnesium is explosive, Bell likened it to what magicians may throw into the air to cause a small puff of smoke. The amount of magnesium involved and the fact that it was not in a confined space indicate that the magnesium alone could not have caused a blast of that magnitude.

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Lincolnwood Public Library

Sandy Weinstein photo exhibit: Digital artist Sandy Weinstein will exhibit his computer enhanced photographs at the Lincolnwood Public Library, 4000 W. Pratt Ave., from Jan. 30 to March 11. He first exhibited his experimental photography work in 1972 and started the adult photography program in 1973 at Hull House in Uptown in Chicago. In 1980, Weinstein began to use the computer to create digital imagery instead of the traditional photographic processes. He is currently head of S. W. Studio in Lincolnwood which produces graphics and desktop publishing.

Book talk on *The Volcano Lover*: The North Suburban Library Foundation is sponsoring a NSLP Literary Circle presentation by reviewer Judy Levin of *The Volcano Lover* by Susan Sontag on Friday morning, Feb. 4, at the Lincolnwood Public Library, 4000 W. Pratt Ave. *The Volcano Lover* is a saga of sexual intrigue that comes to a scorching end.

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His most significant accom-

Ferris/Lehigh ...

Continued from Page 1

rowly focused legislation. The plan and project ordinance provides a brief primer on the intended objectives of a TIF district in general, and describes how the Ferris Avenue/Lehigh Avenue TIF district qualifies by meeting criteria laid out in the Illinois TIF act. It outlines the general goals of the Village's Comprehensive Plan, and the more specific redevelopment objectives of this particular TIF district. The ordinance also covers administrative aspects, such as scheduling and provision for amending the plan.

Another ordinance establishes the Ferris Avenue/Lehigh Avenue TIF redevelopment project area. The street location is described as "Dempster Street on the north, the Cook County Forest Preserve on the west, an irregular boundary line which includes Main Street, the southern property line of the Lawanware property and Lincoln Avenue on the south, and an irregular boundary line which includes Calle Avenue, Ferris Avenue, the alley north of Lincoln Avenue, and the alley line east of Georgiana Avenue on the east." The area covered is about 71.5 acres, and includes residential and commercial parcels.

A third ordinance adopts tax increment financing for the Village in connection with the Ferris Avenue/Lehigh Avenue TIF area. This gives Morton Grove the legal authority to collect the revenue as described in the state's TIF act, which stipulates that there exist a designated plan and project before any TIF revenue can be designated and collected.

Finally, in response to comments made by a representative of elementary school district 70 during the public hearing January 10, an ordinance was adopted that would allow that school district to share some of the TIF revenue. There was concern that the TIF

would place undue stress on the school district budget, which currently is dealing with fiscal problems. With this intergovernmental agreement, Morton Grove will mitigate the financial impact on the school district.

Murder ...

Continued from Page 1

ment in the 3600 block of Salem Walk around 7:20 p.m. Jan. 16.

Two acquaintances who were in the apartment at the time of the shooting walked into the bedroom and found Charles Gozzola propping up his wounded wife and holding a handgun in her left hand, placing it to the left side of her head.

Gozzola indicated to the witnesses that his wife had committed suicide, officials said. While one of the acquaintances was looking for a phone to call 911, Gozzola first asked his 5-year-old son to hold the murder weapon and then placed it in the hand of his 4-year-old son when the older boy refused. He then allegedly called 911 to report that the child had shot his wife, officials said.

The victim, who was transported to Lutheran General Hospital, died Monday. Officials revealed that Beth Gozzola had reported that her husband had threatened her and that she feared for her life Jan. 8.

The Cook County medical examiner testified that no evidence was found of charring or burning on the victim's head that would have been consistent with a self-inflicted wound. In addition, the fatal wound was to the back of the victim's head, not the side.

The two boys and a third child who was also in the apartment at the time of the shooting are being cared for by relatives, according to a spokeswoman for the Cook County sheriff's office.

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THE BUGLE, THURSDAY, JANUARY 27, 2000

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MEDICAL / HEALTHCARE Community Resident Advocate Full time position to assist and support people with developmental disabilities in their homes (Highland Park, Glenview and other north suburbs). Must have high school diploma, personal vehicle plus 2 years of related experience. Share on-call responsibilities with pager. Salary \$9.84/hour plus excellent benefits. Mail/fax resume to: HR Dept/BU Orchard Village 7670 Marmora Skokie, IL 60077 Fax: 847-679-3909 EOE/M/F/V/H	MEDICAL / HEALTHCARE GLENBRIDGE NURSING & REHAB Has The Following Position Available: COOK - FULL-TIME Long Term Care Experience Preferred Contact Carmelita At: GLENBRIDGE NURSING & REHAB 8333 Golf Road - Niles (847) 966-9190 CNAs Prestigious Northshore LTC facility is looking for employees that want to become CNAs. Glenview Terrace will provide training and certification. Must possess good verbal and written English communication skills. Good benefits and work environment. Glenview Terrace Nursing Center 1511 Greenwood Road, Glenview, Illinois 60025 Call Mrs. Pillai: (847) 729-9090 Equal Opportunity Employer	MEDICAL / HEALTHCARE CNAs C.N.A. positions available for full time with benefits •Health •Vision •Dental •401k •Tuition •Vacation plus more benefits. Must be on the IDPH registry. Apply Monday - Friday 9:00 a.m. - 4:00 p.m. at: NORWOOD PARK HOME 6016 N. Nina Avenue Chicago, IL 60631 Tel: 773-631-4856 • Fax: 773-631-2253 (near Northwest Highway, east of Harlem) EOE	MEDICAL / HEALTHCARE CNAs Premier Northshore LTC facility seeks CNAs for all shifts - full and part time. Competitive salary and benefits. Transportation assistance available. Glenview Terrace Nursing Center 1511 Greenwood Road, Glenview, Illinois 60025 Call Helen: (847) 729-9090 Equal Opportunity Employer	MEDICAL / HEALTHCARE RECEPTIONIST/ MEDICAL ASSISTANT/ VERSATILE X-RAY TECH Needed For Busy Medical Practice. Varied Medical And Office Responsibilities. Clerical, Reception, Typing, Insurance, Coding & Billing Experience Preferred. Must Be Flexible PM Hours & Saturday Northwest Side 773-777-2620 DENTAL HYGIENIST Expanding practice searching for hygienist to join our dental team. Effective STM program. Friendly energetic staff. Up to \$30/hour (for the right person). Call Marie at: 773-763-6609
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CASH LOANS ON CAR TITLES

NO CREDIT CHECKS ANY YEAR- ANY MODEL

BRING YOUR CLEAR TITLE, A SPARE SET OF KEYS AND A PAYSTUB
YOU KEEP THE CAR

GET CASH TODAY!

approvals in less than 20 mins

EASY TERMS FLEX PAYMENTS WE WORK WITH YOU!

TITLE VENTURES

6205 N. MILWAUKEE AVE
 2 BLOCKS SOUTH OF DEVON AVE
 ACROSS FROM LIBERTY SAVINGS

MON-FRI 10:00- 7:00pm SAT 10:00- 3:00pm
(773) 775-5606

OLDSMOBILE OF MORTON GROVE'S
 9101 Waukegan Road

TUMBLING DICE-TUMBLING PRICE
 SALES EVENT

\$500
 Previous General Motor Owner Loyalty money available!

DON'T GAMBLE AWAY YOUR SAVINGS!
 SALES EVENT ENDS Monday, January 31 at 9:00pm

Save from **2,000 to 7,000**
(on many Oldsmobiles)

0.0%
 APR Financing for 36 months!
(on remaining \$500)

\$0
 Down Payment Sign & Drive Today

FEELING LUCKY?
 COME ON IN AND GET A SPECIAL SAVINGS OF 25 TIMES THE ROLE OF THE DICE!
SAVINGS FROM \$50-\$300!

1,500 OF **2.9% APR**
Down Payment cash or

2000 Oldsmobile Bravada
stkt126, demo

BRAND NEW OLDSMOBILE ALERO
stkt111

OMG Price \$14,521*

BRAND NEW OLDSMOBILE AURORA
stkt116

OMG Price \$29,900*

2000 OLDSMOBILE INTRIGUE
stkt117

OMG Price \$26,600*

Visit Our Used Car Superstores Over 200 Pre-Driven Cars, Trucks and Vans Available!

91 Olds Outback 4Dr PW Pkg, AT, 50L AC, Tilt, One Owner! \$4,777	90 Chevy Conversion Van V8, TV, Rear AC, only 48,000 Miles, Fold Bed! \$6,777	97 Olds Acheva 2800 Miles, AT, PW Pkg, AC, Trac Control, more! \$8,777	95 Pontiac Firebird V6, All Per Options, ABS, 63,000 Miles, Ltr \$9,777	94 Chrysler Town & Country 67,000 Miles, Ltr, AM/FM CD \$9,777	95 Olds Regency Per Pkg, Dual Climate Control, Ltr, AM/FM Cass \$12,777	97 Toyota Camry LE AT, AC, PW, PL, CD, Sandstone w/Tan, Save! \$14,777	97 Pontiac Transport ABS, Ltr, All Per Options, Only 20,000 Miles! \$14,777	97 Ford Explorer XLT 4Dr, 4x4 Full Power Pkg \$15,777	97 Mercury Grand Marquis LS ABS, V6, Trac Control, Ltr and more! \$15,777	96 Cadillac Sedan Deville Loaded, Full Size Sunr \$16,777	98 Olds Bravada All Per Options, Only 20,000 Miles, Smartac \$20,777	98 Olds Aurora 31,000 Miles, CD, All Per Options, V8 \$21,777	99 VW Beetle Sept, 4dr, carbon fiber interior, only 2,000 miles! \$17,777	98 OLDSMOBILE BRAVADA All Per Options, Only 20,000 Miles, Smartac \$20,777
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FOR MORE DETAILS, ASK FOR "BIG TOM"
See over 2,000 used cars On-Line at www.rohrman.com
Sales Hours:
 Monday - Friday 9am - 5pm
 Saturday 9am - 6pm
Service Hours:
 Monday - Friday 9am - 5pm
 Saturday 9am - 12 noon

9101 Waukegan Road