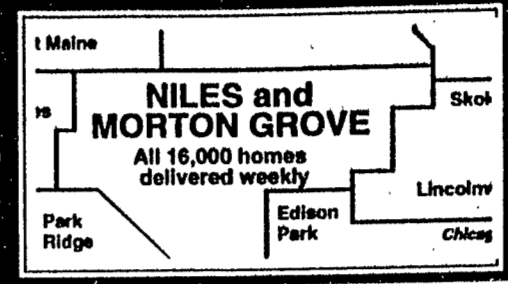




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 Bugle News

7400 WAUKEGAN RD, NILES, IL 60714 THURSDAY, FEBRUARY 17, 2000 VOL. 43, NO. 34

Crane employees tested for TB after active case revealed

Medical personnel from the Suburban Cook County Tuberculosis Sanitarium District were busy pricking the arms of 500 employees of the John Crane Co. plant at 6400 W. Oakton St. in Morton Grove early Monday morning after an employee informed Crane officials in the Human Resources Department of a positive tuberculosis diagnosis last Thursday.

Every employee of the facility was to be tested for tuberculosis, according to Barbara Conti, di-

Morton Grove presents 'Taste 2000- Mardi Gras'

The Morton Grove Foundation and the First National Bank of Morton Grove will be working together to sponsor the "Taste 2000-Mardi Gras" on Thursday, March 2, 2000 from 5:30 - 9 p.m. The event will be held at the Chateau Ritz Banquet Facility, 9100 Milwaukee in Niles. The Ritz and local restaurants donate their food and services for this fundraiser.

Annually, the Foundation funds organizations dedicated to promoting the well being of the Morton Grove Community and surrounding areas. The purpose of the Foundation is to provide resources to benefit the welfare, education, environment, and safety of residents. This year the Foundation will be funding eight groups in anticipation of raising nearly \$30,000 at the annual "Taste 2000-Mardi Gras". The following organizations will be funded: First Step Foundation

Zoning Board to make final decision on eateries

Pending approval by the Niles Village Board of Trustees, the Pointe Plaza Shopping Center will house four new eateries.

The Tucker Development Corporation was granted a recommendation by the Niles Zoning Board of Appeals to open a New China Buffet Restaurant, a Starbucks Coffee shop, and two other 70-seat restaurants (types have not yet been determined) at the Touhy Avenue shopping center.

"It's good for both of us," said Zoning Board Secretary, Angelo Troiani regarding the development.

The board also approved a referral to Mr. Jayant Parekh of Glenview who wishes to open a combination TCY/Blingies shop at the Golf Glen Shopping Center.

Taxpayers to pay millions over 20 years

District 219 renovations to cost \$85 million

Echoing the pattern shown recently by meetings of the Park District Board, the Morton Grove Village Board's most recent meeting, February 14, 2000, had the lion share of time devoted to comments from visitors.

During the special reports portion of the meeting, Dr. Griff Powell of Niles Township High School District 219 presented a video and power point program outlining the reasons for a pro-

Join the staff at WalMart

WalMart will be conducting job interviews for its new Niles location Saturday, February 19, Tuesday, February 22 and Saturday February 26 to fill positions for store opening in April. For more information see our classified section.

Lawrencewood developer's bribery sentence extended

The multimillionaire developer who created the old Lawrencewood Shopping Center at Oakton Street and Waukegan Rd. and 250-home Greenwood Estates north of Oakton Street on Greenwood during the 1960s and 1970s has had the sentence he is currently serving on a bribery conviction extended by two years.

Chicago Blackhawks Star Eddie Olczyk honored at IceLand



From left to right: Steve Glickman, Hockey Director of Niles Park District IceLand Arena; Eddie Olczyk, Chicago Blackhawk; Walter Bousso, Niles Park District Board Commissioner. Story on Page 3.

INSIDE:

RETIREMENT HOME
 MOVING HOME GUIDE
 INFORMATION

Pages 23-34

Real Estate Section
 Pages 38-40

Home Style
 Pages 42-44

Keep your cool on the road

Does it seem to you that the highway is a much more hostile place than it used to be? Do you notice a lot of rude drivers tailgating you, cutting you off, blocking you when you want to pass...?

aggressive driving is a new phenomenon or simply a new label for an act of old behaviors. USA Today in 1998 analyzed a sample of what it considered aggressive-driving offenses...

Spaces filling up Pointe Plaza shopping center

What started as a site for a new Wal-Mart store and Ho-Lo Advertising Premiums headquarters, the Pointe Plaza shopping center...

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Letter to the Editors

Don't Save the Tennis Courts! The Morton Grove Park District and District 70 have made an obviously wise decision...

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Res rehabilitation program receives CARF accreditation

Resurrection Medical Center, 7435 W. Talcott Ave., has received a three-year accreditation from CARF. The Rehabilitation Accreditation Commission and the American Speech-Language-Hearing Association (ASHA). The accreditation was based on an intensive two-day survey of the hospital's rehabilitation services.

This is the second consecutive three-year CARF accreditation the hospital's inpatient Rehabilitation Unit has achieved. The current accreditation also includes the hospital's day rehabilitation program—the Resurrection Medical Center Rehabilitation Center of Chicago. ASHA awarded a three-year accreditation to the hospital's Audiology and Speech-Language Pathology programs.

"Achieving this high level of accreditation is a tribute to the professionalism, commitment and compassion of our rehabilitation staff," said Sister Donna Marie Wolowicki, C.R., Executive Vice President and Chief Executive Officer of Resurrection Medical Center. "All of the members of the rehabilitation team are dedicated to improving the quality of life for our rehabilitation patients," she said.

"Resurrection offers a transdisciplinary approach for patient care that is unique in the city," said Peter Blendonby, D.O., Medical Director of the rehabilitation program. Physicians lead daily rounds on patients in which the entire team involved in each patient's care participates in planning the patient's care.

CARF's highest level of accreditation is awarded to organizations that demonstrate substantial fulfillment of its standards and clearly indicate an established pattern of total operations that is likely to be maintained and improved in the foreseeable future.

CARF is a private not-for-profit accreditation body established in 1966 to promote quality, value and optimal outcomes of rehabilitation services through a consultative accreditation process that centers on enhancing the lives of patients served. The Professional Services Board of the

Fight back the winter weather

by Dr. Robert Richart

When the snow, ice and frigid weather blast into town, watch your back! Winter recreational activities and chores can pose problems for the outdoor enthusiast whose body is not in condition. Winter sports like skating, skiing and sledding can cause painful muscle strains or tears if you're not in shape. Shoveling snow the wrong way, clambering awkwardly over snow banks and slipping on sidewalks can pose the potential for strains and sprains.

Even wearing the wrong kind of clothing or simply walking outside in the freezing weather without layers of warm clothing can intensify older joint problems and cause a great deal of pain. As muscles and blood vessels contract to conserve the body's heat, the blood supply to extremities is reduced. This lowers the functional capacity of many muscles, particularly among the physically unfit.

If we know what areas of our bodies are most vulnerable, we can condition ourselves to avoid injury and costly health care bills. The following tips are suggested to help you avoid injury in the winter months:

- Layer clothing to keep muscles warm and flexible.
- Do some warm-up stretching before you shovel. Shoveling can strain "de-conditioned" muscles between your shoulders, in your upper back, lower back, buttocks and legs.
- Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.
- Take frequent rest breaks to take the strain off your muscles. A fatigued body is prone to injury.
- Prior to Skiing do 10 to 15 squats. Stand with your legs at shoulders width apart, knees aligned over your feet. Slowly lower your buttocks as you bend your knees over your feet.
- Prior to Skating do several lunges. Take a moderately advanced step with one foot. Let your back knee come down to the floor while keeping your shoulders in position over your hips. Repeat the process with the other foot.
- Prior to sledding/hoboggating do knee-to-chest stretches to fight compression injuries caused by repetitive bouncing over the snow. Either sitting or lying on your back, pull your knees to your chest and hold for up to 30 seconds.
- Don't forget cool-down stretching for all of these sports. At the bottom of the sledding hill, for instance, before trudging back up, do some more knee-to-chest stretches, or repetitive squatting movements to restore flexibility.
- If you feel pain or are sore after any of these activities, apply an ice bag to the affected area for 20 minutes, then take it off for a couple of hours. Repeat a couple of times each day over the next day or two. If the soreness doesn't abate, you may need to see a chiropractor.

Dr. Robert Richart is a 1986 graduate of Palmer College of Chiropractic. He has completed postgraduate programs on the diagnosis and treatment of soft tissue injuries through National College of Chiropractic and Texas Chiropractic College. He maintains a practice in Niles at 8933 West Golf Road. To receive a complimentary spinal examination and consultation, please contact Dr. Richart at (847) 827-8686. You can also contact Dr. Richart at: www.richartchiropractic.com

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Jeremy Bronowicki
Army Pvt. Jeremy Bronowicki has graduated from the food service specialist advanced individual training course at Fort Lee, Petersburg, VA. The service member learned to prepare and serve food in large and small quantities, baking methods, field kitchen operations, and general operation of Army dining facilities. Bronowicki is the son of Christine B. Bronowicki of Glenview. The private is a 1995 graduate of Glenbrook South High School, Glenview.

Rotary Club of Park Ridge launches Asthma Awareness 2000 project

The Rotary Club of Park Ridge has been awarded a \$12,500 children's opportunity grant from Rotary International to increase awareness in local schools and the community about the importance of early detection of asthma in young children.

The 12-month Park Ridge Rotary Club Asthma Awareness 2000 project has targeted public schools and the community about the importance of early detection of asthma in young children.

Haley said the Park Ridge Rotary Club pursued the children's opportunity grant for the asthma project when it discovered the alarming local growth rate of the problem that many children suffer without the condition being detected.

The Asthma Awareness 2000 project is being implemented in several phases. School nurses and health personnel from District 63 and 64 public and parochial schools recently attended a four-hour Rotary-sponsored asthma awareness training session at Lutheran General Hospital led by the American Lung Association.

From January through June, this core group of trainers will instruct teachers, physical education instructors, coaches and others in their school about the signs of asthma and what to do when they see the symptoms in students.

In the fall, a series of seminars will be held at various locations to teach parents how to recognize whether their children may have asthma and follow through with proper treatment and management of the illness. Packets of educational materials and resources will be distributed to children will be offered at school - and community-sponsored events in both districts. In addition, the American Lung Association's Open Airways courses will be provided to young students with asthma.

Besides the American Lung Association, Lutheran General Hospital and health care representatives from School Districts 63 and 64 worked with the Rotary Club of Park Ridge to implement the project.

Asthma is a chronic inflammatory disease of the airways. When airflow in the lungs is obstructed, it can cause symptoms such as wheezing, coughing, mucus production, chest tightness, difficulty breathing, breathlessness, night-time symptoms and symptoms during exercise.

"Through Asthma Awareness 2000, we will counsel parents and children in ways to manage the illness with the aim of minimizing hospitalization and allowing children to pursue their normal activities and schooling," added Haley.

Rotary International is a service organization of more than 1.1 million men and women in 29,728 clubs in 162 countries around the world. The 76-member Park Ridge Rotary Club, which was chartered in 1961, serves its community and institutions with actions and funding projects; supports Rotary's international efforts for peace and understanding; improved health services; disaster relief and literacy; and promotes fellowship and vocational service.

Attention Young Men: Your Uncle Sam Needs You

If you are a young man age 18 through 25, it's time to think about your Uncle Sam, and the best way to stay on his good side is to register with Selective Service up to 30 days prior to their 18th birthday. Early registration may be necessary if verification of registration is required for applications for a student loan, college entrance, job training, or a federal job. Over 15 million men age 18 through 25 are currently registered with Selective Service.

Selective Service Region Director Glen Ford cautioned that, with few exceptions, a man who fails to register before turning 26 will forfeit his eligibility for certain benefits, such as federal student aid, job training, and most federal employment, in addition to facing possible prosecution as a felon. Registration is also an eligibility requirement for male immigrants seeking U.S. citizenship.

Some states also require registration for state student aid, entrance to state-supported colleges and universities, state employment, and permission to practice law.

Ford points out that men age 18 through 25 who have not yet registered can avoid the risk of prosecution and loss of benefits by registering promptly at any local post office or on the Internet Selective Service home page (<http://www.ss.gov>). If men need to verify their registration or obtain their Selective Service Number, this can also be done at the home page. Failure to register is a felony punishable by a fine of up to \$250,000, up to five years in prison, or both.

Men can register with Selective Service up to 30 days prior to their 18th birthday. Early registration may be necessary if verification of registration is required for applications for a student loan, college entrance, job training, or a federal job. Over 15 million men age 18 through 25 are currently registered with Selective Service.

The success of this event not only depends on the 10,000 participants projected to participate in the event, but also on the attention to detail provided by volunteers who help the event run smoothly. This year's event is presented by Mercedes-Benz.

The North Shore/Highland Park route needs volunteers to assist the planning committee with details of the local walk, which will start at Wolters Field.

Prospective volunteers can learn more about the MS WALK and the needs of the Naperville site by calling Chiayi Chiu at 312-241-4500.

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Health / Fitness

Walter Sala presents program on self-hypnosis

At the recent meeting of the "Goland-Orstein-Sherman Memorial Chapter" of the "Leukemia Research Foundation," Walter Sala presented a program on "Relaxation and Stress Management through Self-Hypnosis." The program consisted of explaining causes of stress, benefits (there are some) and results of unrelenting and continuous stress and their consequences. Known as the "SATPaDD" effect. Explaining various techniques that can be used, however em-

ployed Hypnosis to relax the group, and taught audience to how to develop and use Self-Hypnosis in their daily living to avoid SATPaDD, and a fuller, happier, healthier life. The program was well received, leaving everyone in a relaxed and feeling good mood. Walter Sala is a Certified Hypnotist/Hypnotherapist by the National Guild of Hypnotists, an Accredited Instructor and Speaker. The GOSM chapter meets at the Morton Grove Community



Church. Paul Sanders is President of the chapter. His phone number is 847-966-4213. This same type of program was recently also performed at the Arlington Heights Public Schools #25 main office for all Office personnel. Susan Levenson 847-758-4878.

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Holy Family to honor American Heart Month

Heart disease, stroke, and other blood vessel diseases claim 2,600 American lives every day. That amounts to an average of one cardiovascular disease-related death every 33 seconds. Increasing your "heart smarts" can help you keep your body's most important muscle in top shape.

To raise awareness on this fight against heart disease and stroke, February is nationally recognized as American Heart Month. This year's theme, "Be an American Heart Saver," urges Americans to improve the cardiac arrest survival rate by being "heart-smart."

As a community service, Holy Family Medical Center offers heart-health information courtesy of the American Heart Association.

Warning Signs of a Heart Attack - Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting for more than a few minutes; Pain spreading to the shoulders, neck or arms; Chest discomfort with light-headedness, fainting, swelling, nausea or shortness of breath.

Three Important Steps to Improve Cardiac Arrest Survival Rate - Know the warning signs of a heart attack; Call 911 immediately; Give CPR (cardiopulmonary resuscitation) until emergency help arrives.

Since 70 - 80 percent of all cardiac arrest emergencies occur in the home, knowing CPR can help you save the life of a loved one. These steps are part of what the American Heart Association calls the "Chain of Survival," a process of providing quick treatment in the event of a sudden cardiac arrest. By taking these crucial steps, Americans can give cardiac arrest victims a second chance at life.

For information about Cardiac Care services available at Holy Family Medical Center, please call (847) 297-1800, ext. 1110. Holy Family has a Cardiac Catheterization Lab and a Cardiac Rehabilitation Department which are both dedicated to helping you help your heart. The different programs will meet the needs of individuals who have had a heart attack, bypass surgery, angioplasty, angina, valve replacement, heart transplants or have multiple risk factors.

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Health / Fitness

Multi-Institutional Clinical Trials

The Midwest Children's Brain Tumor Center at Lutheran General Children's Hospital will present a free lecture on "Multi-Institutional Clinical Trials" at 8 a.m. Friday, February 18, featuring William Hartsell, M.D., radiation oncology, Lutheran General Hospital.

The presentation, which is part of a free series for the public, caregivers, physicians, nurses and health care professionals, will be held in Room 109 of the Victor Yackman Children's Pavilion of Lutheran General Children's Hospital. For more information, call 847-723-5105.

Upcoming topics are: March 17 - "Music Therapy" featuring Susan Cotter-Schulzke, director, clinical training, music therapy, Lutheran General Hospital; April 21 - "Managing Hydrocephalus" featuring John Ruge, M.D., medical director, Midwest Children's Brain Tumor Center of Lutheran General Children's Hospital.

Also, May 19 - "Negotiating the School System" featuring Joseph Vaal, Ph.D., educational

psychologist, Lutheran General Children's Hospital; June 16 - "Radiosurgery in the Pediatric Population" featuring Martin Herman, M.D., neurosurgeon, Lutheran General Hospital; July 21 - "Effective Communication Strategies" featuring Kim Vanderploeg, RN, pediatric coordinator, Lutheran General Children's Hospital; and August 18 - "New Chemotherapeutic Trials/Strategies" featuring William Goodell, M.D., pediatric hematologist/oncologist, Lutheran General Hospital.

Also, September 15 - "Caring for Siblings" featuring Linda Benning, RN, Child Life specialist, Lutheran General Children's Hospital; October 20 - "Management of Primitive Neuroectodermal Tumors" featuring James Ruffer, M.D., radiation oncologist, Lutheran General Hospital; November 17 - "Advocating for Your Rights with Insurance Companies," and December 15 - "Pathology of CNS Tumors."

The Midwest Children's Brain Tumor Center at Lutheran General Children's Hospital is a clinical facility dedicated solely to the care of children with brain tumors and their families.

The center features a team approach provided at one site to achieve coordinated efforts and optimal care for the child. An entire range of services is offered through the program including medical, educational and family support.

Members of the treatment team are pediatric specialists in fields such as neurosurgery, neurology, oncology, radiation oncology, radiosurgery, endocrinology, neuro-psychology, physical therapy, neuropathology, rehabilitation medicine, nursing and others. A master's trained nurse also coordinates the program and is on call 24 hours a day as a resource for families.

In addition to the resources of Lutheran General Hospital and Lutheran General Children's Hospital, the Midwest Children's Brain Tumor Center has access to the resources and research of the Lutheran General Cancer Care Center.

Pediatrician appointed to staff at Resurrection

Malgorzata Paterok, M.D., has been appointed to the medical staff at Resurrection Medical Center, 7435 West Talcott Avenue.

Dr. Paterok received her undergraduate and medical degrees from the School of Medicine, Cracow, Poland. She completed her internship and residency at Columbus Hospital in Chicago. Dr. Paterok is board certified in pediatrics, and has a special interest in neonatology and infectious diseases. Dr. Paterok speaks Polish.

Dr. Paterok is a member of the American Academy of Pediatrics, the American Medical Association and the Chicago Pediatric Society.

Dr. Paterok is in practice with Maria Stais, M.D., and Anna



Center of Concern

The Center of Concern has announced the following calendar for the month of February: Mon., Feb. 21 & 28; Employment Counseling - by appointment only; Mon., Feb. 21 & 28; Weight Watchers Support Group, 10 a.m. Wed., Feb. 23; Medicare Counseling - by appointment; Wed., Feb. 23; Income Tax Preparation - by appointment; Sat., Feb. 19; Legal counsel - by appointment; Sat., Feb. 19 & 26; Income Tax Preparation; by appointment; Sat., Feb. 26; Blood Pressure Testing & Blood Sugar Screening, 10 a.m. - noon.

All of the above are held at 1550 N. Northwest Highway, Park Ridge, Suite 310, unless otherwise noted. Personal Counselors are available each Thursday and other times by appointment. To make a reservation for those services which require one, please call 847/823-0453.

The Center of Concern's services and programs include: Personal Counseling, Senior Companions, Friendly Visiting, Shared Housing, Employment Opportunities, Money Management program, In Home Health Care, Escort Transportation, Information and Referral, Tele-

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Women's News

Allergist appointed to staff at Resurrection

Irma M. Oliff, M.D., has been appointed to the medical staff at Resurrection Medical Center, 7435 West Talcott Avenue.

Dr. Oliff, of Skokie, received her bachelor's degree from Occidental College, Los Angeles, and her medical degree from the University of Southern California (USC). She completed an internship at the USC Medical Center in Los Angeles County, and a residency at Veterans Hospital in West Los Angeles. Dr. Oliff is board certified in allergy and immunology and in internal medicine. She specializes in allergy and immunology, and has a special interest in urticaria, chronic sinusitis, asthma and dermatitis.



Irma M. Oliff, M.D., Medical Center, Lutheran General Hospital and Rush North Shore.

Dr. Oliff is in practice with Donald W. Aaronson, M.D., and Louis Richmond, M.D., at Aaronson Asthma and Allergy Associates. Their offices are located in Chicago at the Resurrection Medical Center Professional Building, 7447 West Talcott Avenue, Suite 422, and in Des Plaines at 9301 West Golf Road, Suite 301. Appointments can be made by calling (773) 775-2600 or (847) 635-7300.

Alliance offers Polish classes

The Polish Women's Alliance (PWA) is offering new classes in beginning Polish for the winter/spring term. All classes are held at PWA's headquarters located at 205 S. Northwest Highway, Park Ridge.

Beginners' Polish classes will be offered on Monday's from 6 to 8 p.m. Currently, PWA is also accepting students who are interested in intermediate and advanced Polish lessons for its ongoing classes. These classes meet on Tuesday's and Wednesday's respectively from 6 to 8 p.m. Classes are taught by Elizabeth Walicki and Loyola Professor Frank Kujawski.

For additional information or to register for classes, please contact PWA Vice President Sharon Zago at (847) 384-1208.

New Beginnings Women's Chorus

New Beginnings Women's Chorus is looking to expand membership during January-February in preparation for a spring concert. Chorus rehearses on Monday's at 9:30 a.m. at Church of the Incarnation, 330 W. Golf Rd., Arlington Heights. Call Ginny, 847-255-9509 or Joanne, 847-359-8750.

Engagement Snyder-Mahler



Mr. David Snyder of Baton Rouge, Louisiana announces the engagement of his daughter, Carolyn Leo Snyder to Mr. Jerry Mahler. Carolyn is the daughter of David Snyder and the late Linda. Carolyn is a 1998 graduate of Northwestern University in Evanston, with a Bachelor of Arts degree in molecular biology. She also received a Master of Science degree in immunology from the University of Texas Southwestern Medical Center in Dallas, Texas in 1998. Carolyn is employed as a Senior Research Specialist in the Department of Ophthalmology and Visual Sciences at the University of Illinois at Chicago. She is the granddaughter of Elwood and Lillian Hoffman of Biglerville, Pennsylvania.

Jerry is the son of John and Charlotte Mahler of Morton Grove. He received a Bachelor of Science degree in electrical engineering from Northwestern University in 1995. He also received a Master of Science degree in electrical engineering from Northwestern University in 1997. Jerry is employed as a senior software engineer at 3COM corporation in Rolling Meadows.

Carolyn and Jerry will be married in Baton Rouge, Louisiana in late February 2000. Following a honeymoon trip to California, the couple will reside in Prospect Heights.

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Parenting multiple birth children

Whether you are a new or experienced parent, join us for "Parenting Multiple Birth Children," a discussion focusing on the challenges and pleasures of raising twins, triplets or an even larger family.

"Parenting Multiple Birth Children" will be held on Thursday evening, February 24, 7 to 8:30 p.m., at the Virginia Frank Child Development Center, 3033 W. Touhy, Chicago. Open to all, the discussion is a program in the Family Life Education Series sponsored by the Jewish Family and Community Service. For more information call Lynn Altschul, Family Life Educator, at 773-761-4550.

Women's News

WBDC Business Wellness Clinic

"Be for your Business: A Business Wellness Check-up" will be offered at no charge by the Woman's Business Development Center (WBDC) on Monday, March 6, 2000, from 5 p.m. to 8 p.m., at the WBDC office, 8 S. Michigan Ave., Suite 400, in Chicago.

Prospective and established business owners who attend will have the opportunity to meet with business specialists, including lawyers, accountants, marketing specialists, recycling experts, and computer professionals, who will "diagnose" the health

of their businesses in small group sessions.

Special features of the program include a "pre-natal exam" for aspiring entrepreneurs, "baby check-ups" for start-up businesses and "teenager physicals" for rapid-growth enterprises. Participants will also have the opportunity to learn about WBDC programs and networks with other prospective and existing business-owners.

Refreshments will be served. Pre-registration is required. Call (312) 853-3477.

Our Lady of Ransom Annual Dinner Fashion Show



Our Lady of Ransom Catholic Women's Club of Our Lady of Ransom Parish, Niles will hold its annual dinner-fashion show, "Elegance 2000" on Tuesday, March 7, 2000 at the Northbrook Hilton/Aligauer's. One of the main grand raffle prizes is a \$400 certificate towards a custom-made item donated by the Walter E. Smith Furniture Co. Shown (l-r) are chairpersons: Josephine Bax (Raffle Chair), Marilyn Cairo, Gigi Blisko, Mary Thompson (Smith Manager), Marianne Sikorski and Adrienne Nagawicki.

Skokie Valley Business & Professional Women's Club

The Skokie Valley Business and Professional Women's Club will meet on Monday February 21, 2000 at Don's Fishmarket, in the Howard Johnson Hotel, 9333 Skokie Blvd., Skokie.

Networking and social hour begins at 5:30 p.m. and dinner is served promptly at 6:30 p.m. The dinner fee is \$20 for members and guests. Please call Dr. Yemima Lipschultz at (847) 677-9110 by noon Friday February 18 for reservations.

The speaker of the meeting will be Pat Saunders from Ameritech.

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

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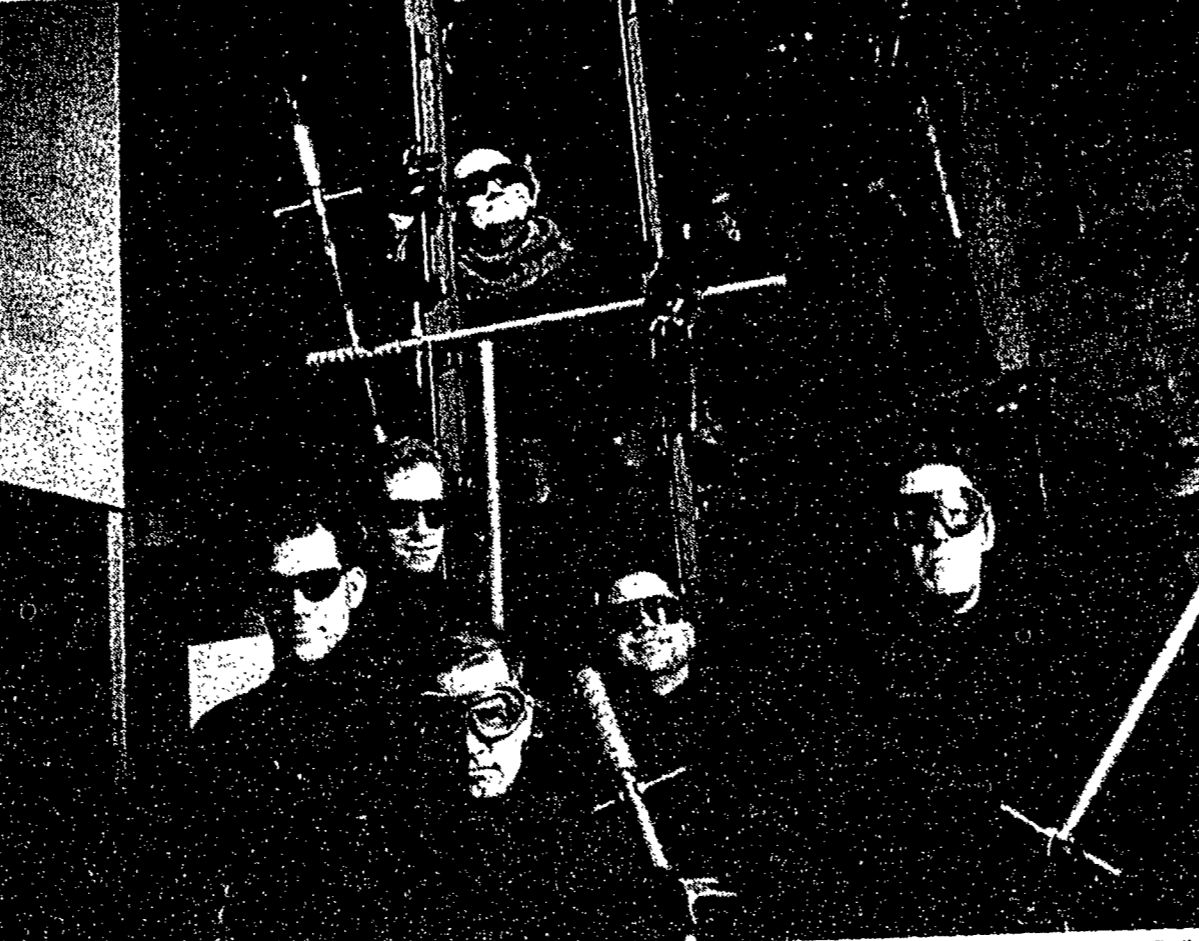
Dining / Entertainment

Dominican presents 'Lifetimes on the Streets'

Center Stage at Dominican University presents the Chicago premiere of "Lifetimes on the Streets." The performances will be held on February 24, 25 and 26 at 8 p.m. in the Studio Space of the Fine Arts building at Dominican University, 7900 West Division Street.

Written by Gus Edwards, "Lifetimes on the Streets" is a wonderful look into the lives of

Lifeline Theatre Mainstage presents J.R.R. Tolkien's The Two Towers



Lifeline Theatre MainStage is proud to present the world premiere adaptation of J.R.R. Tolkien's The Two Towers. Ned Mochel directs this production based upon the stage adaptation by James Sio and Karen Tappan. The show will run through May 7. To order tickets or for more information, call the Lifeline box office at (773) 761-4477. Lifeline Theatre is located at 6912 North Glenwood, Chicago.

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Dining / Entertainment

All the Glitter and Orleans and for a good cause

Save your ticket to New Orleans for the Jazz Festival. This year, jam to the sounds of 10,000 Maniacs at the Make-A-Wish Foundation's Fifth Annual Mardi Gras Party Saturday, March 4, at Joe's, 940 Weed Street in Chicago. The Make-A-Wish Auxiliary Board promises to throw a party to remember while raising the funds necessary to grant the wishes of 10 children and teens with life-threatening illnesses.

In addition to the concert, partygoers will have an opportunity to win matching his and hers Wintanor Watches, an item autographed by Stanley Cup Winner, Ed Belfour, many dining certificates and other auctions and raffle items. Sponsor, uBID.com, will have an interactive laptop booth set up, and Two Brothers Brewery will provide beer throughout the evening. Other sponsors include Dollar Tree, American Airlines, Solo Cup, Merrill Lynch, Concord Promotions and LegalLink.

Chicago A Cappella, Heavenly Harmonies

Chicago a cappella sings music inspired by planetary motion in their upcoming concert, "Heavenly Harmonies." The nine-voice ensemble will take audiences on a journey through blissful chant and the exquisite proportion of medieval and early Renaissance music by composers such as Perotin, Machaut, and Ockeghem. The beautifully blended voices of this acclaimed ensemble will perform pieces reflecting the medieval ideas of time and space, as well as the deep, ringing tones of early two- and three-part music from the age of cathedrals.

"Heavenly Harmonies" takes place Saturday, February 26, 8 p.m. at Unity Temple, 875 Lake Street in Oak Park. Sunday, February 27, 4 p.m., at First Congregational Church, 1445 Hinman in Evanston; and Tuesday, February 29, 7:30 p.m., at the Three Arts Club of Chicago, 1300 N. Dearborn Parkway in Chicago. For tickets or more information, call (773) 755-1628, or 1-800-SING-WOW (600-746-2959).

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Sundays - Lon DiCangi, Swing Band - 7 pm to 10:30 pm
Friday, Feb. 18 - Tony Smith Show - 9 pm to 1 am (\$5.00 Cover)
Saturday, Feb. 19 - Jerry Oviang & Nick Tommas Duo - 5 pm to 9 pm
Sunday, Feb. 20 - Margie Gibson Duo - 7 pm to 11 pm
Monday, Feb. 21 - Milt Trener Quartet - 9 pm to 1 am (\$5.00 Cover)
Tuesday, Feb. 22 - Greg Polmann & Nick Tommas Duo - 5 pm to 9 pm

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Join us for a lively and entertaining afternoon of classical guitar with guitar virtuoso Christopher Laughlin on Sunday, February 27 at 2 p.m. at Niles Public Library District. Playing everything from Spanish classics to Latin American dances, Laughlin will perform a variety of colorful, contemporary works from around the world. A first-rate concerto soloist, Laughlin has delighted audiences in over 25 nations in Europe, North and South America and Africa. He has performed on radio stations across the country, and he has two recordings for Peneigne Records, Danzal and Simplicio. Please register for this program at the Library Information Desk or call 663-1234.

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Northbrook Symphony Orchestra

On Sunday, February 20, Samuel Magal, Music Director, and the Northbrook Symphony Orchestra will feature the "young soloist of the season to watch," Jennifer Frautschi, a violinist whose full-fledged virtuoso technique has captured audience's attention. She will be featured in the Violin Concerto in D Major, Op. 77 by Brahms. The orchestra will also perform the Borodin Symphony No. 2 in B minor.

The NSO will continue to present its very popular Pre-Concert Discussion Series. David Robin will be featured February 20 as the guest lecturer and the discussion begins promptly at 2:30 p.m. prior to the concert.

The concert will be held at the Sheely Center for the Performing Arts at Glenbrook North High School, 2300 Sherman Road, Northbrook, IL. The concert begins at 4 p.m. The series ticket prices are \$120/\$81/\$60/\$30/\$25 (child or student) and single ticket prices are \$27/\$24/\$20/\$15/\$5 (child or student). There is ample free parking around the theater and the theater is handicapped accessible.

For information contact Ms. J.C. Wacholz, (847) 272-0755.

Many fall by trying to get as much as possible for doing as little as possible.

Community Calendar

Wheaton History Center's Silver & Gold Ball

Come and celebrate *Preserving the Past & Forecasting the Future* at the Wheaton History Center's annual Silver & Gold Ball on Saturday, March 11, 2000. You'll be reminiscing if you miss this festive evening of music, fine cuisine, and merriment. Joan and Harold Gaede, showing their continuing support of the Wheaton community, have graciously agreed to be the Honorary Chairpersons for this gala event. They are forecasting that the Center will achieve the goal of raising \$25,000 to advance programs that allow children and adults to discover, explore, and experience the past.

The Big Band sound of *The Moonlighters* will be heard throughout the evening along with silent and live bidding on marvelous auction prizes. Numerous valuable items in a variety of price ranges will be available for bidding. Some of the live auction prizes already secured include: 3-some of golf at Medinah Country Club; Condo use for a week in Naples, Florida; 2 airline tickets to anywhere in the United States.

The event will begin with a social hour at 6:30 p.m., followed by dinner at 7:30 p.m. The Hilton in Lisle has planned a selection of either Beef Burgundy or Grilled Breast of Chicken & Shrimp with Roasted Red Bell Pepper Sauce.

There are opportunities galore for you to supplement the income of this event by becoming a Table Sponsor, securing an ad in the printed program, or donating an auction prize. If you are interested in donating to this event or would like to make reservations, please contact the Center at 630.682.9472. *Preserving the Past... Forecasting the Future Silver & Gold Ball* will be the most memorable event in the year 2000!

You Can Make A Difference

If you're looking for something to do that is close to home and would help children, consider getting involved in Melzer School in Morton Grove. We are looking for dedicated volunteers to assist with children in the classroom. The school also needs volunteers to do clerical work.

The children need you! If interested, please contact: Chris Bauske, from the Retired and Senior Volunteer Program, at 847-228-1006.

Kidney Cancer Association holds meeting

The Kidney Cancer Association's Chicago chapter will hold a meeting from 2 to 4 p.m. on Sunday, February 27, at the Chicago O'Hare Marriott Hotel, 8535 W. Higgins Road, Chicago. Dr. Joseph Clark of Loyola University will be the guest speaker at the session which is titled "Ask the Doctor: A Kidney Cancer Town Hall Meeting."

This free program is open to kidney cancer patients, their family members, and health professionals. To register call, the Kidney Cancer Association at 847-332-1051 or 1-800-850-9132 by February 23.

The mission of the Evanston-based Kidney Cancer Association is to strive for a world without kidney cancer. The national health organization also works to improve advocacy with employers, government and insurance companies.

Park View Book Fair

Scholastic Book Fairs come to Park View Elementary School at 6200 Lake St. in Morton Grove on Wednesday, Feb. 23rd from 8:45 a.m. to 2:45 p.m. (Park View students only) and on Thursday Feb. 24th 4:30 p.m. to 8 p.m. & Friday, Feb. 25th 8 a.m. to 1 p.m. and will be open to the general public.

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Community Calendar

Auction Block - From Slave to Soldier

On Sunday, February 27th come and experience a compelling program by George Webber, local historian, highlighting Black Soldiers in the Civil War. Webber, extremely knowledgeable of the Civil War era and an engaging speaker, will allow his audience to experience the hardships and struggles of black regiments through his passionate and enthusiastic accounts of Black Regimental Units. A display of authentic Civil War artifacts supplements the presentation.

This is a one-time opportunity to attend this program which is offered in conjunction with the Wheaton History Center's special exhibit *What Lies Beyond the Drinking Gourd*. The program begins at 3 p.m. at the Memorial Park Building, 208 W. Union Ave., Wheaton. The fee is \$5 per person for advance registration and \$8 at the door. Seating is limited, please call the Wheaton History Center for reservations at 630.682.9472.

During the months of February and March the Wheaton History Center has scheduled interpretive tours on the weekends and another original program, *Hidden Messages in the Notes*

for Sunday, March 26, 2000. This musical program and narration features African-American vocalists and the concealed messages found in Negro Spirituals and early 20th Century music.

Living with AIDS

"Living with AIDS" is a six-week, daytime discussion/support group for individuals living with HIV/AIDS. Share experiences and feelings and discuss topics of particular interest to participants.

"Living with AIDS" will be held on Tuesday afternoons, February 22 to March 28, from 3 to 4:30 p.m., at the Goldie Bachmann Luftig Building, Jewish Family and Community Service, 5150 Golf Road, Skokie. For more information call Judy Gaidel, LCSW, 847-568-5252.

"Living with AIDS" is being offered through the AIDS Service and Support Program of the Jewish Federation of Metropolitan Chicago coordinated by Jewish Family and Community Service, and is a program in the Family Life Education Series.

World class storytelling concerts

National-Louis University's National College of Education and the Betty Weeks Storytelling Fund are hosting three outstanding storytelling concerts on February 18, 19 and 20. These concerts feature nationally and internationally acclaimed storytellers from around the country. All of the concerts will be held on the university's Evanston campus, 2840 Sheridan Road, in the Weinstein Auditorium.

For tickets or for more information, please call (847) 256-5150, ext. 2011.

The first two concerts are geared toward adults and older children who listen like adults: *Men's the Word: A Journey in Meters and Centimeters* - by

The 2000 Spelling Bee Contest

The 2000 Spelling Bee Contest for St. John Brebeuf School children from grades 5 through 8, will be held in Flanagan Hall, 8301 N. Harlem Ave., Niles, on Friday, February 18. The contest, sponsored for the 18th year by the North American Martyrs Council 438, Knights of Columbus, will be hosted by Chairman Matt & Florence Araszewski.

Matt invites everyone to experience the spelling competition by attending this great event. Refreshments will be provided for the St. John participants, their families and all observers. Special thanks to the teachers and administrators at St. John for their assistance and coordination for the contest.

and contemporary. The third concert is appropriate for the whole family: *Rhythm and Rhyme: Stories with a Beat for the Whole Family* - by Angela Lloyd, Sunday, February 20, 4-30 p.m., \$5 general admission for all. Lloyd will combine the warmth of "ancient storytelling with the brilliance of new vaudeville." A virtuoso on washboard and spoons, Lloyd's performance will vibrate with wacky humor and timeless wisdom.

Students complete Sheriff's D.A.R.E. Program

More than 65 students from Avoca West School in Glenview were recently awarded certificates of graduation for completing the Drug Abuse Resistance Education (D.A.R.E.) Program, according to the office of Cook County Sheriff Michael F. Sheahan.

The students participated in a 17-week anti-drug curriculum designed to equip them with the skills to resist peer pressure and the use of drugs. The program provides students with information on the dangers of drugs and alcohol and teaches them decision making skills by providing positive alternatives to drug or gang involvement.

D.A.R.E. is a successful, national program that is conducted locally by the Cook County Sheriff's Office. The program puts specially trained Sheriff's officers in the classroom to teach grade school children about the perils of drug use.

Law enforcement officials and educators must work together to convince children of the dangers of gangs and drugs," Sheriff Sheahan said.

For more information about the Cook County Sheriff's D.A.R.E. program or for information on parent D.A.R.E. sessions, contact the Sheriff's Office of Preventive Programs at (708) 974-6772.

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Community Calendar

A Midsummer Night's Dream to be presented



A magical evening is planned for Friday, March 10, 2000, when the Josselyn Center for Mental Health, Maine Center for Mental Health, and Turning Point Behavioral Health Care Center host a special performance of *A Midsummer Night's Dream* at Chicago Shakespeare Theater on Navy Pier. Robyn Payne (First Fairy) and Richard Manera (Cobweb) show Maine Center Board Member Judith Keller of Park Ridge and Josselyn Center Board Member and Benefit Chair Mary Magos of Wilmette just how much fun the evening will be.

The Josselyn Center for Mental Health in Northfield, Maine Center for Mental Health in Park Ridge, and Turning Point Behavioral Health Care Center in Skokie are teaming up to present a special evening benefit performance of *A Midsummer Night's Dream* on March 10 at the beautiful new Chicago Shakespeare Theater on Navy Pier. The production will be directed by Joe Dowling, the internationally respected artistic director of The Guthrie Theater, and will be preceded by a lavish dessert and wine buffet featuring English treats. Following the performance there will be an English-themed raffle including such prizes as round-trip airfare to London, compliments of British Airways, with a generous gift voucher to spend at Harrods; tickets to Chicago Shakespeare Theater; and a lovely Waterford clock.

China Star features large, nutritious and delicious menu

At the China Star restaurant, 8105 Milwaukee Ave., Niles, there is something for everyone. One section of the large menu is titled "Health Nutritional Dish" and features entrees that are sauteed only in ginger and garlic and come with a light chicken sauce. Other menu selections also emphasize the light and healthy side of dining. Vegetarian, hot and spicy and Filipino dishes along with traditional pork, poultry, seafood and beef entrees provide China Star diners with a full complement of delicious dinners and lunches to choose from. Alan Tang, the new manager, formerly owned restaurants in Chicago and Indiana. Chef Simon Lau presents several "Chef's Specials" on both the lunch and dinner menus. Lau's cooking style ranges from Mandarin, to Szechwan to Hong Kong style featuring the lighter sauces Lau specializes in. In all his cooking, Lau prides himself on using only 100 percent pure low-fat vegetable oil. At the China Star, you can eat in or carry out your delicious meal. Catering is also available at very reasonable prices. In addition, you can hold a party for 50 to 100 of your closest friends at the pleasant, clean and completely remodeled China Star Restaurant. A large variety of delicious dishes of your choice will be served buffet style at your birthday, anniversary, graduation party or baby shower. Best of all, you can have the popular Karaoke music for a party your friends will never forget. The China Star is open 11 a.m. to 9:30 p.m. Sunday through Thursday and 11 a.m. to 10 p.m. Fridays and Saturdays. For more information about the China Star Restaurant or to speak with host Li personally, call (847) 966-6611 or 966-1145.

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Church and Temple News

Rainbow Hospice supports National Hospice Sabbath

Thirty area Hospice organizations will be supporting the first-ever Chicago-based Hospice Sabbath to be observed in local communities of faith during the weekend of February 18-20, 2000.

Hospice Sabbath is an outreach effort initiated by area hospices encouraging communities of faith to remember in prayer persons who live with hope and dignity in the face of life-limiting illness. Chicago-based hospices supporting this effort represent Cook, DuPage, Grundy, Kane, Lake, McHenry, and Will counties.

Pioneered by the San Diego Hospice more than a decade ago and observed annually by hospice and communities of faith throughout the United States, the Hospice Sabbath is offered to affirm those who provide care and support for people living with life-limiting illness, to educate about hospice care, and to strengthen relationships with local communities of faith.

Trained members of hospice staff and volunteers are encouraged to present in their own faith communities a "hospice minute" or "temple talk" about their ministry in hospice. Endorsed by the

Archdiocese of Chicago, Diocese of Joliet, Balmi House of worship, Buddhist Council of the Midwest, Greek Orthodox Diocese of Chicago, Metropolitan Chicago Synod ELCA, Reorganized Church of Jesus Christ of the Latter-Day Saints, the Ukrainian Orthodox Church of the U.S.A. and the Chicago Board of Rabbis, this non-sectarian outreach effort allows every faith community an opportunity to participate in ways in which are consistent with its tradition and practices.

People of faith are encouraged to remember in personal prayer those who live with life-limiting illness, the families who care for them, and the health care professionals who serve them. Sermons, homilies, meditations, and reflections will also be encouraged during the weekend of Hospice Sabbath. In addition to "temple talks," communities of faith may also request a hospice speaker to talk in greater depth about loss, grief and other end-of-life issues.

"When we in hospice are invited into the home to care for someone who is dying, it is always humbling and inspiring to find

love, care and support that families and faith communities provide," says Reverend John Schumacher, Rainbow Hospice chaplain. "It is an honor to be invited into that circle of care. Hospice Sabbath celebrates our partnership in the circle."

For more information on Hospice or how to promote this in your own faith community, please call Rev. John Schumacher, Rainbow Hospice, at (847) 685-9900.

OLR's Annual St. Joseph's Table

Our Lady of Ransom Parish, 8300 Greenwood, Niles, will hold its annual St. Joseph's Table on Sunday, March 19, 2000.

Serving will be from 1:30 p.m. - 5 p.m. in Paluch Hall. A variety of ethnic meatless dishes will be served. A donation is appreciated. For further info, call Josephine Bax at 847-823-2550.

It's risky when the devil is driving.

Local Holiday Basketball Tournament



Queen of All Saints - 66th grade boys championship team.

As the final champions are crowned, past Grand Knight Ken Lee, along with Brother Knight Dan Kosiba of the North American Martyrs Council 4338, Knights of Columbus, would like to thank all of the 86 teams that took part in the annual holiday basketball tournament at St. John Brebeuf Church, 8301 N. Hartem Ave., Niles, throughout Dec. '99 and Jan. 2000.

The Brothers of North American Martyrs Council thanks all the participants for helping make these holiday tournaments a success, again this year. Special thanks to Ken Lee, Dan Kosiba and the St. John Brebeuf School Athletic Department for all their coordination and hard work in having these tournaments run so smoothly.

Jerusalem Lutheran Church & School Summer program

Precious Child Early Learning Center will begin accepting registrations February 1st for its summer program. Precious Child is located at Jerusalem Lutheran Church, 6218 Capulina Ave., in Morton Grove. The program will be offered five days a week, beginning June 5, and run through August. Featured will be outdoor and indoor activities, field trips, and crafts in a loving Christian environment. For more information or to register, please call Vicki Pfursich at 965-4750, extension 12.

Precious Child Early Learning Center is accepting registrations for all fall preschool classes and extended care. Morning and afternoon preschool classes are offered, starting at age 3. Extended care is also available. Precious Child is located at Jerusalem Lutheran Church, 6218 Capulina Ave., Morton Grove. To register or visit the school, please call Vicki Pfursich at 965-4750.

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Church and Temple News

Preschool registration scheduled at Edison Park Lutheran Church

Registration/information forms are available in the church office at Edison Park Lutheran Church, 6626 N. Oliphant Avenue, for the 2000-2001 Preschool year.

Preschool classes are for children who will be four years old by September 1, 2000. Morning classes meet four times a week 9

a.m. - 11:30 a.m. Afternoon classes meet three times a week, 12:45 p.m. - 3:15 p.m. The school year runs from mid-September through the end of May.

Registration is at 9 a.m. on Wednesday, March 15, 2000. Registration forms must be accompanied by a \$50 non-refundable fee.

Edison Park Lutheran Church Preschool admits students of any race, color, national and ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school. Call the preschool/church office for further information (773-631-9131).

Her husband, Marshall Krock, Northbrook, a past BJBE congregation president, was elected as Vice President of the United Association of Hebrew

part in the Madrid peace conference and a member of the Israeli delegation in the peace talks with Syria. Dr. Olmert is a political consultant to government agencies and foreign embassies, most recently to former Israel Defense Minister Moshe Arens and is an expert on Syria, Lebanon, terrorism and the Palestinian question. He authored three books, including *Minorities in the Middle East*, *Minority-Majority Relations in a Changing Society* and *Between Jew and Arab: Unraveling the Knot*, as well as numerous articles on the Middle East.

Information can be obtained from Barbara at the NA'AMAT USA office, 5050 Church, #226, Skokie 60077, (847) 675-7275.

Israel - Syria: Is Peace at Hand?

NA'AMAT USA and the Labor Zionist Alliance present "Israel - Syria: Is Peace at Hand?" given by Yossi Olmert, Ph.D. This program will take place on 2/19/00 at 7:30 p.m. at the home of a member in Wilmette. There will be a lecture followed by a question and answer period.

Dr. Olmert, Scholar-in-Residence of the American Zionist Movement, comes to the United States with an extensive list of credentials. Presently he is a commentator on Middle Eastern affairs for Israel TV, Israel Education TV, IDF (Israel Defense Forces) Radio, the Voice of Israel, Jerusalem Post, Ha'aretz and Davar. Since October 1992, he has been a columnist for *Vediot Ahronot*, Israel's largest newspaper. Dr. Olmert has a BA and MA in the History of Muslim Countries from the Hebrew University and his Ph.D. in Economics from the University of London. He has held a long list of impressive positions, including: Director of the Israeli Government Press Office and Advisor to prime Minister Shamir, partici-

Congregation meets society's problems head-on

Congregation B'nai Jehoshua Both Elshim's Social Action Committee is participating in a series of projects that can make a difference in people's lives.

An on-going project *Feed The Homeless*, where bagged lunches are made for distribution to the homeless on the 4th Sunday of every month, involves members of all ages. Confidential meetings of Alcoholics Anonymous are also held, for the community, at the congregation's building, on a weekly basis.

The Congregation also participates in the Interfaith Community Action Network (ICAN) which is an organization that coordinates resources and volunteer opportunities and needs in the Glenview community.

United Power for Action and Justice (UPAJ) is another organization that receives support from the Congregation, and is an organization seeking to garner support of elected officials to make changes to help those who cannot help themselves.

Members of the congregation also participate in Silver Threads which is a visitation group serving the needs of elderly residents of area nursing homes.

The community is encouraged to participate in any of these projects, for information contact Shari Bauer (847) 729-7575 or <http://www.bjbe.org>.

USE THE BUGLE

BJBE congratulates Reform Movement Leaders

B'nai Jehoshua Beth Elohim, (BJBE) Glenview, recently congratulated four of its members who have been installed into leadership roles within the Reform Jewish movement.

Roberta Krock, Northbrook, a past BJBE Sisterhood president, was recently installed as a national vice-president of the Women of Reform Judaism, in Orlando, Florida.

Her husband, Marshall Krock, Northbrook, a past BJBE congregation president, was elected as Vice President of the United Association of Hebrew

Congregations (UAHC), during the group's convention in Orlando. UAHC is an organization comprised of congregations within the North American Reform Movement.

Also congratulated were Joanne Katz, Northbrook, who was elected to the Board of the Women of Reform Judaism and Marvin Dickman, Highland Park, who was appointed as a member of the National Board of Trustees of the UAHC.

For information contact Shari Bauer (847)729-7575.

Wellness on Wheels coming to Niles Township

The Wellness on Wheels Van will be at the Niles Township Administration Building, 5255 Main Street, Skokie, on Monday, February 28, 2000 from 8 a.m. to 1 p.m. The following services will be available to those who are qualified: complete physicals including prostate and testicular exams or breast and pelvic exams including pap smears, tests for anemia and diabetes, screenings for high blood pressure and cholesterol, TB test, immunizations, urinalysis and health counseling.

Appointments must be made in advance. To make an appointment, or to find out if you are qualified to use this service, please call 847-818-2860. Persons needing accommodation for a disability should contact: Voice: 847-818-2860, TDD: 847-818-2023 for the hearing/speech impaired. This service is provided by the Cook County Department of Public Health, and is co-sponsored by the Niles Township Administration.

Presidents Day 1/2 PRICE Sale!

THIS ENTIRE PRESIDENTS DAY WEEKEND, 2/17-2/21/00, WE'RE CELEBRATING WITH A PRESIDENTIAL 1/2 PRICE SALE. ALL PEPPERIDGE FARM COOKIES, GRACKERS, LAYER CAKES, TURNOVERS, AND OUR ENTIRE BAKERY LINE WILL BE 50% OFF THE MANUFACTURERS SUGGESTED RETAIL PRICE.



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Police News

Bill approved to track drivers court supervision



Assistant Senate Majority Leader Walter Dudyycz (R-7th, Chicago) explains legislation that cracks down on motorists who have a long history of choosing court supervision to keep minor traffic tickets off their driving records. Secretary of State Jesse White (middle) testified in support of Dudyycz's legislation at the Senate Transportation Committee meeting Jan. 26.

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Organ donation reaches all-time high in Illinois

Organ and tissue donation reached an all-time high in Illinois and northwest Indiana in 1999 meaning more organs were transplanted and more lives were saved than ever before in the 14-year history of the Regional Organ Bank of Illinois (ROBI).

The "gift of life" was given by 276 organ donors and 857 organ transplants were made possible, according to Jarrod Anderson, President/CEO of ROBI. Tissue donation helped literally thousands of recipients and made ROBI one of the leading providers of heart valves and bone for transplantation in the United States.

"These lifesaving transplants were made possible because families chose to make something positive happen in light of the death of a loved one," Anderson said. "Because of them, hundreds of families are celebrating a second chance at life." Anderson attributes the increasing number of people willing to become organ donors to multiple factors, including the plight of Walter Payton.

Walter Payton's announcement in February that he was in need of a liver transplant due to a rare liver disease put organ donation in the spotlight in Chicago and across the nation. Payton be-

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Despite ROBI's success rate, more than 300 Illinois men, women and children died last year while waiting for a transplant. Another person is added to the national waiting list every 16 minutes, a list that now includes more than 6,000 people (more than 4,000 in Illinois alone). Twelve of these people will die each day waiting. Many of these deaths could be prevented if all potential donors would, in fact, become donors. Everyone, no matter how young or old, can be a lifesaver by choosing to be an organ and tissue donor.

Organs and tissues from a single donor can help more than 25 individuals. Choosing to become a donor is as simple as signing a Uniform Donor Card (such as the card on the back of the driver's license) and, most importantly, sharing your intentions with family members.

ROBI is a not-for-profit, federally designated organ procurement organization serving the northern three-fourths of Illinois and northwest Indiana. ROBI is responsible for recovering and distributing organs and tissues for transplantation in accordance with strict federal guidelines. In addition, ROBI provides education about organ and tissue donation for healthcare professionals and the general public. ROBI's main office is in Chicago with satellite offices in Bloomington, Champaign, Peoria, Rockford and Springfield.

Accepting good advice increases your ability.

'Community Crime Prevention, It's the Right Thing To Do'

Niles Chief of Police Gerry Sheehan, wishes to remind Niles Residents and Businesses to be partners with the Police Department in taking a common sense approach to crime prevention. Chief Sheehan, suggests basic steps that residents and local businesses can take to prevent crime in our community.

- Make sure there are good locks on exterior doors and windows. Using quality materials for locks and doors only makes sense in the long run.
- Also consider a home or business security system, this may also reduce insurance premiums & make certain to lock up when you go out, even for a short time.
- Trim Shrubbery that hides doorways and windows, use lighting to illuminate homes, and for business it helps in advertising.
- Make an effort to mark your valuables with an engraving pen and store valuables in a safe place, keep an inventory and photograph or video tape your valuables or equipment if a business.
- Use timers to turn on lights in the home, and for radios and TV's as well, this gives the appearance that someone is home. If you do go away on vacation let the police department know, and arrange for a neighbor to take in mail and packages, shovel snow, mow the lawn, etc.
- Get to know the routine of neighbors, and GET TO KNOW the neighbors, it's the neighborly thing to do. Keep an eye on each other, and help each other.
- Park and LOCK your car, park in a well lighted area, install an alarm system.
- Watch out for:
 - Unusual noises, breaking glass, abnormally barking dogs, pounding, or screaming, items out of place.
 - Someone going door to door, in Niles you must be licensed to solicit.
 - People looking into doorways or windows, unfamiliar vehicles, or for anyone not familiar to your neighborhood or business.
 - Vehicles moving slowly, driving without lights at night. Business transactions being conducted from a vehicle could involve stolen goods.
 - Monitor Phone calls, use caller ID & have an answering machine.
 - and Report Crimes or suspicious circumstances to POLICE.
 - For EMERGENCIES, call 911 for non-emergency 588-6500.
- Describe the event as briefly as possible. What Happened, When Where and How.

Orr announces 'Last Chance' Voter Drive

More than 100 suburban Jewel Food and Dominick's Finer Food stores will participate in Cook County Clerk David Orr's Grocery Day, the last Saturday to register prior to the March 21 primary.

The one-day registration drive will take place from 11 a.m. to 5 p.m. on Saturday, Feb. 19 at all Jewel and Dominick's stores throughout suburban Cook and Chicago. Prospective voters must present two forms of identification, including one displaying a current address.

Orr also reminds voters who have recently moved that they must re-register in order to vote in upcoming elections.

February 22 marks the last day people can qualify to vote in the March 21 primary election. People may also register at the clerk's downtown office (69 W. Washington St., Fifth Floor) or at their local village or township hall. For more information, call the Elections Department at the Cook County Clerk's office (312) 603-0906.

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Sports / Park & Library News

Library to sponsor contests for writers and artists of all ages

Win prizes and recognition for your creativeness -- participate in a poetry or art contest sponsored by Niles Public Library District!

Attention Young Artists -- Enter the Library's Bookmark Contest: Attention young artists -- show-off your talent for drawing and participate in Niles Public Library District's Bookmark Contest for children in kindergarten through grade 6.

Attention National Library Week -- April 9-15, and each winner will receive a framed, enlarged copy of their piece. Artwork must be done on an 8.5-by-11 inch piece of paper. Entries must be received by Niles Public Library District by 8 p.m. on Tuesday, March 14.

Poetry Contest Celebrates National Poetry Month: Are you a closet poet? Would you like to be recognized for your writing? Expose your creative side -- participate in Niles Public Library District's Millennial Teen and Adult Poetry Contest. In celebration of National Poetry Month, adults and young adults, ages 10-18, can voice their poetic creativeness during this special Library competition.

Entrapment premieres at the Library: Spend the afternoon with Sean Connery and Catherine Zeta-Jones during Niles Public Library District's premier of the movie Entrapment on Tuesday, February 22 at 2 p.m. In this thriller, Sean Connery plays a master thief thought to be long retired, while Katherine Zeta-Jones is his foil, a hotshot insurance investigator assigned to his case.

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Morton Grove Park District Working to make its parks and recreational programs safe and cost effective for the public has been an ongoing goal of the Morton Grove Park District. These loss prevention efforts have been paid off in many ways including a safety award from the District's risk pool.

Niles Public Library

Entrapment premieres at the Library: Spend the afternoon with Sean Connery and Catherine Zeta-Jones during Niles Public Library District's premier of the movie Entrapment on Tuesday, February 22 at 2 p.m.

Skokie Exploratorium adds new attraction

Skokie Exploratorium has added a new attraction to its already popular indoor learning center and play place -- The Balloon Picasso.

Lincolnwood Public Library Southeast

Australia Talk: What do penguins, Sydney, Snowy Mountain, eucalyptus, Murray River, Canberra, puddling machines, Ballarat, and kangaroos have in common? All are found in fascinating Southeast Australia where travel lecturer Myrla Brand takes up during the Travel Through Time series at the Lincolnwood Public Library.

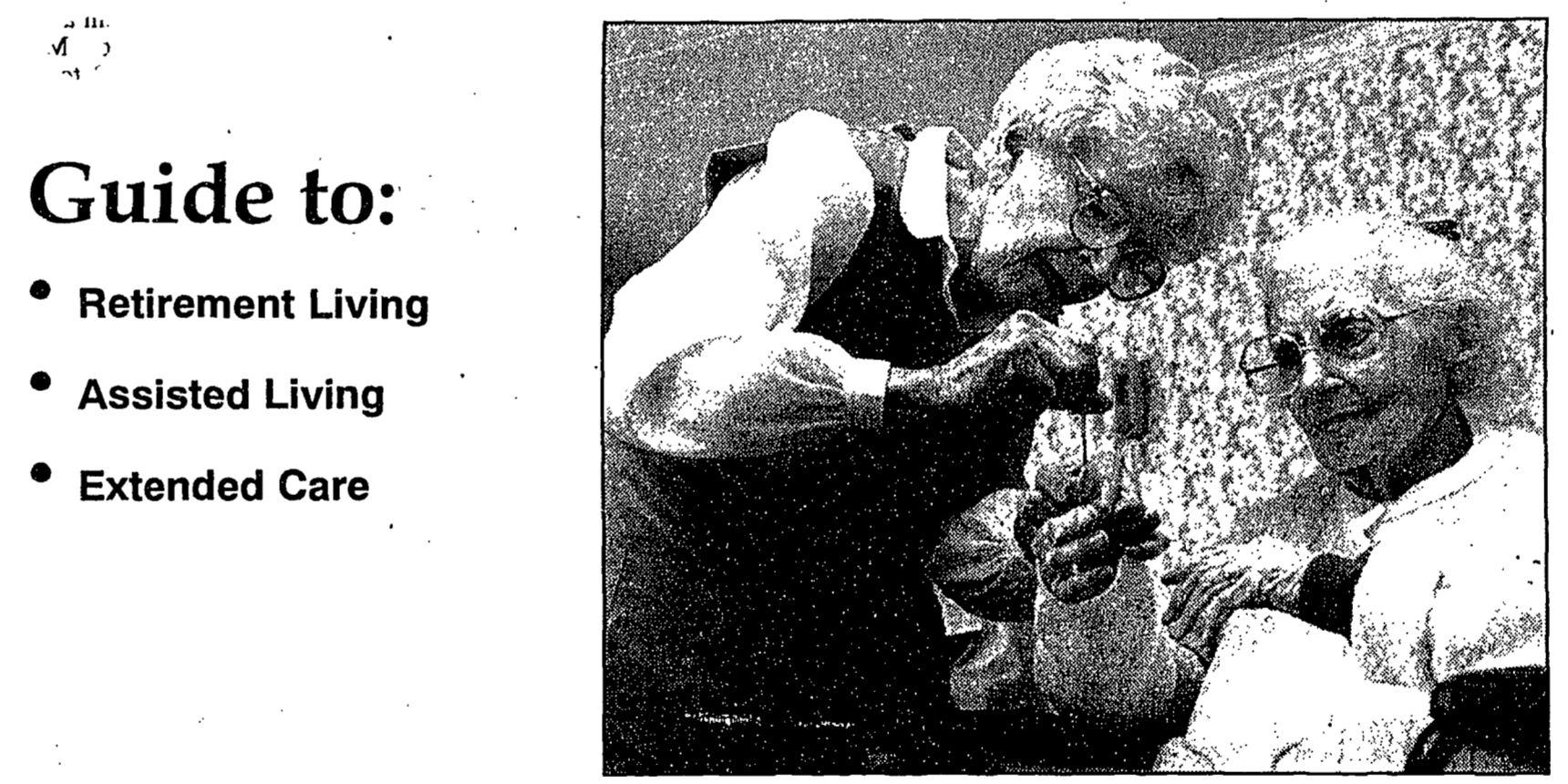
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RETIREMENT HOME AND NURSING HOME GUIDE

Information Guide



Enjoying The Retirement Years



Extended Care And Activities

- Guide to: Retirement Living Assisted Living Extended Care

Retirement / Nursing Home

AARP survey: grandparents, grandchildren have strong bond

Despite the widespread belief that cross-generational family relationships have been shattered in recent decades, a new AARP survey shows that grandparents have an unusually strong relationship with their grandchildren.

The national survey of more than 800 grandparents over 50 years old found that most regularly interact with grandchildren in a variety of ways and think their relationships with grandchildren are "very positive."

For example, more than eight in ten grandparents (82 percent) surveyed said they have seen a grandchild in the past month, and 85 percent say they have talked to a grandchild on the phone in that period. Seven in ten (72 percent) said they have shared a meal in the past month, and an equal number said they purchased a gift for a grandchild within that time.

"The state of American grandparenting is strong," explained AARP Acting State President H. Jerry Berger of Springfield. "Most grandparents see their grandchildren regularly and connect in a number of ways. The relationship is a rewarding one."

"Perhaps the most striking finding of this study is the extent to which generations are connected to each other," Berger said. "In spite of a mobile society and busy lives, most grandparents regular-

ly interact with their grandchildren."

The survey comes at a time when the national media regularly report on instances of family breakdown. It also comes at a time when grandparents' visitation rights have become a focal point of attention due to an upcoming decision by the U.S. Supreme Court on a grandparent visitation lawsuit from Washington State, *Troxel v. Granville*.

Thirty-one percent of adults -- or about 60 million Americans -- are grandparents. AARP found that eleven percent of grandparents over 50 are caregivers: eight percent say that they often serve as a caregiver on a regular basis and three percent say they are raising a grandchild.

Other highlights of the study: In questioning grandparents about 17 activities they might have engaged in with any grandchild in the past month, AARP found the top five were: Eating together (either in or out), watching a TV comedy, staying overnight, shopping for clothes, and engaging in exercise/sports.

"Forty-three percent of grandparents say it is "very easy" to come up with potential activities for a grandchild, and another 25 percent say it is "somewhat easy."

Of grandparents who are not

caregivers and who do not live in the same household as grandchildren, 44 percent see a grandchild every week.

Another 23 percent see a grandchild at least once a month. Almost a third of grandparents (31 percent) both see and speak by phone to a grandchild each week. Slightly over one in 10 grandparents (12 percent) have little contact with a grandchild, seeing or talking on the phone with them every few months or less.

Grandparents were asked about the different roles they play when interacting with a grandchild. Nearly one-half (49 percent) said that they often serve as a companion/friend, and more than one-third said they often give advice (35 percent), talk about family history (33 percent), explain what their parent did as a child (36 percent), or serve as a confidant (34 percent).

Twenty-nine percent said they often talk about the good old days.

In response to an open-ended question about what are the most important values or ethics they would like to pass on to their grandchildren, 42 percent of the grandparents said high morals and integrity.

Twenty-one percent cited "success or ambition," 20 percent mentioned religion, 14 percent pointed to consideration

of others, and ten percent said to be responsible or trustworthy.

Mature grandparents spend a median of \$489 a year on clothes, books, toys and other items for grandchildren. Nearly three-fourths of those questioned (74 percent) purchased clothing and 60 percent bought books for a grandchild in the previous 12 months.

Twenty-seven percent of those participating in the study are under age 60, just over one-third are 60 to 69, and a similar percentage are 70 and older. Fifty-six percent are retired, while 23 percent work full-time and eight percent, part-time. Seven percent are homemakers.

The survey found that the typical grandparent has five grandchildren, great grandchildren, one-fourth of grandparents have great grandchildren. Just over one-third have income under \$25,000, while 30 percent have incomes of at least \$50,000.

The study was conducted by telephone for AARP by JCR Survey Research Group of Media, Pennsylvania. The sample includes 823 grandparents age 50 years and older who were interviewed between September 28 and October 25, 1998.

The margin of error is 3.5 percent plus or minus. AARP is the nation's lead-

ing organization for people age 50 and older. It serves their needs and interests through information and education, advocacy, and community services which are provided by a network of local chapters and experienced volunteers throughout the country. The organization also offers members a wide range of special benefits and services, including Modern Maturity magazine and the monthly Bulletin. For more information on grandparenting, call the AARP Grandparent Information Center in Washington, D.C. at 202-434-2296 or write to the AARP Illinois Information Center, 222 N. LaSalle St., Chicago, IL 60601.

Resurrection Health Care buys six nursing homes

By Rosemary Irvin
Catholic Charities recently announced that it planned to sell off the six long-term care facilities it runs in an effort to retire debt and focus on its primary social service mission.

Three of the six are located in The Bugle circulation area: St. Benedict Home for the Aged and St. Andrew Home for the Aged in Niles, and Mayhaven, Inc. in Glenview.

Resurrection Health Care, already the owner of four Chicago-area hospitals and several nursing homes, will pay the Archdiocese \$72 million for the six facilities. Resurrection Chief Executive Joseph Toomey said the vast amount of work and capital needs involved in running the long-term care facilities was sapping Catholic Charities' time and energy.

In addition to the three area facilities, Resurrection will also take possession of Villa Scelibrini Home for the Aged in Northlake, Bethlehem Woods Retirement Living Center in LaGrange Park and Casa San Carlo in Northlake.

Catholics will continue to operate Holy Family Villa in Lemont.

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Retirement / Nursing Home

Quality of last year of life improving for older adults

The quality of life has generally improved for U.S. seniors who are 85 years of age and older, according to researchers at Loyola University Chicago Strick School of Medicine, Maywood, IL.

The most dramatic gains in quality living have occurred among women over the age of 65, the researchers reported in a study published in the Jan. 26 issue of the *Journal of the American Medical Association*.

"People are living longer, and now we are finding that many of them seem to be living in better health, as well," said Dr. Richard Cooper, one of the study authors and chairman of the department of preventive medicine and epidemiology at the Loyola University Chicago Strick School of Medicine.

Dr. Youlian Liao and Cooper compared 1986 and 1993 survey data and found that women 65 years of age and older spent less time in a hospital or nursing home in the year preceding their death in 1993. More older women also tended to retain normal cognitive function, according to the 1993 data, and those 85 years of age and older were healthier and had fewer disabilities that hindered key self-care activities, such as walking, bathing, dressing or eating.

Although quality-of-life gains were less substantial among men in similar age groups, males over 84 years of age used fewer nursing home services and experienced less sickness in 1993 than they did in 1986, the researchers said.

The data demonstrated little change in quality-of-life patterns among men between ages of 65

and 84, said Liao, associate professor of preventive medicine and epidemiology.

Most encouraging to the Loyola researchers were the overall decline in the proportion of older adults who required extensive hospital or nursing home care prior to death and the significant reduction in debilitating illnesses and disabilities among men and women in the oldest age group.

"One of the unique aspects of current aging trends is the rapid growth of the oldest old," the researchers wrote. "National data show that a surprisingly large percentage of the oldest old not only manage without daily personal assistance, but also are physically robust."

Statistics also indicate that Medicare payments in the last years of life decrease as age increases. "The very old and frail elderly tend to use long-term care more often than expensive, acute care, while those in the best functional condition consume the greatest amount of expensive, high-tech care," the Loyola researchers said.

"Our study further demonstrates that the overall quality of life in the last year is, in fact, improving at a greater rate in the oldest-old persons than in the younger old (ages 65 to 84)," the Loyola study authors said.

The researchers suggested that the reduction in hospital stays among seniors might be due, in part, to changes in health-care reimbursement, the overall effort by health-care institutions to reduce the length of time patients must remain in the hospital and the increasing use

of outpatient services to treat disorders. However, reasons for gains in other quality-of-life factors, including the general improvement in the overall health decline in the proportion of older adults, were less clear.

"The most obvious lifestyle changes occurring in the United States have resulted in decreases in smoking, hypertension and other risk factors that lead to cardiovascular disease and general improvements in overall physical function," Cooper said.

"Fewer older individuals are experiencing hip or joint problems and other disabilities."

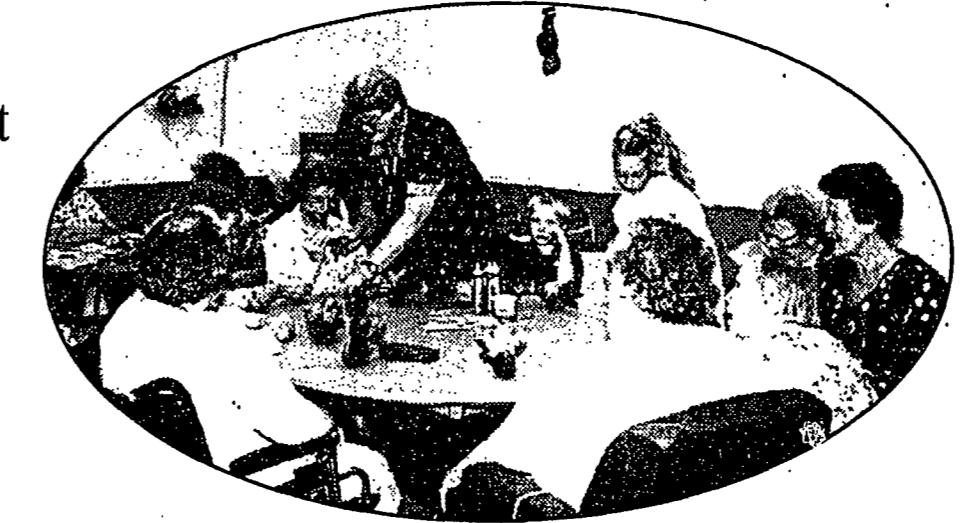
"The real message here is that opportunities are available to improve the quality of one's life, and some people are taking advantage of these opportunities," he added.

The year-long study was based on data gathered by the federal government's National Center of Health Statistics, which conducted 1986 and 1993 mortality surveys concerning

disability, activities of daily living, lifestyle and other health information during the last year of people's lives.

Telephone interviews were conducted with family members of decedents who were at least 65 years of age in 1986 and 1993. Information was collected on nearly 9,200 older individuals from 1986 and more than 6,700 persons who died in 1993. Age and race distributions, as well as marital status, were similar for both surveyed years.

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USE THE BUGLE

Retirement / Nursing Home

Lutheran General Senior Breakfast Club meeting

A presentation on congestive heart failure will be provided by Carol Main-Benner of the Heart Failure Clinic at the Friday, February 25, Senior Breakfast Club meeting sponsored by Lutheran General Hospital Older Adult Services.

Club meetings, held once a month from 8:30 to 10 a.m. in the 10 East cafeteria, Lutheran General Hospital, feature presentations by health care professionals, free continental breakfast and social time. Seating is limited and reservations are required. To sign up, call 1-800-5-ADVOCATE (1-800-323-8622).

Upcoming topics in the Year 2000 Senior Breakfast Club series include: cardiac risk reduction on March 17; a Chicago Silver Images Film Festival on May 4 and May 9; "Staying Fit" on May 19; a family caregivers update on June 16; "Are You Sleeping?" on July 21; controlling your blood pressure on August 18; exercising your memory on September 15; long term care insurance on October 20; music therapy on November 17 and a holiday celebration on December 15.

Lutheran General Hospital is a 608-bed teaching, research and referral hospital and Level I trauma center that serves approximately 27,000 inpatients, 47,000 emergency patients and 183,000 outpatients each year. The hospital is a recognized leader in cardiology, cancer services, pediatric care, women's health, geriatrics, mental health and addiction. Other specialty areas include medical/surgical, obstetrical/perinatal, orthopedic, neurology/neurosurgery, physical medicine and rehabilitation.

Lutheran General has been selected as one of the nation's best hospitals and one of the top 15 major teaching hospitals, according to the "100 Top Hospitals: Benchmarks for Success" study. The 10th annual "America's Best Hospitals" ranking, published by *U.S. News & World Report*, recognized Lutheran General for its medical excellence in cardiology, cancer care, respiratory disorders, hormonal disorders, gastroenterology and urology. It also was rated the #1 hospital in the Chicago area for quality of care, oncology and orthopedics in the "Chicago's Top Hospitals" survey of 82 hospitals by HCA Inc., a national organization that conducts benchmark studies of health care facilities.

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A program of Lutheran Social Services of Illinois

Arthritis Foundation fact sheet

Arthritis Foundation Mission
The mission of the Arthritis Foundation is to support research to find the cure for and prevention of arthritis and to improve the quality of life for those affected by arthritis.

Services Provided
Arthritis Foundation efforts center on the three-fold mission of the organization: research, prevention and quality of life. The Arthritis Foundation currently provides more than \$18 million in grants to more than 300 researchers to help find a cure, prevention or better treatment for arthritis. The Arthritis Foundation also provides a large number of community-based services nationwide to make life with arthritis easier and less painful. These services include:

- * Self-help courses
- * Water and land-based exercise classes
- * Established in 1948 in New York; national headquarters moved to Atlanta in 1977.
- * Under the Arthritis Foundation umbrella is the American Lavette Arthritis Organization (AJAO), comprised of children, parents, teachers and others concerned specifically about juvenile arthritis, which affects an estimated 285,000 children.

Fundraising Opportunities
The Arthritis Foundation provides a number of fun-filled opportunities for people to support arthritis research and community services. These include:

- * Jingle Bell Run for Arthritis - A non-competitive and fun event in which runners, walkers of all ages tie jingle bells to their shoes, don festive costumes and take to the streets to raise funds.
- * This Arthritis Foundation signature event is held at hundreds of sites nationwide between Thanksgiving and Christmas.
- * Joints in Motion - The Foundation's fastest-growing event. Joints in Motion participants train to run or walk in a marathon. During the 18-to-20 week training period, participants raise funds on behalf of someone they know who has arthritis.
- * Mini Grand Prix - This event provides the thrills of racing your very own Indy-style mini car through city streets in a competition, taking challenging hairpin turns at up to 25 miles per hour.
- * 100 Hole Challenge - Participants undertake the challenge to play 100 holes of golf in a single day while raising significant funds for the fight against arthritis.

For More Information
For basic information about arthritis or to locate the nearest Arthritis Foundation chapter, call the Arthritis Foundation toll-free at 1-800-285-7800 or visit its Web site at www.arthritis.org.

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Retirement / Nursing Home

Seniors leading parade to Lincoln Ridge in Skokie

As expected, seniors are leading the parade to Lincoln Ridge. Robin Construction Corp's successful master-planned community in north suburban Skokie on the Lincolnwood border.


Thirty-three percent of our buyers are 65 or older and another 25 percent are between 55 and 65. That's more than half of the growing neighborhood and we think it vividly demonstrates strong support for age-integrated communities," said Richard Robin, president of the 80-year-old home-building firm.

He notes that housing analysts are carefully tracking buying preferences of an aging population.

"Certainly some seniors will continue to be attracted to massive retirement communities, many offering age-restricted centers and resort-like amenities," said Robin. "But studies to date indicate that four out of five are resisting the age-segregated lifestyle and seek a greater sense of pleasure and community aging in the company of younger people."

MONTHLY SUNDAYS AND EVENINGS AT THE CENTER
The Niles Senior Center is open one Sunday every month, and one evening every month. All Niles seniors are welcome. Niles seniors who can't attend during regular hours please join us on Sunday or in the evening. Please call to register.

YARN NEEDED
The Senior Center is requesting left over yarn or scraps of material for veterans and senior crafters. Lap robes and shawls are made for veterans at Hines Hospital. Volunteer knitters and crocheters are also needed. Please contact the Senior Center.



Bethany Terrace Nursing Centre

Caring, warm, joyful, enthusiastic - these are all words our residents use to describe Bessie, one of Bethany Terrace's nurses.

"I'm here - we're all here - to provide each of our residents with the best possible daily care and support," Bessie says.

Many Bethany Terrace staff members have worked together for 10 years, 20 years, even 30 years; it's like a big family...and that's how they treat our residents.

"We're here not just to do the clinical things, the specialties we're trained in. We're also here for hugs and to provide big shoulders to lean on," she says.

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

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

Bethany Terrace is one of the only North Shore nursing facilities which has an emergency generator which fully powers the entire facility. In case of a power failure, all residents will continue to be comfortable and safe in our air conditioned facility...and all services will continue without interruption.

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

Morton Grove Senior Citizen Law Enforcement graduates



Welcome Cook County Senior Citizens!
Cook County Sheriff Michael F. Sheahan (left), Cook County Board Commissioner Michael Quigley (second from right) and Lincolnwood Police Chief Nicholas Weiss (right) congratulate Morton Grove residents Lawrence & Rachel Stinski (center) as the graduates proudly display their Senior Citizen Law Enforcement Academy Certificates of Completion. The couple was among 61 graduates honored last month, after attending Academy classes at Lincolnwood Place. Sheahan initiated the Academy to give participants a better understanding of the responsibilities of law enforcement officials as well as advice on personal safety and crime prevention. For more information on the Senior Citizen Law Enforcement Academy, please call 723-869-7725.

Wellness on Wheels van rolls into Skokie

Cook County Board President John Stiger announced today that the Cook County Department of Public Health's mobile health clinic, the Wellness on Wheels (WOW) van, is scheduled to visit Niles Township Administration, 5253 W. Main St., Monday, Feb. 28. Eligible suburban Cook County residents may receive physical examinations and health screenings by calling the CDCPH at (847) 818-2860, 8:45 a.m. - 4:15 p.m., Monday-Friday.
WOW services are available to Suburban Cook County residents who qualify financially, (i.e. school lunch; Women, Infants and Children (WIC)). Appointments are necessary and may be scheduled by calling (847) 818-2860. At the time an appointment is scheduled, financial screening will be done. Persons needing accommodation for a disability should contact (847) 818-2860 or TDD for hearing/speech impaired at (847) 818-2023.

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Morton Grove Senior Citizens 470-5223

TAKE TIME FOR THURSDAYS

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.

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 this special exhibit. Enjoy a live "Voices from History" performance along with the many unique exhibits tracking the city's history. Lunch will be at the Big Shoulders Restaurant in the museum. 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 965-1200.

DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin, slow healing of cuts and bruises, and drowsiness. Free diabetes screenings are available from 9 to 10 a.m. on Tuesday, Feb. 22 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the evening meal of the night before.

COFFEE WITH CATHERINE

Calling all WWII veterans - for coffee with Catherine at 10 a.m. on Tuesday, Feb. 29 in the Prairie View Community Center for a discussion of "The Greatest Generation." Guest speaker Bill Rooney, from the Wilmette Park District WWII round table, will share from his group's discussions. There are many stories to be shared by this, "The Greatest Generation."

MALL SHOPPING

Seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Feb. 29 should call today to reserve a seat on the bus. Home pick-ups begin at 10 a.m. with arrival at Golf Mill around 11 a.m. Shop and browse for three hours until the bus returns shoppers home at 2 p.m. Mall trips are scheduled on the last Tuesday of every month at no cost. Call the Morton Grove Senior Hot Line at 470-5223 to make a reservation.

"TASTE 2000 - MARDI GRAS"

The Morton Grove Foundation and the First National Bank of Morton Grove will be working together to sponsor the "Taste 2000 - Mardi Gras" from 5:30 to 9:30 p.m. on Thursday, March 2 at the Chateau Ritz in Niles. The Ritz and local restaurants donate their food and services.

Annually, the Foundation funds organizations dedicated to promoting the well being of the Morton Grove Community and surrounding areas. The purpose of the Foundation is to provide resources to benefit the welfare, education, environment, and safety of residents. This year the Foundation will be funding eight groups in anticipation of raising nearly \$30,000. The following organizations will be funded: First Step Foundation for a voice activated computer to aid quadriplegics; Glenview Foundation to make renovations to a bathroom in a group home in Morton Grove; Association of Horizon to help with their summer camp for disabled adults; Maine-Niles Association of Special Recreation for the start up of an adaptive sports program; Orchard Village to support a residential group home in Morton Grove; Maryville Academy to assist abused and neglected children; St. Martha School for computers for classroom instruction; and Turning Point to provide hot meals for the chronically ill.

Complete details and tickets for the event are available by calling the First National Bank of Morton Grove at 965-4400, ext. 245.

A raffle with all cash prizes and a top prize of \$3,000 will also be conducted. The drawing for the prizes will take place at the end of the event. A maximum of 600 tickets will be sold at \$25 each and are available by calling Terry Liston at 965-8123.

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200.

Expanded Rehabilitation Facility and Services to open soon at the Abington of Glenview

The Abington of Glenview's new 3500 sq. ft. Out Patient Rehabilitation Facility will open in the Spring of 2000. The additional area will help meet the increasing demand for their well-known therapy programs, and provide for out-patient therapy after patient discharge to home. The Abington's goal has always been achieving the Best Results with the Shortest Length of Stay. By combining a successful Past Surgical Rehab facility with caring, licensed professionals, they have developed a superior Rehab Program geared to help patients reach their physical potential no matter what level of need. They excel in In-Patient capabilities striving to get the patient home as quickly as possible while being as self-sufficient as possible. With the new space and programs the Rehabilitation Team will be ready for the Out-Patient therapy necessary to ensure continued well being after discharge.

All of this expertise in the beautiful newly refurbished Abington facility long considered one of the finest and most progressive Healthcare / Convalescence residences in the area. You can tour the Abington on the web at www.theabington.com. The Abington of Glenview... A Special Place that is now even More Special.

Summit Square Programs

Summit Square, the retirement community in Park Ridge, presents music historian Jack Diamond tracing the lives of gifted artists and playing excerpts from performances. In the following months, programs will feature: Ella Fitzgerald-Friday, March 12; Placido Domingo-Friday, April 14; Rosemary Clooney-Friday, May 12; Andy Williams-Friday, June 9. All programs are free and begin at 1:30 p.m. Refreshments follow each program.

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www.familycaremgmt.com

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.

CENTER IS CLOSED FOR PRESIDENTS' DAY HOLIDAY, MONDAY, FEBRUARY 21. OVER 90 RESIDENTS

The Niles Senior Center will host a special celebration during May honoring those residents who are 90 and older, and couples celebrating their Fiftieth Anniversary in the year 2000. If you are one of these people, please contact the Center and provide your name(s), address and phone number so an invitation can be sent closer to the event. To register, call the Center at 588-8420.

COLLECTORS WANTED

The Niles Senior Center is planning a Hobby Collectors Show 2000, Friday, April 28. If you have a special collection or have a hobby, please submit your name, address and phone number by calling 588-8420. Remember the more participants, the better the show.

GENERAL TICKET SALES

Please call for ticket availability.
Evening at the Center - Leap Year Extravaganza is Tuesday, February 29, from 5 p.m.-8:30 p.m. Meal served until 6 p.m., includes Honey Diaped Chicken, BBQ Beef, Baked Beans, Corn, Cole Slaw, Biscuits and Dessert. Then enjoy Bill Bailey's Banjos. Games & Bingo complete the evening. Cost: \$10.
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. Then enjoy a 5 piece Mariachi Band. Prizes for best Mexican Costume! Lots of surprises, too! \$10.

Rosemary Clooney in Concert will be a trip to Drury Lane Matinee 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 Lite Lunch and Movie is noon, Friday, March 24; Stop-by-Ice Sandwich followed by *Runaway Bride* (PG-13) with 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. Please notify front desk if you are interested in playing a specific game, but don't have a partner; \$6 for meal, games and prizes.

ADVANCED BEGINNERS BRIDGE

Advanced Beginners Bridge is Thurs., Feb. 17, from 1 p.m.-3 p.m., \$5.

FRIDAYS AT THE MOVIES

February 18 - *Waking Ned Devine* (1998, PG) is a comedy about a very tiny Irish Village which goes up for grabs when one of its aged residents wins the lottery.

February 25 - *City Slickers* (1991, PG-13) stars Billy Crystal, Daniel Stern, and Jack Palance in an enjoyable comedy. Jack Palance won Best Supporting Actor.

CURRENT EVENTS DISCUSSION GROUP

Current Events Discussion Group is 10:30 a.m. the 2nd and 4th Wednesday each month. The next meeting will be on February 23. Registration required.

COOKING CLASSES OFFERED

Learn how to prepare meals in this Cooking Class - 30 Minutes or Less on Wednesdays, March 1, 8, 15 and 22 from 9:30 a.m.-11:30 a.m. cost: \$8.

VOLUNTEERS NEEDED

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 Mickel 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.

VIDEO CAMERA OPERATOR is needed to assist at various Events. Must be able to operate video equipment. Please contact Mary Swanson at 588-8420.

Retirement / Nursing Home

Non-surgical procedure solves rapid heartbeat problem

According to physicians at Lutheran General Hospital, people who suffer from tachycardia, a too fast beating of the heart, may be treated with a non-surgical procedure called cardiac ablation, which could regulate their heartbeat permanently.

The heart's electrical system controls the beating of the heart and cardiologists who specialize in this area of medicine, electrophysiologists, use electrical energy delivered through a catheter inserted via a vein or artery, and then placed against the inside of the heart to eliminate the problem.

"Cardiac ablation is a minimally invasive way to permanently control rhythm problems," according to Scott Miller, M.D., director of cardiac electrophysiology, Lutheran General Hospital.

"Once patients have an ablation they no longer have to take medication to control their condition and in most cases they have another episode of arrhythmia."

What is catheter ablation? Ablation is a common procedure that utilizes small burns to eliminate electrical abnormalities responsible for arrhythmias. It does not require the implantation of any device and eliminates a patient's need for medication.

"The doctor inserts an elec-

trode catheter into the heart via a blood vessel. This long flexible wire is positioned so that it lies close to the abnormal tissue.

"Radio frequency electrical energy is then passed through the catheter until it heats the small area of heart tissue that contains the abnormality.

"Scar tissue forms, and because no impulse can pass through scar tissue, the pathway is no longer capable of impulse.

"General anesthesia is used, patients experience no pain during the procedure.

"The fear of a tachycardia recurrence often causes patients to change their lifestyle. They avoid travel, exercise and caffeine consumption," said Dr. Miller. "A successful ablation procedure eliminates the fear and the need for repeated visits to the emergency room."

Lutheran General Hospital, Park Ridge, is a recognized leader in cardiology services, with 42 board certified or board eligible cardiologists, and 3 cardiac surgeons.

Three state-of-the-art catheterization labs, operating 24 hours a day/7 days a week, perform over 3,000 procedures each year with 2 physicians present at each interventional procedure to ensure that experience and quality are always provided. Surgery

is performed in two operating rooms dedicated to cardiac surgery around the clock.

Patients have access to a 10-bed Cardiac Intensive Care Unit (CICU) and a 56-bed Telemetry Unit.

An entire range of the latest cardiac technology is offered: Electrophysiology (adults and Peds), Noninvasive Cardiac Testing, Pacing and Monitoring, Cardiac Rehabilitation, Adult and Pediatric Cardiac Catheterization and Cardiac Nuclear Imaging.

Lutheran General Hospital cardiology research activities focus on nearly one dozen clinical trials, and quality assurance protocols for chest pain and congestive heart failure provide full treatment plans resulting in reduced readmission rates for patients.

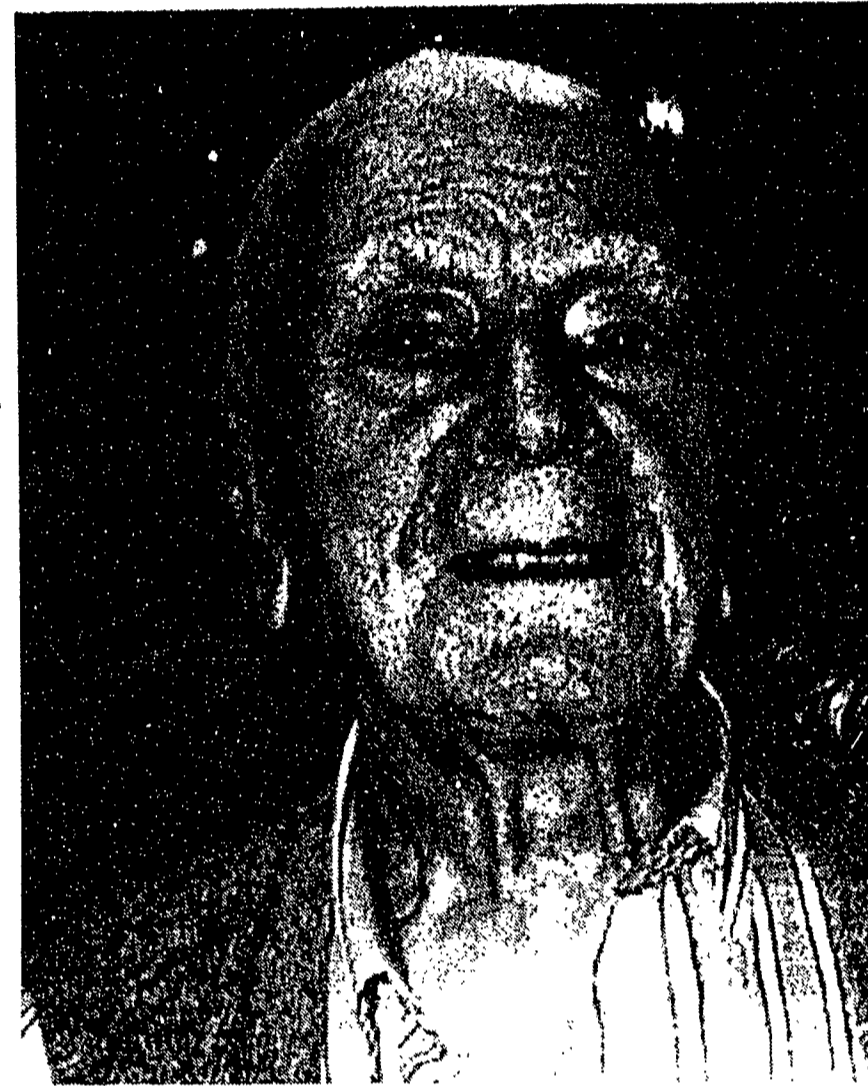
In 1998, Lutheran General Hospital performed invasive cardiology procedures that included 1,400 adult and pediatric catheterizations; 700 interventions; and 270 adult and pediatric electrophysiology studies.

Non-invasive testing included 6,165 nuclear cardiology; 28,410 ECGs; 540 Holter monitoring; 230 Transesophageal Echo; 975 Stress Echo; 8,500 adult and pediatric Transthoracic Echo.

Louis LaBarbera of Holy Family Nursing Centre, recently celebrated his 104th birthday. Family and friends were there to wish him well. Louis' children are Nancy (Paul) Montalbano of Morton Grove, John (Jackie) LaBarbera of Las Vegas, Vincent (Connie) LaBarbera also of Las Vegas, Michael LaBarbera of Arizona and Vito (Nancy) LaBarbera, deceased.

Louis has seven grandchildren, 14 great grandchildren and 7 great, great grandchildren.

104 years young!



Louis LaBarbera of Holy Family Nursing Centre, recently celebrated his 104th birthday. Family and friends were there to wish him well. Louis' children are Nancy (Paul) Montalbano of Morton Grove, John (Jackie) LaBarbera of Las Vegas, Vincent (Connie) LaBarbera also of Las Vegas, Michael LaBarbera of Arizona and Vito (Nancy) LaBarbera, deceased.

Free Tax Assistance for Seniors

Free Tax assistance is available! AARP (American Association of Retired People) will have tax aides available at the Bank of Lincolnwood on Tuesday and Thursday from 9 a.m. until 1 p.m.

Taxpayers interested in this free service, should call Tami Goldstein at the Bank of Lincolnwood, (847) 675-2800 ext. 0, to schedule appointments or for additional information.

This free service does have some limitations. It does not include the preparation of income tax forms for gain or loss on the sale of income property, itemization of business deductions, apartment rental business, special handling of lump-sum distribution, and tax returns of non-citizens of the United States.

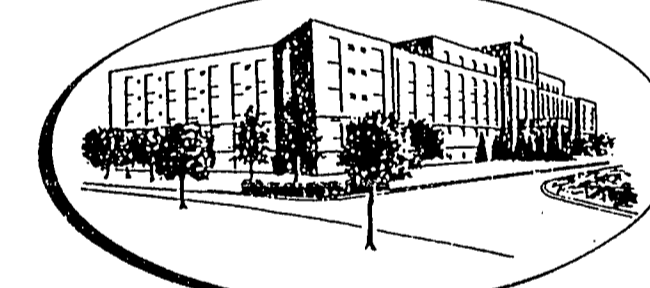
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Retirement / Nursing Home

55 Alive safe-driving course

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

The eight-hour course is taught in two, four-hour sessions spanning two days. The sessions will be held from 9 a.m. to 1 p.m. Saturdays, February 19 and February 26, in the Special Functions dining room on the 10th floor of Lutheran General Hospital, Park Ridge. Participants must attend both dates to become eligible for a reduction in car insurance rates.

There is a \$10 fee for the program and refreshments are included. The class size is limited. To register, call 1-800-3-ADVOCATE (1-800-323-8622).

The course helps drivers refine existing skills and develop safe, defensive driving techniques. Topics covered include age-related physical changes (vision, hearing, reaction time) and ways to compensate for those changes, traffic safety rules of the road, new laws, hazardous driving situations, effects of medications on driving ability, and proper use and maintenance of vehicles.

Future 55 Alive sessions will be held at Lutheran General Hospital on the third and fourth Saturdays of every month.

Seniors ...

Continued from Page 27 cultured marble vanity tops with two integral bowls, full-width vanity mirrors, theatrical lighting and ceramic tile floors. Master baths have stepping tubs with separate shower enclosures.

Two-bedroom, two-bath carriage homes have approximately 1,647 square feet, including the patio, while the three-bedroom, two-bath plans have 2,072 square feet, including a family room and a deck.

Each carriage home has a private front door entry and a private garage with direct access to the home.

Lincoln Ridge boasts a location on the border of Skokie and Lincolnwood that is just blocks away from the Touhy Avenue entry to the Edens Expressway (U.S. Highway 94).

A master association will be responsible for exterior maintenance such as landscaping and lawn care and snow removal, as well as the upkeep of common areas.

The Lincoln Ridge sales center at 7400 N. Lincoln Ave. and display models of both condominium residences and carriage homes are open from 10 a.m. to 5 p.m. Monday through Saturday and from noon to 5 p.m. on Sunday.

For additional information, telephone (847) 329-0303.

Free travel tips booklet for seniors

The booklet 99 Travel Tips for Mature Travellers, a sixty page publication offering advice to those planning a trip, is available free from Vantage Deluxe World Travel.

The booklet essentially is a checklist for those preparing to travel. Included are many practical packing hints such as recharging spare film and camera batteries, as well as many less common planning tips, like how

to obtain an international driver's license if planning to drive outside the United States. Also included are a number of useful charts, covering such topics as foreign tipping etiquette, differences in foreign clothing sizes, and the conversion of metric weights and measurements. The booklet is useful to all who travel, and is particularly focused on the concerns older folks may

have while away from home. To obtain a copy of 99 Travel Tips for Mature Travellers, call toll free at 1 800 784-0935 or visit Vantage on the Internet at: www.vantagetravel.com. Vantage Deluxe World Travel is a leading operator of fully escorted river cruises, land tours, ocean cruises and train tours.

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And, Glenview Terrace has received the highest level of accreditation from the Joint Commission on Accreditation of Healthcare Organizations — Accreditation with Commendation. Only the top four percent of all nursing homes throughout the country receive this recognition.

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Retirement / Nursing Home

Addolorata Retirement Community American Heart Association to open new therapy center stroke risk factors



Addolorata Villa a Continuing Care Retirement Community is gearing up to open a new wing. The Health Center will be able to offer our residents and the community many additional services. The Villa is excited about the opening of the Virginia Piper Therapy Pavilion. This area will be used for both in-patient and out-patient Physical, Occupational and Speech therapy.

Several clinics will offer such additional services as chiropractic, massage therapies, audio screening, pain management and fitness programs.

Along with the new clinics, and rehabilitation programs, the expansion has given our health care residents a new place to call their own.

Addolorata Villa has been serving seniors for sixty years. The expansion allows us to use our skills, not only to serve those who live on our campus, but others creating a community without walls.

For more information call Kathy Woods at (847) 215-5531. Addolorata Villa offers independent apartment living for seniors, as well as sheltered, intermediate and skilled nursing care. The 17 acre landscaped campus, with lovely accommodations and large chapel, offers an atmosphere of beauty and comfort. Servite Sisters, residents, and staff especially enjoy the Villa's remarkable spirit of community. Experience the "Villa difference."

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Income Tax Program for Seniors

The Senior Center, in cooperation with AARP, is offering free tax assistance to Niles seniors 60 years and older. Appointments go through April 8, 2000. Tax assistance is offered Tuesday, Wednesday, and Thursday mornings and afternoons.

To schedule an appointment, call the Niles Senior Center at 588-8420. If you have any questions, contact Mary Swanson at 588-8420.

Progress begins with getting a clear view of the obstacles.

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Thursday, March 16, 2000
Thursday, May 18, 2000
CALL DIANE FOR FURTHER INFORMATION
(847) 588-1900

The more risk factors a person has, the greater the chance that he or she will have a stroke. Some of these you can't control, such as increasing age, family health history, race and gender. But you can change, treat or modify most risk factors to lower your risk. Factors resulting from lifestyle or environment can be modified with a healthcare provider's help.

Older people have a much greater stroke risk than do younger people. The chance of having a stroke more than doubles for each decade of life after age 55. While stroke is common among the elderly, substantial numbers of people under 65 also have strokes.

Overall men have about a 19 percent greater chance of stroke than women. Among people under age 65, the risk for men is even greater when compared to that of women. However, women account for more than three of every five deaths from stroke, and the number of women who die of stroke is increasing every year.

Stroke risk is greater in people who have a family history of stroke. African Americans have a much higher risk of death and disability from stroke than do whites. This may be partly because African Americans have a greater incidence of high blood pressure. Asian-Pacific Islanders and Hispanics also have a higher risk of stroke.

The risk of stroke for someone who's already had one is many times that of someone who has not.

High blood pressure (hypertension) is the most important risk factor for stroke. Stroke risk varies directly with blood pressure. One in four American adults has high blood pressure.

Recent studies have shown cigarette smoking to be an important risk factor for stroke. The nicotine and carbon monoxide in cigarette smoke damage the cardiovascular system in many ways. The use of oral contraceptives combined with cigarette

smoking greatly increases stroke risk.

Diabetes is an independent risk factor for stroke and is strongly correlated with high blood pressure. Although diabetes is treatable, the fact that a person has it still makes it much more likely that he or she will suffer a stroke. This is even more true for women than men. People with diabetes often also have high cholesterol and are overweight, increase in their risk even more.

The carotid arteries in the neck supply blood to the brain. A carotid artery damaged by atherosclerosis (a fatty buildup of plaque in the artery wall) may become blocked by a blood clot, which may result in a stroke. A diseased carotid artery may make an abnormal sound called a bruit (BROO-ee), which a doctor can hear with a stethoscope.

A diseased heart increases the risk of stroke. People with heart problems have more than twice the risk of stroke than people with hearts that work normally. Atrial fibrillation (the rapid, uncoordinated beating of the heart's upper chambers), in particular, raises the risk for stroke. Heart attack is also the major cause of death among survivors of stroke.

TIAs (transient ischemic attacks) are "mini strokes" that produce stroke-like symptoms but no lasting damage. They are strong predictors of stroke. People with TIAs should contact a doctor immediately for a medical evaluation.

For additional information, look for the American Stroke Association, a division of the American Heart Association, on the American Heart Association Web site at www.americanheart.org.

Retirement / Nursing Home

Colon Cancer: An issue for us all Expanded Rehabilitation Facility and Services to open soon at the Abington of Glenview

Karen Collins, M.S., R.D., C.D.N.
Colon cancer is sometimes perceived as a concern only for the very old, but pro baseball star Daryl Strawberry and NBC's Today show host Katie Couric's husband, Jay Monahan, are just two recent examples of the young age at which this disease can strike. As one of the most common and deadly cancers in the U.S., colon cancer will kill more than 50,000 people this year alone. While healthy habits can't completely prevent this disease, the American Institute for Cancer Research (AICR) recommends certain diet and lifestyle changes that could significantly reduce our risk.

A major report published by AICR cites fruit and vegetable consumption as the strongest lifestyle link to risk of colon cancer. Researchers estimate that we could prevent a third to a half of all colon cancer by consistently meeting the recommendation that we eat five or more servings of fruits and vegetables each day. Scientists aren't yet sure whether this potentially life-saving protection comes from their antioxidant vitamins protecting cells, natural phytochemicals blocking carcinogens, or other substances, so the smart move is clearly to eat fruits and vegetables abundantly rather than trying to guess at what supplement might do the trick.

Part of the benefit of fruits and vegetables may involve their dietary fiber, which is also found in whole grain products like whole wheat bread and cereals. We have known for years that high-fiber diets dilute the concentration and speed the passage of any carcinogens that might be present in the colon. Newer research involves possible protection from certain substances that are formed when fiber is fermented by bacteria in the colon.

These findings call for a shift in our thinking. Healthy eating cannot solely be defined by simply skipping the cream cheese on your breakfast bagel or using a low-fat sandwich filling for lunch. Choosing a higher-fiber whole grain bread or cereal and adding fruits and vegetables as a vital part of each meal is apparently even more important.

Research also reports lower risk of colon cancer in those who are physically active each day. Maintaining a healthy weight may also play a role in reducing risk, but regular exercise seems to exert its protective effects on its own.

Red meat is another concern. Several studies show that those who eat it only occasionally face about half the risk of colon cancer as those who eat it more than once a day. Scientists say that we needn't avoid red meat completely, but should at least limit it to no more than three ounces (the size of a deck of cards) per day. Not only may the fat in meat pose

risk, but substances that can begin cell damage that leads to cancer. If you eat meat, avoid meat that is burned or charred, and use cooking techniques which require lower temperatures such as roasting. Grill or broil meat only occasionally.

Apparently, "everything in moderation" is still good advice. Sticking to no more than moderate amounts of alcohol, fat and sugar seems to reduce risk. Excessive amounts of each of these substances have been found to affect body processes in a variety of ways that favor the formation and growth of cancer cells.

We need to remember that it's not just the old or unfit who are at risk of colon cancer. While genetics can play a role as well, we are all at some degree of risk.

For a free brochure, *Reducing Your Risk of Colorectal Cancer*, send a self-addressed, stamped (32 cents), business-sized envelope to: American Institute for Cancer Research, P.O. Box 97167, Dept. BIC, Washington, DC 97167-7167.

"Nutrition Notes" is provided as a public service by the American Institute for Cancer Research, Washington, DC 20009.

Summit Square, the retirement community in Park Ridge, presents music historian Jack Diamond tracing the lives of gifted artists and playing excerpts from performances. In the following months, programs will feature: Ella Fitzgerald-Friday, March 12, Placido Domingo-Friday, April 14, Rosemary Clooney-Friday, May 12, Andy Williams-Friday, June 9. All programs are free and begin at 1:30 p.m. Refreshments follow each program.

The Abington of Glenview's new 3500 sq. ft. Out Patient Rehabilitation Facility will open in the Spring of 2000. The additional area will help meet the increasing demand for their well-known therapy programs, and provide for out-patient therapy after patient discharge to home. The Abington's goal has always been achieving the Best Results with the Shortest Length of Stay. By combining a successful Post Surgical Rehab facility with caring, licensed professional staff, they have developed a superior Rehab Program geared to help patients reach their physical potential no matter what level of need. They excel in In-Patient capabilities striving to get the patient home as quickly as possible while being as self-sufficient as possible. With the new space and programs the Rehabilitation Team will be ready for the Out-Patient therapy necessary to ensure continued well being after discharge.

All of this expertise in the beautiful newly refurbished Abington facility long considered one of the finest and most progressive Healthcare / Convalescence residences in the area. You can tour the Abington on the web at www.theabington.com. The Abington of Glenview... A Special Place that is now even More Special.

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Retirement / Nursing Home

LGH Fitness Center offers osteoporosis-related exercises

Now is the time to begin preventing osteoporosis or learn to manage diagnosed osteoporosis. The Fitness Center of Lutheran General Hospital offers structured exercise classes taught by exercise physiologists who will teach participants the proper techniques for performing bone-loading exercises to improve muscular strength, posture and balance.

The center offers two six-week courses: Exercise for Osteoporosis Prevention and Exercise for Osteoporosis - Post Physical Therapy. Small class size ensures personal supervision and attention to proper technique. The fee is \$60 for each.

Exercise for Osteoporosis Pre-

vention is for persons with osteoporosis risk factors or those with a fracture. The class will teach proper bone-loading exercises to improve muscular strength, posture and balance, as well as nutrition and pharmacological education. Classes are scheduled for 7 to 8 p.m. Tuesdays and Thursdays, February 22 through March 30, at the Fitness Center, Lutheran General Hospital, 1775 Dempster, Park Ridge.

To register for either course, call 1-800-3-ADVOCATE (1-800-323-8622).

Located in the Parkside Center adjacent to Lutheran General Hospital, the Fitness Center houses a four-lane, 25-yard swimming pool, an aerobic performance room featuring a variety of cardiovascular exercise equipment, and a strength enhancement room with a full complement of specialized, progressive resistance weight equipment.

The Fitness Center is staffed by exercise physiologists with master's degrees, athletic trainers, registered dietitians, certified massage therapists and other health care professionals. Services include everything from individual testing and consultations, massage therapy and sports medicine to nutrition counseling, health lectures and special events.

Mayoral State of The Village Address

On March 15, 2000 the Morton Grove Chamber of Commerce will be hosting a luncheon for The Honorable Mayor Daniel D. Scanlon to proclaim a State of the Village Address. The luncheon will be open for all Chamber members and village residents. The luncheon will take place at

Chateau Ritz in Niles at 11:30 a.m. We will also be recognizing Lou Halpap our Citizen of the Year at this time. The cost of the luncheon will be \$25, which needs to be paid upon reservation request. Please call the chamber office prior to 3/10/2000 if you plan on attending.

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Avalon Brass with guest artists to perform

Members of the Avalon Brass with guest artists will perform at Northeastern Illinois University (NEIU) on Friday, February 18, at 8 p.m. in the university's new Fine Arts Recital Hall.

Musicians Karl-Lee Phelps and Jeff Biancalana, trumpets; Katherine McGowan, trombone; Gregory Flint, French horn; and Charlie Schuchat, tuba, will play music of Gabrielli, Ewald, Ewazen and others.

This concert, the sixth in NEIU's Inaugural Concert Series, a nine-month arts extravaganza marking the opening of the new Fine Arts Center, will be broadcast live on 98.7 WFMT-FM.

General admission to the concert is \$20. For tickets and information on the entire broadcast series, the public can call the NEIU box office at (773) 794-ARTS (2787).

NEIU is located at 5500 N. St. Louis Avenue in Chicago (near Bryn Mawr and Central Park). Free parking is available in parking lot F (center from Central Park).

Northeastern Illinois University is a comprehensive state university serving more than 10,000 commuter students.

Replace every negative thought with two positive thoughts.

Changes in activities can help you avoid insomnia

A bad night's sleep often makes you 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.)
- Set aside a "worry time" during the day

• Don't take work materials to bed

- Take a warm bath 1 to 2 hours before bedtime
- Drink a glass 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
- Lower or eliminate use of stimulants
- 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.

Mayo Clinic Guide to Self-Care provides reliable, practical, easy-to-understand information on issues relating to health. Much of the information comes directly from the experience of Mayo Clinic physicians, nurses, research scientists, health educators, therapists and other health-care professionals. This book supplements the advice of your regular physician, whom you should consult for individual medical problems.

Mayo Clinic Guide to Self-Care is available in bookstores everywhere. Or, call 800-391-1128 and mention order code 440.

WEARIN' OF THE GREEN - IRISH TOUR

What better way to celebrate the month of March and St. Patrick's Day than with "A Bit Of Blarney" tour on Wednesday, March 8. Discover Chicago's rich Irish legacy highlighting Irish culture and heritage. Visit the Irish American Heritage Center and have lunch at Harrington's, well known for their Corned Beef and Cabbage. While dining, enjoy the magic of Jerry Cigler on the keyboards with a sing-along of Irish songs. What a full day!

The bus leaves the Prairie View Community Center at 10 a.m. and will return at 3 p.m. The cost is \$45 for residents and \$49 for non-residents. Register at Prairie View.

HEARING SCREENING

Resurrection Hospital's Clinical Audiologists will be conducting free hearing screenings from 9:30 a.m. to 12:30 p.m. on Tuesday, March 21 in the Morton Grove Village Hall. The screening, which takes about 10 minutes, will determine whether further testing is necessary. Those who fail the screening will be referred to their physician for follow up. Literature will be available on hearing services, hearing aids, and amplification devices. For an appointment call the Senior Hot Line at 470-5223.

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 any Monday, Wednesday or Friday at the Morton Grove Village Hall Senior Center between now and April 15. Appointment times are for either 9 or 10:30 a.m.

Business News

Changes to Tax Law May Save You Money

By William L. Thompson
IRS District Director

There are a number of tax changes that may save you money when you file your 1999 federal tax return. These include the personal exemption, which has been increased to \$2,750.

The standard deduction has also increased. Deductions are \$4,000 for single, \$5,350 for head of household, \$7,200 for married filing jointly and qualifying widower, and \$3,600 for married filing separately.

If you are eligible for the Earned Income Tax Credit (EITC), both the amount of the credit and the phase out levels have increased for all three categories. The new EITC amounts and phaseout levels for 1999 are \$2,312 for one child (Phase Out \$16,082), \$3,816 for two or more children (Phase Out \$30,580), and without children \$347 (Phase Out \$10,200). You must use Form 1040 or 1040A to claim the credit. If you do not have a qualifying child, you can use Form 1040EZ to claim the credit. IRS will figure the credit for you.

If you itemize your deductions and are paying for long term care insurance some of your premiums for 1999 are deductible as itemized medical expenses, up to certain limits. These limits are ages 40 or less, \$210; ages 41-50, \$400; ages 51-60, \$800; ages 61-70, \$2,120; ages 71 and older, \$2,660. In addition, benefits are tax-free up to \$190 per day.

Other new or increased credits and/or deductions for 1999 include:

- Child tax credit. You can claim a tax credit of \$500 for each of your qualifying children under the age of 17. This credit is reduced by \$50 for every \$1,000 of adjusted gross income above certain thresholds.

March SCORE workshops offer Cert. of Achievement

SCORE, the volunteer counseling arm of the Small Business Administration, will give entrepreneurs who complete four half-day workshops between Jan-June a Certificate of Achievement. Because all banks require a business plan with loan applications, including this certificate with a business plan will demonstrate to the bank for any interested institution a person's practical business knowledge, determination and persistence.

Free on-site counseling available. SCORE also offers free confidential counseling daily, Monday - Friday from 8:30 a.m. to 1 p.m. No appointment is necessary. A Business Information Center is also maintained which contains excellent refer-

ence material and computers. If you would like more information on SCORE counseling, its twelve locations or workshops, call (312) 353-7722 or visit our website at www.scorechicago.org.

On-site IRS technical specialist. An IRS specialist is also available at SCORE's Chicago office from 9 a.m. to 1 p.m. every Wednesday and Thursday to answer tax related questions. Small business tax forms and publications are also available. Visit the Small Business Administrations Business Information Center (BIC) at 500 W. Madison, Suite 1250, Chicago. No appointment or fees are required.

Continued on Page 45

Nicholas D. Morjal County clerk announces absentee balloting schedule



Pvt. Nicholas Morjal

Under state law, registered voters may qualify to cast an absentee ballot only if they can not make it to their respective polling site on Election Day. The most common reasons involve voters who will be out of the county or are physically incapacitated. Voters serving as election judges or on jury duty or those observing a religious holiday may also apply to vote absentee.

College students attending school away from home can sign up for the Student Absentee Voting program, which calls for the student to automatically receive and application for an absentee ballot prior to every election for the next two years.


Physically disabled voters unable to reach their polling sites may receive an absentee ballot application prior to every election for the next five years. A doctor's signature is required and the applicant's signature must be notarized.

Under state law, registered voters may qualify to cast an absentee ballot only if they can not make it to their respective polling site on Election Day. The most common reasons involve voters who will be out of the county or are physically incapacitated. Voters serving as election judges or on jury duty or those observing a religious holiday may also apply to vote absentee.

College students attending school away from home can sign up for the Student Absentee Voting program, which calls for the student to automatically receive and application for an absentee ballot prior to every election for the next two years.

Physically disabled voters unable to reach their polling sites may receive an absentee ballot application prior to every election for the next five years. A doctor's signature is required and the applicant's signature must be notarized.

BY JEFFREY CARDELLA
Special to The Bugle



Edward Jones:
How will capital gains distributions affect you?

PUBLIC SERVICE ADVERTISEMENT

As a mutual fund investor with a long-term perspective, you might not pay much attention to your fund's day-to-day activities. And it's a good idea to overlook daily price fluctuations -- especially when your investment horizon is 10, 20 or more years in the future. Nonetheless, there's one aspect of your mutual funds that warrants your regular attention -- capital gains distributions.

Like most mutual fund owners, you may automatically reinvest dividends and capital gains distributions to buy more shares. When a fund makes these distributions, the net asset value (NAV) -- the share price -- declines. Does this mean you're losing money? No. If you reinvest your distribution, there will be no cumulative effect on your account value. Your fund's NAV may be lower, but you will own more shares.

Suppose you own 100 shares of Fund XYZ, which has a NAV of \$20, giving you \$2,000 worth of shares. Now, its Distribution Day, and Fund XYZ distributes \$20 per share. Your fund's NAV will have dropped to \$19.80, barring changes in value caused by market fluctuations. You will receive a \$20 distribution (100 shares multiplied by \$0.20 per share). When you reinvest this \$20 at the new, lower NAV of \$19.80, you will receive 1.01 new shares (\$20 distribution divided by \$19.80 NAV). You now own 101.01 shares, at \$19.80 per share, so you'll come out ahead if your fund's NAV rises.

Keep in mind that you will owe capital gains taxes on these distributions. That's why it may be a good idea to wait until after your fund makes its distribution before you make additional investments. If you buy more shares before the distribution, you will be liable for the extra capital gains, even though you may have held the additional shares for a short time, in essence, you're being taxed for gains that you didn't really earn.

However, if taxes are not a major consideration, or if you are investing for your qualified retirement account -- from which income is not taxed until you make withdrawals -- then you may welcome your mutual fund distributions, because they amount to more shares.

If you're going to sell mutual fund shares, it may make sense to do so before your fund makes its distributions, although your own tax situation will again be a consideration.

When you "time" the purchase of mutual fund shares with capital gains distributions, keep one more factor in mind: Delays can be costly. For example, if you wait to purchase additional shares of a fund because you want to avoid a 2 percent capital gain, and the fund goes up 10 percent in the meantime, you will have lost an opportunity for growth.

In the final analysis, capital gains distributions are less important to your mutual fund strategy than other key factors, such as suitability and diversification. But don't just ignore distributions -- they're worth looking at.

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

School News

Computer workshops offered at North Central College

The Office of Community Education, Conferences and Camps at North Central College will offer the non-credit courses PowerPoint, Microsoft Word for Windows: Level II, and What is the Internet? this winter.

"PowerPoint" enables students to create sophisticated graphics and presentations using this powerful program. The workshop will be offered Thursdays, March 16-23 from 8 a.m. - noon. Tuition is \$190.

"Microsoft Word for Windows: Level II" covers formatting a variety of documents and creating professional forms. The course also covers mailing lists, "Mail Merge," graphic features, "Word Art," and master search and replace features to edit documents. This class will meet on Mondays, Feb. 28 - March 20 from 7:35-9:35 p.m. Another section will take place on Tuesdays, March 7-14 from 8 a.m. - noon. Tuition is \$190.

All workshops will be conducted in the computer lab in the Lorraine Academic Center, 309 E. School Ave. All computer provide CPE credit for certified public accountants. To register, call (630) 657-5560.

Teacher Tip Math in a Flash!

Years ago, parents often bought "flash cards" to help their kids learn basic math facts. Why? Because they worked! Here's how to make - and use - homemade flash cards.

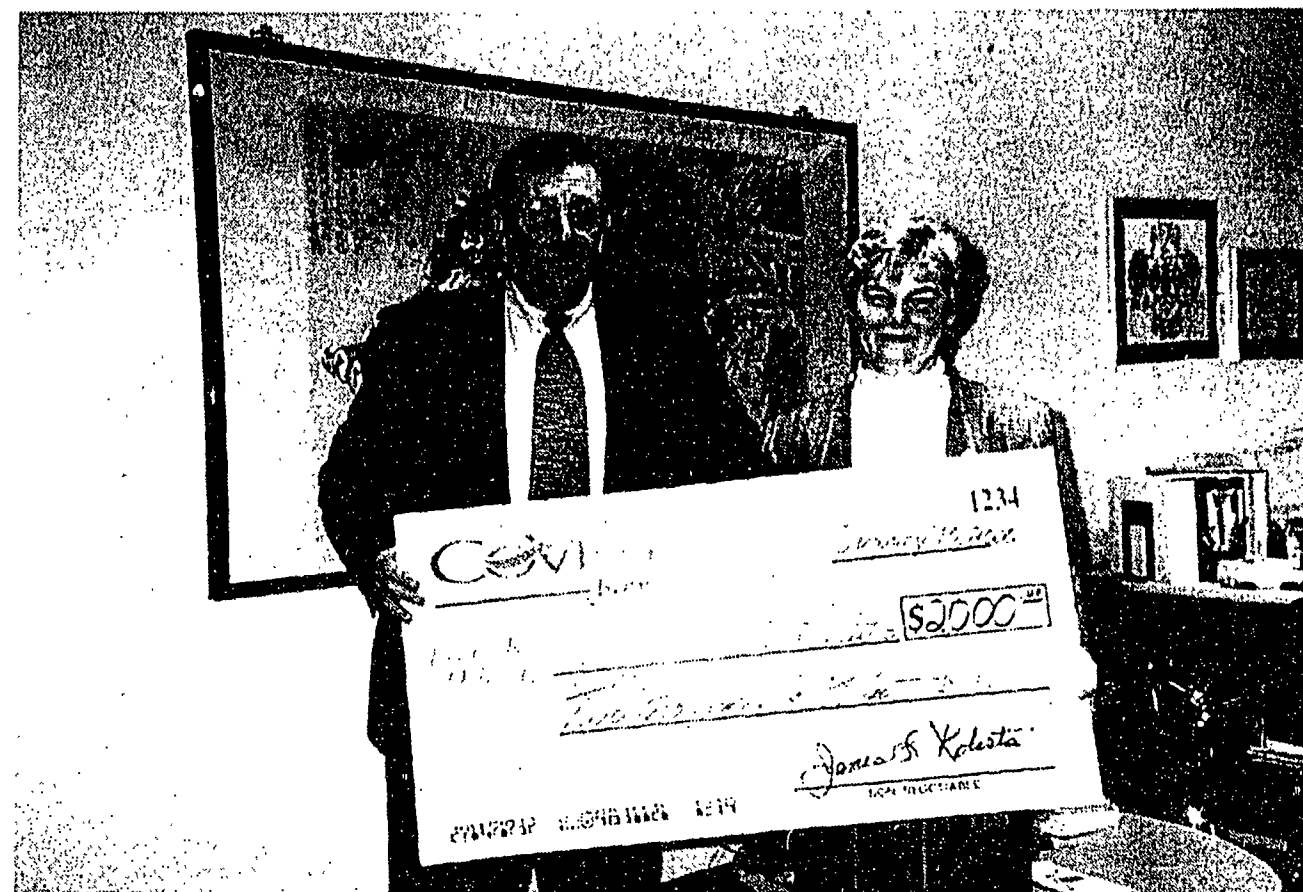
First, have your child write problems on one side of index cards and answers on the other. Then, select three cards and review them together. Have your youngster say both the problem and the answer. Example: "9 + 7 = 16," instead of just "16."

Once your child has mastered three cards, add a fourth to the pile and review. Keep adding new cards - one at a time - as long as your youngster can answer them easily. Take breaks as needed!

At first, you may need to supply some answers. But within minutes, the facts usually start to "stick" in your child's mind.

*Ellen Ries,
2nd Grade teacher*

Oakton Educational Foundation receives donation from CoVest Banc



CoVest Banc, 749 Lee Street, Des Plaines, recently donated \$2,000 to the Oakton Community College Educational Foundation, continuing its longstanding tradition of commitment and support to the College and its programs.

In presenting the award, James L. Roberts, President and chief officer of CoVest Banc, noted that the bank considers as part of its mission the support of community institutions. Community colleges are especially important, said Roberts, "because they serve as a lightning rod for change in society and also are a generator of resources."

Roberts recently joined the Foundation as a board member. He hopes to assist the organization in fundraising and to positively affect the direction of Oakton.

NEIU gets lion's share of state college rehab funds

Chicago's Northeastern Illinois University has received the largest share, \$8.1 million, of \$16 million in state bond funds released recently for a variety of upgrades and improvements at state colleges and universities.

Governor George Ryan announced the release of the funds Jan. 20. The funds will be used at NEIU to renovate campus buildings A, B and E providing additional classrooms and centralizing student services. Asbestos abatement and rehabilitation of the buildings' mechanical systems will also be accomplished with the funds, officials said.

Work will begin next June and is scheduled to be completed by December 2001, according to Joseph Kirsch, assistant vice president of facility management for the university.

University student services, such as the honors program and international program, will be centralized into Buildings A and B, making them more accessible to students, Kirsch said.

The university's largest computer lab will be constructed in Building B to allow students who don't own their own computers can have more access to word processing facilities and the Internet, Kirsch said.

The three buildings to be upgraded were built in 1961 when the campus opened at Chicago Teachers College North Building A was the classroom building, while Building B was used as the then-college's science center.

When the college was elevated to university status in 1971, Building A became home to the Music and Dance departments, while Building B became the Art Department.

The university's new Fire Arts Center opened in August 1999, the two buildings were no longer needed.

Kirsch said the money will be used to adapt the buildings for other uses.

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School News

Niles North students learn safe driving habits

Niles North students in Patrick Sieno's Driver Education classes learned safe driving habits that may help them to avoid accidents. They met with Dan Gerber, a representative from Country Companies, to conduct a Reaction Time Demonstration with the "Auto Skid" vehicle.

Student and faculty volunteers drove the "Auto Skid" vehicle, at various speeds, and the class measured the distance between where the drivers initially braked and where the vehicle came to a complete stop. From this measurement they were able to derive the reaction time.

Megan Spina of Skokie was one of the student volunteers. While driving at 25 mph, she had a braking distance of 63 feet and a reaction time of 7.16 seconds. On her second try, Megan learned that while keeping her foot above the brake, she was able to decrease her braking distance and thus reduce her reaction time.

Principal Neil Codell drove the "Auto Skid" vehicle at 40 mph. Principal Codell had a braking distance of 87 feet and a total stopping distance of 108 feet. Mr. Gerber calculated that his reaction time of 3.8 seconds, was less than half of the national average. Students learned from Mr. Gerber that ABS (antilock braking system) helps with control, not with the braking distance.

The "Auto Skid" vehicle demonstrated the importance of keeping alert to the driving student and provided a graphic illustration of the amount of distance needed to come to a complete stop, even at slower speeds. The valuable lessons the students learned may help them to avoid accidents.

For more information, please contact Patrick Sieno at 847-568-3349.

Niles scholar wins scholarship

Michael Shahwan of Niles, received the Ira M. Popejoy Scholarship at Palm Beach Atlantic College during American Free Enterprise Day ceremonies November 16.

An applied finance & accounting major, Shahwan maintains a 3.5 GPA. He serves as treasurer of the PBA Students in Free Enterprise (SIFE) chapter, which received awards in regional and international competitions last spring for his outstanding work.

The Ira M. Popejoy Scholarship was established by Dr. Michael Popejoy, associate professor of business and public administration at PBA, and is named for his grandfather.

Palm Beach Atlantic College is a comprehensive Christian college in downtown West Palm Beach with an enrollment of nearly 2,000. PBA offers bachelor's and master's degrees in traditional and non-traditional formats.

Washington students Bank at School

Washington School students have the opportunity to make bank deposits in the Bank-At-School Program, a statewide program which helps teach students how to manage money, learn the concept of saving for the future, and experience the world of banking. It is a joint effort between the State of Illinois

Treasurer, elementary schools, and financial institutions.

Mary Novotny of the Glenview State Bank comes to Washington School once a month to take deposits. She is assisted during those visits by student helpers from the school. All Washington students in grades 3-6 are eligible to participate.

Niles Park District Bright Beginnings Preschool

Prospective parents are invited to observe any three or four year old Niles Park District preschool class during the week of February 28. Appointments are necessary. Please call (847) 967-6633 to make a classroom visitation appointment. Preschool registration for the 2000-2001 preschool program will begin March 20 for residents and March 27 for non-residents.

Registration will be accepted at the Howard Leisure Center, 6676 W. Howard Street, until all classes are filled. For more information on our Bright Beginnings Preschool Program, please stop in the Howard Leisure Center or call (847)967-6633.

Dominican hosts International Day

Dominican University will devote Tuesday, February 22 and Wednesday, February 23 to its international students as the university celebrates their customs, cultures and heritage during International Day. The two-day festivities will be held from 9 a.m. till 7 p.m. in the cafeteria and social hall, 7900 West Division Street.

International Day originated three years ago by Dominican's Campus Climate Committee to enable the international students to share the customs and traditions of their nationalities with the university.

This year's festivities will include the addition of display booths for students to show artifacts and memorabilia relating to their cultures. The Graduate School of Business will illustrate its strong international student population and study-abroad program through a presentation titled, "Dominican University Celebrates Cultural Diversity Here and Abroad."

For more information, contact the Campus Activities Office, (708) 526-5057.

District 219 Technology Committee presents plan

The District 219 Technology Planning Committee presented its updated technology plan to the Board of Education at their January 10 meeting. The plan provides a broad vision and specific goals that will guide district decision-makers for the next three to five years. It includes specific strategies for using technology to enhance instruction for the district's 4,000 plus students as well as for strengthening ties between the school community and its stakeholders.

Professional development is a major component of the updated plan. Technology Director Guy Ballard says, "Teachers hold the key. If we want to see students who are truly engaged with their own learning, teachers need help integrating technology into their classrooms. The world is changing rapidly. Therefore, educators must provide students with the tools they need to thrive in the information age."

The plan can be seen on the district's web site at <http://www.niles-hs.k12.il.us>

St. John Brebeuf second grade news

During the past few months, the second grade students at St. John Brebeuf School have been preparing for the Sacrament of Reconciliation under the guidance of their teachers, Mrs. Beierwaltes and Mrs. Ries. To prepare for Reconciliation, the children have been studying the Ten Commandments, the Beatitudes and the meaning of forgiveness from God and each other.

On Monday, December 6, 1999, the second graders received the Sacrament of Reconciliation at St. John Brebeuf Church.

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- Adjust Belt Tension
- Check Filters
- Check Bearings and Lubricate
- Check Vector Motor, Pressure Switch and Relay, if applicable
- Determine if There is a Need for Additional Parts to Ensure Safe, Reliable and Economical Operation
- Check your home's Gas Connections to determine if they are outdated and need replacement

We'll find you a replacement part or we'll repair and/or replace. We'll ensure an extra charge is required for additional parts. This is not included in any way in package price.

REAL ESTATE Source Guide

Property transfers

Note: Information is provided by the Cook County Recorder of Deeds. Questions should be directed to (312) 603-5050.

Niles
6660 Wood River Dr., Unit 104, \$147,000, Robert L. Ewart to Hai Yi.
6980 W. Touhy, Unit 301, \$163,000, Eugenia Kolberg to

Rose Marie Bongiorno.
7450 N. Waukegan, Unit 207, \$178,500, Irene Shubert to Mitchell Miklas.
7064 W. Madison, \$125,000, American National Bank & Trust to Stanley W. Skrypek.
7071 W. Touhy, Unit 307, \$146,500, George M. Janke to Michael Pazik.

7847 N. Harlem, \$184,000, Larry & Roxanna Carl-Leuallen to Milagros A. Aisk.
7450 Waukegan Rd., Unit 505, \$178,900, James Reussow to Lissette Pohl.
8543 N. Oriole, \$205,000, Herbert H. Taylor to Mariusz Bogdan.
8001 Court Dr., Unit 401, \$165,000, Laverne H. Sieck, Gayle Jacob & LaDonn Meyer to Barbara Neumann.

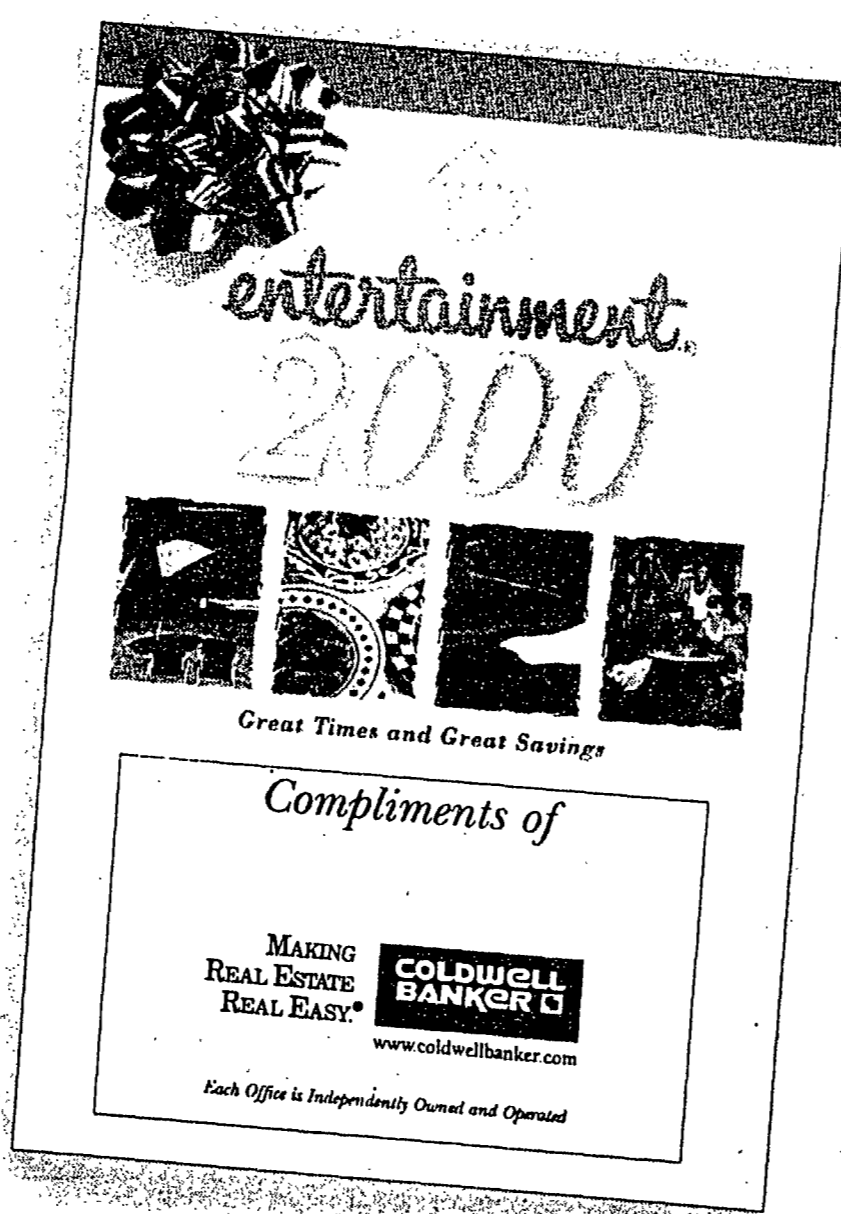
8554 W. Bruce, \$186,000, Sandy Hato to Gloria J. Zrnich.
9038 N. Clifton, \$173,000, Sanjay & Ursaki Lewal to Rajnikant H. & Kumud R. Bharucha.
8662 N. Ozark, \$220,000 Alfredo Terrazo to Adnan Mahic.
8026 W. Lake, \$215,000, Dale Miller to Penny R. Reyes & Susan Roy.
8832 N. Prospect, \$142,500, Piyush R. & Anita P. Surti to Atul & Sangita Modi.

8815 N. Golf, Unit 9-G, \$108,000, Barbara Nizharz to Stella Gregorowicz.
8738 Stolting, \$272,000, Anthony & Filomena Cesario to Spiros Memmos.
8835 Grand, \$146,000, John & Karen A. Hewitson, to Zbigniew & Renata Pajack.
9737 Fox Glen Dr., \$120,000, Michael Zabrin to Mark Hong.
8801 Golf Rd., \$129,000, Vu Q. Tran to Margareta Wurm.

Continued on Page 40

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First Home Mortgage Corp. opens Homewood Office

To better serve the growing housing market in the southern Chicago suburbs and the northwest area of Indiana, First Home Mortgage Corp., one of the Midwest's leading mortgage banking firms and a subsidiary of American Home Mortgage Holding, Inc. (NASDAQ: AHMEI), a leading national mortgage banker, announced it has opened a new office in Homewood, Illinois. First Home Mortgage Corp. is one of the Midwest's largest mortgage bankers and offers mortgage-lending services throughout the country. Headquartered in Mount Prospect, Illinois, it also has offices throughout the Chicagoland area, including Chicago, Homewood, Naperville, Oak Lawn, St. Charles and Wheaton, as well as offices in Colorado, Arizona and New Mexico. Founded in 1987, First Home has provided more than \$6 billion in residential loans in the last decade. First Home was named 1997 Company of the Year and was nominated 1998 and 1999 Company of the Year by the Illinois Association of Mortgage Brokers. For more information on First Home, call Ellen Sturm at 847/394-5300 or contact First Home on its Web site at www.1sthomemortgage.com.

FOR ADVERTISING IN OUR REAL ESTATE SECTION CALL DAN JUREWICZ 847-588-1900

Resource Plus Mortgage at Century 21 McMullen

Resource Plus Mortgage Corporation opened an office at Century 21 McMullen Real Estate, 6400 N. Harlem, Chicago. Their multi-lingual staff will provide comprehensive residential mortgage services and help homebuyers obtain the best loan program. Resource Plus will have three loan officers supporting Century 21 McMullen that hold the CRMS (certified residential mortgage specialist) designation. In addition to English, they will be able to assist clients in Spanish and Polish. They can answer homebuyers' questions about mortgages and interest rates, take applications, access credit reports, provide pre-approvals and offer point-of-sale material for open houses. Resource Plus is an Illinois Residential Mortgage Licensee headquartered in Inverness, IL. Founded in 1994, they closed \$90 million of mortgages last year. Their staff members average 10 years professional experience. Quality service, hard work for clients, competitive rates and referrals are hallmarks of this company. During the start-up year, Century 21 McMullen and Resource Plus will develop a scholarship program to assist families in the McMullen community offset the cost of education.

Angelo Cusinato, founder and president of Resource Plus, has 15 years of residential mortgage experience and personally originated \$250 million mortgages. He is a CPA (certified public accountant), CFP (certified financial planner), CRMS (certified residential mortgage specialist) and CMC (certified mortgage consultant). Cusinato is a member and recent director/treasurer of the Illinois Association of Mortgage Brokers. He holds an MBA from the University of Chicago and a BS in accounting from the University of Illinois. Century 21 McMullen ranks among the largest real estate firms in Chicagoland. It is now 55 years old and located in the former Borg Flowers & Gifts building at 6400 N. Harlem, at Northwest Highway and Devon in Chicago. Telephone 773-631-8300.



INTEREST RATE FACTORING CHART

This chart will assist you in calculating your monthly principal and interest payments for fixed rate loans. Check to find your interest rate from one across to find your interest rate factor according to your term (years). To calculate your principal and interest payments, multiply the interest rate factor by the loan amount in 1,000's.

Example: Rate 8%, Term 15 yrs, Rate Factor 0.96
Loan Amount \$100,000, \$15 x 100 = \$15,000

This chart does not include property taxes, insurance, association fees or other charges.

Factors per \$1,000					
Interest Rate	15 Years	30 Years	Interest Rate	15 Years	30 Years
6%	8.44	6.00	10%	10.75	8.78
6 1/4	8.51	6.08	10 1/4	10.82	8.87
6 1/2	8.57	6.16	10 1/2	10.90	8.96
6 3/4	8.64	6.24	10 3/4	10.98	9.05
6 3/8	8.71	6.32	10 3/8	11.05	9.15
6 3/4	8.78	6.40	10 3/4	11.13	9.24
6 3/8	8.85	6.49	10 3/8	11.21	9.33
6 3/4	8.92	6.57	10 3/4	11.29	9.43
6 3/8	8.99	6.65	10 3/8	11.37	9.53
6 3/4	9.06	6.74	10 3/4	11.45	9.62
6 3/8	9.13	6.82	10 3/8	11.53	9.72
6 3/4	9.20	6.91	10 3/4	11.61	9.81
6 3/8	9.27	6.99	10 3/8	11.69	9.91
6 3/4	9.34	7.08	10 3/4	11.77	10.00
6 3/8	9.41	7.16	10 3/8	11.85	10.10
6 3/4	9.48	7.25	10 3/4	11.93	10.20
6 3/8	9.56	7.34	10 3/8	12.01	10.29
6 3/4	9.63	7.43	10 3/4	12.09	10.39
6 3/8	9.70	7.51	10 3/8	12.17	10.48
6 3/4	9.77	7.60	10 3/4	12.25	10.58
6 3/8	9.85	7.69	10 3/8	12.33	10.68
6 3/4	9.92	7.78	10 3/4	12.41	10.77
6 3/8	9.99	7.87	10 3/8	12.49	10.87
6 3/4	10.07	7.96	10 3/4	12.58	10.97
6 3/8	10.14	8.05	10 3/8	12.66	11.07
6 3/4	10.22	8.14	10 3/4	12.74	11.16
6 3/8	10.29	8.23	10 3/8	12.82	11.26
6 3/4	10.37	8.32	10 3/4	12.91	11.36
6 3/8	10.44	8.41	10 3/8	12.99	11.46
6 3/4	10.52	8.50	10 3/4	13.07	11.56
6 3/8	10.59	8.59	10 3/8	13.15	11.66
6 3/4	10.67	8.68	10 3/4	13.24	11.75
			14	13.32	11.85

MORTGAGE RATE DIRECTORY

The rates and terms listed below are subject to change without notice. Rates are updated each Thursday by 3 p.m. for the following editions. These institutions are Illinois Residential Mortgage Licensees. Rates subject to change.

INSTITUTION	LOAN TYPE	DOWN PAYMENT	TERM	RATE	POINTS	APR
Alliance Federal Savings Bank 7840 Milwaukee Niles, IL 60714 847-966-7900	30 Year Fixed Rate	5%	30 yr	8.25%	0	N/A
	15 Year Fixed Rate	5%	15 yr	7.875%	0	N/A
	1/1 ARM			6.500%	0	N/A
	3/1 ARM	5%	ARM	7.375%	0	N/A
	5/1 ARM			7.750%	0	N/A
	30 Year Fixed Rate Jumbo	5%	30 yr	8.375%	0	N/A
National City Mortgage Services Co. National City Bank 607 Devon in Park Ridge, IL 60068 Jim Guzik - Loan Consultant 847-699-5024	15 Year Fixed Rate Jumbo	5%	15 yr	8.000%	0	N/A
	1/1 ARM-JUMBO			6.625%	0	N/A
	3/1 ARM-JUMBO	5%	ARM	7.500%	0	N/A
Resource Plus Mortgage Corp. An Illinois Residential Mortgage Licensee 1600 Colonial Parkway Inverness, IL 60067 800-354-3223 www.resourceplus.com	Construction Fixed		30 yr	8.125%	0	8.233%
	30 Year Fixed	5%	30 yr	8.500	0	9.112
	2-1 Buydown	5%	30 yr	7.250	0	9.880
	FHA ARM	3%	30 yr	7.125	0	10.994
	Jumbo 5/1 ARM	5%	30 yr	8.250	0	9.686
	Jumbo 1 Year ARM	0%	30 yr	7.375	0	11.464

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(847) 965-2684 or 204-0933

REAL ESTATE Source Guide

Property transfers
Continued from Page 38
Skokie
4015 Brummet, \$175,000, Albany Bank & Trust Company to Mei-Whei Chen.
9530 Lamon, Unit 210, \$187,500, Allan Kaplan to Sarah Held.

Coachlight Realty, Inc. Better Homes Realty, Inc.
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7500 E. Prairie, \$260,000, Jay-antial B. & Hansaben J. Gheewala, 5234 Safford Terr, \$171,500, Neil E. Levin & Deborah T. Cadigan to Lori & Rheaia Yousif.
9265 N. Keeler, \$342,000, Robert & Manem Sayanali to Tuan & Cue Nguyen.
8932 "C" Niles Center Rd, \$142,000, Won Bae & Jung Ja Kim to David & Young Nisani.

4934 W. Kirt, Unit 1-E, \$96,000, Atul B. Modi to Simon Siah.
8944 Pottawattami, \$225,000, Daniel & Debra Eisenstein to Claudette Isaly.
8606 N. Trumbull, \$165,000, Flagstar Bank to Leonid Vingart.
7538 E. Prairie, \$265,000, George & Adriana Paul to Grigory Aizenstadt & Lyubov Dromakaya.
6911 N. Lorrel, \$390,000, Lew-el Fishkin to Vinka & Mita Leko.
8908 N. Lamon, Unit 2-S, \$95,000, Marina Pomernan to Bella & Leonid Kogan.
8414 N. Christina, \$290,000, Mark Winston to Marc J. & Bruce S. Braverman.
8440 Skokie Blvd, Unit 304, \$80,500, Mary Heden to Jose Alair-Nuevo.
9131 N. Kolmar, \$359,000, Sony Sawyer to Demos & Theodor Bourlakis.
8337 N. Christina, Unit 1-W, \$160,000, Abraham A. Farkas & Marsha Weitzman to Denise P. Belshon.
4524 Kirt, \$220,000, Donald E. Murphy to Younail Shinnon.
4040 Harvard Terr, \$175,500, Eugene Arnfied to Laura Johnson.

7807 N. Crawford, \$175,000, Kanti S. Patel to Peter Rathod & S.P. Rathod.
9035 N. Knox, \$360,000, Lorene Shea to Leslie, Raymond & Sharon Ellison.
8227 Hoffman, \$237,000, Michael & Maria Linaban to Nayan & Jayshri Prvali.
9554 Tripp, \$220,000, Rogelio Ly & Maria Cruz-Cue to Naniya Shepelenco.

Lincolnwood
6445 N. Kilbourn, \$397,500, Harold L. & Ruth Goretlick to Harry & Eva Fink.
6814 N. Kilbourn, \$199,500, Fusaiko Sato to Jonathan D. Leavitt.
6709 N. Cicero, \$281,000, Associated Bank Trust to pawan Kumar.
Morton Grove
8947 Natoma, \$203,000, Choon Rye Kim to Oscar & Jane Liban.
9343 Syre, \$183,000, Eric C. & Beth A. Chaplick to Rahim & Mariam Saiddin.
9136-38 Waukegan Rd., \$275,000, Phillip E. Kuhn to Pol & Calina Sikar.
6401 N. Lincoln, Unit 405, \$185,000, Nam Hee Kang & Grace Hwang to John & Joyce DeCristo.
642 Sheridan Rd., \$450,000, Marc & Katherine Lubin to Rosemary Tkusis-Sarp.
2555 Gross Point Rd., Unit 407, \$137,000, Elizabeth Condir to Christine White.
2320 Lake, \$189,000, Michael W. & Claudella M. Isaly to Martin Hinterhauser & Linda E. Myong.

Arkenia
9223 Ida Ln., \$370,000, David Godnik to Nahath K. Doud.
7450 Wilson Terr., \$205,000, Patrick A. & Janet M. Grant to Sankhro Khansaiho & Nina Shamshon.
411 Dewey, \$340,000, Albany Bank & Trust to Joerg Mitzner & Rita Ppyrill.
360 Ridge, Unit 8-1, \$68,000, Charles Wachter to James Hut-fitz.
1333 Maple, Unit 3-D, \$205,000, Gal C. Kaitis to Sharon A. Lieberman.
2116 Dodson, \$170,000, Michael A. & Laura A. DeVaul to Brenda DeVaul.
1620 Madison, \$154,500, Pamela Griffin-Hill to Lucas & Emily Anderson.
1211 Dodge, Unit 1211, \$237,000, Gal C. Kaitis to Sharon A. Lieberman.
1245 Fowler, \$179,000, William & Kathryn Bradley to Eirann Tirafo & Alexander Merlos.
1417 Darrow, \$378,000, Dean E. & Maryann Dahlin to A.B. Lee Inc.
2028 Dodge, \$180,000, Eloise McKimack to Maria Victoria S. DeCristo.

Chicago Metropolitan area selected 1999 county highlights
Cook County had the highest median home price increase (8.6 percent) due to its increased share of repeat buyers.
Cook was the only county to see a decline (0.9 percent) in the average home price among first-time buyers, though those same buyers saw the largest increase (5.6 percent) in average monthly payments of any first-time buyers in the Chicago area.
Cook County had the highest percentage of first-time home buyers at 52.5 percent (nationally it was 44.7 percent) among all Chicago counties.
Among area repeat buyers, Lake County experienced the largest average home price increase at 10.1 percent and median home price increase at 8.4 percent.

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District 219 . . .

Continued from Page 1
southeast portion of Morton Grove claimed it at this meeting. The renovation package includes a property tax increase over the next 20 years and the opportunity to receive funds from the state of Illinois for the project. The package is the subject of a referendum, on which residents can vote March 21, 2000.
He stated that the purpose of the presentation was not to request support for the referendum, but to inform those institutions that may be affected that there will be a change in taxes should the referendum pass. The video, which was a production largely undertaken by Niles Township High School students, faculty, staff and alumni, presented seven reasons for the renovation. Among these were the loss of basic classrooms to technology based and other classrooms, an increase in athletic opportunities, an expanded English as a second language (ESL) program, expanded student services and increasing enrollment.
The \$85 million dollar renovation will be funded by taxpayers of district 219, whom will pay \$65 million over 20 years, and by a grant from the state of Illinois in the amount of \$20 million. The state will provide these funds only if the referendum is passed, as required by law.
There is a portion of each Village Board meeting near the end ("Residents Comments" on the agenda) where President Dan Scanlon asks the audience if there is anyone present who would like to make a comment or ask a question "for the good of the Village." Most nights this offer goes unclaimed. Two residents of the

Norwood Park Historical Society Home Beautification Awards

Continued from Page 1
On Wednesday evening, February 23, the Norwood Park Historical Society will present the year 2000 Home Beautification Awards to those homeowners in Community Area 10 whose projects were nominated for this distinction.
Plaques will be awarded to the winners in the following categories: Home remodeling; Home additions; Exterior renovation/restoration; Landscaping.
Entries were submitted by the home owners or other interested parties. Judging is done by an anonymous committee.
Winning homeowners will show pictures and tell the story of their projects -- a good time for inspiration and ideas.
Remember, Wednesday, February 23, 7 p.m. at the Crippen House, 5624 N. Newark. For information call (773) 631-4633.

Retirees to honor students with scholarships

Continued from Page 1
The Niles Township High Schools Retirees' Association is seeking to honor two graduating seniors (one at Niles North High School and one at Niles West High School) who intend to become teachers with \$1,500 scholarships.
This program was created through contributions from former teachers from former District 219 teachers, administrators and staff. By establishing this honor, the retirees hope to provide a means to express their gratitude for the opportunities they had to work with past students.
District 219 seniors who are interested in applying for the scholarship must provide a letter of recommendation, transcript, student statement in essay form, and some indication of their volunteer work and extracurricular activities. Additional information and applications are available in each school's guidance office. The deadline to apply is March 31, 2000.

Zoning . . .

Continued from Page 1
Troiani told Parekh that he does not want the shop "to be a gathering place for young people," and granted his approval based upon that restriction.
Parekh, who plans to serve frozen yogurt and sandwiches from 10 a.m. to 10 p.m. daily, agreed to abide by the secretary's warning.
Finally, board members agreed to grant a final permit extension to the owners of Niles Truck Rental. The family-owned business located at 8853 Milwaukee Avenue risked losing its special use permit by failing to meet certain village criteria. Specifically, the rental company had more than its allotted 10 trucks on the premises, these trucks were seen parked in view of Milwaukee Avenue, and the owners failed to construct a required fence to shield the vehicles from view.
Dennis Neuhauer of Niles Truck Rental said that he had in fact complied with the board's recommendations, but that he simply misunderstood exactly where the board wanted the fence to be located. As for the excess trucks, Neuhauer told the board that his business had increased more quickly than anticipated, and that he simply had not had a change to request permission to expand.

Taste . . .

Continued from Page 1
that a majority of funds are raised and donated to charities.
Since 1998 the Morton Grove Foundation has distributed more than \$75,000 to local not-for-profit organizations. The Foundation is all volunteer, and typically 90% or more of funds generated are passed on to beneficiaries. Complete details and tickets for the event are available by calling the First National Bank of Morton Grove at 847/965-4400 Ext. 245.
A raffle with all cash prizes and a top prize of \$3,000 will be conducted. The drawing for the prizes will take place at the end of the "Taste 2000-Mardi Gras" event. A maximum of 600 tickets will be sold at \$25 each and are available by calling Terry Liston at 847/965-8123.
Continued from Page 1
by a different judge after citing an error by the original judge in the case.
A U.S. appeals court judge ordered Kritlich to be resentenced

Lawrencewood . . .

Continued from Page 1
tious project, had his sentence extended to 7 years and 3 months.
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Home Style

Roomy kitchens, big closets help sell Lincoln Ridge

Kitchens designed to function as much as social centers as work centers and spacious master bedrooms with generous closet space are producing raves and buyers for carriage homes at Lincoln Ridge in Skokie.

"We have been very successful in marketing our carriage homes to empty nesters, and one of the reasons is that our master suites are really large -- about 13 by 19 feet -- a luxury that few of them enjoyed while they were rearing their families," notes Cynthia Lee, sales director. "The suites also include roomy walk-in closets with an extra wardrobe closet."

"In addition," she continued, "kitchens that encourage shmoozing with guests while you are simmering and sauteing or cleaning up after a dinner party or Sunday brunch on a virtual man-dia."

The carriage homes at Lincoln Ridge, Robin Construction Corp.'s master planned community that also includes condominium homes in two mid-rise buildings, come in two designs. One is a three-bedroom plan with 2,072 square feet of living area and the other is a two-bedroom design with 1,647 square feet. Both have two bathrooms.

"Because of the diversity of people attracted to the condomini-

um lifestyle, our condos range in size from one to three bedrooms with one or two baths. We've been told that our larger units, which also feature large master suites, are often bigger than the single-family homes from which our buyers are moving," said Lee.

She notes that empty nesters are not necessarily downsizing when they make the change to a condominium home. "The higher priority is that the space is a better match to a lifestyle without children and -- most importantly -- that they no longer have to worry about maintenance chores."

While most buyers are couples without children or singles -- including widows and divorcees -- two- and three-bedroom residences are still in demand.

"Many owners are using an extra bedroom as a home office. Some furnish them so they can double as a guest bedroom," Lee said. "Some grandparents transform their extra bedrooms into nurseries/playrooms. Another option growing in popularity is setting up a spare bedroom as an entertainment center and while keeping the living/dining room as a more formal gathering space."

Lincoln Ridge is situated on a nine-acre site approximately two blocks north of Touhy Avenue and just east of the intersection of

Skokie Boulevard and Lincoln Avenue. The 340 million complex will have a total of 188 residences, including 60 one-, two- and three-bedroom residences in each of two six-story masonry condominium buildings and 68 carriage homes. The carriage homes are being built in clusters of 17 buildings, designed in the style of single-family homes, each of which has four two- and three-bedroom, single-level residences.

Prices run from approximately \$139,500 to \$274,500 for Phase II condominiums and from \$259,900 to \$319,900 for carriage homes. Prices and availability are subject to change without notice.

The new lineup of condominium homes now being offered in the final condominium building have from approximately 979 square feet in the one-bedroom, one-bath units to approximately 1,796 square feet for the larger three-bedroom, two-bath designs. One-bedroom plus den, 1-1/2 baths plans have 1,222 square feet with a balcony while two-bedroom homes have one, 1-1/2 or two baths and range from approximately 1,169 to 1,456 square feet.

Carriage Homes feature four units in each building; two on the

first floor and two on the second floor. They have similar interior appointments, notably spacious kitchens with large breakfast areas opening to a deck or patio through glass sliding doors that flood the area with natural daylight.

Two-bedroom, two-bath carriage homes have approximately 1,647 square feet, including the patio, while the three-bedroom, two-bath plans with family

rooms have 2,072 square feet, including a deck.

The Lincoln Ridge sales center at 7400 N. Lincoln Ave. and display models of both condominium residences and carriage homes are open from 10 a.m. to 5 p.m. Monday through Saturday and from noon to 5 p.m. on Sunday.

For additional information, telephone (847) 329-0303.

MortgageBid.com

Founded by brothers Ross Toppings in 1998, MortgageBid.com, Inc. launched its online mortgage service (<http://www.mortgagebid.com>) in September 1999.

MortgageBid.com revolutionized the mortgage industry by creating the world's first and only online mortgage exchange to offer consumers the benefit of a real-time bidding environment.

With MortgageBid.com, consumers can actually watch hungry lenders bid against each other live online. As with other financial exchanges, heightened competition for consumers' loans creates opportunities for customers to secure mortgages at market-clearing prices.

As a result of its statewide launches in Florida, Missouri and Texas, MortgageBid.com has originated more than 230 million new loans for over 530 customers in its first four months of operation. The interest rates for MortgageBid.com customers have been as much as .375 percent lower than the national average for all loan types.

MortgageBid.com plans to be serving more than 75 percent of the nationwide mortgage market by spring 2000, offering the service in the District of Columbia and more than 20 states across the country.

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Home Style

Chicago's housing market mirrors nation with a twist

As interest rates rose during 1999's second half, the Chicago-area home-buying market, like the rest of the nation, experienced marked declines in single- and first-time home buyers. As a whole, though, the market remained strong throughout the year as two-income families, repeat buyers and new home sales dominated in Chicago and nationwide. These are among the findings of Chicago's Title's 24th annual survey, "Who's Buying Homes in America."

Since 1976, Chicago Title has conducted the survey, "Who's Buying Homes in America," to identify and track the home-buying behaviors of consumers in major U.S. metropolitan markets. Chicago is the only market surveyed on a county-by-county basis, covering Cook, DeKalb, DuPage, Kane, Lake, McHenry and Will counties.

Like the rest of the country, Chicago metro saw a dip in the number of single, never-married home buyers, as their market share in the Chicago area dropped to 17.0 percent from 19.2 percent in 1998. Single, never-married buyers accounted for 17.7 percent of the 1999 national market, down from 18.2 percent the previous year. Also, market share among first-time buyers declined

both nationally (to 44.7 percent from 46.2 percent the year before) and in Chicago metro (to 45.4 percent from 47.7 percent in 1998), revealing repeat buyers as the year's leading home purchasers. Additional similarities between Chicago metro and the national market include:

- Median income (\$72,000 for Chicago metro vs. \$73,500 for the survey as a whole);
- Median home price (\$175,400 for both Chicago metro and national);
- Market share among two-income families (81.2 percent in Chicago metro compared with 80.5 percent across all markets surveyed);
- An increase in married, first-time buyers (up 7.8 percent in Chicago metro since 1997 and 7.5 percent for the country as a whole); and
- An increase in market share among new homes sold (up 16.4 percent in Chicago in 1999 and 7.1 percent nationally).

Overall, the Chicago metro area saw small increases in home prices, with some counties experiencing less than 1 percent increase in median home price. The median home price in Chicago metro increased 3.4 percent to \$175,400 whereas average home

prices saw a slightly larger increase (3.7 percent) to \$202,200 due to an increased level of new home purchases, which tend to be more expensive than resale homes.

New homes accounted for 23.4 percent of the Chicago metro market in 1999 compared with 20.1 percent the previous year. Contributing to this trend were Chicago-area first-time buyers and two-income families.

Though their overall market share declined in the metro area, those first-time buyers who did buy homes in 1999 shifted their preferences toward new construction, with many choosing single-family homes, which accounted for 74.1 percent of all homes sold to Chicago-area first-time buyers (up from 72.3 percent in 1998). Married, first-time buyers were partly responsible for this shift, as their market share increased to 65.0 percent from 64.1 percent in 1998. Nationally, this group also increased, edging up to 61.6 percent market share vs. 58.8 percent in 1998.

Matching income and home price increases, average monthly payments among Chicago-area home buyers rose just 3.3 percent in 1999, further enabling the move to new construction. Aver-

age monthly payment as a percent of after-tax income increased just 0.6 percent.

Lake County experienced the largest increase in two-income families (up 19.8 percent from 1998). Though Lake County continues to claim the highest household income (at \$76,900), it was also the only county to experience a decline in that category (-1.7 percent) compared with DeKalb County's double-digit increase of 12.4 percent, the largest among all counties surveyed.

The Chicago metro area remained a mecca for condo lovers as condominiums accounted for 19.0 percent of all homes purchased in 1999, compared with the national average of 13.5 percent. Cook County experienced a slight increase in condominium market share, which rose to 29.1 percent from 28.9 percent in 1998, mostly attributable to the ring of condominiums recently constructed just outside the Loop.

Chicago Title Insurance Co. is a subsidiary of Chicago Title and Trust Co., a wholly owned subsidiary of Chicago Title Corporation (NYSE:CTZ). Chicago Title, through its subsidiaries, provides title insurance, escrow and closing services, as well as property valuation, credit information, flood

compliance and property inspection products through a network of more than 340 offices and approximately 4,400 agents nationwide. Chicago Title Insurance Co. and Security Union Title Insurance Co. - issue approximately one in every five title insurance policies in the United States. Other real estate-related services subsidiaries include Chicago Title Flood Services Inc.; Chicago Title Credit Services Inc.; Chicago Title Market Intelligence Inc.; Chicago Title Field Services Inc.; and Consolidated Reconveyance, a division of Chicago Title Insurance Co.



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Home Style

Water pressure low? Get things flowing with magnets

by Rosemary Tiro
If the water flow at your house is sluggish, if you have to wait a half hour or more to fill your tub, if the water in your kitchen sink is slow and listless instead of lively and sparkling, you may be able to give your whole water system new life by calling BASE Associates.

For years, Jim Evenson, founder and president of BASE Associates, has been in the waste water treatment business for cleaning up the environment near factories and industrial sites. While he continues his original business, he has, for the last two years, added a concept in water treatment for the rejuvenation of residential water systems.

Quite by accident, Evenson stumbled on the process that has increased water flow and decreased water tanks, humidifiers, washing machines, even shower heads—in short, everything in your home through which water flows will be cleaned and improved by applying Evenson's water treatment method.

A few years ago when Evenson's daughter and her husband bought a 1940s home in Park Ridge, they experienced severely low water pressure and appealed to Evenson for help.

Evenson set to work intending to replace some horizontal water pipes. He was dismayed to find that his daughter's pipes were embedded in the concrete floors, which were used during World War II when resources and building materials were scarce.

That obstacle led Evenson to discover the method that led to the new addition to his business: Magnets. Evenson fastened giant magnets to his daughter's pipes in November, and "all of a sudden, she had water," he said.

After a little investigation, Evenson found some "rare earth" magnets with 110 pounds of pulling power. He went to his neighbors in the Edgebrook neighborhood of Chicago and learned that many of them also were experiencing low water pressure problems.

Using his neighbors as his guinea pigs, Evenson fastened magnets to their water pipes, starting at the large pipe where water entered each home, and soon every one of them was enjoying greatly increased water flow.

By removing the calcium and mineral build-up, water can flow freely. Another benefit of releasing and decalcifying the water is that every appliance that uses water will be cleaned out and its performance improved. "It even de-

calcifies the insides of toilets," Evenson said.

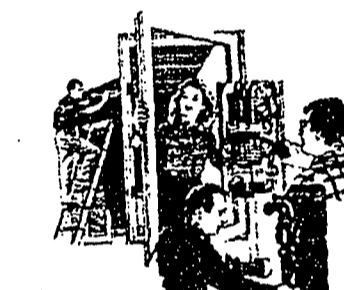
One customer who had forgotten that she even had a shower massager got a big surprise when, after Evenson treated her pipes, the powerful spray started working again.

Evenson offers a money-back guarantee. He concedes that sometimes the calcium accumulation is so bad even the powerful magnets can't help and a plumber's intervention will be needed. Sometimes, too, a poor plumbing connection may be the culprit that is cutting down on water flow.

However, Evenson said, to date he has had only very satisfied customers.

The improvement in water flow should last as long as the calcium and mineral build-up has been gathering, Evenson said. If your home is 25 years old, your decalcified water system should be good for at least that long again.

An unexpected benefit of Evenson's system is the increased efficiency the decalcification promotes in all your other water-using appliances and equipment. Dishwashers, hot water tanks, and all the valves that connect them will be cleaned and will work more efficiently after Evenson's two-week treatment. "It cleans out wherever you run wa-



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March 9: **How to Start a Successful Business:** A full-day workshop to introduce you to the fundamentals of operating a successful business. Basics of Management, Financial Basics, Marketing/Advertising and Legal Structures will be discussed. Your participation is encouraged. *Jump Start Your Business?*

March 14: **Marketing/Selling:** Two musts to be successful. How to find your best prospects and turn them into your best customers.

March 21: **Talking to a Banker:** Every bank loan officer reads the cash flow statement when making a decision

about your loan. This workshop offers you the opportunity to anticipate questions.

March 28: **Taxes, Licenses and Record Keeping:** Record Keeping is the least glamorous part of owning a business, but a task that can tell you a great deal about your business' health. Learn how to keep good records and pay attention to the num-

bers. Also know what taxes need to be paid and when to pay them.

Registration starts at 8:30 a.m. All workshops begin at 9 a.m. The registration fee for half-day workshops is \$20. Full-day workshops \$40. Half-day workshops conclude at 12 noon. The full-day workshop concludes at 3:30 p.m.

Alexander McGill

Naval Seaman Recruit Alexander McGill, son of Angelina McGill of Des Plaines, recently completed U.S. Navy basic training at Recruit Training Com-

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. D061624 on the JAN. 19, 2000. Under the Assumed Name of FIRST PREMIER INSURANCE & FINANCIAL SERVICES WITH THE BUSINESS LOCATED AT 9236 N. NASHVILLE, MORTON GROVE, ILLINOIS 60053. The true name(s) and residence address of owner(s) is: KENNETH YOSHIDA, 9236 N. NASHVILLE, MORTON GROVE, ILLINOIS 60053.

Nothing herein is intended to exclude any responsible firm or in any way restrain or restrict competition. All responsible and eligible firms are encouraged to submit proposals. The Village reserves the right to accept or reject any or all proposals, to waive informalities or technicalities in any proposal and to accept the proposal which it deems to be in the best interests of the Village.

LEGAL NOTICE

The Plan Commission and Zoning Board of Appeals will hold a public hearing on Monday, March 13, 2000, at 7:30 P.M. at the Niles Municipal Building, 1000 Civic Center Drive, Niles, Illinois, to hear the following matter(s):

- 00-ZP-6 Henry & Danuta Kowalski
6932 Howard Street
Niles, IL
Requesting a rear yard variation from 40 feet to 38 feet (5%) for construction of an addition at 6932 Howard Street.
- 00-ZP-9 John R. Thomas
Newport Builders
6767 Milwaukee Avenue
Niles, IL
Requesting a change in zoning from B-2 to B-2 Special Use PUD for construction of 216 residential condominium units and 150 assisted living dwelling units, with up to 10,000 square feet of commercial space to be located in the assisted living building, at 6759-6777 Milwaukee Avenue.
- 00-ZP-12 Ralph J. Velasco
1086 Northwest Hwy.
Park Ridge, IL.
Requesting a change in zoning from B-2 Special Use to B-2 Special Use, a variation to required parking from 80 parking spaces to 67 parking spaces (20%), and increasing the number of seats to 146 at 7305 Waukegan Road.

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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
PROFESSIONAL OPPORTUNITIES				
<p>KINDERCARE LEARNING CENTER •Daycare Teachers •Assistant Teachers Part-Time/Full-Time - Excellent Benefits Experience Requested For Northern & Northwest Suburbs Call Laura At: (847) 622-5327 For Further Information</p>				
RETAIL SALES				
<p>WAL-MART® FOR NEW NILES WE ARE LOOKING FOR APPLICANTS FOR NEW NILES LOCATION SEEKING FULL-TIME OR PART-TIME DAY OR EVENING EMPLOYMENT! LOCATION JOBS AND TRAINING AVAILABLE IN THE FOLLOWING AREAS:</p>				
<p>FRONT END SERVICE • CASHIER • CUSTOMER SERVICE • LAY-AWAY • CUSTOMER SERVICE MANAGERS</p>		<p>SALES ASSOCIATES & DEPARTMENT MANAGERS • MENS WEAR • BOYS WEAR • GIRLS WEAR • LADIES WEAR • INFANTS WEAR • FABRICS • DOMESTICS • SHOES • JEWELRY • TOYS • SPORTING GOODS • AUTOMOTIVE • COSMETICS • GARDEN CENTER • STATIONERY • FOODS • HARDWARE/PAPENTS • HOUSEWARES • ELECTRONICS • PHARMACY • LOSS PREVENTION • FITTING ROOM ASSOCIATE</p>		
<p>MAINTENANCE • JANITOR (DAY OR NIGHT) • STOCKERS (DAY OR NIGHT) • RECEIVING • OFFICE • INVOICE ASSOCIATES • CASH ASSOCIATES • UPC ASSOCIATES • CLAIMS ASSOCIATES • PERSONNEL MANAGER</p>		<p>TIRE & LUBE EXPRESS • MANAGER TRAINEES • SERVICE MANAGER • TIRE/LUBE TECHNICIANS • ALIGNMENT TECHNICIANS • INVOICE ASSOCIATE • SALES ASSOCIATE</p>		
<p>ALL ASSOCIATES RECEIVE THE FOLLOWING EXCELLENT BENEFITS</p>				
<p>• EXCELLENT WORKING CONDITIONS • ADVANCEMENT OPPORTUNITIES • GOOD WAGES • FLEXIBLE SCHEDULING • WHEN POSSIBLE • 401K PLAN</p>		<p>• HOLIDAY PAY • STOCK PURCHASE PLAN • UPS DISCOUNT ON PURCHASES • PROFIT SHARING • REQUIRES 20 HOURS PER WEEK AVERAGE</p>		
<p>WE ALSO OFFER THE FOLLOWING ADDITIONAL BENEFITS FOR ALL FULL-TIME ASSOCIATES</p>				
<p>• GROUP HEALTH PLAN • GROUP LIFE INSURANCE • SHORT TERM DISABILITY INSURANCE • LONG TERM DISABILITY INSURANCE</p>		<p>• PAID VACATIONS • SICK LEAVE • DENTAL INSURANCE</p>		
<p>IF YOU ARE LOOKING FOR AN EXCITING AND REWARDING CAREER OPPORTUNITY - AND YOU HAVE AN INTEREST IN ANY OF THE AREAS LISTED ABOVE - WE WANT TO TALK TO YOU!</p>				
<p>APPLICATIONS WILL BE TAKEN BY WAL-MART MANAGEMENT "PLEASE ADVISE US IF ASSISTANCE IN THE APPLICATION OR HIRING PROCESS IS NEEDED TO ACCOMMODATE A DISABILITY."</p>				
<p>EQUAL OPPORTUNITY EMPLOYER-EMPLOYER PAID AD</p>				
<p>HIRING SITE: 6300 W. Touhy, (Leaning Tower YMCA) Saturday 2/19 11 a.m.-5 p.m. • Tuesday 2/22 9 a.m.-6 p.m. • Saturday 2/26 11 a.m.-5 p.m.</p>				
<p>The Bugle Newspapers "The Newspapers That Deliver" Serving The North and Northwest Suburbs</p>				

RECREATION
 Luxury retirement community seeking **ACTIVITY MANAGER**
 To plan & implement social, recreational & educational activities for residents. Previous experience preferred, good communication/interpersonal skills & enthusiasm a must. Outstanding pay, benefits, work environment & growth opportunity with leading senior housing organization. Send Resume With Salary History to:
 Box #1215
 7400 Waukegan Road
 Niles, IL 60714

RESTAURANTS/FOOD SERVICE
Cook
 Sunrise Assisted Living is seeking a Cook to support the Dining Services Coordinator at our Park Ridge community. Sanitation licensed required. Must be able to communicate with residents, read & follow directions, & prepare inviting meals for our seniors. Sunrise offers a friendly, homelike atmosphere with competitive pay and benefits including health, dental, & 401(k). Please send/fax resume or apply in person -
Sunrise of Park Ridge,
 1725 Bellwood Rd.,
 Park Ridge, IL 60068
 Fax: 847-824-9864
 EOE M/F/D/V

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

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 1725 Bellwood Rd.,
 Park Ridge, IL 60068
 Fax: 847-824-9864
 EOE M/F/D/V

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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
RETAIL/GROCERY				
<p>EXCELLENT OPPORTUNITIES! FULL AND PART-TIME Cashiers • Carry Out • Deli • Produce • Meat • Seafood We offer a generous benefits package for employees, including paid vacation and holidays, medical, dental and life insurance plan, 401K and employer sponsored pension plan.</p>				
<p>HIGHLAND PARK Mike Salovich 847-432-5500</p>		<p>LAKE FOREST Bill Torpey, Jr. 847-234-8380</p>		
<p>NORTHBROOK Bruce Genszler 847-272-7700</p>		<p>LIBERTYVILLE Alisa Paris 847-573-9570</p>		
SALES				
<p>Men/Women Seniors Welcome Are You Tired Of Making 20K A Year? How Would You Like To Double Your Salary This Year? Are You A Closer? Do You Like Helping People? Are You Hardworking, Honest And A Team Player? We Offer \$1050 Fast Start Training Bonus, Medical, Dental, 401K, Stock Ownership, High Commission And Above All, A Career, Don't Delay! Call Now! Elmwood Cemetery Call Bob: (708) 453-0273</p>		<p>START YOUR OWN BUSINESS! Set your own schedule. Control your own income. Sell from home, at work, through fundraisers. Be an Avere Researchnote. Call (888) 561-2866</p>		
<p>PEPPER'S BEDROOM CITY Golf Mill "Join Our Team" Chicagoland's largest Mattress And Bedroom Furniture Company Is Looking For Good People We Offer: Paid Training Flexible Schedules The Opportunity For A Great Income You Need: Positive Attitude Good Communication Skills A Willingness To Learn Call Carole For An Appointment At: 708-343-1177-204</p>		<p>Auto/Car Sales Jennings Chevrolet/VW, 41 Years In Glenview, Insurance/Hospital, 401K Car Allowance, \$70K Average Income. High Quality Organization. Drug Test Required. Call Ray: 847-832-2673</p>		
TEACHERS				
<p>ESL AND LITERACY INSTRUCTORS OCC/Alliance for Lifelong Learning has openings in the Des Plaines/Park Ridge area for instructors with experience in teaching adults ESL and Literacy. Positions are in the evening and area part-time only. A master's degree in either of these areas and 3 years adult teaching experience are preferred. If you are innovative, enthusiastic and enjoy teaching adults, Call (847) 635-1426 to arrange an interview. EOE M/F</p>				
TELEMARKETING				
<p>TELEMARKETING To Sell Advertising For Niles Newspaper 4 Days A Week/9 AM - 5 PM Must Have Experience Salary Plus Commission Call Beverly: (847) 588-1900</p>				
<p>THE BUGLE CALL (847) 588-1900</p>				
TRADES				
<p>MAINTENANCE MECHANIC 2ND SHIFT Located in Skokie, Illinois. We seek a responsible and multi-talented facilities person. The ideal candidate will possess an overall knowledge of building systems including HVAC, light electrical, plumbing, carpentry and custodial requirements. Prior experience is essential as well as the ability to perform multiple tasks without supervision. Dependability, honesty, and the ability to work within a first class facilities environment will qualify you for this important position. In return, we offer a very competitive wage and comprehensive benefits package including reimbursed tuition for continuing education. In addition, your work will take place in a super clean environment that you will help maintain 70-72 degrees all year. For Consideration, Please Call: 847-679-0900, Ext. 266 Or Fax Your Resume Or Letter Of Interest To: 847-679-1124 Attention: Plant Engineering Department EOE M/F/D/V</p>				
COOK				
<p>Needed Full-Time / Part-Time For Kindercare Learning Centers \$\$ SIGN ON BONUS \$\$ Location In Northwest Suburbs Please Call Laura At: (847) 622-5327</p>				
<p>CHAUFFEURS Guaranteed Hourly Pay All Expenses Paid No Experience Necessary Seeking quality customer service oriented Drivers. Paid 10-day training. Excellent benefits for full time and part time. EOE 847-451-3400 Ext. 4 Or Visit Our Website At: www.BostonCoach.com Ask About Our Bonuses BOSTON COACH A FORTUNE INTERNATIONAL COMPANY</p>		<p>Lincolnwood Place A luxury retirement community, is seeking experienced • HOUSEKEEPERS • HOUSEPERSONS (Previous floor care experience preferred) AM, PM & Weekend Shifts Available Up To \$6.50/Hour + Benefits Call Tim At: (847) 673-7166 EOE</p>		
<p>MAINTENANCE Experienced Person For Mobile Handyman Service. Different, Interesting Work Every Day. Truck & Tools Supplied. Permanent Position-Good Salary/Medical-Vacation & Paid Holidays. (847) 824-1261</p>		<p>Temporary Positions • LINE SERVER • FRY COOK At Maine West High (847) 803-5924</p>		
<p>NOTICE The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.</p>				

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	MISCELLANEOUS	MISCELLANEOUS
<p>TRADES</p> <p>FAMILY FITNESS CENTER Lifeguards Needed</p> <p>The Village of Niles Family Fitness Center is accepting applications for part time Certified American Red Cross Lifeguards. Experience preferred but not necessary.</p> <p>Applications available at: Fitness Center, Village of Niles 987 Civic Center Drive, Niles, IL 60714 For more information, call Jay Kelly at: 847-588-8405 EOE, M/F</p>	<p>TRADES</p> <p>Luxury retirement community seeking HOUSEKEEPING MANAGER</p> <p>Previous housekeeping management experience required, hotel/long term care experience preferred. Outstanding compensation/benefits package with "stress free" work environment & growth opportunity with leading senior housing company. Send Resume With Salary History To: P.O. Box #1215 7400 N. Waukegan Road Niles, IL 60714</p>	<p>TRADES</p> <p>BABIES R US Is Now Hiring For All Positions Full-Time/Part-Time Weekly Pay Clean, Fun, Working Environment (847) 647-8018 Or Apply In Person 5660 Touhy Ave.-Niles</p>	<p>MISCELLANEOUS</p> <p>FOR SALE</p> <p>Homeowners Wanted!! Kayak Pools is looking for Demo Homesites to display our "New Maintenance-Free" Kayak Pool. Save thousands of \$\$\$ with this UNIQUE OPPORTUNITY. CALL NOW!!! 1-800-21-KAYAK</p>	<p>MISCELLANEOUS</p> <p>PERSONALS</p> <p>St. Jude's Novena May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. Or the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude.</p>
<p>DRIVERS</p> <p>Drivers needed at Glenview Terrace to drive 15-passenger van within Northwest Suburban and Chicago North Side areas. Valid Illinois drivers license and good driving record necessary. Flexible hours. To apply, fill out application at: Glenview Terrace Nursing Center 1511 N. Greenwood, Glenview, Illinois 60025 Equal Opportunity Employer</p>	<p>SELL VACATIONS Las Vegas & Cruises If You Qualify, We Will Train Full Or Part Time Flexible Hours-Hourly Pay Hours & Devotion Alone (773) 763-1665</p>	<p>SCHOOL BUS DRIVERS CDL License & Bus Permit Required For Small Vans. BUS ATTENDANT CALL 773-784-3310</p>	<p>APARTMENT</p> <p>FOR RENT</p> <p>Niles - 2 Bedroom - 2nd Floor Parking, Laundry - No Pets. \$750.00 Plus Utilities. Call 847-698-1297</p>	<p>POWERFUL PRAYER TO THE HOLY SPIRIT You who solve all problems, who light all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all and against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material obstacles. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank You.</p>
<p>NEW 2K PAY! 4 Months Experience - 30¢/Mile Top Pay 40¢/Mile DEDICATED Home Weekly STUDENTS MSC Professional Driver Academy Interest Free Loan Lease Program - New/Used Owner Operators Wanted M.S. CARRIERS 1-800-231-5209 EOE</p>	<p>REAL ESTATE</p> <p>CITATION LIMOUSINES Now Hiring Full-Time / Part-Time *DRIVERS High Bookings No Airport Staging Brand New Fleet Call Matt At: (630) 773-3500</p>	<p>TOP LINE PLASTIC INJECTION MOLDING PROJECT ENGINEER - BS + 4 Months Exp. QUALITY ENGINEER - BS + 6 Months Exp. CMM TECH - Day MAINTENANCE TECH - \$18.50 per hour MOUD TECH - \$16.50 per hour ROM 847-662-8900 FAX 847-662-8998</p>	<p>HOME FOR SALE</p> <p>PARK RIDGE 747 N. Northwest Highway 2-Flat With Inlaw Apartment 2-Bedroom - 2 Full Baths Dining Room - Laundry Room 2 1/2 Car Garage/Carport Separate Heat - \$374,900 (847) 518-8488 By Appointment Only</p>	<p>POWERFUL PRAYER TO THE HOLY SPIRIT You who solve all problems, who light all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all and against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material obstacles. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank You. E.D.</p>
<p>DISPATCHER 28-32K TO START LPC has immediate opening for a dispatcher in Waukegan. Experience as a driver or in another part of transportation a plus, but not required. Day hours Monday-Friday, full company benefits which include medical, dental, 401K, vacation, flex time, etc. 630-472-0225 eoe m/f</p>	<p>MAINTENANCE PERSON Needed for retail shopping center, full time, experience in related field necessary. Call Jacob At: 847-926-9999 Or Fax Resume To 847-926-9996</p>	<p>AUTOS FOR SALE</p> <p>1994 Dodge Caravan Automatic, AM/FM Best Offer Bank of Lincolnwood 847-676-6044</p>	<p>WANTED TO BUY</p> <p>WANTED WURLITZERS JUKE BOXES ALSO Slot Machines 1-630-988-2742 Fax: 1-630-988-9191</p>	<p>TANNING</p> <p>WOLFF TANNING BEDS TAN AT HOME Buy Direct and SAVE! Commercial/Phone units from \$199.00 Low Monthly Payments FREE Color Catalog Call TODAY! 1-800-711-0158</p>

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**The Workmanship
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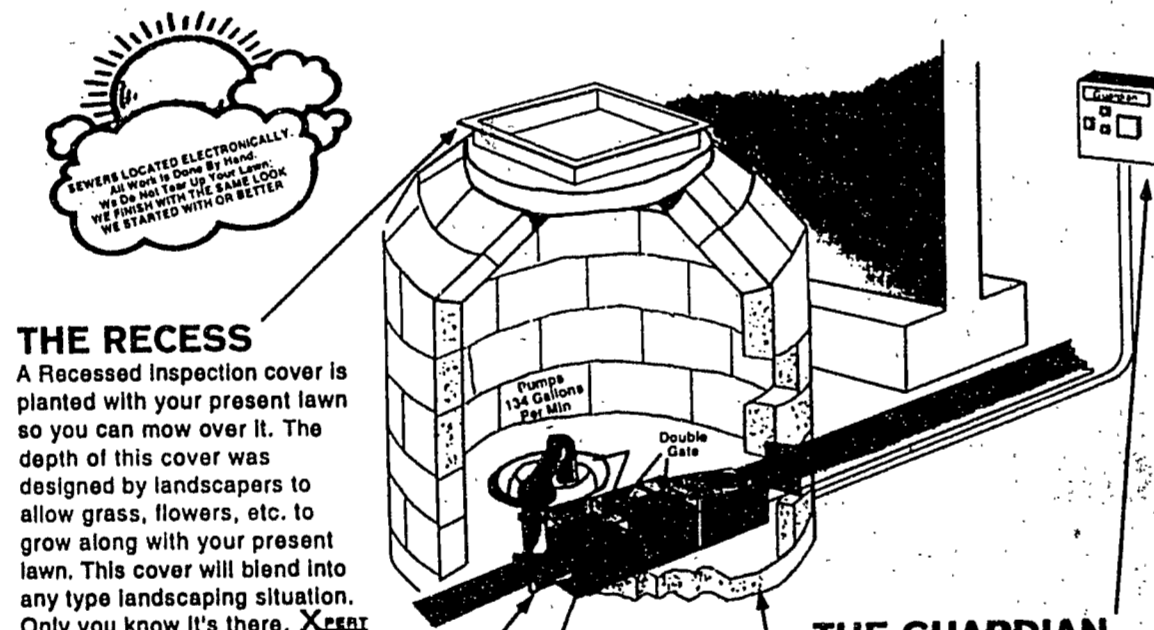
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Reliable
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SEWERS LOCATED ELECTRONICALLY.
All Work is Done By Hand.
We Do Not Tear Up Your Lawn.
WE FINISH WITH THE SAME LOOK
WE STARTED WITH OR BETTER

THE SYSTEM

AN INTRODUCTION AND GRAPHIC EXPLANATION
OF THE INTERNAL FUNCTIONS OF AN
XPERT Flood Control System



THE RECESS

A Recessed inspection cover is planted with your present lawn so you can mow over it. The depth of this cover was designed by landscapers to allow grass, flowers, etc. to grow along with your present lawn. This cover will blend into any type landscaping situation. Only you know it's there. Xpert also has a metal and concrete cover available for parkway & driveway installations.

THE GUARDIAN

Xpert Guardian keeps you aware of your pump's status all times from inside the home. Indication light means all is in working condition.

THE EJECTOR

The Preventer Plus™ It's the Pride of Xpert and what we at Xpert consider to be the finest most dependable valve on the market. Other valves on the market today have to be turned off manually, started electrically or allow sewage to accumulate around the gate area preventing their gates from closing. The preventer remains open until flooding conditions occur then closes automatically allowing you to use the most advanced options on any valve in today's market.

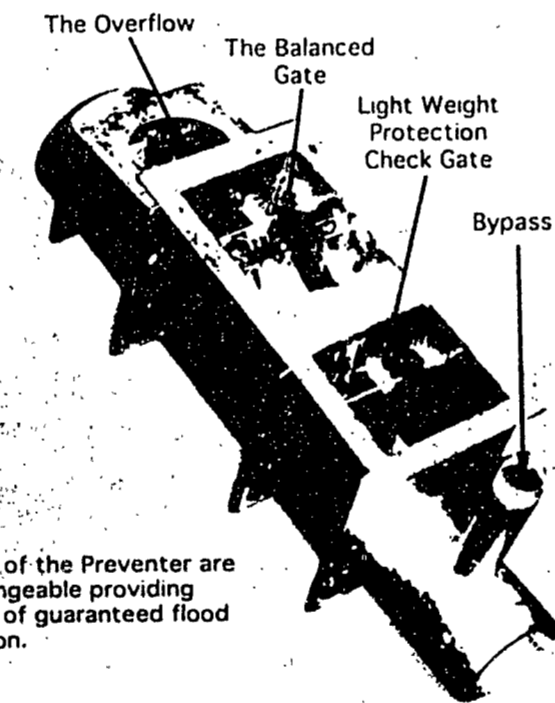
The 1/2 Ejector driven pump takes internal water and sewage from the overflow compartment and within seconds ejects it at rate of 134 gallons per minute through the bypass. So that during flooding conditions you can use all the internal water you wish without fear of backup.

THE BASIN

Xpert Flood control installs a finished Block Vault to house the Preventer, its 1/2 HP Ejector pump and its plumbing. The basin is installed with steps to provide easy access to the Preventer and its internal interchangeable parts, electric & plumbing which will provide lifelong use of the Xpert flood control system with proper service & maintenance.

The Preventer Plus™

"It's Rough Its Tough Its Ready"



All parts of the Preventer are interchangeable providing decades of guaranteed flood protection.

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Storm And Sanitary Sewers installed & repaired in compliance with all village codes
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We service & guarantee our work on all type of flood control
All Sewers located electronically by camera or through dye testing methods
XPERT Sewer Service, Inc