

Police News

Niles

DUI

While on a routine patrol in the 6700 block of Milwaukee, on Friday, police clocked a vehicle going 56 mph in a 35 mph zone. The officer followed the car to Devon and Milwaukee where the car straddled the turning and center lanes. The officer pulled the driver over and noticed that he fumbled to locate his license and registration. The officer also noticed a strong smell of officer on the driver's breath. The driver told the officer that he had just had "four or five beers" at a local bar. After failing a field sobriety test, the driver was given a breath test which he also failed. He was transferred to the Niles Police Department and held on a \$1,000 bond.

A man involved in a motor vehicle accident on the 7100 block of Touhy Friday evening, fled the scene driving east. Officers located the driver on Caldwell and pulled him over.

Upon approaching the vehicle, officers smelled alcohol coming from the driver. One officer recovered a "one-hitter" drug pipe from between the seats in the front of the car, and it was discovered that the driver's license was revoked for repeated DUI's. The driver initially refused a sobriety

test, but then consented after speaking with officers further. After failing the test, he was taken to the Niles Police Department and held on a \$3,000 bond.

An officer responded to a report of a man passed out in a truck in a drug/departments store's parking lot on the 9000 block of Greenwood.

The officer observed the driver sleeping behind the wheel with the truck in drive and his foot on the brake. Upon waking the man, his foot came off of the brakes and the truck traveled about 10 to 15 feet before stopping.

The officer reached in the car and turned off the engine. He noticed that the man's eyes were bloodshot and that he smelled of alcohol. When asked, the driver said he had "one, maybe two beers" that evening. The driver failed both a field sobriety test and a breath test. His vehicle was towed by a towing company and he was held by Niles Police on a \$3,000 bond.

Burglary to auto

A man was walking to his car parked in a shopping mall parking lot, when he saw a blond, white male, about 17-20 years old rummaging through the car owner's property in the front seat. The man confronted the offender who fled from the car, dropping the

man's property as he fled. The man gave chase, stopping to recover his possessions from the ground, and saw the offender run into the mall.

When he returned to his car, another man sitting in a maroon American-made vehicle with the hood up asked, "was he in your car?" The first replied, "He better hope I don't catch him." The second man said that he "didn't see him there," and then drove off.

The car owner told police that he could identify the offender who he described as thin, about 5'8", 150-170 lbs, with a medium complexion.

Theft by deception

Police are investigating a former employee of the YMCA on the 6300 block of Touhy after complaints by several would-be members who paid the employee cash for membership cards. The unnamed 20-year-old employee evidently told the individuals that they would receive receipts and their membership information in the mail.

The membership manager told police that she has received complaints from the individuals who told her that they have not received any verification of membership.

The employee began work at the YMCA in February of this year and left on June 1.

Morton Grove

Theft

A purse and a gym bag were removed over the lunch hour July 12 from a locker at a health club in the 6800 block of Dempster Street. The locker's combination lock was removed from the locker and the items taken. Various items, including sunglasses, a cell phone, identification and credit cards and key were inside the purse at the time of the theft.

A hedge trimmer and a leaf blower, valued together at about \$560, were removed from the front yard of a home in the 8900 block of Ottawa. The incident occurred July 3.

Vehicle Recovery

Morton Grove police were called to the Oriole Park pool about 4:10 a.m. July 8 on a report of a 1991 Honda Accord in the shallow end of the water. The vehicle's keys were in the ignition, the car's headlights and windshield wipers were on and police reported a strong odor of gasoline in the water. The vehicle was towed from the pool and the pool was emptied due to the fuel spill. The owner of the car had previously told Niles Police that he had last driven the car at 10 p.m. July 7 and did not know of the car's

disappearance until police called with the recovery.

Possession of heroin

A 20-year-old Morton Grove man and a 24-year-old Skokie man were both arrested July 12 and charged with possession of heroin. Police, responding to a report of two men in a car, found the men with the heroin and hypodermic needles. A court date was set for August 3.

Burglary

Approximately \$200 in Jordanian currency was taken in a burglary to a home in the 5800 block of Washington July 10. Police said that the doorway had been pried open and the home apparently searched in the break-in.

A woman shopping at a food store in the 6800 block of Dempster returned to find her car window smashed in July 6. Two pairs of sunglasses and a duffle bag with workout clothes were taken. The incident occurred between 7 and 8 p.m.

Battery

A man driving on Golf Road was assaulted by another driver July 8. Police said the man was driving eastbound on Golf near Milwaukee Avenue shortly after 7 p.m. when he changed lanes in front of another car due to a lane merger. Both cars then took turns tailgating and speeding with each other, a witness told police, until both cars were stopped for a red light at Sherman Road. At that time, a passenger in the front car got out of the car and began yelling at the driver who merged in front of their car. The situation escalated until the man began punching the driver several times in the face with his fist. When the driver then got out of his car, the man punched him in the head and face and threw him to the ground.

Skokie

Sometime between 7 p.m. and 7 a.m. June 23-24 an unknown person(s) entered a school located in the 7000 block of Laramie and broke four interior windows valued at \$2,500. The offender(s) gained entry by climbing on the roof and dropping down into the courtyard and then pushing open a 4 x 8' temporary plywood door. The offender also discharged a fire extinguisher and broke a rolling Rock beer bottle. At the time of the report it was not known if anything was missing.

Theft

On June 28 between 7:30-7:45 p.m., a wallet was reported stolen from inside the victim's purse while she was shopping at a store. The purse had been hanging on her stroller while the victim shopped. The wallet contained identification cards, credit cards, and US currency and was valued at \$85.

Glenview

Possession of cannabis

A 19-year-old Chicago man was arrested just after midnight July 11 and charged with possession of cannabis. Police said they stopped the man who was in Jackson Park after park hours and discovered a bag of marijuana on him.

Burglary

An 18-year-old Hoffman Estates man and his 24-year-old brother were arrested July 11 on charges of burglary. The men allegedly were involved in stealing their mother's car, as well as her jewelry and silverware that they reportedly pawned at a local coin shop. The burglary occurred in the 300 block of Washington Street. A court date was set for July 26.

A 6-foot ladder valued at \$80 was taken from a garage in the 1400 block of Hollywood. The incident occurred sometime between July 3 and July 10.

Theft

A dentist who had gone into his office to do some dental work on his mother came back to the parking lot to find his car missing July 11. Police said that the man had parked his car in the parking lot in the 1700 block of Glenview Road and entered his office. The man told police that he hid his keys on a back office work bench and that he left the front office door open. When he completed the dental work, he discovered that his keys were gone and that his car was missing from the parking lot.

A 2-1/2 carat diamond ring, valued at \$15,000, was taken sometime July 15 from a room at a hotel in the 1400 block of Milwaukee Avenue. Police said the woman who owned the ring was staying with her family at a room at the hotel. She and her family left for breakfast at 8 a.m., returned briefly to the room to find the maid cleaning the room, and then the family left for the day. The family returned at 5:30 p.m. to find that the ring was missing.

A computer, valued at \$225, was taken from an office in the 4200 block of Commercial Way. The incident occurred overnight July 6.

A 21-speed bicycle was taken from a bike rack at a country club in the 1300 block of Glenview Road July 6. The bicycle had been locked to the rack sometime around 8:30 a.m. When the owner returned about 10:30 a.m., the bicycle was missing. In a separate incident the same day, another 21-speed bicycle was taken from a different bicycle rack at the same country club. Police said that the owner locked his 21-speed mountain bicycle to a bicycle rack around 6 a.m. When he

returned around 12:45 p.m., his bicycle was missing.

Burglary

A CD player, 2 speakers and various pieces of jewelry were among the items taken in a burglary in the 3400 block of Winnetka Road during the afternoon of July 4. Police said the homeowner returned to her home to find her kitchen drawers and refrigerator open. Police found a broken window in the back door and a broken basement window which apparently had been used to enter the home.

Fifty compact discs, valued at \$850, were taken overnight July 3 from a car parked in a lot at a park in the 3600 block of Glenview Road. The driver, who had been involved in a traffic accident during the evening hours of July 3, was told by police that she could not drive since her driver's license was invalid. The woman then parked her car in the park lot. When the woman returned to her car the next evening, she discovered her windshield had been broken and the compact discs stolen.

Criminal damage to property

More than \$3,000 worth of damage was done to cars at a dealership in the 300 block of Waukegan Road, over the 4th of

July holiday. Police said that a manager noticed damage to several vehicles during a walk-through of the lot. Police said that emblems had been pried off, wheel covers removed and other forms of damage were done to 8 Audis and 2 Acuras on the lot.

Park Ridge

Burglary - non force

Sometime between June 26-30 an unknown offender(s) broke into an underground parking garage on the 100 block of South Summit. The suspect forced open the victim's storage locker by cutting off the lock. A green Performance mountain bike valued at \$700 was taken.

On June 23 between 12:15-1:55 p.m. a private residence on the 700 block of Wesley was burglarized. The unknown offender gained entry to the home by prying open a rear patio door. \$10,000 in jewelry and \$2,000 in Lladro statues was reported taken.

Burglary - non force

Between 12:30-5:45 a.m. on July 4 an unknown offender(s) entered an unlocked 1995 Saturn parked on a resident's driveway on the 300 block of West Edgemont Lane and removed the garage door opener. The offender then opened the garage and en-

tered the unlocked 2000 Buick, parked inside the garage. Spalding golf clubs valued at \$200 and a cellular telephone and owners manual valued at \$50 were taken along with the garage remote.

Theft of a vehicle

On the night of July 5-6 between 10:30 and 7:10 the next morning, an unknown offender took a 1986 white and tan Oldsmobile Cierra 4 door vehicle. The automobile was parked on the street in front of the victim's residence on the 200 block of West Belle Plaine Street.

Criminal damage to property

It has been reported that an unknown offender shattered a window on the North east corner of a school located in the 700 block of N. Wisner. The exact date of the act is unknown. The damage is estimated at \$150.

On 6/25-26 between 9-8:15 the next morning an unknown offender slashed the front and rear tires of a Ford Taurus parked on the victim's driveway on the 300 block of N. Redfield Court. Damage has been estimated at \$250.

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Police News

Church and Temple News

OBITUARIES

MICHAEL R. LARIMORE
Michael R. Larimore, 48, of Morton Grove, died June 24 in Kokomo, IN. Beloved brother of Thomas, Robert, Charles, David, Daniel, Barbara Flexner, Eleanor East, Patsy Tuttle, Marge Larimore, Rose Larimore and Linda Cleveenger. Services were held Friday, June 30. Arrangements handled by Simkins Funeral Home. Interment was in Ridge-wood Cemetery, Des Plaines.

American Diabetes Association, 30 N. Michigan Ave., Suite 2015, Chicago, IL 60602.
EDWARD ARTHUR LESIAK
Edward Arthur Lesiak, 80, of Niles, died Thursday, April 20 at Alden North. He was born March 1, 1920 in Chicago. Beloved husband of Dorothy Lesiak. Beloved father of Gary A. Lesiak. Arrangements handled by Skaja Terrace Funeral Home.

JOHN HYRCZYK
John Hyrczyk, 58, of Morton Grove, died Wednesday, June 7 at Rush North Shore, Skokie. He was born December 6, 1941 in Chicago. Beloved husband of Barbara (nee Szumal). Beloved father of Deborah (John) Lykouratzos and Kevin Hyrczyk. Grandfather of Samantha, Dean and Leah. Brother of Mary Ann (John) Malek and the late Lawrence (Nancy) Hyrczyk. Son-in-law of Cecelia and the late Walter Szumal. Also survived by many other family members. Services were held Tuesday, June 13 at St. Isaac Jogues Church, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in St. Adalbert Cemetery, Niles. Memorials to:

RONALD A. LUPORINI
Ronald A. Luporini, 64, of Niles, died Sunday, April 16 at Lutheran General Hospital, Park Ridge. He was born October 28, 1935 in Chicago. Beloved son of Anne Luporini. Nephew of Irene (the late Nick) Benedetto, Bella (the late Fabio) Luporini, Bruno (the late Dorothy) Dionori, and Chuck (Betty) Dionori. Brother-in-law of Richard (Carol) Devery, Jr. and Donna (Russell) Majher. Great-uncle of Adam Devery and Nicholas and Taylor Majher. Services were held April 19. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

FRIEDRICH SCHIED

Friedrich Schied, 74, of Morton Grove, died Sunday, June 18 at Lutheran General Hospital, Park Ridge. He was born September 3, 1925 in Romania. Beloved husband of Barbara (nee Schank). Beloved father of Fred M. (Carol Brooks) Schied and Barbara E. (Jim) Cunningham. Grandfather of Nicole, Erin and Emily. Brother of the late Heinrich (Rosina) and the late Elisabeth (Hans) Schmid. Dear brother-in-law of Andreas (Elisabeth) Nagelbach. Uncle of many nieces and nephews. Services were held Thursday, June 22. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Ridge-wood Cemetery, Des Plaines. Memorials to: American Heart Association, Dept. 77-3968, Chicago, IL 60678-3968 or to American Cancer Society, 820 Davis Street, Suite 206A, Evanston, IL 60201-4466.

HELEN L. SIERSZEN

Helen L. Sierszen, 89, of Niles, died Thursday, June 8 at the Abington of Glenview, Glenview. She was born February 25, 1911 in Evanston. Beloved mother of Rita Tabern. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

THADDEUS DUNAJ

Thaddeus Dunaj, 71, of Morton Grove, died Monday, June 19. He was born March 30, 1929 in Chicago. Beloved husband of Josephine (nee Bator). Beloved father of Gregory, Sr., Larry and Jacqueline. Grandfather of Gina, Gregory, Jr., Tiana and Skylar. Brother of Bernice (the late John) Azarkiewicz and Helen (the late Ted) Tybka. Loving uncle of many. Services were held Thursday, June 22 at St. John Brebeuf Church, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Acacia Park Cemetery, Chicago.

MARILYNE FLOYD

Marilyn E. Floyd, 72, of Grayslake (formerly of Morton Grove), died July 4. Beloved wife of the late Dale Floyd. Beloved mother of Steven (Barb), Michael (Robin), Kent (Mary Jo), Nancy (Steven) Katska, Terry (Taylor) Kelly, Timothy (Linda), and Richard (Carol). Grandmother of 22. Sister of Arline Etheridge. Services were held Friday, July 7 at the Morton Grove Community Church, 8944 Austin Avenue, Morton Grove. Arrangements handled by Simkins Funeral Home. Interment was in Ridge-wood Cemetery, Des Plaines. Memorials to: The American Cancer Society, 820 Davis St., Suite 206-A, Evanston, IL 60201. Past president of the Morton Grove P.T.A. and the Morton Grove Women's Club; founding member of the Morton Grove Community Church.

STEFAN SLOWIKOWSKI

Stefan Slowikowski, 64, of Niles, died Monday, June 5. He was born May 27, 1936 in Poland. Beloved husband of Helena Slowikowski. Beloved father of Ursula Slowikowski. Brother of Mieczyslaw Slowikowski. Uncle of Ewa Rojek. Brother-in-law of Stanislaw Gogolek and Grazyna Gogolek. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

ANN M. KIELIAN

Ann M. Kielian, 87, of Niles, died Sunday, June 4 at Lutheran General Hospital, Park Ridge. She was born July 29, 1912 in Chicago. Beloved aunt of Robert Novak. Services were held June 6. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

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Edison Park Lutheran Church Preschool

Registration is under way for classes at Edison Park Lutheran Church Preschool, 6626 N. Oliphant Avenue, Chicago. There are two classes for 4-year-olds. Morning class meets four days per week: Monday, Tuesday, Thursday, and Friday, 9 - 11:30 a.m. Monthly tuition: \$90 non-Church members; \$85 Church members. Afternoon class meets

three days per week: Tuesday, Wednesday, and Friday, 12:45 - 3:15 p.m. Monthly tuition: \$70 non-Church members; \$65 Church members.

The preschool is designed to help 4-year-olds develop self-confidence and kindergarten readiness in a Christian, early group experience. Classes are

limited to 20 children and are taught by an experienced, certified teacher and qualified assistant. In addition, each day one parent acts as helper of the day.

Registration forms and further information may be obtained from the Church Office. Forms, accompanied by a \$50, non-refundable registration fee, will be accepted at the Church until classes are filled.

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.

Jerusalem Lutheran Church & School

Vacation Bible School Jerusalem Lutheran School invites children, from preschool through eighth grade, to attend their annual Vacation Bible School for a week of Bible stories, songs, snacks, crafts and new friends!

Jerusalem Lutheran is located at 6218 Capulina Ave. in Morton Grove. This year's VBS theme will be "The Impossible Mission." Vacation Bible School will be held July 24 through 27, 9 to 11:30 a.m., and on Friday, July 28, a family night cookout will be held. To register or for more information, please call Mr. Gustafson at 965-4750.

or come early on Monday morning.

School News Jerusalem Lutheran School, 6218 Capulina in Morton Grove, recently held its Kindergarten graduation. The graduates presented a program of songs, Bible verses, and recitations, including their "Keys for Happy Living." This year's graduates are Julia Phillips of Niles, and Rachel Naumann, Matthew Hutchinson, and Elizabeth Ceisel of Morton Grove. For information on Jerusalem's grade school or preschool programs, call Mr. Gustafson at 965-4750.

BJBE holds open houses for community

Congregation B'nai Jehoshua Beth Elohim, 901 N. Milwaukee, Glenview, is conducting two open houses for prospective members to meet the new Senior Rabbi Barnett Brickner, Rabbi Amy Memis, Cantor Cory Winter, the education staff and board members. These open houses will give prospective members an opportunity to view the unusual round building that houses the congregation, and to learn first hand what spiritual and edu-

cational services are available to them.

The open houses will be on Friday, July 28 and Friday, August 25 starting at 7 p.m. with Shabbat worship services following at 8 p.m.

The Congregation has a rich history of service to the Jewish Community having recently celebrated its 107th anniversary.

For more information or directions call (847) 729-7575.

Music Camp at EPLC

Children, kindergarten through 6th grade, join us for an exciting week of Music Camp at Edison Park Lutheran Church, 6626 N. Oliphant Avenue, Chicago.

Meet August 7-11, 9 a.m.-12 p.m. to sing, play different musical instruments, be part of a handbell choir, and share in arts and

crafts. A \$45 non-refundable fee is required for registration. Registration forms are available in the church office (773-631-9131). Registration is on a first-come, first-serve basis. To qualify for a Music Camp T-shirt, you must register by July 19. Provided there are openings, registration will be taken up to the day of camp.

Glenview Congregation honors teachers

Congregation B'nai Jehoshua Beth Elohim, Glenview, recently held a special Shabbat HaMoreh Service to honor those who teach the children of the Congregation. Among those honored were Glenview residents Rabbi Mark S. Shapiro, Joshua Ackerman,

Rachsel Friedlieb, Sarah Hillman, David Kraut, Anne Perrin, Frank Schade, Phyllis Steiner, Diana Veroff. Also recognized was Dolores Breitberg who was recognized for her 5 years of service, and Sharon Silver and Gary Riskin who were recognized for their 10 years of service.

Among those honored was Heidi Kon for 18 years of service; Michele Kaylegian, Buffalo Grove; Diana Kon, Chicago; and Sandy Robbins, Deerfield. Education Director were honored for 15 years of service. Honored for 10 years of service were Glenview residents, Gary Riskin and Sharon Silver. Dolores Breitberg, Glenview; Monica Hesky and Diana Slatopolsky, Northbrook; and Larry Glickman, Wheeling were honored for 5 years of service. Wheeling resident, Bertha (Bert) Hoffman was recognized for serving as a volunteer grandmother.

Congregation B'nai Jehoshua Beth Elohim brings a Jewish education to children of all ages from infancy through high school.

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

Obituaries

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JEROME L. EBERHARDT

Jerome L. Eberhardt, 44, of Niles, died Friday, March 24. He was born May 24, 1955 in Evanston. Beloved son of Joseph and Lucille Eberhardt. Services were held April 10. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

JOSEPHINE R. NAWROCKI

Josephine R. Nawrocki, 73, of Park Ridge, died Friday, April 14. She was born March 31, 1927 in Chicago. Beloved friend of Arlene Warner. Services were held April 19. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

CECELIA KLUCINSKI

Cecelia Klucinski, 101, of Niles, died Saturday, April 15 at St. Andrew Home. She was born November 13, 1898 in South Bend, IN. Beloved friend of Ted J. (the late Laura) Sienicki. Services were held April 18 at St. Andrew Home. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

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Health / Fitness

Chiropractic and acupuncture, two ways to deal with pain

Feel better. This is something that everybody wants to do. Whether stricken by disease, involved in an accident, or feeling constantly fatigued or stressed, people want to feel better, physically, mentally and emotionally. If one is in pain or discomfort, it is difficult to achieve any of the former until the painful or uncomfortable condition is cleared up or at least lessened to a great

deal. Chiropractic and acupuncture are two ways to help deal with pain and discomfort. Although chiropractic is thought to be primarily involved with the spine, its principles can be applied throughout the whole body. While back pain can many times be traced to a nerve being pinched or interfered with through a misaligned bone in the back, called a

vertebrae, other times common injuries or pains elsewhere in the body can be helped out by chiropractic or acupuncture based health care. Wrist conditions, such as carpal tunnel syndrome, shoulder or knee problems are only some of the common areas that can be attributed to joint dysfunction, tight musculature, or again nerve interference which, once cleared up, can enable one to go about the business of living their lives without pain being a significant factor.

A chiropractic adjustment normally involves putting back into place a bone which has gotten out of place and put pressure on a nerve, this sometimes causing pain or dysfunction. This commonly happens through an accident, fall, improper lifting or many times constant motion of the body through repetitive activity at work, sport, or other activity. This can aggravate muscles which attach to those bones, and help to pull them out of place. By relaxing the muscles, a very important step, through other treatment therapies, the chiropractic adjustment is more effective. Acupuncture can help in many cases with pain relief where other

methods can not. When you have pain, your body sends a signal to the brain through nerve fibers in the spinal cord, which tells your body that you have this pain. Acupuncture, through painlessly inserting needles into certain points in the body, accesses nerve fibers which travel more quickly than the pain signal, in effect not allowing the pain signal to reach the brain and cause you pain. Acupuncture can also help with quitting smoking and drug addictions by helping to deal with side effects that can result when one decides to quit, and by helping to reduce cravings. Common side effects include trouble sleeping, headaches, muscle pains, and general irritability.

Both chiropractic and acupuncture can help one feel better, through boosting the immune system, the body's circulation, and releasing natural substances within the body which can give you more energy and leave you with a sense of well being. Chiropractors are licensed physicians with a comparable education to medical doctors, with the exception that chiropractors do not prescribe medicine or perform surgery. While many times

medicine or surgery is necessary, painkillers can serve to mask pain rather than treat what is causing the pain in the first place, and surgery can be sometimes avoided through alternative treatment programs.

Randall Kertz, D.C. is a chiropractic physician and acupuncturist who has worked for several years with Dr. Kogos in this area before coming in full time in January of 2000. In addition to chiropractic and acupuncture based health care, he offers help with rehabilitation programs, and is certified in trigger point therapy for the muscular system. He commonly works with accident victims, musicians, athletes, and people who want to feel better. For appointments, consultations, more information or any questions about these or other related subjects, please contact: Randall Kertz, D.C. 8034 N. Milwaukee Ave. Niles, IL 60714 847.823.7888 Monday-Fri. 9 a.m.-7 p.m. Sat. 9 a.m.-1 p.m.

Holy Family Employee of the Quarter



Anna Koretskov, RN

Holy Family Medical Center is pleased to announce that Anna Koretskov, RN, has been selected as Employee of the Quarter.

This award is given four times a year to Holy Family employees in recognition of outstanding service and excellence in guest relations. Awardees are nominated by their peers and winners are selected by Holy Family's Award and Recognition Committee.

Anna is described as an excellent and dedicated nurse. She is very friendly and reassuring to all patients and their families. She is always willing to help out in whatever way possible, whether it is working extra shifts or just to speak with a concerned patient. Anna resides in Buffalo Grove.

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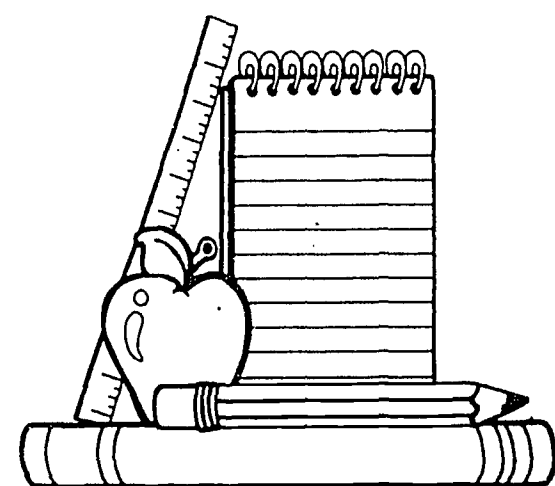
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Health / Fitness

HMI appoints new president

Charles D. Baygood, 53, Executive Vice-President/CFO of Health Marketing, Inc., has been appointed President/CEO of the Preferred Provider Organization (PPO). The announcement was made following a meeting of the Board of Directors.

Board spokesperson Kathy Posner said, "Chuck Baygood has demonstrated to all concerned that he is not only a top-flight financial officer but a very experienced executive. His leadership will bring HMI into the 21st century and continue to grow our business even more."

Baygood, a CPA, came to HMI in 1992 as CFO. His vice-president stripes were awarded in 1994. His career has included public accountancy and financial management. He will retain the title of Treasurer with the compa-

ny and will remain its chief financial officer. Baygood is a resident of Chicago's Bucktown community.

Succeeding Baygood as Executive Vice-President is Nicholas (Nick) A. Vassile, 61, of Niles, promoted from Senior Vice-President. He will continue his responsibilities in marketing and in contracting with health care providers. He also is corporate secretary.

Health Marketing, Inc. is one of the fastest-growing PPOs in Illinois. It was established in 1990 as a PPO and has grown over the past decade to where it can offer affiliated network providers the services of 225,000 affiliated physicians. It also has affiliate relationships with more than 2,200 acute-care hospitals and 22,000 ancillary service providers. Its network conducts business in 39



Nicholas Vassile

states.

In 1998 Health Marketing established an insurance agency division specializing in individual and group life and health products. This division acts as the local distributor of insurance products to general agents who want to sell insurance throughout the country. Among the companies HMI represents are Fortis, Starmark, Trusmark, Allied, American Medical Security, Humana, Olympia Dental, United Health Care, Central Reserve Life and Consec.

Knowing what's normal

(NAPS)-Menopause is a normal event that happens to every woman at about age 51 on average. Most women are aware of the signs, such as hot flashes and difficulty sleeping. In fact, when some women notice these changes, they assume it's menopause. Don't! There could be another cause. These changes signal a visit to a healthcare provider to find out for sure what's going on.

For instance, the thyroid gland may be acting up - either secreting too much hormone (hyperthyroidism) or too little (hypothyroidism). Either way, a woman could have symptoms similar to the diminished estrogen levels of menopause. That's why women need to have regular blood tests for thyroid function, but especially in midlife.

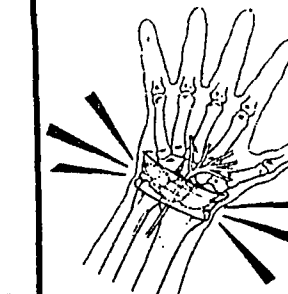
Whether the thyroid gland or menopause is responsible for a woman's hot flashes and difficulty sleeping, the good news is that help is available. Thyroid problems need treatment, and sometimes menopause changes need treatment, too. Working with their healthcare providers, women can determine how to make their years surrounding midlife and beyond the best they can possibly be.

For more information, contact The North American Menopause Society (NAMS). It offers a 24-hour, toll-free hotline at 1-800-774-5342 where you can order a

Michael L. Bang

Air Force Airman Michael L. Bang has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. Bang is the son of Ronald A. and Nancy L. Bang of Park Ridge. He is a 1992 graduate of Maine Township High School South, Park Ridge.

"MenoPak" containing a 50-page guidebook, suggested reading list, and a referral list of menopause clinicians and discussion groups - all for a five dollar shipping fee. You can also visit the award-winning Web site at www.menopause.org.



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93% of 'Whiplash' patients improve with Chiropractic



by Dr. Robert Richart

Whiplash syndrome is a collection of symptoms such as headache, neck pain, numbness, tingling in the arms and hands, sleeplessness and irritability associated with soft tissue injuries of the spine. Most "whiplash" injuries occur as a result of auto accidents; however, they may also occur as a result of slips and falls, amusement park rides and sports activities.

A recent study published in *Injury: International Journal of the Care of the Injured* found chiropractic to be effective treatment for chronic "whiplash" injuries. In this study, patients were classified into the following four groups: no symptoms, nuisance symptoms, intrusive symptoms and disabling symptoms. Twenty seven of the twenty eight patients in the study placed in the two most severe groups, intrusive symptoms and disabling symptoms. Following treatment by a chiropractic physician, twenty six of the patients had improved, sixteen by one symptom group and ten by two symptom groups.

Other research suggests that almost 45% of patients will suffer long-term symptoms following "whiplash" injury. In fact, if patients continue to have symptoms three months after the injury date, there is almost a 90% chance that the symptoms will become permanent. Very few treatments have proven to be effective in these established chronic cases.

These new findings give hope to the many people suffering from chronic pain caused by "whiplash."

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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Women's News

Niles teen embarks on once-in-a-lifetime experience with Shedd Aquarium

Joe Tomoleoni, 16, a senior at Niles West High School in Skokie, will spend one week aboard Shedd Aquarium's 85-foot research vessel, the *RV Coral Reef II*, learning about the ocean and its wonders in the Bahamas from July 22-28. Shedd Aquarium's (HSMB) program gives 30 high school students an opportunity to engage in hands-on experiments, activities and discussions both at Shedd and aboard the Aquarium's research vessel. "I'm looking forward to learning new and interesting things about marine biology while in the Bahamas," said Tomoleoni. "It'll be fun to meet people and gain new experiences."

Shedd Aquarium has given high school students this unique opportunity to learn about marine biology. The journey starts in Chicago by diving into learning through laboratory exercises, lectures and discussions. The adventure continues in the Bahamas for a week of intense study. Using the *RV Coral Reef II* as a floating laboratory, students become scientists at sea -- surveying tidepools, invertebrates, marine debris, currents and more. Students also explore the underwater world of reefs, turtle grasses, mangroves and shipwrecks. Upon their return to Chicago, they present research results to their peers, parents and the Aquarium staff.

"This once-in-a-lifetime opportunity lets students test out the waters of the life of a marine biologist," said Michelle Wildes, director of the HSMB program. "Students will encounter aspects of life they've never imagined, and we hope they take this knowledge and experience back with them to influence their future decisions and promote conservation."

Shedd Aquarium is the world's largest indoor aquarium, with more than 8,000 animals representing some 650 species of fish, reptiles, amphibians, invertebrates, birds and mammals from waters around the world. Since it opened in 1930, the Aquarium's mission has been to enhance public understanding and appreciation of the aquatic world. Today, this educational goal has gained urgency as more species become endangered.

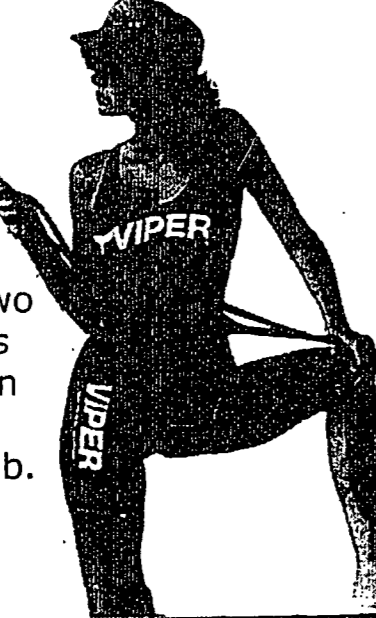
Shedd Aquarium is supported by the people of Chicago through the Chicago Park District. "People Seldom Improve When They Have No Other Model But Themselves To Copy After."

Shira Hadassah Book Club

Book: *Counter Life* by Phillip Roth. A story of anti-semitism, Israel & Zionism.
Date: Tuesday, July 25 at 7:30 p.m.
Location: Private home in Lincolnwood.

Special: Join us for dessert and socialization even if you haven't read the book.
For more information, call Judy Weiss at 312-263-7473 or hadassah@net56.net.

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Mario Tricoci to beautify Pheasant Run

Pheasant Run Resort proudly announces the opening of *Mario Tricoci's newest Hair Salon & Day Spa* at Pheasant Run. With construction nearly complete, the resort is buzzing with excitement over the 3,200 square foot, two-floor space about to be unveiled. *Mario Tricoci Hair Salons & Day Spas* will provide over 200 services to resort guests and Tricoci clients, including body treatments, massages, facials, manicures, pedicures, waxing, haircuts, color and makeup.

Pheasant Run has created five Mario Tricoci specialty overnight packages for guests designed to relieve stress for a long weekend or one-night stay. They may even create their own! The resort tower rooms on the 15th floor are currently being remodeled to include king size chiropractic/therapeutic mattresses, hair dryers and lighted makeup mirrors with five-time magnification power for Mario Tricoci overnight guests. Each exclusive package includes a Tricoci's Choice Welcome Platter, two souvenir plush Pheasant Run Robes, use of the fitness center and three pools. Packages start at just \$399 per couple. Guests may choose from the following getaway:

- The Mario Tricoci Sport Lover or Sun Lovers Package.
- The Mario Tricoci Under the Sea Package: showcasing the hottest new spa trend with a variety of seaweed treatments.
- The Mario Tricoci Deluxe Spa Package: includes massage, facial, choice of one of three spa treatments, and a complimentary New Image Design.
- The Mario Tricoci Day and Night of Beauty: features seven relaxing hours of eight "luxurious services, plus a gourmet lunch.

In addition to weekend and overnight escapes, *Mario Tricoci Hair Salons & Day Spas* at Pheasant Run Resort offers two new massage treatments, the *Thai Massage and Basalt Stone Therapy*. Massage and similar treatments will be exclusive to the first floor, which lends itself exclusively to spa relaxation and rejuvenation and contains six private treatment rooms. Upstairs is the salon level, where makeup, hair care and nail treatments are the focus.

Please join Pheasant Run Resort in welcoming Mario Tricoci Hair Salons & Day Spas. Witness history in the making. Indulge yourself in luxury and reward yourself with the pampering you deserve. Visit Mario Tricoci Hair Salons & Day Spas at Pheasant Run Resort open 7 days a week, 8 a.m. to 9 p.m. Reservations required for groups and strongly recommended for individual appointments.

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Women's News

Bring your Little Beauty to Lincolnwood Town Center for the Most Beautiful Baby Contest

Does your baby have a face that simply delights everyone? Then don't miss the New Star Discovery, Inc. regional Most Beautiful Baby Contest in Lincolnwood on Saturday, August 26. Boys and girls will compete in the following age divisions:

- 0-7 months, 8-14 months, 15-23 months, 24-35 months, 3-4 years and 5-6 years. Boys do not compete against girls in the age divisions. Registration time is 9:30 a.m.
- The winner of each age group will win their entry fee paid to other life changes -- retirement, becoming a grandparent, losing your parents. The combination can cause some women to experience anxiety, depression, tearfulness, less desire for sex, and more trouble remembering things. But a surprisingly large percentage of women manage to navigate all these changes with few emotional difficulties. One key appears to be a strong network of friends and family.

Menopause - Keep Your Cool Despite Hot Flashes

Flushed face. Racing heart. Inexplicable changes to your body. Aren't you too old for this? Everyone expects adolescents to go through major changes to their bodies. But changes brought about by menopause -- which can be just as overwhelming as puberty -- often catch women by surprise -- and there's no health class to explain what's happening. Fortunately, with a little help from prescription or nonprescription remedies and plenty of sleep and exercise, many women sail right through this period into the next phase of their lives.

Why me, why now? The first thing to realize is that you're not alone. In fact, right now there are more women experiencing menopause than at any time in the nation's history as Baby Boomers hit their late forties to mid-fifties, the peak menopausal range. (The U.S. average age to complete menopause is 51, but the range is 45 to 60, except when women have had their ovaries surgically removed.)

Menopause -- which used to be something nobody talked about -- has come out of the closet and now is accepted as a natural transition in every woman's life. It needn't stop her from continuing to enjoy an active and full schedule. Over a period ranging from a month to several years, a woman's menstrual cycles become irregular and eventually stop completely. Even before this, her body began to taper off the production of estrogen, progesterone, and testosterone -- the hormones that prepared her for childbearing during adolescence.

It's those changes in hormone levels that cause menopause's more annoying symptoms. As many as 75-85 percent of menopausal women experience some sort of the following symptoms: hot flashes, urinary incontinence, and vaginal dryness, which can make sex uncomfortable. Others may notice sleep disorders, dry skin, mood swings, vaginal or urinary infections, bloating and fatigue. It's important to know that after menopause, osteoporosis (brittle bones) and heart disease become more likely, although there are many things you can do to mitigate that danger.

Menopause comes at a time of

the state competition, a beautiful trophy, a crown or medalion, and a test photo shoot (valued at \$150) with a high profile, Chicago fashion photographer. The first four runners-up in each age division and the special award winners will receive a beautiful trophy and their entry fee paid to the state competition.

New Star Discovery, Inc. will also award a 2-1/2 foot trophy or a \$50 savings bond to the contestant who receives the highest overall points. And because all

who enter are absolute charmers, every contestant will take home a beautiful trophy. The Most Beautiful Baby Contest in Lincolnwood Town Center is a regional contest for children in the surrounding area. Every child entered in the regional contest qualifies for the state competition, where he or she could win a \$5,000, \$2,500 or \$1,000 savings bond. Then it's on to the Nationals, where there is a chance to win a \$25,000, \$10,000 and \$5,000 savings bond -- and many other exciting awards. We will have reigning State and National Royalty attending to present awards. So, if you want to add another state winner from the area, please pick up an entry form at one of the sign holders located throughout the mall or call New Star Discovery, Inc. toll free at 1-877-330-BABY. Then share your little beauty with us at the New Star Discover, Inc. Most Beautiful Baby Contest!!

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USE THE BUGLE

Dining / Entertainment

Lambs Farm . . .

Continued from Page 17

life photography and much more! Jojo the clown and his friends will also provide entertainment for young ones throughout the day.

Spend a day in the country. Lambs Farm's shops and attractions will be open during the event. All are invited to stop by and enjoy delicious treats or even a challenging game of miniature golf. Concession sales help maintain services that enrich the quality of life for the over 260 men and women of Lambs Farm with developmentally disabilities. Picnic baskets and coolers are prohibited. General admission is free and parking is \$5. For additional information, call Arts Plus at (630) 325-8080.

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Second City all set for summer fun at Metropolis Performing Arts Centre



Hilarious satire! Cutting-edge improvisation! No topic or subject matter will be off limits when Chicago's famed comedy improv troupe The Second City launches its summer long residency, at the new Metropolis Performing Arts Centre, 111 W. Campbell Street in downtown Arlington Heights.

Regular performances will run through September 3: Thursday at 8 p.m., Friday and Saturday at 8 p.m. and 10:30 p.m., Sunday at 7 p.m. All tickets are \$15. Call the Metropolis box office, 847-577-2121, for tickets and information.

Note: Second City shows on June 22 and August 24 will be benefit performances sponsored by the Twelve Nights Foundation, the philanthropic arm of the Metropolis Performing Arts Centre dedicated to supporting the fundraising efforts of nonprofit organizations in Chicago's northwest suburbs. The Second City show on June 22 will benefit PADS and Hope Now, Inc. All tickets are \$100: Call Lou Walton at 847-342-0739 to purchase tickets. The Second City performance on August 24 will benefit the Kenneth Young Center in Elk Grove Village. Call Matt Personette at 847-524-8807 ext. 191 for ticket information.

Star Wars exhibition at Field Museum

Ben Burt, composer John Williams and others.

The Smithsonian Institution Traveling Exhibition Service (SITES) extends the Smithsonian collection, research, and exhibitions across the nation and to many foreign countries. Since 1952, SITES has organized and circulated exhibitions of all shapes and sizes on the arts, sciences, and humanities. Descriptions and itineraries for SITES exhibitions can be found at www.si.edu/sites.

Tickets to Star Wars: The Magic of Myth is basic Museum admission plus \$5 for adults; \$2.50 children 3-11; and \$4 seniors and student with ID.

Fabulous Murray Brothers perform

The Village of Niles Leaning Tower Concert Series continues on Thursday, July 20 with the Fabulous Murray Brothers. The Fabulous Murray Brothers are four talented, singer-musicians that play over 25 instruments combining comedy, impersonations, and audience participation. Their contagious enthusiasm is enhanced by costumes, lighting, computers, special effects and more! Don't miss the "ultimate variety band" in concert.

The concert series is free and open to the public. The concert will be from 7 to 9 p.m. Food

Dining / Entertainment

Konoba Restaurant features southern European menu



Since the 1st of June an ordinary neighborhood has a rather extraordinary occupant.

After months of expectations and remodeling, from ashes of the late 'Picnic Grove Family Restaurant' in Arthur's Court Shopping Center at Ballard and Potter Roads in Des Plaines, a new "hood" jewel - Konoba - Restaurant & Bar has emerged.

Even a short sightseeing tour of the restaurant with such an intriguing name, transfers us into a different world, the world of class and leisure. Light instrumental music, cloth tablecloths and napkins, candles, fishing nets, a steering wheel and pleasant personnel. Konoba offers a relaxed, homelike atmosphere so essential for sanity and health of people in this stressful world of ours at the clash of the millennium.

Dining in Konoba leads us to another adventure - geographical and culinary, of course. The journey through moderately priced Konoba's lunch and dinner menus with delicate, savory and unusually named meals teaches us about traditional, yet unknown correlation among three countries - France, Italy and Croatia. Southern France, Italy and Southern Croatia are dipped in the northern, European part of the Mediterranean Sea and throughout the centuries

have developed similar cuisine based on fish, meat, vegetable, light oil, spices and dressings, luscious sauces and delicious, but easily digestible desserts. When an extensive selection of excellent European and American wines, beers, liquors and beverages, led by the original - Italian style, espresso, is added to the menu, the feeling of a 'gastronomical paradise' is complete.

Three owners of the restaurant proudly state that in these three European countries the 'gastronomy' is considered an art, not the industry, so they see the Konoba as an artistic gallery. And the mysterious name? In the coastal part of their native Croatia, 'konobas' are casual restaurants with very good food, good wines, good atmosphere and good company. The gathering places. It explains all, doesn't it?

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Theatre 219 Presents "Peter Pan"

Theatre 219, Niles Township's Community Theatre, will perform "Peter Pan" at 7:30 p.m. on July 28, 29; August 3, 4 and 5; and at 2 p.m. (matinee) on July 30 and August 5 at Niles West High School, 5701 Oakton Street in Skokie. Tickets are \$15 for adults, \$13 for seniors over 60, and \$12 for children under 12. Tickets can be purchased by calling Theatre 219 at 847/966-8280 or by stopping by the Niles West Auditorium Box Office on Monday, Wednesday or Friday from noon - 4 p.m. All seating is reserved and Visa/MasterCard is accepted.

"Peter Pan" is a timeless classic that tells the story of a boy who refuses to grow up. Join Tinkerbell, Wendy, Tiger Lily, the Lost Boys and the dreaded Captain Hook as Peter Pan leads them from one high flying adventure to the next. This family is for children and adults of all ages. It features flying cast members, musical numbers and professional choreography, lavish costumes, imaginative sets and an experienced cast of characters ranging from age six to sixty.

For more information, contact the box office at 847/966-8280.

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THEATRE 219

PETER PAN

July 28, 29, August 3, 4, & 5 at 7:30 p.m.
July 30 & August 5 at 2:00 p.m.

Niles West High School Auditorium
5701 W. Oakton Street, Skokie

Tickets are \$15 for adults, \$13 for seniors (over 60) and \$12 for children (under 12). Tickets can be purchased by calling Theatre 219 at 847/966-8280 or by stopping by the Niles West Auditorium Box Office on Monday, Wednesday or Friday from 12-4 p.m.

Niles Public Library

Let's Play Marbles

From classics like the ringer and dropies to marble versions of football, golf and tic tac toe, discover dozens of entertaining marble activities during Play Marbles on Monday, July 24 at 3 p.m. at Niles Public Library District. Demonstrating a variety of marble games, Bob Frede, a marble expert and collector, will share his collection of marbles for an afternoon of old-fashioned fun for school-age children and adults. Collectors -- bring your own marbles for a free appraisal! This program requires registration, and space is limited. Please register in the Children's Department or call 847/663-6623.

Dream Interpretation

What do your dreams really mean? Learn to examine the wonderful world of dreams during Dream Interpretation on Tuesday, July 25 at 7 p.m. at Niles Public Library District. Discussing how dreams can be used to solve problems, release pain and aid one's personal growth, Joyce Shatney, a licensed clinical social worker, will explain how to record your dreams and keep a dream journal. Learn the significance of recurring dreams and nightmares, predictive dreams, the problem-solving aspects of dreaming and more! Shatney has studied dreamwork and has taken nu-

merous courses and workshops on dream interpretation. This program requires registration. Please register at the Library Information Desk or call 847/663-1234.

Movie "Six Days, Seven Nights" Premieres at the Library

Niles Public Library District's summer film series continues with "Six Days, Seven Nights" on Wednesday, July 26 at 2 p.m. and 6:30 p.m. Starring Harrison Ford and Anne Heche, this entertaining romantic comedy is about a New York City career woman who's forced to interrupt an idyllic tropical vacation with her boyfriend for an adventurous business side trip. This movie is rated PG-13 and is 102 minutes long.

No registration is required for this program, and seating is limited to 120 patrons. The Library will not hold or reserve any seats. No food or drinks may be consumed during this presentation.

Martial Arts Demonstration

Teens, ages 12-18 -- are you interested in learning more about martial arts? Then you won't want to miss this workshop on Wednesday, July 26 at 7 p.m. at Niles Public Library District. Discover the basic principles of taekwon do as well as the physical and mental benefits of martial arts training during

this hands-on workshop presented by instructor Jordan Gitelman. Learn a variety of techniques, and see a demonstration of kicks, blocks, control holds and free sparring performed by taekwon do students. Gitelman has a black belt in taekwon do and jujitsu, and he teaches martial arts for the Niles Park District. Participants should wear comfortable clothing and shoes. This program requires registration. Please register at the Library Information Desk or call 847/663-1234.

Library Discussion Focuses on Healthy Fats in Your Diet

Discover valuable tips and encouraging advice that will help you change the way you feel about fat in your diet during *Fat: the Good, the Bad, the Ugly* on Tuesday, August 1 at 7 p.m. at Niles Public Library District. Discussing the benefits of adding certain fats to your diet, Dr. Joseph Brasco, medical director of Integrative Health, will explain the difference between good and bad fats. Learn how to improve your health by including properly proportioned fats to your diet, and find out how certain fats can promote weight loss. This program requires registration. Please register at the Library Information Desk or call 847/663-1234.

"The Insider" Premieres at the Library

Don't miss the Academy Award nominated film "The Insider" on Wednesday, August 2 at 2 p.m. at Niles Public Library District. Based on a true story, "The Insider" is the gripping tale behind one of the most important stories of the decade. Penetrating the inner sanctums of TV news and big business, this riveting docudrama explores the relationship between an impassioned journalist and an ordinary man caught in a web of extraordinary circumstances. This movie is rated R and is 157 minutes long.

No registration is required for this program, and seating is limited. The Library will not hold or reserve any seats. No food or drinks may be consumed during this presentation.

Teen Movie Night Features "10 Things I Hate About You"

Teens, ages 13-18 -- come to the Niles Public Library District for a movie and snacks during Teen Movie Night on Wednesday, August 2 at 7 p.m. This month's featured film is the hilarious comedy hit "10 Things I Hate About You." You won't want to miss this wildly entertaining look at exactly how far some guys will go to get a date. This movie is rated PG-13 and is 97 minutes long. The Library will provide free popcorn and refreshments!

Registration is required. Please register for this program at the Library Information Desk or call 847/663-1234.

Tobacco Outlet offers low prices, friendly feel



by Laurie Matlin

It is the start of a normal day for Byron Patel.

"Lights. Two packs," a customer quietly announces, placing a bill on the counter. In what seems to be one solid motion, Patel reaches behind him, takes the last pack of cigarettes from a carton, walks across the aisle and finds a new carton. The customer and the tobacco outlet owner exchange pleasantries before the customer turns to leave. But just as quickly as the one customer has opened the door, a new customer has arrived, and Patel has wordlessly scooped up a pack from the shelf behind him. The customer, clearly a regular, nods in appreciation and states that he would like a lottery ticket as well. "It is like this from 7 o'clock on," Patel explains in-between a consistent pattern of customers, each completing a purchase within minutes. Some chat with the tobacco outlet owner, others are more in a rush.

Either way, it's OK with Patel. His store at 4939 West Dempster Street in Skokie stays in business by offering low tobacco prices and customer satisfaction.

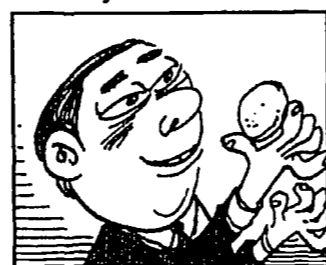
"We offer the cheapest prices and best selection in town. There's nowhere cheaper in Skokie or Morton Grove," he said. For smokers, Tobacco Outlet, near the corner of Bronx Avenue and Dempster Street, also offers convenience. Both driving and pedestrian customers make their way to the store on this day, many of whom are stopping in while on their way to the nearby Skokie-Swift train station. The outlet accommodates commuters by opening its doors at 7 a.m.

The store's friendly atmosphere along with low prices has helped the business build a base of regular customers in just under a year. Like a well-seasoned bartender, Patel quickly learns his

customer's preferences, sometimes reaching for a pack of cigarettes or a lottery ticket as he sees the customer approach the door of the store. The store also offers a wide selection of brands of cigars in a 12-foot square humidor designed to keep the tobacco leaves moist and fresh. In contrast to the rest of the store, which offers the clean, friendly and efficient service of a well-run convenience store, the humidor beckons its visitors to slow down in the cedar-enclosed room while browsing the shelves of cigar brands. Whether shopping for an aperitif or a good solid Honduran cigar, the Tobacco Outlet offers a wide selection. For the novice buyer, there are guides posted on the walls that describe the more popular brands and copies of Cigar Aficionado magazine nearby.

Patel explains that both proper aging and the way the leaves are processed contribute to top-rated cigars. Top brands include Arturo Fuente, Romeo y Julieta and Monte Cristo. The store will also make special orders for customers if a desired item is not available, Patel noted. Special orders would be discounted as are all other brands, he added.

The outlet also sells lottery tickets, ice cream novelties near the front counter and other sundry items. The store is open 7 a.m. to 7 p.m. Monday to Friday; 8 a.m. to 7 p.m. Saturday and 9 a.m. to 6 p.m. Sunday.



In Japan the peach is the symbol of fertility.

SENIOR SEASONS

• AREA ACTIVITIES • SENIOR DISCOUNTS
SPECIAL SERVICES • SENIOR NEWS



The Bugle's Senior Guide

Senior Seasons

Employee Appreciation Day at Glenview Terrace

In today's employment environment -- it is unusual for the employee and employer to create a happy and satisfying working relationship. Employees job hop. Employers become untrusting.

Not so at Glenview Terrace Nursing Center where a third of their staff were recently honored for their longevity with the company. Eighty-six employees observed anniversaries that ranged from 5 years to 26 during a dinner ceremony celebrating the "family" environment that has been created at the facility during the last several decades since it opened in 1973.

"I have personally been proud to be able to work with such a strong team of individuals," said Administrator Fred Berkovitz in addressing the group. "Their extraordinary contributions and unselfish commitment to resident care has made Glenview Terrace the greatest facility of its kind in the Chicago area."

Each employee was presented a certificate, pin and gift to honor their anniversary; and commemorative photographs were taken. "I am very proud that I work with so many people that feel the same way I do about Glenview Terrace and that love what they do," said Mariamma

Pillai, the Director of Nursing at Glenview Terrace, and herself an eleven year honoree.

Honorees that evening were: 26 years of service -- Erlinda Yamamoto; 24 years of service -- Curtis Fletcher, Herve Mompont; 23 years of service -- Michele Bednarski, Joseph Ploczkiewicz, Nora Baxter Stanford; 22 years of service -- Celia Castillo, Adrianna Garcia; 21 years of service -- Cheryl Byron, Bus-tavo Tinoco; 20 years of service -- Juana Gaytan, Fran Wolter, Kum Jae Yoo; 19 years of service -- Brenda Gidron, Estelita Guinto, Sylvia Sharon Miller; 18 years of service -- Anastazja Kaluza, Jessie Magbanua; 17 years of service -- Alfreda Dalach, Evelyn Debuque, Rowena Gould; 16 years of service -- Floranna Hussey; 15 years of service -- Mario Baron, Estrella Novales; 14 years of service -- Lydia Contreras; 13 years of service -- Carolina Esteban, Milagros Sendaydiego; 12 years of service -- Aida Manalo, Lilia Salonga, Gracy Vambanatt; 11 years of service -- Mamie Bell, Ernestine Brownlow, Kathy Gerken, Saramma Joseph, Jung-sook Lee, Sheryl Markose, Norma Munoz, Mariamma Pillai, Kunjamma Thomas, Barbara Wiggins-Austin, Annamma Xa-



Glenview Terrace Nursing Center honored 86 of its employees who have worked with the facility from 5 all the way up to 26 years. In recognizing each of the employees, administration expressed sincere appreciation for their daily efforts on behalf of resident care.



(From l to r) Yvonne Farlow, 9 years; Brenda Gidron, 19 years; Sharon Brown; and Ernestine Brownlow, 11 years; were recently honored at an Employee Recognition dinner at Glenview Terrace.

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Senior Seasons

Bethany Terrace announces new medical director

Bethany Terrace Nursing Centre, a skilled and intermediate nursing facility located at 8425 North Waukegan in Morton Grove, is celebrating its 15th year of care and treatment of people with Alzheimer's and dementia by selecting renowned specialist Dr. Ned Zallik as the new Associate Medical Director. "We are privileged to have Dr. Zallik at Bethany Terrace, where our Alzheimer's and dementia program will surely serve as a model for other nursing homes throughout the Chicago area," said Ken Kolich, administrator of Bethany Terrace Nursing Centre.

A graduate of Chicago Medical School, Dr. Zallik has served as Medical Director of the Rush North Shore Medical Center's Alzheimer's Disease program for the past 11 years. Dr. Zallik is also a respected instructor at Rush Medical College as well as Director of the Geriatrics Division within the Department of Internal Medicine at Rush North Shore. He is a member of several medical societies including the American Medical Association and the American Geriatric Society. His contribution to the Alzheimer's and dementia program at Bethany Terrace will keep the families and residents aware of the newest information and techniques available in the field.

In addition to Dr. Zallik's appointment, Bethany Terrace has renewed its relationship with Rush Presbyterian St. Luke's Alzheimer's Disease Center (R.A.D.C.). Bethany Terrace's Alzheimer's/dementia program was launched in 1984 with the assistance of R.A.D.C. and Dr. Jacob Fox, current Chairman of Neurological Science.

Bethany Terrace Nursing Centre has provided specialized Alzheimer's and dementia care for residents in the northern suburbs since 1984. Having developed one of the first programs for treating individuals with Alzheimer's and related disorders, Bethany Terrace Nursing Centre was an early pioneer in the field. Today, Bethany Terrace is one of the most experienced Alzheimer's providers in Illinois, with expert care for the three stages of dementia - early, middle, and late - and now dedicates four separate residential wings to assist over 125 residents to stay active and healthy.

As part of its commitment to the care and treatment of Alzheimer's and dementia, Bethany Terrace has employed some of the best specialists in the area. Nearly 75 staff members have recently completed a 15-hour course through Rush Alzheimer's Disease Center and four nurses at Bethany Terrace completed a 45-hour program to earn their certification as unit leaders for Alzheimer's/dementia care. Also, Susan

Sheriff recognizes senior volunteers



Cook County Sheriff Michael F. Sheahan (right) presents Lincolnwood residents John and Dee Barbino with a medal at the eighth annual Sheriff's Medal of Honor Ceremony. The awards were presented to more than 80 senior citizens from throughout Cook County in recognition of their volunteer efforts and commitment to making a difference in the lives of others within their communities. Also pictured is Mayor Madeleine Grant.

Bethany Terrace Nursing Centre

Relief

That's what Carole felt when she found Bethany Terrace.

"My dad, Carl, has Alzheimer's Disease and was at two previous nursing homes before my doctor, Dr. Gierl, recommended that we check out Bethany Terrace. I cannot begin to tell you what a relief it has been to find a facility where the dedicated staff is caring and receptive to both family and our father's needs."

Bethany Terrace developed one of the first programs for treating individuals with Alzheimer's and related disorders in 1984. Today, they provide expert care for the three stages of dementia-early, middle and late.

Carole and her brother, a physician, visit often and enjoy treating their dad to a chocolate sundae or ice cream cone in the Ice Cream Shop "Sweet Encounters."

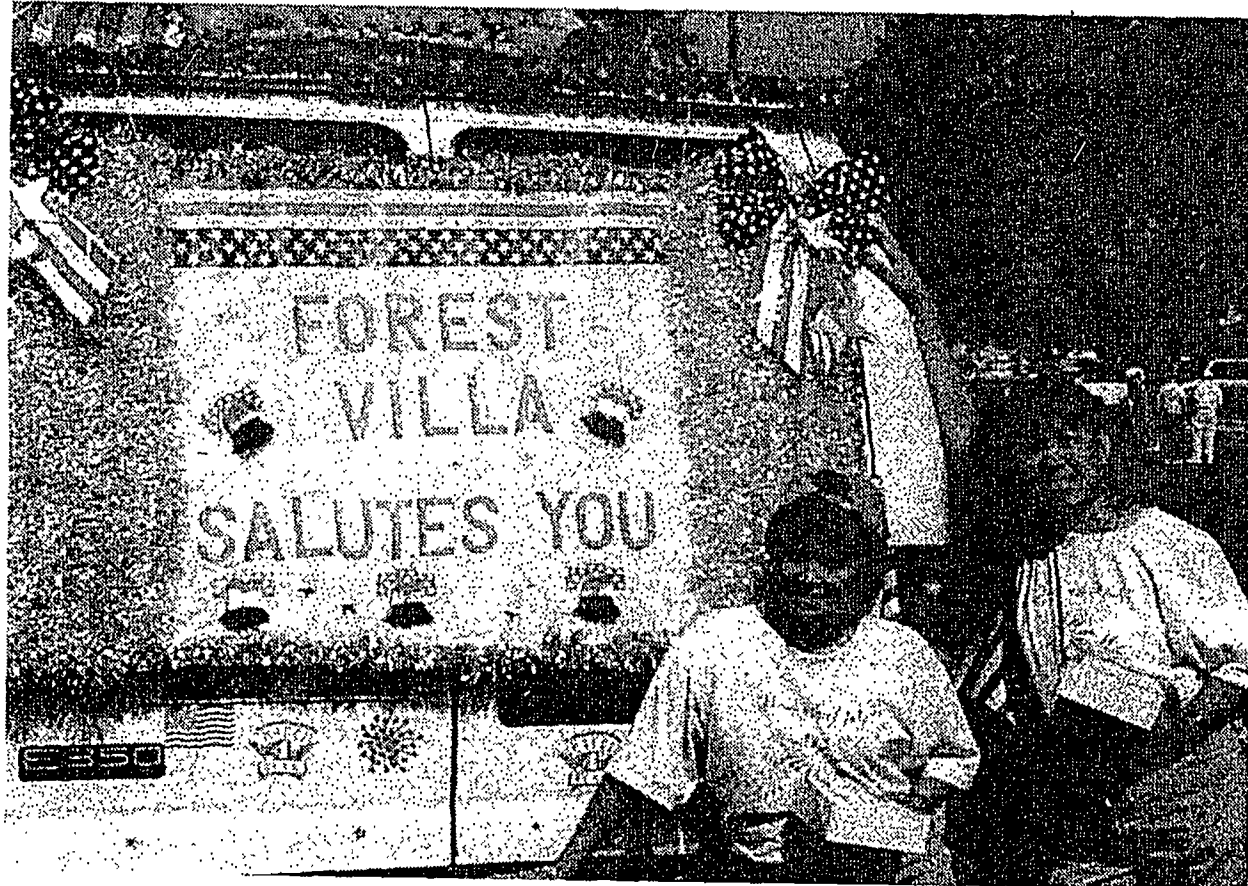
Providing the optimum in care and warmth while daily meeting the medical, physical, emotional and spiritual needs of each of our seniors is what Bethany Terrace does best.

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

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.

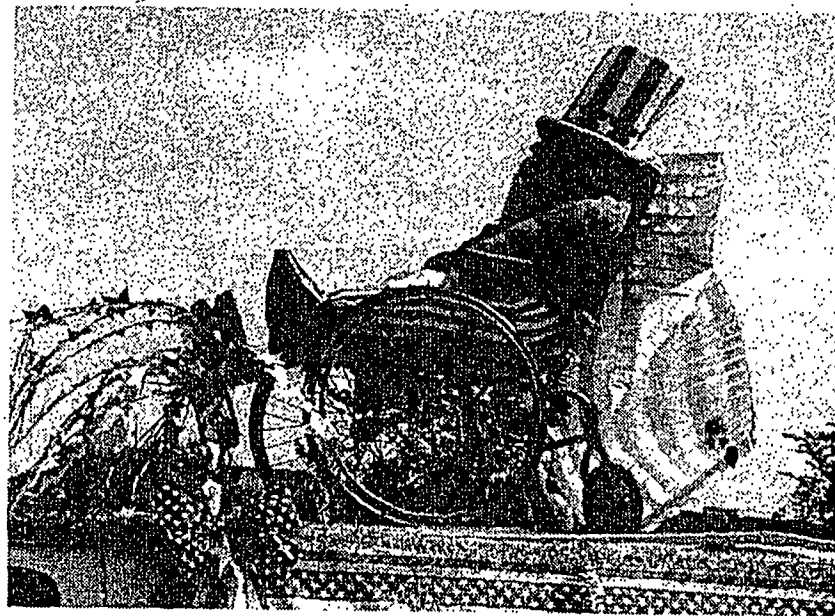
Senior Seasons

Forest Villa Salutes You



Once again this year Forest Villa Nursing Center staff and residents participated in the City of Niles Independence Day Parade. In the weeks preceding the parade everyone at Forest Villa worked to prepare the facility van for its appearance as this year's float. For 2000 the decorations included a giant eagle, firecrackers, and Uncle Sam riding high on top of a van. Residents, staff, and families also joined in and helped to pass out over 500 pencils to the crowd.

A big thanks to all the participants and spectators who made this year's parade so great, and Forest Villa looks forward to seeing everyone again next year!



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Falling in love, it's never too late

Here's a local story which demonstrates that love is not only blind, it also doesn't pay any attention to age. Frank Schwartz, 89, and Nancy Karfin, 83, are probably out right now sharing a milk shake or smooching on a park bench. The two lovebirds teach us that it's never too late to find your soulmate.

It was December of 1998. Frank had just moved into his apartment at the Oakton Arms Retirement Community when, at dinner one night, a beautiful woman caught his eye. He straightened his shirt, ran his fingers through his hair, and walked over to her table. He extended his hand. "Hi," he said, smiling. "My name's Frank."

The two hit it off. "She must've had a magnet," says Frank, "because I was drawn over immediately." They soon discovered that falling in love is a little different for older adults than it is for teenagers. There were whole lives to catch up on, decades of stories to share, children and grandchildren to meet. Their two, separate lives slowly melted into one as they began exercising together, going out dancing, and getting to know the many generations of each other's

family and friends. A year and half later, their relationship having endured the early storms of romance, Nancy is wearing a blinding diamond engagement ring.

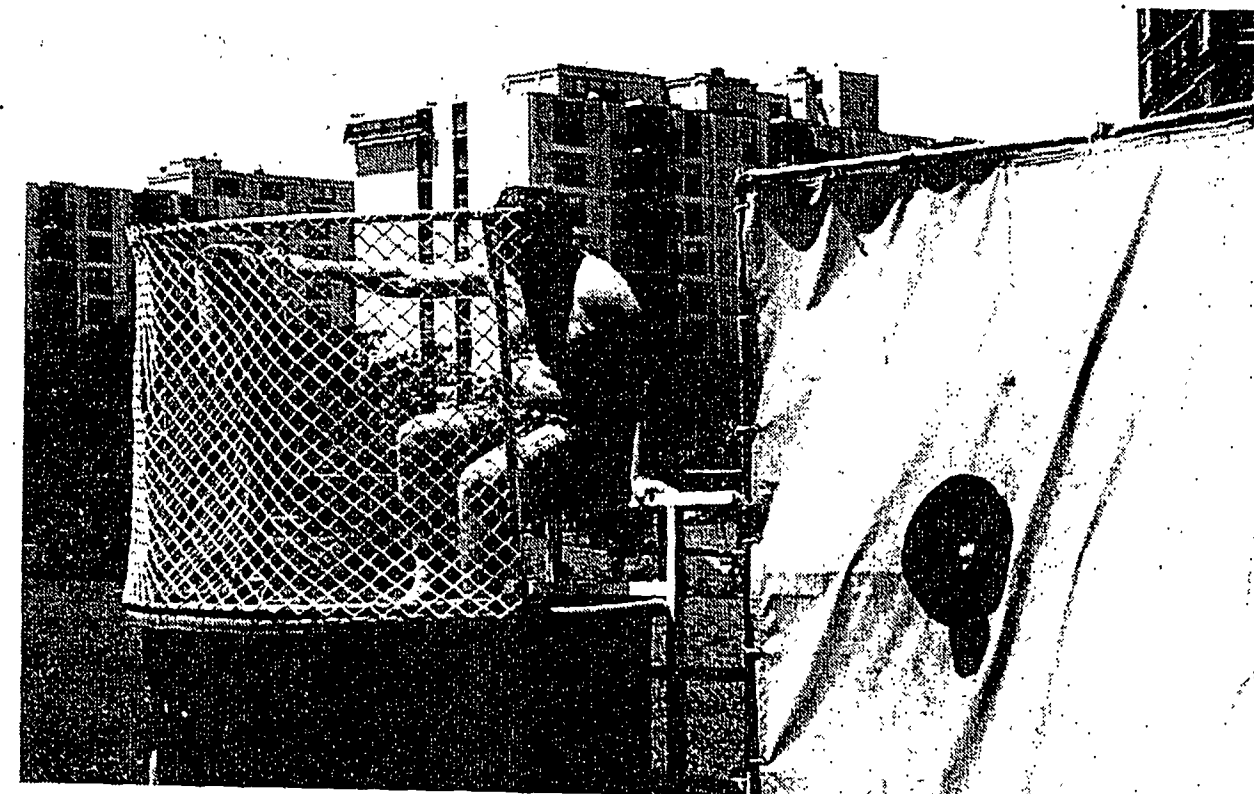
Born on the south side, Nancy has lived in Chicago since 1917, working as an administrator in banks and medical offices. Frank, who was born in New Jersey and has traveled all over the United States, has been a valued member of the Des Plaines community since 1930. In 1955, he bought Des Plaines bar and restaurant, The Beacon, where, until his brother took over a few years ago, he told jokes as he served his customers drinks and dinner. Now retired, Frank is an active member of organizations such as the YMCA and the Des Plaines Senior Center.



The first tooth brush with synthetic bristles was introduced in 1938.

Senior Seasons

Maine Township seniors join school's Book Fun Fair celebration



Maine Township officials and seniors for the Township's Intergenerational Program recently assisted school staff during the first annual Mark Twain School Book Fun Fair. Over 500 students were treated to carnival-style games and loads of prizes to celebrate the successful conclusion of a three-month book reading challenge. Here Township Trustee Bob Dudydz makes a big splash with the kids as he takes his turn in the Dunk Tank.

Over 500 students from unincorporated who attend Maine Township at Mark Twain School recently celebrated the successful completion of a three-month reading challenge with the help of seniors from the Township's Intergenerational Program. The two-day Book Fun Fair was the reward for achieving a school wide reading goal for first through sixth grades.

In cooperation with the school's teachers and staff, Township seniors ran a variety of carnival type games and gave

out hundreds of prizes to lucky students. The seniors' organization has aided in other school events but this was the first such book-related event.

The event was organized under the guidance of sixth grade teacher Eva Perelgut and Orlando Piedra, school principal. Mr. Piedra commented, "this is a wonderful way for seniors and our school children to interact in a fun and educational way. We are very pleased to be working with the Intergenerational Program for several years."

Get a good night's sleep

Many women today report to their healthcare providers that they are having difficulty sleeping. This is a frequent complaint of midlife women in particular. The extent to which these sleep disturbances are the result of the hormonal changes surrounding menopause is uncertain. It is widely known, however, that menopause-related hot flashes and the accompanying "night sweats" can disrupt sleep. This lack of quality sleep can make a woman tired and irritable - less able to lead a full life.

There are other situations associated with sleep disturbances. For optimal sleep, avoid daytime naps. Avoid stimulants such as caffeine and nicotine. Help keep stress low by exercising regularly (but not too close to bedtime). Go to bed and get up at regular times, even on weekends.

If hot flashes are the culprit, avoid hot flash triggers before bedtime such as alcohol and spicy foods. Sleep in a cool room. If these tips are not enough, consider hormone therapy. Studies show that hormone therapy improves symptoms of insomnia, such as the inability to fall asleep, restlessness, and waking in the middle of the night.

For more information, contact The North American Menopause Society (NAMS). It offers a 24-hour, toll-free hotline at 1-800-774-5342 where you can order a "MenoPak" containing a 50-page guidebook, suggested reading list, and a referral list of menopause clinicians and discussion groups - all for a five dollar shipping fee. You can also visit the award-winning Web site at: www.menopause.org.

Senior Breakfast Club meeting

The Lutheran General Senior Breakfast Club will present a "Fitness to Drive" program from 8:30 a.m. to 10 a.m. Friday, July 21, featuring Denise Fiducia, Ph.D., coordinator of the Psychological Assessment Service, Lutheran General Hospital.

Club meetings, sponsored by Lutheran General Older Adult Services, are held once a month in the 10 East cafeteria of the hospital, and feature presentations by health care professionals, free continental breakfast and social time. Seating is limited and reservations are required. To sign up, call 1-800-3-ADVOCATE (1-800-323-8622).

Upcoming topics in the 2000 Senior Breakfast Club series include: "Controlling Your Blood Pressure" on August 18; "Hearing Loss and New Technology" on September 15; "Long Term Care Insurance" on October 20; "Music Therapy" on November 17; and a holiday celebration on December 15.

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Senior Seasons

Chicago Jazz vocalist Spider Saloff to perform

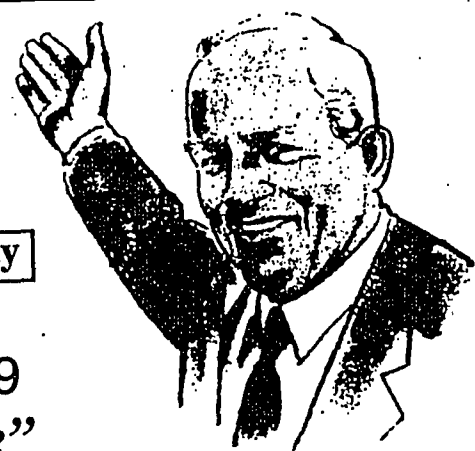
On Saturday, July 29, well-known Chicago Jazz Vocalist Spider Saloff will perform "The Boys from Indiana," a tribute to Cole Porter and Hoagy Carmichael, as a benefit concert for the Jane Addams Senior Caucus held in Ebenezer Lutheran Church at 1650 W. Foster at 1 p.m.

Spider Saloff, who has performed for dignitaries such as the President Mitterand of France, is a regular in Chicago-area cabarets. Spider specializes in Jazz and Show Tunes from the 1930's through the 1950's, and has several albums featuring both classic and obscure songs from the era. In 1993, the Manhattan Association of Cabarets, voted her Best Jazz Vocalist.

The Jane Addams Senior Caucus is a non-profit organization of older adults dedicated to improving the quality of seniors through improvements in health care and increased access to affordable housing. The Caucus is especially active on the North and Northwest sides of Chicago and in the Northern suburbs.

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Maine Township hires Mary Swanson as new Sr. Director

Mary Swanson is the new Director of Adult and Senior Services for Maine Township. She was approved last week by the Board of Trustees to replace Sue Neuschel who left for another position.

Previously, Ms. Swanson was Program Coordinator for the Village of Niles Senior Center where she started in 1992. She will begin duties for Maine Township July 10. She has 20 years of community-based experience - much of it working with older adults.

"I am an advocate for positive aging experiences among older adults and am very excited about the programs and activities available in Maine Township," Ms. Swanson said. "I expect to continue the fine work started here and build on the successes."

She holds a Bachelor of Science degree in Family Services from Eastern Illinois University, Charleston, Illinois, and a Master

of Arts in Gerontology from Northeastern Illinois University, Chicago.

When making his recommendation to the Board of Trustees to hire Ms. Swanson, Township Supervisor Mark Thompson called her a "complete and true professional who has devoted her career to seniors." He said, "Mary will bring a high level of expertise and fresh ideas to our adult and senior programs - one of the most active areas among the Township run or supported activities."

In addition to her responsibilities with the Maine Township Senior Program, Ms. Swanson will oversee Intergenerational Programs, Options 55 programming, and 1+ Options programming. She will also serve as liaison to senior organizations and other professional groups serving the senior population in and around Maine Township.

Free tree identification book

Nebraska City, Neb. -- "What Tree Is That?", a pocket guide for identifying trees, is available free-of-charge from The National Arbor Day Foundation.

The 72-page guide will help you identify 135 different trees found in the eastern and central U.S.

Well-known trees are included: oaks, maples, spruces, and pines. Also species such as horse-chestnut and mockernut hickory, sassafras and shadbush, persimmon and pawpaw and pagodatree and pecan.

Dozens of drawings illustrate the trees' leaves or needles and their acorns, berries, seed pods, cones, etc. "What Tree Is That?" is organized to make it easy to identify trees in a simple step-by-step fashion.

"Helping people enjoy and appreciate trees is central to the educational mission of the Arbor Day Foundation," John Rosenow, the Foundation's president, said. "Being able to identify trees is important to knowing how to care for them and how to plant the right tree in the right place."

To obtain your free tree ID guide, send your name and address to "What Tree Is That?", The National Arbor Day Foundation, Nebraska City, NE 68410.

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Senior Seasons

Senior receives certificate at 103

Welcome Cook County Senior Citizens!!



Cook County Sheriff Michael F. Sheahan (right) and Cook County Board Commissioner Michael Quigley (left) congratulate Alberita Semrad (center) as the graduate proudly displays her Senior Citizen Law Enforcement Academy Certificate of Completion. The north side resident is the oldest person ever to complete the Sheriff's Senior Academy. At age 103, Ms. Semrad was among 44 graduates honored recently, after attending Academy classes at The Admiral, 909 W. Foster Ave., in Chicago. 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 773-869-7725.

Coping with Aged Parents

This six-week discussion group has been created for adults who want to learn ways of communicating with aged parents, to help them with their needs, wishes and plans. The group will also address the decision-making process, which includes who becomes the decision-maker.

to 9 p.m., at the Jewish Family and Community Service North Suburban District, 85 Revere Drive, Suite J, Northbrook. For more information, call Tema Rosenblum, LSW, Family Life Educator, at (847) 272-2882.

"Coping with Aged Parents" is a program in the Family Life Education Series sponsored by Jewish Family and Community Service.

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Prescriptions available at low cost

Is your medication too expensive for your budget? Of so, information in a new booklet might help.

The Cost Containment Research Institute in Washington, DC has just published a 32-page booklet, "Free & Low Cost Prescription Drugs". The revised fourth edition booklet gives information on how and where to get free & low cost prescription drugs.

"Many major drug companies provide free or low cost medication, but rarely, if ever publicize the programs," says Allen Nichols, Director of The Institute. "We've published an A to Z listing of all the drugs that are available to certain qualified groups for free or at very low cost directly from the manufacturer."

Consumers can receive a copy by sending \$5 to cover the cost of printing, postage and handling to: Institute Fulfillment Center; Booklet #: PD-370; P.O. Box 3462, Elmira, NY 14905-0462. Consumers can also get more information from The Institute's Internet web site: www.institutedo.org

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Senior Seasons

Bethany Terrace Nursing Centre recognizes employees



At the Employee Recognition Ceremony for Bethany Methodist Corporation, Pastoral Care Director Rev. Stephen A. Dahl (l.) congratulates Bethany Terrace Nursing Centre employee Mildred Miro on her 25 years of service, under the watchful eye of Bethany Terrace Administrator Ken Kolich. Employees from all of the Bethany sister organizations were honored for contributing 10, 15, 20, 25, and 30 years of their services to Bethany Methodist Corporation.

Bethany Terrace Nursing Centre, located at 8425 N. Waukegan Rd. in Morton Grove, honored eight employees in a recent ceremony held at Methodist Hospital of Chicago, the parent company of Bethany Terrace. These employees were honored for their commitment and years of service in a ceremony that included staff from all of the sister organizations of Bethany Methodist Corporation. The program was designed to recognize those staff members who have worked at Bethany for 10, 15, 20, 25, and 30 years. The employees from Bethany Terrace Nursing Centre who were recognized included Gitaben Patel, Joseph Chacko, Chitchamnong Amorasak, Teresa Kuhn, Marta Ruth Somoza, Sook Ja Kim, and Mildred Miro. Kim and Miro have been members of the staff at Bethany Terrace for 25 years. According to Administrator Ken Kolich, "At Bethany Terrace, we pride ourselves on providing our

residents with a home-like atmosphere. And people like these, with their dedication and commitment, are what make Bethany Terrace a home."

Following a short welcome and invocation by Reverend Stephen A. Dahl, Bethany Methodist Corporation President Dr. Steven H. Friedman presented awards to the recipients. According to Dr. Friedman, "Working together, we accomplish wonderful things. It's not the me, it's the we." Bethany Terrace has been providing its residents with the best and most advanced care in a home-like setting for 35 years. This extensive experience has positioned Bethany Terrace as one of the most knowledgeable health care organizations in the greater Chicago area. Bethany Terrace Nursing Centre is located at 8425 N. Waukegan Rd. in Morton Grove, south of Oakton and north of Dempster. For more information about Bethany Terrace, please call (847) 965-8100.

Rehabilitation key to living well after stroke

(NAPS)—Thanks to medical and technological developments, more people than ever before are surviving strokes. Another important factor in the increased survival rate is the availability of rehabilitation programs that help persons who have had a stroke reach their highest level of function and independence. Yet stroke, or brain attack, is still the third most common cause of death in the United States and the leading cause of disability. Stroke can happen to anyone at any time, and chances increase as people age. Risk factors, such as family history, high cholesterol,

heart disease, hypertension and hardening of the arteries, make some people more likely to have a stroke. But brain attacks, like heart attacks, are unpredictable: no one knows who or when they will strike next. Because stroke hits without warning, family members often have little time to find the right medical rehabilitation program for their loved one. Often this difficult decision is made under pressure, so knowing some of the criteria for selecting a rehabilitation program can be helpful. Is the program accredited by the Rehabilitation Accreditation

Commission?
• Does the program use a "team approach" with physical therapy, occupational therapy, speech-language pathology, social work, psychology and therapeutic recreation professionals working together?
• Is the program affiliated with other programs that offer rehabilitation services at other levels of care (i.e., day treatment, outpatient treatment or home care)?
• Does the program hold "family conferences" to keep families apprised of the rehabilitation goals and progress of their loved one?

• What percent of people with stroke return home, rather than being placed in nursing homes, after discharge?
• Does the program participate in your health insurance plan?
• Is the facility convenient to family members and friends?
To help address the medical, psychological and financial challenges of living with stroke, the National Rehabilitation Hospital in Washington, DC, has published *Managing Stroke: A Guide to Living Well After Stroke*. This comprehensive, 320-page reference guide is an important recovery tool and resource for all people with stroke and their families.

To order a copy for \$13.95 plus shipping and handling, write to NRH Press, 102 Irving Street, NW, Washington, DC 20010-2949 or call (202) 877-1413. In parts of England it was once believed that a knife kept under a window sill kept the Devil out of the house.

Brushing tips for elderly and handicapped

Keeping a healthy smile poses special obstacles for children and adults with physical or mental handicaps that inhibit adequate brushing and flossing. "For many people, tasks that most of us can accomplish without thinking - such as brushing and flossing - require concentration or special assistance," says Dr. Mary Starsiak, a general dentist in Chicago. "Because of a physical or mental handicap, both adults and children have a greater risk of developing dental problems such as tooth decay and gum disease." Some factors are dietary. For example, says Dr. Starsiak, an inability to chew adequate may mean that some need to consume food that is pureed. The carbohydrates in these foods can stick to teeth and promote cavities. Other disabled persons must eat frequent, small meals which increase exposure of teeth to cavity-causing acids. Some persons take medications that include large amounts of sugar to make them taste better. The sugars promote tooth decay. "Combine these problems with

the fact that many disabled children are unable to brush or floss their own teeth," says Dr. Starsiak. "Individuals who have spinal cord injuries, muscular dystrophy, multiple sclerosis or cerebral palsy have limited dexterity. Older people who have suffered a stroke or arthritis have difficulty brushing too. People with mental retardation or Alzheimer's disease sometimes do not remember to brush regularly." In many cases, health professionals, home care providers, or family members can help provide the appropriate dental hygiene tasks. The following suggestions may help people to brush and floss without assistance. "Attach the toothbrush handle to the person's arm with a wide elastic band. "Enlarge the toothbrush handle by encasing it with a sponge, bicycle handle grip, or by sticking the handle of the toothbrush through a pliable rubber ball. "Lengthen the toothbrush handle with a piece of wood or plastic

such as a ruler or wooden tongue depressor. "Bend and mold the toothbrush handle by running hot water over the handle - not the bristle head - of the brush. Dr. Starsiak says that if they can afford it, many disabled persons should switch to electric toothbrushes. "I strongly advise disabled patients or their caregivers to consider electric toothbrushes because they are much easier to operate and they are thorough," she says. "They really get the job done." Disabled persons can also use floss holders, and even electronic flossers that are now reaching the market. "Oral care affects all other parts of the body," concludes Dr. Starsiak. "It is especially important to disabled persons to get the appropriate oral care because it affects their overall quality of life." For a free referral to a Chicago Dental Society member dentist, contact the Chicago Dental Society at (312) 836-7305 or visit www.chicagodentalsociety.org.

AARP publication a starting point for discussion

Marie L. is in mid career, with an active family of teenagers, a husband who shares household responsibilities --- and a mother who is her biggest worry right now. "My mother has her head in the sand about a lot of issues. And my father would turn over in this grave if he knew how she was handling the money he left her. But I love her, and it really is her life. I've set my own limits about how I'll allow her choices to affect me, but she'll always be my Mom." Marie is one of several adult children whose stories of concern about aging parents is documented in a new AARP booklet called

Family Conversations That Help Parents Stay Independent. The booklet is being distributed nationwide this spring as AARP volunteers across the country participate in a concerted effort to help older persons live independently at home. A list of resources is available, including many on the web. To get a copy of the booklet, write to AARP, 601 E. Street, NW, Washington, DC 20049 and ask for Publication D17002. And you can visit AARP on the web at www.aarp.org. For more information about activities in Illinois around Independent Living week, contact the Illinois State Office at (312) 458-3600.

keep these conversations on a positive note. AARP's booklet can help. Filled with ideas, examples, and resources, the booklet was developed after studying the results of an AARP survey which showed:

Sports / Park & Library News

Niles Public Library

Summer Movie Fun for Kids at the Library. Looking for a fun way to spend the afternoon? Join us for our summer movie series especially for kids! The Niles Public Library District will premiere the children's motion picture "Stuart Little" on Thursday, July 20 at 1 p.m. Don't miss the fun when the Little family adopts an adorable, spunky boy named Stuart, who looks a lot like a mouse. State-of-the-art special effects, laugh-out-loud comedy and rip-roaring hijinks make this the biggest adventure a Little can have! This film is rated PG and is 85 minutes long. Tickets are required and will be available in the Children's Department the day of the show. For more information, please call the Library at 847/663-6623.

Let's Play Marbles. From classics like the *ringer* and *dropies* to marble versions of football, golf and tie tac toe, discover dozens of entertaining marble activities during Play Marbles on Monday, July 24 at 3 p.m. at Niles Public Library District. Demonstrating a variety of marble games, Bob Frede, a marble expert and collector, will share his collection of marbles for an afternoon of old-fashioned fun for school-age children and adults. Collectors -- bring your own marbles for a free appraisal! This program requires registration, and space is limited. Please register in the Children's Department or call 847/663-6623.

Dream Interpretation. *What do your dreams really mean?* Learn to examine the wonderful world of dreams during *Dream Interpretation* on Tuesday, July 25 at 7 p.m. at Niles Public Library District. Discussing how dreams can be used to solve problems, release pain and aid one's personal growth, Joyce Shatney, a licensed clinical social worker, will explain how to record your dreams and keep a dream journal. Learn the significance of recurring dreams and nightmares, predictive dreams, the problem-solving aspects of dreaming and more! Shatney has studied numerous courses and workshops on dream interpretation. This program requires registration. Please register at the Library Information Desk or call 847/663-1234.

Movie "Six Days, Seven Nights" Premieres at the Library. Niles Public Library District's summer film series continues with "Six Days, Seven Nights" on Wednesday, July 26 at 2 p.m. and 6:30 p.m. Starring Harrison Ford and Anne Heche, this entertaining, romantic comedy is about a New York City career woman who's forced to interpret an idyllic tropical vacation with her boyfriend for an adventurous business side trip. This movie is rated PG-13 and is 102

minutes long. No registration is required for this program, and seating is limited to 120 patrons. The Library will not hold or reserve any seats. No food or drinks may be consumed during this presentation.

Martial Arts Demonstration. *Tennis, ages 12-18 -- are you interested in learning more about martial arts?* Then you won't want to miss this workshop on Wednesday, July 26 at 7 p.m. at Niles Public Library District. Discover the basic principles of the kwon do as well as the physical and mental benefits of martial arts training during this hands-on workshop presented by instructor Jordan Gitelman. Learn a variety of techniques, and see a demonstration of kicks, blocks, control holds and free sparring performed by Tae Kwon Do students. Gitelman has a black belt in Tae Kwon Do and jujitsu, and he teaches martial arts for the Niles Park District. Participants should wear comfortable clothing and shoes. This program requires registration. Please register at the Library Information Desk or call 847/663-1234.

Another successful 4th of July Event at Niles Park District

The Niles Park District 4th of July Post-Parade Celebration was a great success! We worked very hard to make the Fourth of July fun for all who attend.

Like every year, the celebration took place after the traditional Village of Niles Parade, at Grennan Heights. There was food and treats to eat, games to play, face painting, jumping as well as singing along to the Fabulous Murray Brothers. There were ponies to ride and raffle prizes to win too. If you liked more "sporty" activities, there were baseball contests in the gym. We were also visited by "Skates" from the Wolves Hockey Team.

Again the Niles Park District provided this event to the community at no charge. We entertained more than 3,500 kids and adults. Niles Park District Board of Commissioners and the staff can't wait for next year's event! "Thank you again to everyone who attended, to all the volunteers who gave us their time, and to the many sponsors, who without them, this could not have happened," said Joseph LoVerde, Executive Director.

Meet a former Cub

Meet Hall of Famer former Cub Fergie Jenkins on Aug. 5, 2000 from 3 - 5 p.m. at Au Sports, 5129 W. Dempster, Skokie, (847) 679-8310. Photos, cards, and baseballs will be available. Autographs are \$10 advance, \$15 that day.

Tam Golf Course participates in National Breast Cancer Awareness Program

Tam Golf Course has registered as an official site in the national Rally For A Cure® program. Rally For A Cure, the world's largest grass roots women's golf program, is an awareness and early detection campaign that benefits the Susan G. Komen Breast Cancer Foundation. In 1999 some 2,100 clubs hosted a Rally event and 100,000 participants golfed on behalf of breast cancer awareness.

Women golfers in 50 states and six foreign countries will join in the year 2000 crusade to fight cancer and they will help raise important research funds for the Dallas based Komen Foundation. While the primary mission for Rally For A Cure is to promote early detection, the program in 1999 generated over \$1 million. A total of 200 players are expected for the Rally day at Tam on Sunday August 6th. As part of the Rally For A Cure activities, a closest-to-the-pin contest will be held at a designated

PAR-3 Rally hole. Titleist golf balls carrying the pink ribbon breast cancer awareness symbol will be awarded to every player who hits the green and a prize is given for the shot that lands nearest to the hole. Golfers will be given important early detection literature and pink ribbon pins to wear for the day, plus they receive a full-year subscription to Golf for Women Magazine.

Breast cancer is the leading cause of death for women ages 35-54, and the disease also accounts for more than 75% of all cancer deaths in women 55 years of age and older. The Rally For A Cure is organized and directed by two Connecticut companies, The Wrenfield Group and Norton Communications. For further information about hosting a Rally golf event to benefit the Susan G. Komen Breast Cancer Foundation call (800) 327-6811.

Free Internet access available at the library

Come to Niles Public Library District and visit our newly installed Internet access terminals where patrons can log-on to the Internet for free. The Library has six of these terminals located throughout the building. Terminals are available on a first-come, first-served basis, and reservations are not needed. While you're in the Library surfing the Internet, don't forget to check out our fully-equipped Computer Lab. Available to all Niles Public Library District

Sports / Park & Library News

Free Internet access available at the library

While you're in the Library surfing the Internet, don't forget to check out our fully-equipped Computer Lab. Available to all Niles Public Library District

cardholders for annual fee of \$12 for the entire household, the Lab has 18 Windows-based PCs, two Macintosh computers, 22 printers, two scanners, five Zip drives and two LS-120 drives. Patrons have access to Excel, Word, PowerPoint, Autocad, Pagemaker and more! There is also a wide selection of tutorials to help you get started, no matter what your skill level. For more information about the Library's free Internet access terminals or the Computer Lab call the Library at 847/663-1234.

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School News

Teacher wins top honors



Jeanne Bolt (second from left), of Mount Prospect, a special education teacher at the Low Incidence Cooperative Agreement in Des Plaines, was one of five Chicago-area teachers who recently received a Kohl/McCormick Early Childhood Teaching Award -- an award that specifically honors excellence in teaching children from infancy through age eight. Bolt teaches hearing-impaired children, from infants through age three. In addition to being inducted into the prestigious Kohl Academy of Educators, Bolt received a \$5,000 cash prize and a \$1,000 prize for her Center.

Shown with Bolt are (left-right) Richard A. Behrenhausen, president and CEO of McCormick Tribune Foundation; Joey Kubiak, age 3, who presented his teacher for her award; and Dolores Kohl, president, Dolores Kohl Education Foundation.

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Health records required to start school year

The Niles Township High Schools are urging all parents and students to complete or update student health and immunization records so that they can attend classes when school begins on Tuesday, August 29.

State law requires that students new to district 219, including freshmen and transfer students, have a complete physical done by a doctor licensed in Illinois. The law also requires evidence of immunization against measles (two doses of live vaccine), mumps, rubella, polio, diphtheria and tetanus. A tuberculosis skin test and a hepatitis

B series are also highly recommended. If you do not have a family physician who can administer these inoculations, the Skokie Health Department has free immunizations available (immunizations only, not physical exams). To schedule an appointment with the Skokie Health Department, call 847/933-8252.

Any students who have not provided this information by the week of orientation August 21-25 will not receive either schedules or books until their records are complete.

High School Reunion

Sentimental Journey, Ltd. will be coordinating the following reunions:

- Von Steuben High School Class of June 1960; July 15, 2000 -- North Shore Sheraton.
- Niles East High School Class of 1970; July 22, 2000 -- Hotel Sofitel.
- Niles West High School Class of 1970; July 22, 2000 -- Hotel Sofitel.
- Niles East High School Class of 1980; July 29, 2000 -- Maggiano's Old Orchard.
- Niles North High School Class of 1980; August 3, 2000 -- Arlington Trackside.
- Waukegan High School Class of 1970; August 5, 2000 -- Midlane Country Club.
- Senn High School Classes of January and June 1950; August 12, 2000 -- Doubletree North Shore Skokie.
- Josephinum High School Class of 1970; August 26, 2000 -- Sheraton Gateway Suites.
- Maine North High School Class of 1980; September 2, 2000 -- Metropolis Ballroom, Arlington Heights.
- Sullivan High School Classes of 1940-1949 Reunion; September 9, 2000 -- Arlington Heights Hilton.
- Niles West High School Class of 1969; Friday, September 15, 2000 -- Forty One North.
- Amundsen High School Class of June 1960; September 16, 2000 -- Maggiano's Old Orchard.
- Austin High School Classes of January & June 1960; Friday, September 22, 2000 -- Doubletree North Shore Skokie.
- Hinsdale Central High School Class of 1970; Weekend of September 22 - 24, 2000 -- Hinsdale Golf Club.
- Sears Corporate Children's Department 677 Reunion; Saturday, September 23, 2000 -- Holiday North Shore.
- Niles North High School Class of 1970; October 7, 2000 -- Forty One North.
- Senn High School Class of 1970; Friday, October 13, 2000 --
- Forty One North.
- Niles West High School Class of 1980; October 14, 2000 -- Marcello's.
- Calumet High School Classes of January and June 1950; Friday, October 20, 2000 -- Wyndham Garden Oak Brook Terrace.
- Bowen High School Class of June 1970; October 14, 2000 -- Cubby Bear North - Lincolnshire.
- Sullivan High School Classes of 1959; October 21, 2000 -- Sullivan High School.
- Austin High School Classes of January and June 1950; October 21, 2000 -- Drake Oak Brook.
- Lincoln Junior High (Skokie) Class of 1975; November 18, 2000 -- Marcello's.
- Niles North High School Class of 1990; Friday, November 24, 2000 -- Maggiano's Old Orchard.
- Evanston High School Class of 1990; November 25, 2000 -- Doubletree North Shore Skokie.
- Mather High School Class of 1980; November 25, 2000 -- Maggiano's Old Orchard.
- Niles North High School Classes of 1989 - TBA 2001; Turns "30" party celebration.
- Niles North High School Classes of 1969 - TBA 2001; Turns "50" party celebration.
- Senn High School Class of 1966 - TBA 2001.
- Senn High School Classes of 1953 - TBA 2003.

For information call or e-mail: Sentimental Journey, Ltd., A People Gathering Service; 847-657-3639 or 847-329-0111; FunReunion@aol.com.

School News

Students in electronics succeed at State



Thieme (standing, far left) is proud of district-wide student success in electronics competition, including this year's top state achievers from Maine East -- (seated left) Andy Santos of Des Plaines and (far right) Oleg Kukoshkin of Des Plaines. Both young men will attend the University of Illinois/Champaign this fall to major in electrical engineering.

Engineer/inventor Thomas Edison described education as "the seeing of things in the working," and District 207's successful electronics curriculum is a testimony to Edison's philosophy.

During the past 4 years, District 207 electronics' students have qualified for the state competition, and 13 -- 10 from Maine East and 3 from Maine South -- have placed in Basic Electricity, AC/DC Electronics, Solid State Electronics, and/or Digital Electronics. In fact, 3 have taken first place honors, including Oleg Lukoshkin, a Maine East senior from Des Plaines, who earned first place

Tips from the Teacher at SJB

My name is Kathie Poland and I teach fourth grade at St. John Brebeuf School. I thought that during this holiday season I'd share with you a poem I found a long time ago and always loved. I believe it covers the whole spectrum of teaching children.

Children Learn What They Live

If a child lives with criticism, He learns to condemn. If a child lives with hostility, He learns to fight. If a child lives with ridicule, He learns to be shy. If a

child lives with shame, He learns to feel guilty. If a child lives with tolerance, He learns to be patient. If a child lives with encouragement, He learns confidence. If a child lives with praise, He learns to appreciate. If a child lives with fairness, He learns justice. If a child lives with security, He learns to have faith. If a child lives with approval, He learns to like himself. If a child lives with acceptance, and friendship, He learns love in the world.

-- Author Anonymous.

Area residents graduate from Oakton's BNAT program

Area residents recently graduated from Oakton Community College's Basic Nurse Assistant Training Program (BNAT).

A joint effort of Oakton and the Workforce Development Council, this program prepares students for employment as certified nursing assistants in hospitals, nursing homes and other health care agencies.

The graduates are: Vaishali Patel, Martha Unzueta and Sherri Henderson of Des Plaines; Char-

District 207 commended students

Each month the Maine Township High School District 207 Board of Education commends Maine Students deemed worthy of recognition for their outstanding achievements. Recommendations are made by each building's principal and reflect honor upon the individual students, their schools, and the entire district.

Those commended at the June 5, 2000 Board Meeting are:

Maine South -- Brian Recstar, Christopher Storti, Ryan Westman, Carole Schiffmann, Martin Joyce, Andrew Huening, Lynn Costanza, Paul Drazba, Som Dalal, Nicholas Disabato, Edwards Sim, Katherine Skwarczek, Anthony Notardona, Tiziana DiBenedetto, Catherine Witczak, Liana Pini, Kathryn Ballard, Anna Marzullo, Angela D'Aviero, Antonello DiBenedetto, Elizabeth Ori, Timothy Carlson, Patrick Dorsey, Ryan Grob, William Plencner, Justin Cisco, Helen Jones, Alan Zarzycha, Anthony Gaddini, Jill Baty, Matthew Skomas, Kathleen Meyer, Stephanie Kawka, Susan Ksiazek, Courtney Kiefer, John Jacobsen, Margaret Albin, Magdalena Wittek, Christopher Schutt, Mark Ori, Adam Rosales, Peter Krol, Sarah Anderson, Frances Futris, Sarah Tim-

mer, Elizabeth Bondi, Nicole Cameron, Bradley Seberhagen, Brian Fee, Corey Norman, Timothy Seiwert, David Skiba, Christopher Mitchell, Patrick Stritzel, Michael Begich, Kelly Haas, Susan Logsdon, Mark Wojteczko, Margaret Albin, Amanda Jasinowski, Erika Kronborg-Mogil, Elizabeth Maratea, Adrienne Pontarelli, Douglas Kisielius, Peter Krol, Edwin Schillinger, Christopher Schutt, Sarah Anderson, Emily Auge, Frances Futris, Diana Puckett, Sarah Timmer, Jennifer Caccomo, Lauren Colletti, Laura La Cerra, Margaret Niemczyk, Rebecca Pietrzak, Colleen Van Hoese, Jacob Aimers, Jonathan Dee, James Sullivan, Brian Fee, Liam Hickey, Matthew Schuenke, Bradley Seberhagen, Timothy Siewert, Sean Story, Vanessa Baccay, Elizabeth Cera, Maura Collins, Courtney Kiefer, Linda Lazar, Lina Liu, Lydia Liu, Hannah Megacz, Meghan Sexton, Theresa Weritz, Alexander Polley.

Maine East -- Justin Bates, Candace Behles, Perry Beldia, Laura Belleau, Cheryl Beltran, Tony Benjamin, Olivera Bojic, Ozzie Calhoun, Maria Cataldo, Ambreen Chaudhri, Grazia Chovan, Angelena Colon, Paul Czerwinski, Sagar Desai, Vikas De-

sai, Sheryl Dominguez, Jessica Duke, Chris Evans, Carlite Friedman, Salvatore Galati, Andy Granza, Deanna Greco, Tiffany Guzzardo, Jessica Hahn, Tatiana Hoyos, Laura Huang, Kenneth Hyun, Regimantas Jonaitis, Jamie Joseph, Katy Kanfer, Yo-Han Kim, Lydia Krupinski, Nelly Krzesaj, Anson Kurikose, Ji-Chul Kwak, Elaine Lahn, Dimitry Lampert, Richard Lapinski, Erica Lin, Romella Lipscomb, Joanne Luij, Antonia Lymperopoulos, Consuelo Martinez, Samer Masri, Sebastian Mentel-ski, Thomas Mlynarczyk, Anna Mryczko, Lee Muench, Hao Nguyen, Erick Noriega, Laura Ottenfeld, Sheila Parinas, Distaben Patel, Nirav Patel, Rachna Patel, Rajan Patel, Kris Piotrowski, Andrzej Pukniel, Dariusz Radziszewski, Konstantin Rechijskiy, John Rekoumis, Catherine Sandre, Andrew Santos, Corinne Scarpa, Sean Schochet, Shrutu Shah, Eliane Shin, Dimitry Shuster, Erik Suller, Chris Suchecki, Monica Sutor, Seweryn Szczołarski, Jeffrey Tackes, Kris Theanchai, Sharon Thomas, Igor Trilisky, Edward Umansky, Daisy Varughese.

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Community Employment Bureau

CEB Member, Orchard Village 2000 Auction Dinner Dance a great success

Welcoming 370 friends was no small task, but Sandy Elliot and Liz Franklin, both people who receive supports from Orchard Village, rose to the challenge as Orchard Village held its annual auction dinner dance, "Stepping Out to New Beginnings" at the Palmer House Hilton on May 6, 2000.

Following cocktails and the silent auction, guests streamed into the Grand Ballroom for a delicious meal and the live auction. Master of Ceremonies, Robin Robinson of WFLD-TV Fox 32 News superbly blended humor with pertinent data as she assisted Auctioneer, Jeff Brown, in the sale of ten exceptional travel and one-of-a-kind items. The highlight of the evening came as Working Chairperson, Donna Pleason, greeted those in attendance, and welcomed Honorary Chairman, Barry Krause to the podium. Barry's firm, Publicis & Hal Riney, had filmed a 30 second public service announcement (PSA) that was premiered at the dinner. In it, six people receiving supports and services from Orchard Village are featured, each declaring that they are individuals who want to lead lives that are



Members of Orchard Village Board of Directors at "Stepping Out to New Beginnings." (left to right) Jeannie Hirsch, Phill Klein, Kenneth Handreich, Executive Director, Robin Robinson, Jerry Herb, and Dan Hurley, MD.

challenging and appealing. Those featured include Liz Franklin, Mike Amato, Riccardo Jelks, Billy Anderson, Anna Tulcecki, and Howard Cohen. Barry had also included a brief "making of the video" clip, as well as a surprise second, PSA that featured Bill alone. Not a dry eye was to be found as the six were asked to

stand and be recognized, while the guests joyfully applauded their efforts.

Thanks to the Planning Committee, under the leadership of Donna Pleason, for their efforts, and to the many generous volunteers who made the event possible. Preliminary data indicates that over \$209,000 was raised.

Building a Dynamic Recruiting System

Unleash the power of social networks.

The term "networking" has been in the American vocabulary for years. Then in 1974, sociologist Mark S. Granovetter wrote *Getting a Job: A Study of Contacts and Careers* (Harvard University Press, 1974), and showed how an individual uses his or her web of social relationships -- their personal social network -- to learn about job opportunities.

"Understanding how a social network is structured is incredibly useful," says Steve Borgatti, associate professor of organization studies at Boston College's Carroll School of Management, who stepped down from the post of president of the International Network for Social Network Analysis (INSNA) in January 2000, after several years of service.

A person's network of acquaintances is constantly evolving, as ties are formed and dissolved frequently. Recent studies estimate that a person in the United States has a lifetime average of several thousand acquaintances, with several hundred active acquaintances at any given time. The total correlates positively with age and income. Although some contacts are deliberately cultivated, each person's network of connections, in large part

evolves naturally and without conscious effort on the personal, social and professional levels.

For example, salespeople, customer support staff, purchasing agents and executives all come into contact regularly with others in their industry and marketplace. Through their work they become part of a rich network of professional acquaintances. Employees extend these professional networks just by keeping up with their industry through participation in the activities of trade, professional, scientific and other kinds of associations and organizations.

Finally, employees often move between firms and consequently have rich networks of contacts through their previous work at other companies, as well as from deliberate social connections like alumni organizations or country clubs. In fact, recent research indicates that the higher the level of the employee, the larger their network. Of course, we all also have networks that develop out of our everyday life, from family relations to our neighborhood and beyond. The biggest portion of a person's social network actually consists of secondary contacts he or she doesn't even know -- the acquaintances of his or her primary acquaintances. It's precisely our secondary contacts, who

are unknown to us, who often have the information that a job seeker or employer doesn't have, but needs to know. It may take a chain of acquaintances to bridge the gap between a job-seeker and an open position, so the more contacts you activate, the better. Each of your employees' business and professional contacts leads to many more individuals, who themselves have yet more contacts. Your contacts will provide the most new acquaintances, and therefore be more valuable for a search when there's less overlap among their circles of acquaintances. Granovetter argued that the weak social ties employees tend to have with their business and professional contacts actually involve less overlap. This would make your employees' contacts even more useful for recruiting.

Our concept of Dynamic Recruiting recognizes the vast number of contacts that each of your employees has outside the workplace, and treats all these contacts as a powerful, living resource that can be used deliberately and systematically to identify job candidates. HR professionals can tap into all these outside networks simultaneously by creating an internal network of such well-connected employees.

Organizational Change Workshop

The CEB will be sponsoring a workshop in partnership with the Georgia Nut Company, presented by Fuzhen Group Partner Gerald O'Dwyer.

Fuzhen Group is a San Francisco-based strategy consulting firm co-founded by Partner Gerald O'Dwyer. Fuzhen Group specializes in assisting companies in dealing with the human issues that occur when any vision, strategy, or initiative is implemented.

"We are unique among consulting firms because we help our clients develop the necessary skills to identify and confront problems before they become out of control, clearing the path for efficient strategy implementation."

The main topic of the CEB July 25 program will be "The Elements of Managing Organizational Change," including a case study of a turnaround process Gerald and Fuzhen Group facilitated for the Georgia Nut Company. Georgia Nut, a confectionery company based in Skokie, consists of 350 employees and grosses about \$50 million in annual sales.

Gerald O'Dwyer and the other panelists will cover the history, vision, values and beliefs of Georgia Nut.

In addition, they will examine the sweeping changes that occurred once the organization began to utilize Fuzhen Group techniques, including maximizing valid information and free and informed choice. Vision rollouts and the alignment of personal and corporate visions will also be discussed. The new atmosphere of change, in which assumptions are readily questioned and in which there is less resistance to change, will also be addressed in detail by the additional panel speakers, all of who were instrumental in the strategy rollout of Georgia Nut, which was co-designed by Gerald.

Panelists
Heather Cepa, HR Manager,

Don't Call Us: Tales from the Recruiting Front

Given the current labor market, it isn't surprising that recruitment has become HR's No. 1 challenge. But it's surprising what can happen during job interviews.

Here are some of the most unusual experiences you shared:

1. The CEO conducted interviews at candidates' homes so that he could meet the family. He would ask the candidates' spouses why we should hire that person.

2. A management candidate arrived for his interview so drunk he couldn't stand straight.

Georgia Nut Company;
Steve Chumura, Head of Operations, Georgia Nut Company;
Gerald O'Dwyer, Partner, Fuzhen Group;

Mr. O'Dwyer is certified in Advanced Communication Studies. His wide range of experience is rooted in his study of Neuro-Linguistic Programming (NLP) with founders John Grinder, Richard Bandler and Leslie Cameron Bandler, as well as the groundbreaking research of Dr. Chris Argyris of Harvard University. His work has resulted in pioneering techniques to reduce the barriers to implementing change and the effective transfer of knowledge.

Gerald and Fuzhen Group's clients range from small family-run companies such as Georgia Nut, to the cities of Naperville, IL, and San Francisco, to large multinational corporations such as Kirkland & Ellis, Deloitte & Touche and Hewlett Packard. In addition, he facilitates three-day seminars in conjunction with the University of Chicago.

Dolores Nateghi, CEB Director, stated "This is an opportunity for Human Resource, Recruiting Directors and their associates to take advantage of a unique workshop, that is on the cutting edge of what is happening in today's corporate world to midsize businesses."

The CEB Group feels extremely fortunate to be able to facilitate this workshop through the partnering with the Georgia Nut Company (whose case study will be presented) and the Fuzhen Group's Partner Gerald O'Dwyer.

The workshop will be held July 25, 2000, Tuesday 8 a.m. to 11:30 a.m., at the Holiday Inn North Shore, 5300 West Touhy, Skokie, IL.

The cost for this workshop is \$15 and includes a buffet breakfast. If interested in attending please contact Dolores Nateghi at The Bugle Newspapers, 847-588-1900, ext 29.

Jeffrey Hussler recently joined Manufacturers Bank as Senior Vice President, Human Resources. Mr. Hussler previously served as the Director of Human Resources at Allied Van Lines.

Mr. Hussler earned a Masters Degree in Marketing and Human Resources from the J.L. Kellogg Graduate School at Northwestern University and received his Bachelor's Degree from Georgetown University, Washington D.C., where he majored in English.

Jeffrey is presently a member of the Human Resources Management Association of Chicago and the Human Resource Planning Society. "We are excited to have someone of his knowledge

Continued on Page 37

Community Employment Bureau

HR People Talk Politics

by Dolores Nateghi
Director
CEB HR & Recruiting Group

In the Bugle Newspapers we posed questions that were given to us by various Human Resource personnel I come in contact with as the director of the CEB. I in turn went directly to the CEB membership for answers. Their answers were extremely enlightening.

The question that produced heated discussion from almost every human resource person that I spoke to was our very first question on our list of eight.

1. WILL OFFICE POLITICS EVER END?

The variety of responses never seemed to end, all spoke passionately about this hot issue. Remember we were not discussing benefits, employee assistance programs, or employment law, but a subject that touches people's emotions and as human resources representatives said a matter of respect.

One HR personnel put it very bluntly, when asked this question, "Will the sun ever stop rising." I think we all know that answer! Other HR managers said they've seen personnel quit because of office politics, managers themselves have left because of office politics. Explain, I asked, one manager stated that it's pretty obvious, the lines of communication were closed, because the person who was either higher management or a supervisor was the one directly involved in those office politics.

2. WILL EMPLOYEES EVER STOP COMING LATE TO WORK?

NO! Mary Arena, Bank of Lincolnwood
I asked Mary to please give me a little more for this question, but

she said that this was the reality. As much as employers want their employees to be on time, it's not always going to happen. My take on this subject, although not an authority is you need to look at the overall contribution of that employee. If this tardiness is a continuing practice, that employee needs a wake up call, no pun intended.

3. WILL EMPLOYEE BENEFITS EVER STOP DOWNSIZING?

Monti Redman, Forsythe Technology, Inc.
Employee benefits have actually increased at least with some technological companies such as Forsythe Technology, Inc., a Skokie-based firm and CEB member.

Monti stated that those people in the workforce who have special or are highly skilled in the technical field are at a great advantage. They are in demand and sought out by information technology firms and added benefits are used as an enticement for employment. She further stated that the cost of medical insurance has gone up slightly in terms of dollars, but that other employee benefits far outweigh that cost.

Considering what the job market is today, employees should seek out the best benefit package they can negotiate with a company they really want to work for.

Again we welcome your comments and will be more than happy to share them with our readers. Send them to my attention: Dolores Nateghi, CEB Director, The Bugle Newspapers, 7400 Waukegan Road, Niles, IL 60714.

Six Resolutions for Human Resource

1. **Mentor.** Select someone in your department or in the company who is struggling to mentor for the first quarter of 1999. Spend time together selecting short-term and long-term goals that may help this individual in his or her career.

2. **Model.** Set some long- and short-term goals for yourself that you would like to model. The best way to encourage behavior changes in others is to model and be an example of that behavior yourself.

3. **Let go (empower).** The key to your sanity and the sanity of those you work with is to learn to empower others and allow them to use their creativity and imagination in problem solving. You'll be amazed at the talents and abilities of those you work with as you let go and allow others to learn and develop.

4. **Align.** Make sure structures and systems are aligned with the cultural values in your company. Work at changing one system that may be out of alignment. (Example: Teamwork is the value, but the sales team's compensation system is based on competition which creates the conflict between the value and

the system.) You are forced to spend much time and energy trying to assist company executives in building the right company culture when the systems and values aren't aligned.

5. **Write a mission statement.** Write a personal mission or vision statement and encourage your company, if it doesn't have one, to write one as well. If it does have one, you may want to re-view that mission statement with your company executives and make sure everyone in the organization knows the mission statement and the role they play in furthering the mission of the company.

6. **Build trust.** Repair a broken relationship that you personally have with someone in the company. Ask for feedback as to how you might be a more trustworthy individual and how you can make the relationship more rewarding. (If you are sincere, your actions with one individual will speak volumes to the entire company. Your actions travel faster than a company-wide memo.)

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Employment Tips of the Week - Brought to you by BestJobsUSA.com

Contact: Gregg Lowenstein, Director of Internet Services, at 561-686-6800 x314.

Disclaimer: This information is provided as a service of BestJobsUSA.com and is free of all copyright and/or reproductive obligations.

- Are you married?
- Do you have children?
- What is your religion?
- Do you own your home?
- Do you own your car?

Tales.

Continued from Page 36
home had been taken over by aliens.

There is some debate, however, as to whether a potential employer can ask about what you previously earned.

When AT&T used to say, "Reach out and touch someone," they could not have envisioned how the Internet would revolutionize communications. As more and more organizations monitor their employees' electronic activities, be aware that inappropriate or misuse of e-mail or Internet usage could lead to a suspension or ultimately your dismissal.

Contact: Katy Karr, Director Public Relations, Recourse Communications 561-686-6800 x500 or kkarr@rcimedia.com

Would you like to receive the weekly employment tip via e-mail? Call 1-561-585-6800 x500 or e-mail kkarr@rcimedia.com

Got a Web site? Are you generating stronger traffic to your site while providing an invaluable employment service to your customers? Let us show you how!

7. A candidate for a factory job stripped off her pullover sweater during an interview. She wasn't wearing anything underneath it.

8. A candidate came in for an interview wearing an ear on a chain around his neck.

9. An applicant told all her friends she was hired for a receptionist opening, and then just showed up and sat at the reception desk. We had not made her an offer.

10. A woman came into the office to apply for a job with a 4-inch knife blade sticking out of her purse.

11. A candidate asked about the salary for a position because he wanted to be sure he would earn enough to have beer money for the weekend.

12. A candidate brought lunch to an interview because it was scheduled during his lunch time.

CEB Member Manufacturers Bank, welcomes Jeffrey Hussler!

Jeffrey Hussler recently joined Manufacturers Bank as Senior Vice President, Human Resources. Mr. Hussler previously served as the Director of Human Resources at Allied Van Lines.



Jeffrey Hussler
Senior Vice President
Human Resources

and experience leading our Human Resource team," said Mitchell Feiger, CEO of Manufacturers Bank.

With more than \$1.3 billion in assets, Manufacturers Bank (www.manufacturersbank.com) is a locally operated financial institution, which has been delivering competitive personalized service for more than 65 years to privately-owned, middle-market companies as well as to individuals who live and work in the Chicago metropolitan area.

Manufacturers Bank has grown substantially in the last four years. The holding company is MB Financial, Inc., and is traded on the NASDAQ as "MBFI".

Attacker...

Continued from Page 1

days was the longest gap between attacks in which a 6' ft. approximately 170 lbs. African-American man with a light-to-medium complexion, dressed in dark clothing, gained entry to the houses of eight different women by posing as either a police officer, FBI agent, telephone repair man, or census worker.

The last information regarding the case followed the June arrest of a 35-year-old Chicago security guard after he appeared at a Niles martial arts studio, claiming to be a police officer. While police found the man with a false police badge and a pellet gun, he was released the next day after at least one victim failed to identify him in police line-up.

The award for information leading to the attacker's arrest has reached \$30,000. A \$10,000 reward was originally offered by an anonymous donor from the Asian community, followed by an additional \$5,000 from the FBI, and most recently, the Taiwanese Chamber of Commerce added \$15,000 to the reward fund.

Efforts to capture the suspect are being headed by the Cook County Sheriff's police in a joint effort with local law enforcement. In addition, communities are posting sketches of the suspect along with reward information.

Police want residents who are unexpectedly contacted by someone claiming to be a law enforcement official to call 911 and confirm that person's identity. Similarly, a legitimate census worker or telephone repair person will be able to provide a resident with a contact number in order to verify themselves and their business. If they do not, residents should not hesitate to contact police.

Retires...

Continued from Page 1

His retirement from Glenview results from the village's mandatory retirement law for sworn police personnel. A respected officer, Kelly's career has been marked with accomplishment and controversy. Kelly devoted a great deal of his time to Glenview's youth. As co-founder of the Glenview Values Project and through the Youth Community Service Program, Kelly worked to give juvenile offenders a second chance by keeping them out of the court system and busy working in the community.

Kelly also worked with Glenbrook High School and Springman Middle School to keep police liaisons employed full-time at the schools. The chief's support for an officer fired in 1982 in connection with the beating of a Cook County man raised some eyebrows, as did his recommendation to fire two officers arrested in Milwaukee for possession of marijuana in 1994 (the Glenview Board of Fire and Police Commissioners instead suspended the officers without pay).

Regardless, village officials and fellow officers have found Kelly to be an exemplary chief. In addition to his many accomplishments, it was under Kelly's leadership that the Glenview Police Department received accreditation in 1988 by the Commission on Accreditation for Law Enforcement Agencies.

Officials say that his shoes will not be easily filled.

Man Charged...

Continued from Page 1

28-year-old Tonia Joy Franzen, also of Minnesota, checked into the Days Inn on the 6400 block of Touhy on July 1, and were joined by five Chicago friends, one of whom which bought the couple heroin.

After the friends left, Havlik said that he and Franzen used the drug and then fell asleep. When he awoke Sunday morning, Franzen was dead.

Fitness...

Continued from Page 1

a master's degree in exercise science from the University of Illinois.

In addition to his duties overseeing operations throughout the facility, Maniscalco has said he wants to offer new programs to such as the popular spinning classes, keeping the Center up-to-date on the latest exercise trends.

Just as one dog can start all the dogs barking, so one person can start a whole group to gossiping.

Make-A-Wish Foundation encourages frequent fliers to donate miles

The Make-A-Wish Foundation of Northern Illinois is asking frequent travelers throughout Chicagoland to donate frequent flyer miles and help send children with life-threatening illnesses on the trip of a lifetime. When Make-A-Wish volunteers ask a child for his or her favorite wish, very often the response begins with "I want to go..." In fact, more than 50 percent of all wishes granted by the Make-A-Wish Foundation involves travel. Fortunately, most major airlines have created programs that allow members of their frequent traveler loyalty programs to donate their unused miles to charity. Such contributions have enabled Make-A-Wish of America to send thousands of seriously ill children and their families on the trip of a lifetime, and save the Foundation millions of dollars each year.

Current through all of the 1999 legislative session, the 2000 Code also carries a large number of additional statutes pertinent to the public schools, including: selected election laws and pension laws; Educational Labor Relations Act; Open Meetings Act; Freedom of Information Act; Economic Disclosure Section of the Governmental Ethics Act; Truth in Taxation Act; Local Records Act; Personnel Record Review Act; Prevailing Wage Act; Emancipation of Mature Minors Act;

2000 School Code available from IASB

The 2000 Illinois School Code is now available from the Illinois Association of School Boards (IASB). The Association obtains a supply of Codes from the publishers of state statutes in each even-numbered year.

Each copy of the new Code comes with a CD ROM version for use on a PC or Apple Macintosh computer.

Local Government and Governmental Employees Tort Immunity Act; Gift Ban Act; pertinent sections from the Juvenile Court Act; School Visitation Rights Act; and a complete index.

Obtained from IASB for \$27 per copy (\$22 for IASB Member School Districts) plus \$4 per order for shipping.

For more information or to place orders, call or write: IASB Publications, 430 East Vine Street, Springfield, IL 62703; (217) 528-9688, ext. 1108. Or FAX orders to (217) 528-2831.

Trustee...

Continued from Page 1

spoke highly of the Village's staff, highlighting their competence and ability. He commented, they "make us (elected officials) look good."

Trustee Sneider expressed his gratitude to his constituents for electing him into office for multiple terms. He also noted that his family, wife Marilyn and three daughters Kim, Lori and Sue, were supportive of his work as a Trustee. They had "knocked on a lot of doors" during election campaigns. Several were present at the meeting to show their support of Sneider's decision to resign.

Mayor Dan Scanlon announced that Trustee Sneider's accomplishments in office will be highlighted in a meeting in September, and so would refrain from doing so at the present time. The Mayor said, "for now, just thank you. The Village is a better place today than it was 23 years ago. May God bless you and your family."

Fines...

Continued from Page 1

The company still faces a wrongful death suit filed by the family of employee Raphael Flores, who died from severe burns several days after the blast.

'The Miss Firecracker Contest' at NEIU

The Stage Center Theatre Summer Stock Company at Northeastern Illinois University (NEIU) presents its second show of the season, "The Miss Firecracker Contest." Opening July 20, the Beth Henley-scripted comedy focuses on a woman named Carmelle Scott who, in her small town of Brookhaven, Miss., decides to enter the local Miss Firecracker Contest. While rehearsing for the big event, she runs into her cousin Elaine, a former Miss Firecracker who has abandoned her rich but boring husband and her two small children. Carmelle must also deal with Elaine's eccentric brother Delmont, who, recently released from a mental institution, threatens to sell the family homestead and leave for New Orleans.

Carmelle is then guided by a seamstress named Peppe and a host of other whimsical characters toward a denouement that promises a better future for all concerned. The Hollywood Reporter said, "It's a comic volcano of a play, populated by -- larger-than-life-characters..." The NEIU production is directed by visiting lecturer Jay Geller.

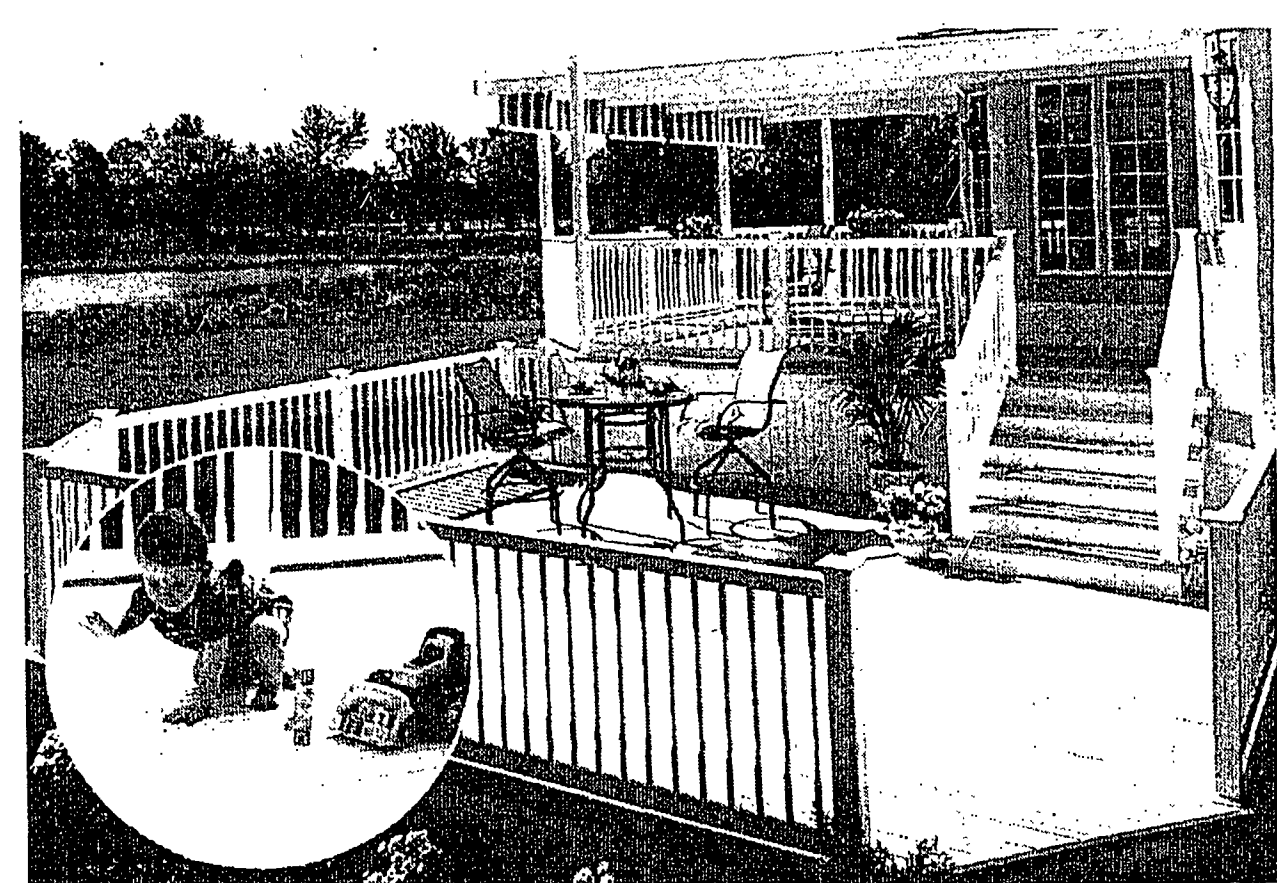
The show will run Thursdays through Saturdays, July 20-22, 27-29 and August 3-5 at 7:30 p.m. at NEIU's Stage Center Theater, 5500 North St. Louis Avenue in Chicago (near Bryn Mawr and Central Park). Admission is \$8; senior citizens and students, \$6; and children ages 6-12, \$4. For ticket information, call the Stage Center Box Office at 773-794-6652.

Juhce Julie In

Juhce Julie In of Niles has been selected as a member of the Lambda Sigma Honor Society of Northern Illinois University, according to Denise L. Rode, director of orientation and chapter adviser.

Lambda Sigma is an honor society composed of sophomore students who exhibit distinguished ability and achievement in scholarship, leadership and service. A minimum grade point average of 3.2 on a 4.0 scale and enrollment in good standing with the university are required for acceptance into Lambda Sigma.

Home Style Decks without the drudgery



EverNew vinyl decks from CertanTeed Outdoor Living Products retain its like-new look for years. It never needs sanding and staining, and except for an occasional cleaning, is virtually maintenance free.

Another significant advantage of vinyl decks is their like-new appearance. While wood decks can splinter and splinter and composite decks will fade, CertanTeed vinyl decks look like new years after they've been installed. There are three colors to choose from -- gray, white, and tan -- so it's easy to co-ordinate your new deck with existing siding and shutters. To help you further customize your deck, low maintenance vinyl railings are available in matching colors. EverNew decks and rail deliver the same great performance you've come to expect from all CertanTeed building products. They've been tested by a third party to comply to national building codes. At the seashore, in the mountains, in Maine winters and Texas summers, these rugged decks are backed by a limited lifetime warranty.

Like-New Appearance
Another significant advantage of vinyl decks is their like-new appearance. While wood decks can splinter and splinter and composite decks will fade, CertanTeed vinyl decks look like new years after they've been installed. There are three colors to choose from -- gray, white, and tan -- so it's easy to co-ordinate your new deck with existing siding and shutters. To help you further customize your deck, low maintenance vinyl railings are available in matching colors. EverNew decks and rail deliver the same great performance you've come to expect from all CertanTeed building products. They've been tested by a third party to comply to national building codes. At the seashore, in the mountains, in Maine winters and Texas summers, these rugged decks are backed by a limited lifetime warranty.

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Home Style

There's still room at the top at Lincoln Court Condominiums

Sales started in March 2000 for Lincoln Court Condominiums in downtown Skokie and already the development is 50 percent sold. The building is sold out of one-bedroom residences, but there is still time to purchase a home with a rooftop terrace. Northfield-based Focus Development is the developer. Located at 8035 Lincoln Ave., the four-story, new-construction courtyard building will feature 30 one- to two-

bedroom homes with 1 to 2 1/2 baths. Available homes range in price from \$213,990 to \$303,000 and include 1,225 to 1,777 square feet. Buyers selecting a home that faces the courtyard will be able to enjoy trees and shrubs planted throughout the courtyard's greenspace. The courtyard will also feature various seating arrangements. Those who enjoy watching people pass by or the day-to-day

events of Skokie Village, might prefer a floor plan that faces Lincoln Avenue or Warren Street.

Lincoln Court's floor plans offer a variety of room combinations -- including dens, formal dining rooms, family rooms and eat-in kitchens. Homes also include walkout balconies, rooftop terraces and walk-in closets in master bedrooms, per plan.

Kitchens at Lincoln Court are equipped with designer cabinetry and countertops; disposals; Moen stainless steel double-bowl sinks; and white-on-white GE appliances, including a slide-in gas range, microwave, frost-free refrigerator with icemaker and dishwasher.

Baths feature ceramic floor tile, wire-shelved linen closets, Delta fixtures and a selection of designer cabinetry. The tenants include a first floor exercise room and party room, as well as an intercom security system. Residential units begin on the second floor. A heated, underground garage provides one indoor parking space per home. Additional indoor parking and basement storage are also available.

As with all Focus Develop-

ment properties, the company has emphasized the design and materials used for Lincoln Court Condominiums. The exterior finish of the building includes a combination of limestone, face brick and stained cedar, while the indoor common areas include renaissance brick and limestone with custom wood moldings. Three local businesses will occupy 3,600 square feet of retail space at Lincoln Court Condominiums. The tenants include Skokie Optical and two dental practices, Dr. Randy Mikos and Dr. Eleanor Gomez.

During construction, a sales center is open in downtown Skokie at 5019 Oakton St. To visit the sales center, take I-94 to Dempster Street and head east. Turn right on Skokie Boulevard then right onto Oakton Street to the sales office.

Sales hours are 10 a.m. to 5 p.m., Monday, Thursday, Friday and Saturday, and 11 a.m. to 5 p.m. Sunday. The sales center is closed Tuesday and Wednesday. For more information, or to make an appointment, call (847) 568-1600, or visit Focus Development online at www.focusdevelopment.com.

Cool ideas in hot weather

Trust NATE. Who's NATE? NATE is not a person. NATE is an organization that helps consumers keep their cool even in hot summer weather.

Here are some money-saving tips to help you keep your cool this summer:

•Be proactive -- Don't wait for a breakdown. Prevention and maintenance for air conditioners such as professional cleaning and tune-ups will cost less than repair or replacement.

•Use your senses -- Notice

the sound your air conditioner makes when it's working and cooling properly. Machines often "tell" you before they're going to quit. Pay attention to changes and you might avoid a costly repair.

•Watch your utility bills -- Air conditioners can be energy gobblers in the summer. If your bill is unusually high, your system may be struggling. Having a qualified technician inspect your system can save you money on your utility bills.

•Check qualifications -- When you call a contractor for service, ask for at least three names and phone numbers of recent customers with similar equipment. Ask your contractor if their technicians have earned certification from NATE, the non-profit North American Technician Excellence organization. NATE sets the standard of excellence for technicians working on air conditioning ventilation and heating equipment.

For more information about NATE and technician certification, consumers and technicians can call (877) 420-NATE, write to 8201 Greensboro Drive, Suite 300, McLean VA 22102, or visit the Web site at www.nate.org.

Faith is developed more by action than argument.

Air conditioners top list of priorities when temperatures soar

Warm weather has a way of changing your priorities. According to a recent survey, when the weather heats up, homeowners consider an air conditioner more important than a television or a telephone.

Despite this necessity, nearly one in four consumers (23 percent) who bought an air conditioner describe the experience as anxiety provoking. This is especially true for women and renters.

Two-thirds of those who responded to the survey, sponsored by Carrier Corporation, say the industry doesn't provide enough information to make an informed choice, especially when it comes to determining the needed number of BTUs. Many consumers don't even know what a BTU is or what the initials EER (Energy Efficiency Rating) mean. And then there's the question of size.

It's important to install the right size air conditioner in the right space. A too small unit will not efficiently cool the place and a too large unit may cycle on and off, frequently resulting in a clammy environment.

With U.S. National Weather Service predictions promising warmer-than-normal weather this year, many consumers may welcome the existence of a web site that can help the anxiety out of buying and installing an air conditioner.

Nearly two thirds (63 percent) of those who responded to the survey said that having air conditioning information on the Internet would make the process easier. Almost as many (58 percent) would welcome step-by-

step instructions for installing a room air conditioner.

Fortunately, a new Web site created by Carrier makes purchasing a room air conditioner directly online a simple process. The Web site also offers tips on buying and maintaining an air conditioner. Following these tips should prevent shoppers from becoming hot under the collar.

Buying Tips
•Room Size: The size of your room will determine the capacity of your air conditioner. Measure accurately.

•Opening: Determine the area (length x width) to be cooled by a single air conditioner. If a room is connected to another by a permanently open door or archway more than five feet wide, consider the two rooms as one area.

•Corners: Conditioned air will not go around corners or down hallways into other rooms.
•Bigger is not necessarily better: An air conditioner with a higher BTU capacity than required may cycle on and off frequently and may not dehumidify properly.

Maintenance Tips
•Window/room units tend to be maintenance free. About the only preventive maintenance a homeowner should do is check and clean the filter when the season starts and periodically throughout the summer.
•People living in areas with heavier amounts of traffic and soot may need to check and clean filters more frequently.

•Filters are easy to remove, clean and replace. Unplug the unit first and refer to the owner's

manual for instructions.
•Most filters can be vacuumed or washed in warm soapy water and laid flat to dry. Then simply put the filter back in.

•Ensure that the unit is properly weather-stripped to prevent warm air drafts from entering the room or cool air from escaping.

Where to Get Help
To select and order a room air conditioner, and for advice on purchasing or maintaining a room air conditioner, visit www.carrier.com or call 1-800-CARRIER (1-800-227-7437).

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Closing costs explained

(NAPS)-There are many costs involved in "closing" on your home. Title insurance is one closing cost item that is very important, and yet not fully understood. There are two types of title insurance - coverage that protects the lender for the amount of the mortgage, and coverage that protects the buyer's equity in the property. Both you and your lender will want the security offered by title insurance. Why?

Title agents search public records to determine who has owned any piece of property, but these records may not reflect irregularities that are almost impossible to find. Here are some examples: an unauthorized seller forges the deed to the house/property; an unknown, but rightful heir to the property shows up after the sale to claim ownership; conflicts arise over a will from a deceased owner; or a land survey showing the boundaries of your property is incorrect.

For a one-time charge at closing, title insurance will safeguard the buyer against problems including those even an exhaustive search will not reveal.

For a brochure on owner's title insurance, called "Why Title Insurance?" send a self-addressed stamped envelope to: American Land Title Association, 1828 L Street, N.W., Suite 705, Washington, DC 20036 or see Consumer Information at: www.alta.org.

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Carmen Venegas

Army Pvt. Carmen Venegas has graduated from the automated logistical specialist advanced individual training (AIT) course at Fort Lee, Petersburg, VA.

The soldier was trained in the skills and knowledge required to receive, store, issue, ship, and account for subsistence supplies. The training included ration breakdown and commissary functions such as price changes, inventory, displays, and security. She earned distinction as an honor graduate.

Venegas is the daughter of Carlos and Mercedes Venegas of DesPlaines.

The service member graduated from Maine West High School, DesPlaines, in 1999.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct of 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. D064758 on the JUNE 21, 2000. Under the Assumed Name of G & G GENERAL PARTNERSHIP With the business located at 130 EAST HAMILTON, ELK GROVE VILLAGE, ILLINOIS. The true name(s) and residence address of owner(s) is: GREGORY PIPIKIOS, 8811 KATHY LANE, DES PLAINES, ILLINOIS 60016; GEORGINE PIPIKIOS, 8811 KATHY LANE, DES PLAINES, ILLINOIS 60016.

Read the Bugle (847) 588-1900



BY JEFFREY CARDELLA Special to The Bugle

Edward Jones:

Coming soon to a financial market near you: Decimal Pricing

If you weren't all that good in math at school, then you probably have never really liked the way stocks are priced - in fractions of a dollar, rather than dollars and cents. To make it more confusing, most stocks generally trade in increments of one-sixteenth of a dollar. And some stocks are even offered in increments of sixty-fourths.

These numbers can be a bit hard to deal with. If that's the case with you, then you'll be glad to know that the Securities and Exchange Commission (SEC) had ordered U.S. securities markets to begin quoting securities prices in decimals. Starting in July, 30 to 40 stocks will be quoted in dollars and cents, according to plans issued by the securities industry. If all goes well, by early August, all stocks would make the switch, although quotes would be priced in increments of no less than 5 cents. By early October, the 5 cents limitation would be removed, and stocks could be quoted in penny increments.

When decimal pricing is completely phased in, you should find it much easier to understand stock prices. For example, a stock that trades today at \$4 3/4 would be quoted at \$4.75. This change also should make it simpler for you to compare prices of different stocks.

If stock quotes eventually get priced in 1-cent increments, you also may benefit in another way. The penny pricing system could narrow the "spread" - the difference between the best buying price and the best selling price for a stock. Consequently, you may find it easier to buy a stock at the price you want to pay. Of course, decimal pricing, by itself, really shouldn't change the way you invest. You still need to find stocks of companies that have strong economic fundamentals, competitive products and a clear plan for future growth. And you also need to diversify your holdings among a variety of different stocks. This need for diversification has become even more apparent with the stock market's recent turmoil, in which the technology sector was particularly hard-hit. By spreading your investment dollars among many stocks, in many different sectors, you should be able to minimize losses affecting one area - while giving yourself more opportunities for success.

Although decimal pricing won't affect your choice of investments, it should still be a positive step in the actual mechanics of constructing a well-diversified portfolio. And, from a psychological viewpoint, dollars-and-cents pricing should take some of the complexity out of the investment process. So, get ready for a new way of looking at the stock market. It's time for decimal pricing - a simple idea in a sometimes complex world. *Jeffrey Cardella can be reached at Edward Jones, 8141 N. Milwaukee, Niles, 470-8953.*

Book explains laws governing public schools

Illinois School Law Survey, Sixth Edition by Brian A. Braun; Publisher: Illinois Association of School Boards, Springfield, IL; 648 pages, 5.5x8.5; March, 2000, softcover, \$25; ISBN: 1-880331-11-X.

The Illinois Association of School Boards (IASB) has published a sixth edition of its layman's guide to Illinois school law. The reference work presents questions and answers in 27 chapters on such topics as student discipline, the educational program, education of the handicapped, teacher employment, collective bargaining, school elections, public meetings, budgeting, property taxes and state aid. Answers are based on state laws and federal statutes, court decisions and government agency regulations and are current as of January 1, 2000. Typical examples of the questions answered are: May a school board make sex...

International Polka Festival and Convention

Make your plans now! The 32nd Annual International Polka Festival and Convention will be held August 2, 3, 5 and 6 at the Westin Hotel O'Hare, 6100 River Road, Rosemont, Illinois. For room reservations, contact the Westin Hotel direct at 847-698-6000 between the hours of 9 a.m. and 5 p.m. central daylight time.

Listen to Polka music from around the country! The following bands are scheduled to appear: Eddie Blazonyk's Versatones from Chicago; Polka Family from Pennsylvania; Genie "O" and the Next Step from Illinois; Lenny Gornulka's Chicago Push from Massachusetts; Windy City Brass "Reunion"; Joe Waluga and the Happy Stars from Illinois; Pan Franek and Zosia from Michigan; Chi-Town Express from Ohio; Midway Cavaliers from Illinois.

For scheduled days and times and advance tickets contact the IPA Headquarters at 1-800-TOPOLKA or 773-254-7771. On Saturday August 5th congratulate the new Polka Music...

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For more information, contact Alice Sochacki at the IPA Headquarters or 773-927-8989.

Jonathan D. Charney

Army Pvt. Jonathan D. Charney has arrived at Fort Knox, Ky., to complete basic combat training. During the eight weeks of training, the soldier will receive instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army history and traditions.

Charney is the son of Wallace D. and Alicia Charney of Des Plaines. He is a 1999 graduate of Maine West High School, Des Plaines.

Timothy S. Michelotti

A Niles student, Timothy S. Michelotti, received a bachelor's degree from Bradley University on May 13, 2000.

Timothy S. Michelotti, son of Mr. and Mrs. Ronald Michelotti of Niles, received a Bachelor of Science degree.

Degrees awarded at NEIU

Area residents who were recently awarded degrees at Northeastern Illinois University's (NEIU) commencement ceremonies held recently at the university's Physical Education Complex are: Des Plaines - Andrew Boyce, Cheryl Coburn, David Geeve, Heather Kunzer, Jeff Lisy, Karen Shallcross, Jenifer Sinnick, Elizabeth Vana, Megan Vana. Maria Vardouniote, Grazyna Zmyslowski, Glenview - Kye-hui Kim, Julia Yoon; Lincolnwood - Nicole Dubin, Loreita Zenawick; Morton Grove - Lisa Mazur, Kimberly Pellicano, Sigal Raanan; Niles - Rajesh Patel, Suchila Tienchai; Park Ridge - Yannis Arbis, Lynn Kadzic; Skokie - Snezha Momchilova, Sabeaha Shariff, Deena Wishnoff.

Lee Ho Park

Lee Ho Park of Niles, has been elected to the Phi Beta Kappa academic honorary society at The Johns Hopkins University. Election to this society recognizes excellence in liberal arts studies. Lee Ho Park is the daughter of Chung and Zoon Park and attended Maine Township High School in Park Ridge.

Lee Ho Park, who is majoring in natural sciences/public health, will graduate in May 2002.

Lisa Brandt

The United States Achievement Academy announced that Lisa Brandt from Des Plaines has been named a United States National Award Winner in History and Government.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognizes fewer than 10% of all American high school students. Lisa, who attends Schaumburg Christian School was nominated for this national award by Brian Keith, a teacher at the school.

Lisa, will appear in the United States Achievement Academy Official Yearbook, which is published nationally. Lisa is the daughter of Wayne and Monica from Des Plaines. Her grandparents are Paul Brandt of Niles, and Lillian Porzycki of Wheeling.

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ADMINISTRATIVE ASSISTANT Commercial and trade company has an exciting opportunity for a full-time, permanent Assistant. Your duties will include answering telephone, preparing correspondence, maintaining and updating company records and marketing materials, and making and taking on directed. Computer skills in Word and Excel and excellent communication/organizational skills are essential as well as the ability to work well independently. In addition to our excellent salary/benefits package, you'll enjoy a friendly work environment conveniently located in Northbrook. Opportunities for advancement. Please fax resume to: 847-480-1652 Or Call Jan at 847-963-2786 E-mail: mjmurphy@aol.com

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The Bugle Is Happy To Announce New Deadlines For Classified Ads! Deadline Is Tuesday At 5 PM And Your Recruitment Ad Would Appear In Thursday & Saturday Editions. Deadline Is Friday At 5 PM And Your Recruitment Ad Would Appear In Saturday & Thursday Editions. Call Beverly At: (847) 588-1900

THE BUGLE CLASSIFIEDS

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

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
<p>CUSTOMER SERVICE</p> <p>Customer Service Specialist *Full and Part-Time*</p> <p>Coca-Cola Bottling Company has exciting opportunities to support our Customer Service Department in Niles.</p> <p>Full-Time Customer Service Specialist (Code CSR-2107) In this role you will answer and direct incoming calls for the company including product order, product movement, and service calls. M-F 8-5.</p> <p>Part-Time Customer Service (Code SER-2111) In this role you will answer calls as well as place calls to accounts to obtain product orders, coordinate delivery dates, and enter customer orders. Part-Time between 8 and 5.</p> <p>We seek candidates with: •High School diploma •One year of customer service/switchboard experience •Computer knowledge and typing skills</p> <p>Send resume to: Coca-Cola Attn: HR (list job code here) 7400 N. Oak Park Ave. Niles, IL 60714 Fax: 847-647-9306 EOE</p>	<p>INSTRUCTORS</p> <p>Family Fitness Center Youth Program Instructors</p> <p>The Village of Niles Family Fitness Center is currently accepting applications for part-time Youth Program Instructors in the areas of tumbling, sports, dance, pre-school, and more. Must be creative, energetic and enjoy working with children.</p> <p>Applications available at: Fitness Center, Village of Niles 987 Civic Center Drive Niles, IL 60714 For more information, call: 847-588-8400 EOE, M/F</p>	<p>MARKET RESEARCH</p> <p>\$\$\$ EARN \$\$\$ EXTRA MONEY Market Research Company Needs MALES & FEMALES of all ages To Participate in TASTE TEST on an "as is needed" basis. CALL: PERYAM & KROLL 6323 N. Avondale (6300 North - 7300 West) (773) 774-3155 Ask For Jack</p>	<p>MEDICAL/HEALTHCARE</p> <p>ACTIVITY ASSISTANT Energetic Activity Assistant Is Needed In A Long Term Care Facility In Niles. English Speaking Plus Russian Speaking A Plus! Call: (847) 967-7000 Ask For Activity Director Hampton Plaza Health Care 9777 Greenwood Ave. Niles Equal Opportunity Employer</p>	<p>MEDICAL/HEALTHCARE</p> <p>ACTIVITY AIDE Full Time Tuesdays through Fridays, 7 a.m.-3 p.m., Saturdays, 11 a.m.-7 p.m. Work with dementia unit residents. Must be able to lead group programs like sing-a-longs, exercise, games & good writing skills. Apply in person Monday-Friday, 9 a.m.-4 p.m. No appointment needed at: NORWOOD PARK HOME 6016 N. Nina, Chicago, IL 60631 (nr. NW Hwy & Harlem) Phone: 773-631-4856 • Fax: 773-631-2253 EOE</p>
<p>EDUCATION</p> <p>Preschool Teachers Full Time For Glenview and Wheeling Locations. Need 6 Hours ECE and 2 Years College. Starting at \$9/Hour. Glenview: 847-729-4433 Wheeling: 847-520-4466</p> <p>PRESCHOOL TEACHER/EXTENDED CARE DIRECTOR Salary commensurate with education & experience. Call Diane At: (847) 724-1034 Immanuel Lutheran School</p> <p>All Classified Help Wanted Ads Can Now Be Found On The Internet! www.Chicagometrojobs.com</p>	<p>MAINTENANCE</p> <p>Maintenance Worker</p> <p>Full Time possible for non-profit organization. Basic knowledge of electrical, plumbing, painting, carpentry necessary. High School diploma or GED and valid Driver's license required. Competitive salary and benefits. Call Peter at: 847-679-3501 ext. 15 Or mail/fax resume to: Human Resources/B Orchard Village 7670 Marmora Skokie, IL 60077 Fax: 847-679-3909</p>	<p>MANAGEMENT</p> <p>Management Skokie Construction Service Company Seeking Responsible, Detail-Oriented Person. Involves Contact With Village Officials, Ordering Materials, Scheduling & Supervising Jobs, & Billing Customers. Salary Between mid \$20's To Lower \$30's Depending On Qualifications. 401K, Vacation, Insurance Available (847) 676-1931</p> <p>MANAGER</p> <p>STORE MANAGER Ground Floor Opportunity Will Train-\$13/Hour During Training Salary + Commission Thereafter Call Yvonne At: (847) 583-0876</p>	<p>MEDICAL/HEALTHCARE</p> <p>The Manor At Lincolnwood Place A 65-Bed Luxury SNF/AL Facility Is Seeking DIRECTOR OF ADMISSIONS Duties Include Handling Admissions, Phone Inquiries, Tours & Social Services Knowledge Of IDPH Regs And Experience With Seniors Preferred Call Sandy At: (847) 673-7166 Or Fax Resume To: (847) 673-5872 EOE</p>	
<p>OUR CLASSIFIED ADS ••REACH MORE PEOPLE PER WEEK•• •FOR THE LEAST AMOUNT OF DOLLARS!• See how your money can work for you! *2 Insertions Per Week *2 Deadlines Per Week Specials Designed With Your Needs in Mind Call us today for details.</p> <p>Beverly (847) 588-1900 We're always available for your convenience</p>	<p>BUGLE NEWSPAPERS FOR CLASSIFIED THE BEST PLACE TO ADVERTISE</p> <p>Try a classified! Call today! 847-588-1900</p>	<p>Find the help that you need in our classified section.</p> <p>CORRECTIONS. Each ad is carefully proof read, but errors do occur. If you find an error please notify us immediately. Errors will be rectified by republication. Sorry, but if an error continues after the first publication and we are not notified before the next insertion, the responsibility is yours. In no event shall the liability for the error exceed the cost of the space occupied by the error.</p>		

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

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
<p>MEDICAL/HEALTHCARE</p> <p>The Manor At Lincolnwood Place A 65-Bed Luxury SNF/AL Facility Is Seeking Full-Time & Part-Time •RN's Up to \$25.00/Hour + \$1,000 Sign On Bonus •CNA's \$9.00/Hour Great Benefits, Bonus Program And Work Environment Call Sandy At: (847) 673-7166 Or Fax Resume To: (847) 673-5872 EOE</p>	<p>MEDICAL/HEALTHCARE</p> <p>JCAHO Accredited Skilled LTC Facility Has Immediate Opening For *ACTIVITY DIRECTOR A.D. Certificate Required Along With Good Documentation Skills. If You Are Creative, Enthusiastic, And A Self-Starter, This Is For You! Excellent Salary & Benefits. Send Resume To Beverly At: (847) 588-1648</p>	<p>PROFESSIONAL OPPORTUNITIES</p> <p>REPORTER To Cover Meetings Freelance For Suburban Newspaper Steady Work Call Marti At: (847) 588-1900</p>	<p>RETAIL GROCERY</p> <p>SUNSET FOODS IMMEDIATE OPENINGS! Northbrook/Highland Park Lake Forest/Libertyville •Seafood Clerks •Deli Cooks/Counter Help •Cashiers/Carryouts Northbrook - Bruce Gonzalez 847-272-7700 Highland Park - Michael Sohovich 847-432-5500 Lake Forest - Bill Tarpey 847-234-8380 Libertyville - Allen Perin 847-573-9570 Excellent Benefits Full and Part-Time openings We will train</p>	<p>SALES</p> <p>NEWSPAPER SALES Work Hours That Fit Your Schedule! Liberal Pay Structure Willing to Train Person With The Right Attitude (847) 588-1900 Ask For Jerry</p>
<p>ACTIVITY AIDES Immediate Openings For Creative, Enthusiastic Person to Provide Daily Activities For The Elderly. Good Documentation Skills Preferred. Full-Time Positions Available (847) 966-9190 Glenbridge Nursing & Rehab 8333 W. Golf Road Niles, IL 60714</p>	<p>HEALTH CARE/HO \$ Signing On Bonus \$ CNA's and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park Call for an appointment Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100</p>	<p>ORDER PROCESSOR Order Entry, Inventory Control, Work Orders, Bill Of Materials, Health Insurance And Profit Sharing Plan. Full-Time Days. Small Non-Smoking Office. Manufacturing Company On Northwest Highway Near Harlem Avenue. Call Enid 773-774-8848 FAX 773-774-1753</p>	<p>PROFESSIONAL OPPORTUNITIES</p> <p>PHYSICAL THERAPIST Licensed Physical Therapist needed for growing outpatient clinic. Diverse orthopedic/sports caseload. Responsibilities include assessments, treatment planning and implementation of care programs. Excellent opportunity for new grad or experienced therapist who wishes to work in a smaller clinic atmosphere. 20-30 hours per week. Competitive salary and benefits. Please Fax Your Resume To: (847) 827-8681 Richard Spinal & Sports Rehabilitation, Ltd. 8933 W. Golf Road-Niles</p>	<p>AVON Looking For Higher Income? More Flexible Hours? Independence? AVON Has What You're Looking For Let's Talk! (888) 220-2866</p> <p>Notice Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.</p>
<p>LPN/MEDICAL ASSISTANT Busy Urology Office In Skokie Looking For Experienced LPN/Medical Assistant Call 847-677-4111</p>	<p>*RECEPTIONIST Seeking friendly, courteous, energetic, reliable full-time receptionist for busy medical office. Computer experience necessary. (847) 869-5800-Ext. 21 We accept Visa and MasterCard! Call: 847-588-1900</p>	<p>ORDER PROCESSOR Order Entry, Inventory Control, Work Orders, Bill Of Materials, Health Insurance And Profit Sharing Plan. Full-Time Days. Small Non-Smoking Office. Manufacturing Company On Northwest Highway Near Harlem Avenue. Call Enid 773-774-8848 FAX 773-774-1753</p>	<p>PROFESSIONAL OPPORTUNITIES</p> <p>PHYSICAL THERAPIST Licensed Physical Therapist needed for growing outpatient clinic. Diverse orthopedic/sports caseload. Responsibilities include assessments, treatment planning and implementation of care programs. Excellent opportunity for new grad or experienced therapist who wishes to work in a smaller clinic atmosphere. 20-30 hours per week. Competitive salary and benefits. Please Fax Your Resume To: (847) 827-8681 Richard Spinal & Sports Rehabilitation, Ltd. 8933 W. Golf Road-Niles</p>	<p>HAIRDRESSER WITH FOLLOWING Manicurist/Pedicurist with following: Diana's Styling Salon 8016 Waukegan Rd., Niles 847-966-6133 Ask For Diana</p>
<p>THE BUGLE CLASSIFIEDS are worth more than just a quick glance. Have you taken a good look at our Classified pages lately? You'll be surprised at just how many ads we publish. When it comes to Classifieds, "the more the merrier" is true! More potential buyers...more sellers! More people advertising things for sale...and somehow, we get more people looking! That's the way it works! It takes both buyers and sellers...and we've got them! Buying or selling, the first place to look is in...The Bugle Classifieds! TO PLACE AN AD, CALL (847) 588-1900</p>				

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
SEASONAL	TELEPHONE	TRADES	TRADES	TRADES
<p>SUMMER GROUNDSMAN POSITIONS AVAILABLE</p> <p>Niles Park District Park Services Department seeks a part-time Groundsman for the summer season. Job includes mowing grass, landscaping, ball field maintenance, flower care and garbage clean up. A valid Driver's License is required. Starting pay is \$6.50 per hour.</p> <p>If interested, please contact Bob Strickler at: (847) 647-6777</p>	<p>TELEPHONE WORK FROM HOME</p> <p>Scheduling Pick-ups Of Discarded Items For A Major Charity</p> <p>No Selling-Flexible Hours</p> <p>Paid Weekly</p> <p>Pleasant Personality</p> <p>Reliability A Must!</p> <p>Please Call: (630) 515-5752</p>	<p>DRIVER</p> <p>Growing Senior Outreach Program Seeks Part Time Driver To Provide Transportation To Seniors And Help Deliver Meals For Our Home Delivered Meals Program. Competitive Pay. Must Have A Valid Illinois Restricted Chauffeur Drivers License.</p> <p>Mon.-Fri 9:00 am - 4:00 pm (No Appointment Necessary)</p> <p>Norwood Park Home 6016 N. Nina Chicago, IL 60631 773-631-4856 FAX 773-631-4850 EOE</p>	<p>LINE HAUL</p> <p>6 MONTHS EXPERIENCE - 30¢/MILE EXPERIENCED - 34¢/MILE TOP PAY - 40¢/MILE</p> <p>DEDICATED HOME WEEKLY</p> <p>STUDENTS</p> <p>MSC PROFESSIONAL DRIVING ACADEMY INTEREST FREE LOAN LEASE PROGRAM NEW/USED OWNER OPERATORS WANTED</p> <p>800-231-5209</p> <p>M.S. CARRIERS EOE</p>	<p>*CUSTOMER SERVICE *BARTENDERS *PORTERS *PIN CHASERS</p> <p>Full-Time / Part-Time</p> <p>Looking For Friendly Customer Oriented People To Join Our FAMILY!</p> <p>Apply In Person</p> <p>CLASSIC BOWL 8530 Waukegan Road Morton Grove</p>
<p>SOCIAL SERVICES</p> <p>DIRECT SUPPORT POSITIONS</p> <p>Rewarding Full Time/Part Time positions available in North suburbs to support adults with developmental disabilities. Must have High School diploma and valid drivers license. Excellent benefits and training provided.</p> <p>\$7.72-\$8.33/hour</p> <p>Call: ORCHARD VILLAGE 847-679-3501 Ext. 15 or 18</p>	<p>FOR THE WEEKEND SHOPPER & WEEKEND JOB GUIDE</p> <p>CALL (847) 588-1900</p> <p>THE BUGLE THE NEWSPAPERS THAT DELIVER</p>	<p>Tractor/Truck Driver Full- and Part-Time</p> <p>We seek a courteous professional driver to pick-up and deliver donated goods throughout the Kankakee area. Responsibilities include daily assigned truck maintenance checks, keeping assigned vehicle and areas around drop boxes neat and clean, moving items weighing up to 70 pounds, reading maps, and accurately recording all items picked up. Qualified applicants must have high school degree or GED, one year straight truck and tractor driving experience, clean/valid driver's license and the ability to pass yearly drug and physical screening.</p> <p>Full-time positions offer competitive wages, comprehensive benefits and growth potential. Please send your resume to: Goodwill Industries of S.E. Wisconsin & Metropolitan Chicago, Inc. Attn: Human Resources, 1001 West Van Buren, Chicago, IL 60607.</p> <p>Goodwill Industries of S.E. Wisconsin & Metropolitan Chicago, Inc.</p>	<p>NATIONAL CARBIDE TOOL, INC.</p> <p>Is Looking For:</p> <p>*Centerless Grinder *Cylindrical Grinder</p> <p>Good Benefits Apply In Person</p> <p>8030 N. Monticello Skokie, IL Call: (847) 674-2211 Or Fax: (847) 674-1990</p>	<p>*CUSTOMER SERVICE *COUNTER HELP</p> <p>\$6-\$8/Hour + Benefits</p> <p>Full-Time/Part-Time</p> <p>Morton Grove & Park Ridge Stores</p> <p>PRESS THIS!</p> <p>CLEANERS & LAUNDRY (312) 988-9930</p>
<p>TELEMARKETING</p> <p>Part-Time In Niles</p> <p>2-3 Days A Week - Flexible Hours</p> <p>Salary Plus Commission</p> <p>(847) 588-1900</p> <p>Ask For Beverly</p>	<p>TELEMARKETING</p> <p>Part-Time In Niles</p> <p>2-3 Days A Week - Flexible Hours</p> <p>Salary Plus Commission</p> <p>(847) 588-1900</p> <p>Ask For Beverly</p>	<p>CORRECTIONS</p> <p>Each ad is carefully proof read, but errors do occur. If you find an error please notify us immediately. Errors will be rectified by republication. Sorry, but if an error continues after the first publication and we are not notified before the next insertion, the responsibility is yours. In no event shall the liability for the error exceed the cost of the space occupied by the error.</p>	<p>FIELD SERVICE TECHNICIAN</p> <p>Growing manufacturer of specialized machinery (woodworking + solid surface industry) is required. The ideal candidate should have service experience in the machine tool field. Comprehensive benefit package including salary, incentive bonus, training, benefits and expenses.</p> <p>Call: 847-352-9990 Fax: 847-352-2580</p>	<p>OFFICE CLEANING</p> <p>Part-Time - Flexible Hours</p> <p>3-5 Evenings Per Week</p> <p>Northbrook Or Winnetka</p> <p>Need Own Car</p> <p>Sate-Lite Mfg. Co. 6230 Gross Point Road Niles, IL 60714 EOE</p>

FULL/PART TIME	FULL/PART TIME	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
TRADES	TRADES	BUSINESS OPPORTUNITY	GARAGE SALES	PERSONALS
<p>FAMILY FITNESS CENTER</p> <p>Part-Time Maintenance/Custodian</p> <p>The Village of Niles Family Fitness Center has immediate openings for part-time Maintenance/Custodians for morning and afternoon shifts.</p> <p>Applications available at:</p> <p>Fitness Center, Village of Niles 987 Civic Center Drive, Niles, IL 60714 E-mail: personnel@vnils.com Fax: 847-588-8051 For more information call Ron Sorensen: 847/588-8407 EOE, M/F</p>	<p>REAL ESTATE</p> <p>APTS. FOR RENT</p> <p>Niles - Large very dean 3 bedroom apartment with spacious master bedroom. On quiet street. Milwaukee + Dempster area. A must see - No Smokers Only! Owner lives on premises. Heat, cook gas included. For Rent Aug. 1st.</p> <p>Call 847-609-9942</p> <p>Niles - 2 Bedroom Garden Apartment. 7320 W. Carol St., Niles. 847-966-5319</p>	<p>BUSINESS OPPORTUNITY</p> <p>Salon Owners Or Hair Dressers Looking For Opportunity To Move Your Staff In With Us In Our Park Ridge Salon.</p> <p>Contact Carol For More Info: (847) 698-5200 Fashion Media-Park Ridge</p> <p>Beauty Shop For Sale In Morton Grove - Owner Must Sell For Family Reasons. \$20,000 Or Best Offer Serious Callers Please 847-297-7419</p>	<p>GARAGE SALES</p> <p>Morton Grove - Fri. 21st/Sat. 22nd. 9-4. 8908 Oak Park Ave. - 1 blk. East of Waukegan on Dempster. Furniture, Kids/Baby Items + Toys</p> <p>Niles - 7807 N. Octavia Fri. 7/21-Sun. 7/23. 9-5pm. Various Unique Items Incl. Mower, Grills, Handmade Dollhouse.</p> <p>NILES - 8536 Oriole Fri. 7/21 & Sat. 7/22 9am-4pm MANY ITEMS!</p> <p>Niles - 8823 N. Ozonom Fri. 7/21 10-4 + Sat. 7/22 10-2 Toys + Household</p>	<p>PERSONALS</p> <p>A Prayer St. Jude's Novena</p> <p>May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. H.D.</p>
<p>MAINTENANCE COORDINATOR</p> <p>Sunrise Assisted Living of Buffalo Grove has an exceptional opportunity available for a Maintenance Coordinator. We seek an individual skilled in the areas of plumbing, minor repairs, touch-up painting, preventive maintenance and basic grounds maintenance. The ability to manage outside contracts is required. Attention to detail and a dedication to seniors also necessary. We offer a competitive salary and comprehensive benefits including medical, dental and 401(k). If interested and qualified, please forward a resume to: Sunrise Assisted Living, 180 West Half Day Rd., Buffalo Grove, IL 60089. Fax: 847-478-2039. EOE M/F/D/V. www.SunriseAssistedLiving.com</p>	<p>CONDO FOR RENT</p> <p>Niles - 1 bedroom Condo converted into 2 bd. new dishwasher, microwave & refrig. Close to Golf Mill. \$895/Mo. Call Mr. Singh 847-663-9740</p>	<p>CEMETERY LOTS</p> <p>For Sale - 2 Side-By-Side Lots Non-Sectarian Section Memorial Park Cemetery-Skokie (Across From Old Orchard) Sacrifice @ \$975/Each-(847) 470-1200</p>	<p>LOST PET</p> <p>Cat Lost - Niles Oakton & Odell Skinny & Grey With Green Eyes 1 Year Male-Declawed (847) 663-9794</p>	<p>A Prayer St. Jude's Novena</p> <p>May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude.</p>
<p>SHIPPING/RECEIVING</p> <p>Plastic injection molding company located in Niles has two openings in the Ship/Rec. Dept. Position requirements are the ability to load and unload product, prepare finished goods for shipment to customers. Must be able to drive a forklift, use pallet movers and dollies to transport product. Enter data into computer system, print labels and place them on product to shipped. Physical demands require lifting of product, boxes and crates. Basic computer skills a plus. We offer medical and dental benefits, 401(k) Plan and more. Applications are being taken between 8:00 AM and 4:00 PM, Monday through Friday.</p> <p>Sate-Lite Mfg. Co. 6230 Gross Point Road Niles, IL 60714 EOE</p>	<p>CONDO FOR SALE</p> <p>Morton Grove - Condo 4 sale by owner 1 bd - 2 parking spaces 1 indoor & 1 outdoor Asking \$109,900. Call 847-967-0898 Or 847-583-0932</p>	<p>DOG ADOPTION</p> <p>Furry Friends Foundation A No-Kill, Non-Profit Animal Shelter, Will Hold A Dog Adoption Day From Noon Until 4 PM On Sunday - July 23 - At</p> <p>PETSMART</p> <p>809 Civic Center - Niles For More Information Call: Furry Friends Foundation (312) 397-1001 Or Call PetSmart on July 23 (847) 581-1690</p>	<p>PERSONALS</p> <p>St. Jude's Novena</p> <p>May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. W.C.</p>	
<p>*CUSTOMER SERVICE *COUNTER HELP</p> <p>\$6-\$8/Hour + Benefits</p> <p>Full-Time/Part-Time</p> <p>Morton Grove & Park Ridge Stores</p> <p>PRESS THIS!</p> <p>CLEANERS & LAUNDRY (312) 988-9930</p>	<p>AUTOS FOR SALE</p> <p>LOREN BUICK/HYUNDAI 1620 Waukegan Road, Glenview (847) 729-8900</p> <p>90 Beretta GTZ, 5 Speed, P.S., P.B., P.W. Clean, Runs Great. 64K Miles. \$5,300 o.b.o. Serious Inquiries Only. (708) 348-1523</p>	<p>FATHER'S RIGHTS</p> <p>MEN'S DIVORCE HELPI! Fathers Deserve Fair Treatment! www.dadsrights.com Attorney Jeffrey M. Leving 312-807-3990</p>	<p>FOR SALE</p> <p>NEW STEEL BUILDING In Crate-40x30 Was \$7,212 - Now \$3,890 Must Sell! 1-800-292-0111</p> <p>All Wood Single Bedroom Set, Includes Bookcase + Desk With New Mattress. 847-670-0967</p> <p>Westinghouse Dehumidifier/Heater. Runs Good! Call 773-792-0087</p> <p>Adult Tricycle w/Basket \$70/obo Computer Desk w/Chair \$85 Firm Call - 847-967-1507</p>	<p>TANNING</p> <p>WOLFF TANNING BEDS TAN AT HOME Buy DIRECT and SAVE! Commercial/Home units from \$199 Low Monthly Payments FREE Color Catalog Call TODAY 1-800-711-0158</p>
<p>TELEMARKETING</p> <p>Part-Time In Niles</p> <p>2-3 Days A Week - Flexible Hours</p> <p>Salary Plus Commission</p> <p>(847) 588-1900</p> <p>Ask For Beverly</p>	<p>CONDO FOR SALE</p> <p>Morton Grove - Condo 4 sale by owner 1 bd - 2 parking spaces 1 indoor & 1 outdoor Asking \$109,900. Call 847-967-0898 Or 847-583-0932</p>	<p>FOR SALE</p> <p>NEW STEEL BUILDING In Crate-40x30 Was \$7,212 - Now \$3,890 Must Sell! 1-800-292-0111</p> <p>All Wood Single Bedroom Set, Includes Bookcase + Desk With New Mattress. 847-670-0967</p> <p>Westinghouse Dehumidifier/Heater. Runs Good! Call 773-792-0087</p> <p>Adult Tricycle w/Basket \$70/obo Computer Desk w/Chair \$85 Firm Call - 847-967-1507</p>	<p>PERSONALS</p> <p>St. Jude's Novena</p> <p>May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude.</p>	<p>WANTED TO BUY</p> <p>WANTED WURLITZERS JUKE BOXES ALSO Slot Machines Any Condition 1-830-988-2742 Fax: 1-830-988-8181</p>

Come In And Place Your Garage Sale Ad Today!

FREE Garage Sale Sign

Appearing in all 5 editions
THE BUGLE NEWSPAPERS
(847) 588-1900

3 lines \$17.00 each add'l line \$3.00

Buy a magazine and help end violence against women & girls

The Chicago Police Department receives an average of 655 domestic violence calls for service a day, and one in three women will be sexually abused before the age of 18. Violence against women and girls will not be solved overnight, however, the Chicago Foundation for Women in partnership with Dominick's and the Chas. Levy Company has created an easy way to help alleviate the problem.

During the month of July 2000, the Chicago community can do their part to end violence against women and girls throughout metropolitan Chicago simply by purchasing a magazine at their local Dominick's store. Thanks to the support of the Chas. Levy Company, up to .50 cents of each magazine purchase will be donated to the Chicago Foundation for Women and to End Violence Against Women & Girls funding initiative.

Scouting for Food



Boy Scouts for the Woodfield Gardens Apartments in Rolling Meadows (from left, Jason Tiedemann, Andrew Baker, Edwin Roman and Chris Hill) recently collected more than 800 food items for the needy. The Scouts went door-to-door collecting the non-perishable food from residents of the apartment community.

Through End Violence Against Women & Girls, the Chicago Foundation for Women has already made 78 grants totaling \$667,800 to programs that address issues of domestic violence and sexual assault. "We are grateful for the support we have received from corporate partners such as Dominick's and Chas. Levy. We hope that every individual in the Chicago metropolitan community will do their part by going into their neighborhood Dominick's to purchase a magazine," said Chris Gramm, executive director of the Chicago Foundation for Women.

There are over sixty-five participating magazines including Oprah's newly launched O magazine, Better Homes & Gardens, Glamour, Vogue, People, Men's Journal, Mademoiselle and Seventeen.

Wray W. Bridger

Navy Lt. J.E. Wray W. Bridger, a 1984 graduate of Maine South Township High School, Park Ridge, recently returned from a six-month deployment to the Mediterranean Sea and Arabian Gulf while assigned to the guided-missile destroyer USS The Sullivans, home ported in Mayport, Fla.

SCORE offers five subject specific workshops

SCORE, the volunteer counseling arm of the Small Business Administration, will conduct five subject specific workshops during the month of August. These specialized sessions are detailed but condensed into half day sessions. In addition, a full day workshop designed for people going into business will also be conducted during the month.

Free On Site Counseling Available

SCORE also offers free confidential counseling daily, Monday - Friday from 8:30 a.m. to 1 p.m. at 500 West Madison Street, Suite 1250 Chicago. No appointment is necessary. A Business Information Center is also maintained which contains excellent reference materials and computers. If you would like more information on SCORE counseling, its twelve locations or workshops, call (312) 353-7724 or visit our website at www.scorechicago.org.

On Site IRS Specialist

An IRS specialist is also available at SCORE's Chicago office on Tuesday from 9 a.m. to 1 p.m. (no appointment necessary) and Wednesdays and Thursdays by appointment only. The IRS specialist will answer tax related questions and offers small business tax forms and publications. There is No Charge For This Service.

Tuesday August 1: Taxes/Licenses/Record Keeping

Record keeping is the least glamorous part of owning a business, but essential to the health of a business. This work-

shop teaches how to keep good records, how to read the numbers and to know which taxes to pay and when to pay them.

Tuesday August 8: Home Based Business

What you need to know to get started. Also advises on overcoming the obstacles of working at home.

Thursday August 10: Full Day Workshop

This 8:30 a.m. to 3:30 p.m. session will introduce an individual to the responsibility of being a successful business owner. An all inclusive session spanning Business Plans, Financial Basics, Business Records, Marketing/Selling, and Legal Matters.

Tuesday August 15: Child Care

How this fast growing business works. What are the regulations and insurance needs. Covers what you need to start.

Tuesday August 22: Doing Business with the Government

Teaches how to gain the world's biggest buyer as a client.

Tuesday August 29: Business Insurance

The best cost effective way to protect your business regardless of the type of ownership.

All workshops are held at 500 West Madison Street, Suite 1250 Chicago. Registration for all workshops are at 8:30 a.m. Half day workshops end at noon, full day sessions end at 3:30 p.m. The fee for the half day workshop is only \$20. The full day session fee is \$40.

Answering the Knock of a Business 'Opp'

It's not so hard to see why consumers would be drawn to ads for business opportunities that trumpet claims like "be your own boss," "set your own hours," "work from home," and "earn money quickly." But as the Federal Trade Commission has repeatedly found, business opportunity promotions like these often are scams, taking consumers' money up front but failing to deliver on their promises in the end.

Prospective business owners can take steps to make sure they're not taken in by fraudulent business opportunities. Before investing in any "biz opp," the Federal Trade Commission suggests that consumers:

- Get all earnings claims in writing. If the promoter hesitates or refuses to give the information in writing, find another business opportunity.
- Interview references provided by the promoter of the business opportunity. Talk to each prior purchaser in person, preferably where their business operates. This may help reduce your risk of being misled by "shills."
- Study the business opportunity's franchise disclosure document.

ment. It includes information about the company, including whether it has faced any lawsuits from prior purchasers or lawsuits alleging fraud.

• Ask the Attorney General's office, state or county consumer protection agency and Better Business Bureau in the area in which the business opportunity promoter is based and where you live whether the promoter has a history of unresolved complaints.

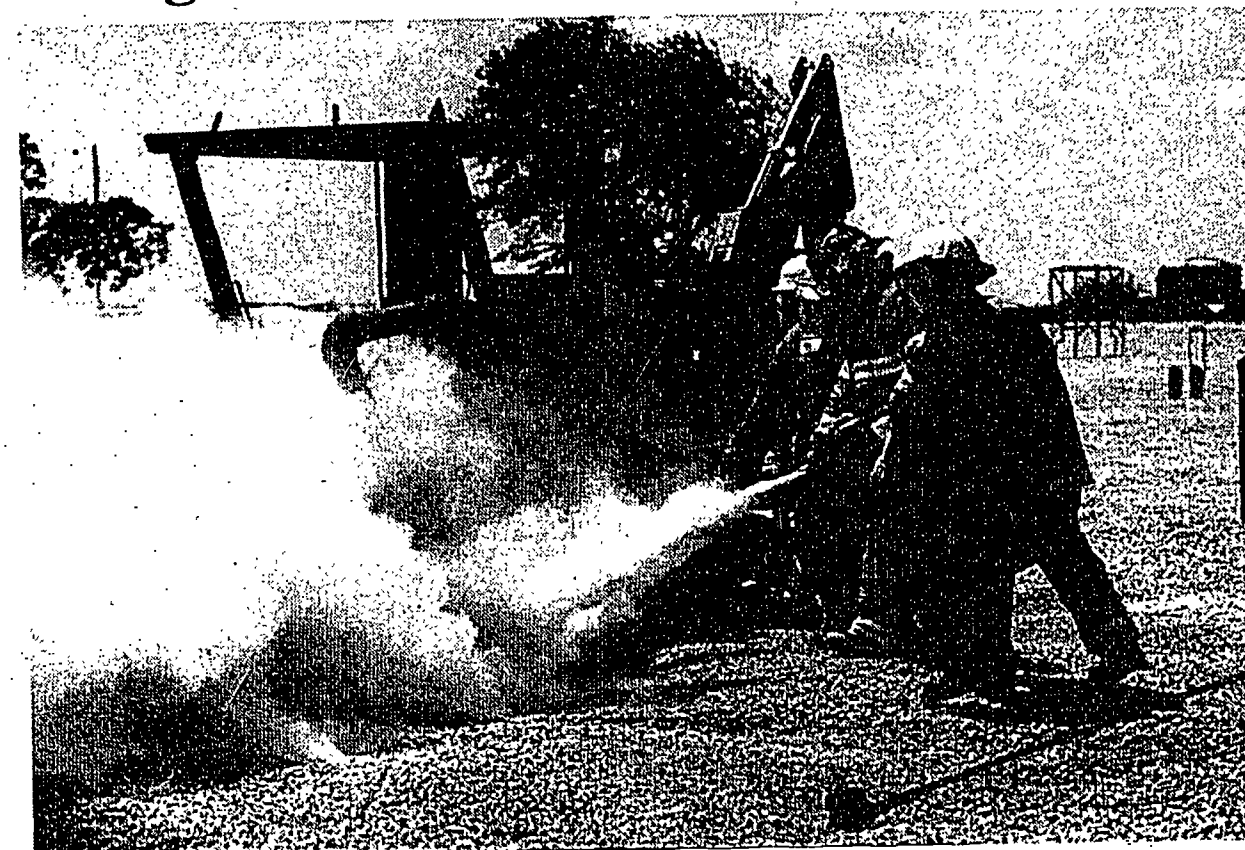
• If the business opportunity involves selling products from well-known companies, call the legal department of the company whose merchandise is being promoted. Find out whether the business opportunity and its promoter are affiliated with the company.

• Consult an attorney, accountant or other business advisor before you put any money down or sign any papers.

For more information about business opportunities or to make a complaint, call the FTC toll-free at 1-877-FTC-HELP (382-4357) or visit online at www.ftc.gov.

"He Who Never Made A Mistake Never Made A Discovery."

Area firefighters receive natural gas fire training from Nicor Gas



More than 100 area firefighters participated in a day-long training workshop sponsored by Nicor Gas at the company's Troy Grove Fire School.

After attending the workshop, one firefighter said, "I learned a lot about natural gas and the way it's distributed, but more importantly, I experienced first hand how to most effectively extinguish natural gas fires."

According to Dave Grote, Nicor Gas manager of fleet management and safety, the company has been offering fire training to municipal fire departments since 1971. And since that time more than 3,000 fire department personnel throughout northern Illinois have participated in the training.

"Each Fire School session is limited to 26 students, which allows individualized instruction by qualified professionals," said Grote. "We typically hold four one-day workshops each May."

Area firefighters who participated are: John Winterfeld, Jeff Klauke, Glenview Fire Department; Steven Berkowski, Niles Fire Department; Stephen Johnson, Patrick Crown, Northbrook Fire Department; Christopher Goldsworthy, Norwood Park Township Fire Department; John Bielik, Prospect Heights Fire Department.

"I think it's great that Nicor Gas offers this training," said one firefighter. "We often work together with Nicor Gas employees in the community and that partnership is key when working in emergency situations. But this program extends that partnership beyond just emergencies," he added.

Nicor Gas Fire School is conducted on a 10-acre site located in Troy Grove, Illinois, about 80 miles west of Chicago. The Fire School was built in 1967 for the purpose of training company employees.

Nicor Gas serves more than 1.9 million customers in a service territory that encompasses most of the northern third of Illinois, excluding the city of Chicago. The company has provided reliable natural gas services for more than 45 years, and is widely regarded as one of the best companies in the natural gas distribution business.

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