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The Niles Bugle

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7400 WAUKEGAN RD, NILES, IL 60714

THURSDAY, AUGUST 17, 2000

VOL. 44, NO. 8

Niles resident appointed to Dist. 63 board

Niles resident Irvin J. Meyer has been appointed to the District 63 school board following the resignation of Mary Pat Jordan.

Jordan, who resigned her seat after moving out of the area, left the board mid-term. Meyer was sworn in at last week's board meeting and has been appointed to serve until the term's end in Nov. 2003.

Two fires under investigation by Niles P.D.

Niles police are investigating two small fires set in the village after midnight last Monday, which were followed by two anonymous phone calls by men claiming to have information.

The first fire was discovered at 12:11 a.m. at Jonquil Park on

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The school board has been accepting applications for the past several weeks, and had narrowed the candidates to five before appointing Meyer on July 31.

A district resident for over 10 years, Meyer is a father of four and an active member of the Stevenson School Parent's Committee.

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Zoning board approves south Niles gas station

A proposal to build a Shell gas station and mini mart at 6901 Milwaukee Ave. was approved by the Niles Plan Commission at this week's Zoning Board meeting.

An earlier proposal to redevelop the now abandoned lot was met with disdain by neighboring residents in October 1999. But Paul Kolpack, attorney for the current property owner said that after reviewing minutes from that meeting,

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Boys arrested on burglary charges

Three male juveniles from Evanston and one from Skokie were arrested last Tuesday in connection with a break in at the Sportsmart located on the 7200 block of Dempster St.

Police responded to the store's burglar alarm at approximately 10:56 p.m. and discovered the front window broken and two pairs of size 9 1/2 gym shoes lying amongst the glass.

According to police, it appears that the offenders reached into the window through the broken glass to steal gym shoes on display behind the window. Blood was found splattered

Continued on Page 50

Cash taken, restaurant vandalized during break-ins at Cafe Bravo, popular Touhy Avenue restaurant

Suspect held in three restaurant break-ins

Niles Police have arrested a man suspected of breaking into the Cafe Bravo Restaurant at 6701 Touhy Ave. in Niles three times within the past week.

Cmdr. Daniel Halley of the NPD said that he cannot yet release the name of the suspect who police believe robbed the Niles restaurant last Thursday and attempted a second robbery on Sunday.

Last Thursday's robbery was discovered at about 4 a.m. by the owner who saw a broken window when he arrived at the restaurant. There was some damage inside and \$280 in cash was missing.

The following Sunday, the owner arrived at the restaurant around 4:40 a.m. and found an-

other broken window. This time, he notified the Niles Police.

No money had been left in the

restaurant, which Cmdr. Halley said apparently angered the offender.

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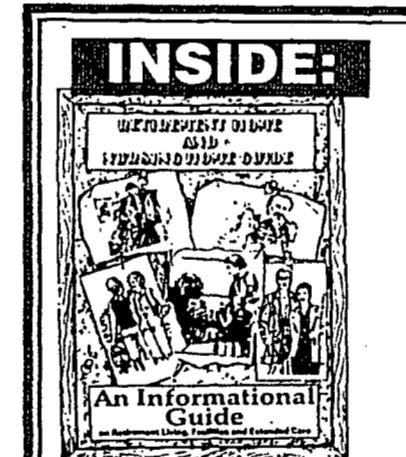
Photo by Pete Mayer
 Cafe Bravo's broken and boarded up windows after 3 break-ins.

Niles Park District employee celebrates 5 Year Anniversary



At the July Niles Park District Park Board Meeting the Board of Commissioners honored Dan Kosiba, Athletic Director, for his 5 years of service and dedication to the Park and the entire community. "Dan has provided quality recreational programs to people of all ages for 30 years. He is a great asset to the Niles Park District and the community," said Joseph LoVerde, Executive Director.

Shown from left to right: Charles Barbaglia, Vice President; Walter Beusse, Commissioner; James Hynes, President; Dan Kosiba, Athletic Director; Elaine Heinen, Commissioner; William Terpinas, Commissioner.



Retirement/
 Nursing Home
 Pages 21-32

Home Style
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Classifies
 Pages 44-48

The Bugle's community job listings can be found on <http://www.ChicagoMetroJobs.com>

One step closer to the cure

The American Parkinson Disease Association/Midwest Chapter, supporting seventy support groups throughout Illinois and eight in Indiana, in a relentless pursuit of a cure for Parkinson Disease, is sponsoring the "Millennium Walk 2000."

Saturday, August 19, the beautiful Riverwalk, downtown Naperville.

8:30 a.m. Registration.
9:30 a.m. Pre-walk program with Dr. Michael Rezak, MD, PhD, Neurologist, Glenbrook/Evanston Hospitals.

10 a.m. The three mile "walk for the cure" through Naperville's most scenic area begins.

All proceeds from pledges, donations, and raffles will be solely for research in the relentless pursuit of finding a cure for Parkinson's disease, a most debilitating illness affecting more than one and a half million Americans, with a minimum of 50,000 newly diagnosed Parkinsonians added each year.

For additional information or details, please call the Chapter office at (847) 724-7087.

The directors and officers of Cambridge Bank proudly announce the completion of the bank's newest office located at 6111 West Dempster Street in Morton Grove. The Morton Grove office is the community bank's third location to open since the bank opened their main office in April, 1996 in Lake Zurich. A second office opened in Hawthorn Woods in April, 1999.

A ground breaking was held for the bank last November and the Morton Grove community has eagerly awaited its opening.

Cambridge Bank's Morton Grove office opens

The two story prairie-style building offers plenty of parking and three drive-thru lanes. The main floor has five teller windows, a coffee bar, and 3 personal banking desks. Administrative offices and the board room are located on the second floor. Safe deposit boxes and the proof office are located in the lower level.

As a community bank, Cambridge Bank places a great emphasis on customer service. "Customers like to feel welcome and see familiar faces when they do their banking," said Gregory Duray, Vice President and manager of the Morton Grove Office. Duray is not new to the Morton Grove business community. He has worked in the community for over 16 years and grew up in Niles. In addition, he is actively involved in the Morton Grove Chamber of Commerce serving in many leadership roles over the years. Other familiar faces on the staff include Eliza Aleman who is the retail manager, Teresa Chwal overseeing the safe deposit box and proof department and Patricia Munoz is a personal banker. Irene Metropolis, Jessica Burns and Michelle Henriques are tellers.

The Board of Directors for the bank are Bill George Stotis, Chairman of the Board; Michael J. Carlino, Chief Executive Officer & President; John Chordas; Nicholas T. Lefakes; John N. Skoubis; George L. Welch and George A. Parhas.

Safety Fair at Randhurst Shopping Center

Helpful hints and timely information will be distributed to northwest suburban residents at the Cook County Department of Public Health (CCDPH) Safety Fair at Randhurst Shopping Center, Friday, August 18, 2000.

Unintentional injuries can be prevented through awareness and education. CCDPH staff will be providing free brochures and literature to encourage teens and parents to think and act safely. Some safety issues covered will be:

- safety helmets for cyclists and in-line skaters.
- automobile and traffic safety.
- child safety seats and seat belts.

In addition, health material for younger children, including coloring books, crayons, stickers, games and prizes will be furnished.

Other participants include the Brain Injury Association of Illinois and the Mt. Prospect Police Department who will be available to answer questions.

The event will be held from 10 a.m. until 3 p.m. on the first level of the mall near J.C. Penney. Randhurst Shopping Center is at 999 Elmhurst Road, Mt. Prospect. For more information call CCDPH at 708-492-2050.

Maine Township Disabled Services hosts Lunch & Bingo

Disabled persons from Maine Township are invited to join in the fun on August 22 at Town Hall, 1700 Ballard Rd., from noon to 3 p.m. The day will be highlighted with a light lunch, games, and bingo.

The cost for lunch and bingo is \$6.25. Bingo without lunch is \$1. The Town Hall is accessible. A sign language interpreter will be available upon request. Call Donna Anderson, Director of Dis-

abled Services or Barbara Winiacki at 847/297-2510 (voice) or 847/297-1336 (TTY) for reservations or further information on this and other programs/activities for disabled persons. The lunch/bingo program is held every fourth Tuesday.

For further information on all Maine Township activities, agencies and programs visit the Maine Township website at www.maintownship.com.

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Robert Morris College signs new recruits

Robert Morris College is pleased to announce that a number of outstanding athletes from the Chicago area have signed to play baseball, basketball and volleyball for the RMC Eagles.

Steve Diduch, a transfer from Valparaiso University and Brendan Mitchell, a transfer from Triton College have signed on to play baseball. Diduch, an outfielder, is a resident of Park Ridge and attended Maine South High School. Mitchell, a left-handed pitcher, hails from Brisbane, Australia and now resides in Alsip.

Niles Police complete safety campaign

The Niles Police Department completed the 4th of 5 traffic safety campaigns on July 9. Each campaign lasts 2 weeks and is set around 1 holiday throughout the year. The focus of the latest campaign was impaired drivers. There were 8 people arrested for Driving Under the Influence (DUI) alcohol. There were 33 citations written for seat belt violations, 314 cita-

tions written for other moving violations, 4 arrests for drug related charges, and 3 people arrested for driving with suspended driver's licenses.

The next campaign will be centered around Labor Day and will focus on speed violations and seat belt violations.

In addition to the traffic safety campaign, the Niles Police Department will also be participating in the Click-it or Ticket nationwide campaign focusing on seat belt and child passenger safety use during the same 2 week period.

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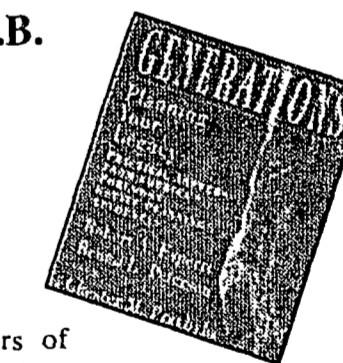
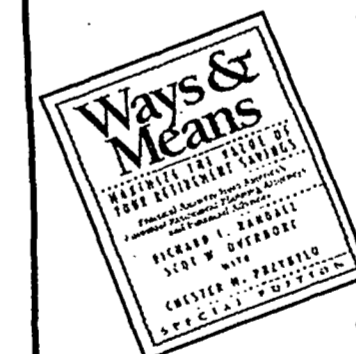
- Avoid the expense, publicity, and delays of Probate
- Reduce or eliminate estate taxes
- Fund a trust
- Control when, how, and to whom your estate passes
- Assure that your affairs are managed as you would want them to be, even when sickness or injury keep you from doing so yourself
- Avoid the publicity and humiliation of a conservatorship proceeding should you become disabled

Chester M. Przybylo, J.D., A.B.

Attorney at Law, M.B.A.

Guest Speaker/Author

Chester M. Przybylo has over 30 years of experience in estate planning, and is a contributing author to the popular estate planning books "GENERATIONS" and "WAYS & MEANS". He also is a member of the American Academy of Estate Planning Attorneys.



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'A 76 year-old pinch runner..... now that's something you don't see every day!'

By Lisa Ashkenaz Croke

It's the bottom of the fourth. The Chiefs are being slaughtered when their man at bat hits a ground ball that races down the center of the field. There are men at both second and third base. And neither of them moves an inch. The ball is thrown to first base and the batter is out, but the men remain securely on second and third with two outs left in the inning.

When last year's record-breaking feats by Sammy Sosa and Mark McGwire came the criticism that power hitters are unwittingly harming baseball as the bar for continued dramatics increases. Not really being a baseball fan, I never gave the argument much thought. But that was before I watched the Chiefs play the Orioles in the 50+ division of Men's Senior baseball league last week. For the first time, I saw what was missing from the major league games that my husband and male friends have been dragging me to for years.

Strategy: I watched as the Chiefs bided their time, waiting for a hit that would allow that man on third base safe passage to home plate, which was exactly what happened two batters later before the third out.

Not able to make the daring plays of the younger major leaguers, both teams consistently counted on such strategy (not to mention a lot of base stealing) in order to get to home. Interestingly, there weren't a lot of batters waiting to first in this game. Then again, while players may be slower than their professional counterparts, these guys demonstrated that they can hit. And I'm not talking about whacking the ball out of the park, I mean hitting with skill down baselines, away from valuable runners like that guy on third. These players not only know how to make contact with the ball, but have the experience and maturity to know how to hit and where best to direct that ball to go.

There are three divisions in Men's Senior Baseball league (yes, baseball) comprised of players who are 30+, 40+, and 50+ years old. Niles, resident, Frank "Poppy" Di Maria Sr., who turned 76 last week, plays for the Chiefs along with his fifty something son, Frank Jr. While Poppy Di Maria may be twenty years older than some of his teammates, he was no less crucial at last Wednesday's game. Not only did he steal third and then steal home second inning, Di Maria followed by pinch running for an obviously much younger player who had been suffering from a sore ankle.

"A 76-year-old pinch runner," I heard someone in the stands behind me say. "Now that's something you don't see everyday."

Certainly not. And while record-breaking home runs may also not be seen everyday, to this new baseball fan, the strategy and skills of the Men's Senior League made the game a hell of a lot more exciting.



Baseball star Frank "Poppy" Di Maria (right) with his son Frank Jr. during a recent game.

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OCC holds annual 'Futures Unlimited' conference



Niles residents Jacqueline Szymczak and Valerie Krynski work together at the "Insanity Alarm" workshop at Oakton Community College, Des Plaines. The workshop was part of the College's annual Futures Unlimited conference, which introduces eighth-grade girls to careers in mathematics and science.

Legion Auxiliary attend state convention

The eightieth annual convention of the American Legion Auxiliary, Dept. of Illinois was convened recently at the Hyatt Regency Woodfield in Schaumburg.

Morton Grove Unit #134 President Patricia Jordan led the delegation who participated in the three day event. Others from the Unit who were in attendance included Joyce Senf, past president, historian-elect for the coming year, Dodee Connelly, past president and also a former leader of the Seventh District, American Legion Auxiliary; Bernice Riley, Aux. Sgt. at arms; and past president Lorry Nehart, unit public relations chairman.

The Dept. past presidents' club held a reception and card party social the first evening of the conference.

Among guests at the convention were Gov. Ryan of Illinois, a representative of secretary of state Jesse White's office and the mayor of Schaumburg (Al Larson).

During the sessions, delegates were treated to a musical variety show put on by the patients and

staff of the Hines and West Side VA Hospitals.

Many reports of successfully completed programs were made in the areas of poppy, children & youth, veterans affairs, leadership and Illini Girls State.

The delegates enjoyed a delightful gold star luncheon which saluted the women who have lost a loved relative during the war.

The Past Presidents' Parley dinner salutes the many scholarship winners given Auxiliary stipends to use for their nurses training at various schools.

A membership skit was held and awards made to individual units, districts and division who accomplished outstanding membership goals.

One of the highlights of the convention was a speaker from the Juvenile Diabetes Foundation. This was the retiring Dept. president Marian Scherman's special project of the year.

Installation and a reception following was the finale of the convention of the newly elected Dept. officers. Sharon Constar is the 2000-2001 term president.

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	CANADIAN CLUB 750 ML \$10.99	

National Night out Against Crime



State Senator Dave Sullivan of Park Ridge (second from right) joined Maine Township Supervisor Mark Thompson (left), famed lawman and speaker J.J. Bittenbinder (second from left)

and Park Ridge Neighborhood Watch Representative Yoursi Daoud (right) at the National Night Out Against Crime event at Dee Park, Park Ridge, recently. Bittenbinder addressed the crowd

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If you have any questions or would like to register by telephone contact Carl Karnys (847) 965-2842 or Eric Johnson (847) 698-3257 for further details.

Education, awareness is key to preventing inhalant abuse

One out of every five students in America has used an inhalant to get high by the time he or she reaches the eighth grade. Parents don't know that inhalants -- cheap, legal and accessible household products -- are as popular among middle school students as marijuana. And even fewer parents know the deadly effects the poisons in these products have on the brain and body when inhaled or "huffed."

"It's like playing Russian roulette," said Harvey Weiss, executive director of the National Inhalant Prevention Coalition (NIPC). "The user can die the first, 10th or 100th time a product is misused as an inhalant." Because prevention through education has proven to work against this popular form of substance abuse, the NIPC has developed National Inhalants & Poisons Awareness Week to help increase understanding about the use and risks of inhalants.

"Many parents are uncomfortable broaching the topic of inhalants with their kids, and they often deny that their child might use inhalants," said Dr. H. Westley Clark, director of the Center of Substance Abuse Treatment. "A lot of children are

experimenting, so if you assume it's not your kid, you'd better check. Inhalants are in everyone's house, so watch your child. Watch for changes in behavior -- personality changes, change in gait, chemical breath, secretive and isolated behavior -- that may signal inhalant use."

Some common questions and answers regarding inhalants, as provided by NIPC, follow:

What is inhalant use? Inhalant use refers to the intentional breathing of gas or vapors with the purpose of reaching a high. Inhalants are legal, everyday products that have a useful purpose, but can be misused. You're probably familiar with these substances -- paint, glue, and others. But you probably don't know that there are more than 1,000 products that are very dangerous when inhaled -- things such as felt tip markers, spray paint, air freshener, butane, and even cooking spray.

Who is at risk? Inhalants are an equal opportunity method of substance abuse. Statistics show that young, white males have the highest usage rate. Hispanic and American Indian populations also show high rates of use.

What can inhalants do to the body? Nearly all abused products produce effects similar to anesthetics, which slow down the body's function. Varying upon level of dosage, the user can experience slight stimulation, feeling of less inhibition, or loss of consciousness. The user can also die from Sudden Sniffing Death Syndrome. Other effects include damage to the heart, kidney, brain, liver, bone marrow and other organs. Inhalants are physically and psychologically addictive and users suffer withdrawal symptoms.

What can I do if someone I know is huffing and appears in a state of crisis? The best thing to do is remain calm and seek help. Agitation may cause the huffer to become violent, experience hallucinations, or suffer heart dysfunction that can cause sudden death. Make sure the room is well ventilated and call emergency medical technicians. If the person is not breathing, administer CPR. Once recovered, seek professional treatment and counseling.

Continued on Page 7

Auxiliary Essay winner advances to District

Under the direction of past president Julie Karsten, the Morton Grove American Legion Auxiliary Unit #134 recently announced their Americanism contest winners. Essays were prepared on the subject of Patriotism. The winning entries were then forwarded on to the Seventh District, American Legion Auxiliary. The district is composed of 8 units located in the surrounding suburbs of Skokie, Glenview,

Morton Grove, Wilmette, Northbrook, Evanston and the north shore area of Chicago. Jerusalem Lutheran School winner from Morton Grove, Tiffany Wax Loeffler went on to take first prize in the 7th District competition. Her entry now progresses through Cook County judging and that final winner is selected at the state level. Tiffany received savings bonds, cash and other awards.

School District 63 names Supervisor of Operations and Maintenance

Superintendent of Schools, Dr. Kathleen Williams, announced the appointment of Mr. Michael Nowlan as Supervisor of Operations and Maintenance for East Maine School District 63. The Board of Education took action on Mr. Nowlan's appointment at its August 8, 2000 Board of Education meeting. Upon his hiring, Mr. Nowlan stated "I'm excited to

be given the opportunity to become a member of the District administration team and to work through issues that will provide the best environment for the education of children to occur." Mr. Nowlan succeeds Mr. Jim Reynolds who served as Director of Operations and Maintenance for the last ten years and resigned to accept a position as Director of Facilities and Transportation for Kildeer School District 96.

Inhaler abuse . . .

den death. Make sure the room is well ventilated and call emergency medical technicians. If the person is not breathing, administer CPR. Once recovered, seek professional treatment and counseling.

What should I tell my child or student about inhalants? It is never too early to teach your children about the dangers of inhalants. Don't just say "not my kid." Inhalants use starts as early as elementary school and is considered a gateway to further substance abuse. Parents often remain ignorant of inhalant use or do not educate their children until it is too late. Inhalants are not drugs. They are poisons and toxins and should be discussed as such. There are, however, a few age-appropriate guidelines that can be useful when educating your children. Education and strategies specific for 4-7, 7-10, 10-14, and 14-18 year-old age-groups are suggested, with all emphasizing the importance of oxygen to life function. A "Tips for Teachers" section details specific strategies for each age-group on the NIPC Web site.

For more information on how you and your community can learn more about inhalants, call NIPC at (800) 269-4237 or visit its Web site (www.inhalants.org).

Treat The Family To Dinner

Disabled Job Fair Scholarships Awarded



Part of the proceeds from Maine Township's annual Disabled Job Fair held each year in cooperation with the North Suburban Council on Employment for Persons with Disabilities goes toward scholarship awards to deserving students with special needs from all three Maine Township area High Schools. Scholarship winners, family members and friends gathered prior to the Job Fair in April at Chateau Ritz in Niles. This year also included a donation of \$500 by the Des Plaines Chamber of Commerce & Industry.

Back row, from left: Ray Glon, parent; Matt Glon, student; Nancy Glon, parent; John Larson, Precision Instruments & Des Plaines Chamber of Commerce President; Patrick Dorsey, student; Helaine Mann, Maine South teacher; Mark Thompson, Township Supervisor; Tom Steffner, Maine West teacher; Terry Class, student; Linda Class, parent; Terry Class, parent. Front row, standing from left: Ken Sartini, Maine East teacher; Carol Denz, Maine East teacher; Mrs. Dorsey, parent; Tim Carson, student; Beth Stone, friend. Front, seated: Maine Township Director of Disabled Services Donna Anderson and Assistant Director Barb Wynecki.

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Women's News

Woman's Club of Skokie/Lincolnwood

The Woman's Club of Skokie/Lincolnwood affiliated with the General Federation of Women's Clubs Illinois will open the new club year on Wednesday, September 6, 2000 at the Holiday Inn, Skokie. Luncheon will be served at noon, with a business meeting following, price for lunch \$10.25. The program for the day will feature Rori Schef-

ler's "Transformations" fashions. Women interested in a reservation or learning more about the club's involvement in the community may call President, Phyllis Cossarek 847-256-1177.

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For the 5th consecutive year, Six Flags Great America was the site of Joan and Shael Bellows Family Day at Great America, an annual project of Chai Lifeline Chicago - a not for profit organization that services catastrophically ill children and their families. The event features a kosher catered lunch and dinner as well as "private audiences" with many of the delightful Six Flags characters. Held Sunday, June 25, 2000, this year's Family Day was attended by 18 Chai Lifeline families from the greater Chicagoland area.

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Holiday Crafters Wanted

St. John Brebeuf's Catholic Women's Club Nativity Guild will hold its annual Holiday Craft Fair on Sunday, November 12 from 8 a.m. until 3 p.m. in the parish hall and gym at 8301 N. Har-ten, Niles. Crafters will be able to display hand-crafted items for Thanksgiving and Christmas. Any crafter who would like to receive an application for the Holiday Craft Fair, please call Judi Stephens, (847) 296-6421.

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Women's News

WBDC names Morton Grove executive 'Woman of the Year'

Karen Elin Johnson, President of Roughneck Concrete Drilling & Sawing Company of Morton Grove, has been selected to receive the 2000 Entrepreneurial Woman of the Year Women's Business Enterprise Award given by Women's Business Development Center (WBDC) of Chicago. Her award was among several announced by WBDC on July 26 during a reception at the Chicago Cultural Center.

Ms. Johnson was described as a visionary businesswoman who recognizes her "Women's Business Enterprise" status as a source of pride, marketing and a vehicle for successful business growth and development.

WBDC commended Ms. Johnson for continually emphasizing the importance of women's business enterprise certification, and furthering procurement opportunities through her leadership at Roughneck, support of the WBDC, and a continuing commitment to women's business ownership.

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Walk-ins welcome

Check out a Family Explorer Card at the library

Does your family enjoy going to local museums? Then stop by Niles Public Library District and check out a Family Explorer Card. Available through June 2001, the Family Explorer Card entitles you and your family to a variety of services such as paid admissions and free gifts at participating museums and cultural centers in the north suburban area. Ten area museums are participating including Health World in Barrington, The Power

House in Zion and Cuneo Museum and Gardens in Vernon Hills. Located at the Circulation Desk, Family Explorer Cards can be checked out for one week. Funding for this project was provided by the Illinois State Library, a Division of the Office of Secretary of State, using federal Library Services and Technology Act funding. For more information, please call the Library at 847/663-1234.

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Health News

Balance is important for healthful weight loss

High-protein, low-carbohydrate diets, like disco and bell bottoms, were big in the 1970s and made a come back in the 1990s.

According to most nutrition experts, high-protein, low-carbohydrate diets are unhealthy because they don't follow the U.S. Department of Agriculture's (USDA's) Food Guide Pyramid. For example, fad diets suggest you rule out healthful foods such as potatoes and car-

rots. That's not a good idea. Vegetables such as potatoes are naturally fat-free, high in vitamin C and potassium, and provide a good source of vitamin B6 and fiber. And, according to the European Journal of Clinical Nutrition, potatoes are considered the most filling food—providing the most satisfaction for the least amount of calories.

Mindy Hermann, RD, answers some questions about the current crop of fad diets:

Can a high-protein, low-carbohydrate diet lead to successful weight loss?

High-protein, low-carbohydrate diets are very low in calories, which is the main reason that people lose weight while following them. When carbohydrates are eliminated, the body loses water along with any fat. Also, when you don't eat enough calories, your metabolism drops, and you aren't able to burn as many calories. As soon as you're off a high-protein, low-carbohydrate diet, you'll gain the weight back—and probably extra pounds, too.

Can't I just take a vitamin-mineral supplement to make up for any potential nutrient deficiencies?

A supplement can replace lost nutrients, but cannot make up for lost phytochemicals. Phytochemicals are not naturally occurring compounds in plant food that are being researched for potential to reduce the risk of certain health problems, such as cancer, cardiovascular disease, arthritis and hypertension. As of yet, supplements cannot replace all of the phytochemicals you would get by eating a balanced diet that includes fruits and veg-

What are the most effective ways to lose weight?

To lose weight, try to eat healthfully most of the time. Not only is this way of eating easier than "dieting," it's also more realistic. Also, try to eat smaller portions of food, especially when dining out.

A helpful guide for eating well is the USDA's Food Guide Pyramid. The food guide pyramid suggests you aim for five or more servings of fruits and vegetables per day, and consume no more than 30 percent of total calories from fat.

Let yourself indulge occasionally. You don't have to forgo eating your favorite foods—all foods can fit into a healthful eating plan.

Finally, exercise. Start slowly, and reward yourself when you exercise consistently. If you're strapped for time, make small changes, such as using the stairs instead of the elevator, or going for a walk during lunch.

For more tips on losing weight healthfully and for nutritious recipes, visit Web sites such as www.eatright.org, www.shapeup.org and www.potatohelp.com.

For a free potato nutrition brochure with healthy tips and recipes, send a self-addressed stamped envelope to: National Potato Promotion Board, c/o: EagleDirect.com, Attn: Courtney Alston, 5105 East 41st Ave., Denver, CO 80216, or order the brochure online at www.potatohelp.com.

LGH sponsors 'Choose or Lose' program

Advocate Lutheran General Hospital offers a 10-week weight loss/healthy eating program that includes both nutrition and exercise sessions. "Choose to Lose" gives participants the tools and skills necessary to choose foods to make and keep them thin and healthy forever without feeling deprived. At the same time, members will work with an exercise physiologist to develop an exercise program suited to their needs and lifestyle.

During the nutrition session, which will be held from 7 to 8 p.m. Tuesdays, beginning October 3, participants will learn:

- How to choose foods and stay within an allotted fat budget;
- how much fat to eat each day;
- why daily aerobic exercise is essential to weight loss; which foods are making you fat; and how to modify recipes to make them lower in fat.

Exercise sessions are scheduled from 8 to 9 p.m. Tuesday and Thursdays, beginning Tuesday, October 3. Participants will meet individually with an exer-

cise physiologist and work together to create an exercise plan to fit the specific needs of the person. In addition, participants will receive a skill-builder workbook filled with exercise and explanations, as well as a pocket-sized passbook to help keep track of fat calories.

The fee for the program is \$200 and includes on-site training at a grocery store to learn how to read food labels; as well as a restaurant outing to learn how to order low-fat foods when eating out. In addition, participants will receive an Eater's Choice cookbook.

The deadline to register is Monday, September 25. For more information or to register, call 1-800-3-ADVOCATE (1-800-323-8622).

ALAMC annual conference on Pulmonary & Critical Care Medicine

The American Lung Association of Metropolitan Chicago (ALAMC) will host the 5th Annual Chicago Conference on current issues in Pulmonary & Critical Care Medicine from September 22 to 23 at Hotel Inter-Continental, Chicago.

The conference features a national panel of recognized experts, who will deliver presentations ranging from new insights into Intensive Care Unit shock therapy, respiratory failure, diagnosis and management of infectious lung disease, including tuberculosis and influenza.

The unique format of this conference features state-of-the-art lectures and pro-con debates offers optimal opportunities for conference participants to engage in open discussion with presenters. To register you can call American Lung Association of Metropolitan Chicago at (312) 243-2000 or register online at www.lungchicago.com.

Health News

New Illinois MS research projects

The National Multiple Sclerosis Society has just committed \$10 million to support 25 new research projects, within the U.S. and abroad, by top scientists investigating many aspects of multiple sclerosis (MS). Two of the new projects are based in the Greater Illinois Chapter area: one at the University of Chicago and the other at Northwestern University, representing a total of \$626,287. The Greater Illinois Chapter contributes funds toward research efforts to end the devastating effects of this unpredictable nervous system disease.

There are 18 other projects active in the Greater Illinois Chap-

Progress in the treatment of osteoarthritis

(NAP* S)-There's encouraging news for the 23 million people with osteoarthritis, and the millions more who may one day get it. A new kind of minimally invasive procedure may help relieve the pain and discomfort of the condition without major surgery.

Osteoarthritis (OA), a degenerative joint disease also known as "wear and tear" arthritis, is the most common form of arthritis. Characterized by the breakdown of cartilage—that part of the joint which cushions the ends of bones—OA causes bones to literally rub against each other, leading to aches, pains, stiffness and limited physical activity.

OA can occur as early as age 40, and the risk increases with age—most commonly developing in women over 60; by age 65, women are up to five times more likely than men to have OA. According to the Centers for Disease Control and Prevention, the incidence of OA is expected to increase by more than 50 percent within the next 20 years.

There are many factors that can cause OA, ranging from age to weight, from previous injury to level of physical activity. One site where the condition can be most debilitating and painful is the knees.

"Osteoarthritis of the knee can be as disabling as any cardiovascular disease except stroke," says Dr. James Elting, an orthopedic surgeon with Bassett Healthcare in Oneonta, NY.

Many people with OA end up having total knee replacement surgery, which involves complete removal of the damaged and worn surfaces of the knee joint, and replacing the cartilage with metal and plastic. Not only does this procedure have a long recovery period, but it is by no means a permanent fix. Thousands of patients end up outliving their implants.

A new procedure, called open-bridge osteotomy, is gaining in popularity. This minimally invasive surgery uses a device called an articulating fixator. A stream-

lined, low-profile articulating fixator has been developed by Orthofix (Nasdaq: OFIX) to correct the alignment and weight-bearing position of the lower leg.

"The Orthofix device allows for surgical precision that was hitherto impossible," says Dr. Elting. "It has particular application in the younger age group, with one-sided knee problems for whom total knee replacement is just not a rational alternative."

Funds for research awards are provided in large part by the nationwide network of local chapters of the National MS Society,

which also provides programs in communities across the U.S. Locally, the Greater Illinois Chapter serves some 11,000 people with MS and their families in the state of Illinois.

Multiple sclerosis is a life-long disease of the central nervous system. It is devastating because it strikes young adults, and slowly steals physical functioning in unpredictable ways. MS affects nearly a third of a million people in the U.S.

For more information about the Greater Illinois Chapter's MS research projects, please contact Larry Anderson at (312) 423-1120. General information about community programs and activities may be obtained by calling the toll-free MS information line, a 1-800-FIGHT MS (please select option one); or interested parties may contact us via email (info@nmss.org) or visit our World Wide Web address (<http://www.nmss.org>).

One newly funded project is the most extensive effort of its kind to seek patterns in MS damage to brain tissue and correlate them with actual clinical manifestations. "The MS Lesion Project" will provide clues to the underlying pathology of MS and map out better ways of treating people who exhibit specific patterns of disease. In addition, two of the new projects are part of a multi-million dollar effort to determine what gender differences in MS can tell scientists about the cause and better treatment of the disease.

Funds for research awards are provided in large part by the nationwide network of local chapters of the National MS Society,

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Community Calendar

Kenny Bernstein golf & tennis tournament

Few things in life can compare with the accidental death of a young child...an experience Cal and Julie Bernstein of Highland Park have been trying to cope with since March 2, 2000, when their 21 month-old son, Kenny, died at home after choking on some food. Along with their two young children, Molly, age 5, and Joey, age 7, the Bernsteins have received overwhelming support from the community, but continue to be plagued with anguish and questions about this unthinkable tragedy.

In an effort to both celebrate Kenny's life and increase public awareness about the occurrence and prevention of unintentional injuries to children - the leading killer of children in the United States - the Bernsteins will host the first Annual Kenny Bernstein Golf & Tennis Tournament on Monday, September 11, at Highland Park Golf Course. Proceeds from the event will benefit the Kenny Bernstein Foundation, established in conjunction with the Chicago SAFE KIDS Coalition - part of the National SAFE KIDS Campaign, the first and only national organization dedicated solely to the prevention of unintentional injury.

Tragically, unintentional injury takes more lives than any other cause including disease, homicide and suicide. Each year, more than 6,300 children ages 14 and under die and another 120,000 are permanently disabled from motor vehicle crashes, drowning, fire and burns, airway obstruction injury, unintentional firearm injury, falls, poisoning and other injury risks areas.

The Kenny Bernstein Golf & Tennis Tournament on September 11 is designed to educate parents and families about the dangers encountered by children every day as well as measures that can be taken to prevent accidental injuries. In addition to a variety of safety-awareness activities seniors can feel young again by joining the Norwood Park Seniors hosted by the Chicago SAFE KIDS Coalition and other local agencies, the event will feature a charity golf tournament, tennis tournament, and a family barbecue. The barbecue will include a fundraising auction and a kiddie corral featuring a variety of fun-filled events for kids that will be hosted by Molly and Joey Bernstein.

Entry into the scramble format golf tournament is \$200 per person and includes green cart fees, tee gifts, lunch and an invitation to the barbecue and auction. Entry into the tennis tournament is \$100 per person and includes lunch, tennis and an invitation to the dinner and auction. Those wishing to attend the family barbecue and auction only may do so for \$40 per person, or \$50 per family. A variety of sponsorships are also available, while individual or corporate donations may be made to the Kenny Bernstein Foundation in care of the Chicago SAFE KIDS Coalition, which is based at the University of Chicago Children's Hospital.

To enter the Kenny Bernstein Golf & Tennis Tournament or for sponsorship or other information, please call Highland Park Golf Course at (847) 435-9015. To make a donation to the Kenny Bernstein Foundation or for more information on the Chicago SAFE KIDS Coalition, please call Julia Stanley at (773) 702-7032.

USE THE BUGLE

The Connexion performs tonight

The Village of Niles Leaning Tower Concert Series continues on Thursday, August 17 with The Connexion. The Connexion is a seven-piece band with two lead female vocalists, guitar, bass, drums, keyboards/trumpet and keyboard/sax.

The Connexion has been performing in and around Chicago for over 15 years and they strive to entertain everyone by playing a variety of music such as rock, Motown, retro 70's and 80's, and current top 40. Do the electric slide, the macarena, and dance all night. Come out and join the fun!

The Leaning Tower Concert Series is free and open to the general public. The concert will be from 7 to 9 p.m. Food will be available from Schual's Presentation Catering & Events in Niles, (847)647-9304. Please bring

your own lawn chairs. If you have any questions, please call the Village of Niles at (847) 588-8000.

Thursday, August 24 will bring the final concert event of the season. The Maxwell Street Klezmer Band is back by popular demand - nine (9) instrumental vocalists will dazzle you with "soul music" of America's Russian-Jewish immigrants. The big-band sound has been called "Yiddish Dixieland" with its evocative Gypsy cadences and earthy spirituality. The Maxwell Street Klezmer Band will have you on your feet and dancing to the Yiddish Classics and improvisations of old-world themes. Food will be available by Schual's Catering. Come out and join the fun!

Liponi's annual golf outing

The Liponi Foundation for Special Recreation invites you to join them for their annual miniature golf outing on Wednesday, August 23 from 6-9 p.m. at Mountain View Mine Golf Course, 500 Algonquin Rd., Des Plaines. The evening will include

18 holes of mini golf, raffle prizes as well as a delicious dinner. The proceeds will benefit individuals with disabilities. For more information or to sponsor a hole/donate a prize, please call (847) 966-5522.

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Community Calendar

Home delivered meals program seeks volunteers

Volunteer drivers are needed for the Home Delivered Meals program sponsored by Advocate Older Adult Services.

The volunteers deliver hot lunches Monday through Friday to homebound elderly or disabled individuals in the Park Ridge/DesPlaines area who cannot prepare their own meals. The service is also used temporarily by persons recovering at home after an illness or hospitalization.

Volunteers are asked to donate a minimum of one hour a week to transport meals to several addresses from Advocate's Older Adult Services office, 9375 Church St., DesPlaines. Home Delivered Meals program volunteers must use their own cars and be familiar with the Park Ridge/DesPlaines area. To volunteer, call Pat Lewis at (847) 824-5174.

Jewish Genealogical Society

The Jewish Genealogical Society of Illinois will present, on Sunday, August 27 at 2 p.m., "Internet and Genealogy Convention Update".

The meeting will take place at the Skokie Public Library, 5215 W. Oakton St., Skokie.

Genealogical reference materials will be available from 1 p.m. September 24 is the next meeting. This program, as are all our programs, is open to the public at no charge. All are welcome. For more information, call Belle Holman at (847) 679-1995 or (312) 666-0100.

Square dance lessons available

Dancing is good for your health so why not start getting healthy this September with Niles Square Dance Club. Beginner lessons start:

Date: September 11, 2000;
Time: 7:30-9:30 p.m.;
Place: Niles Recreation Center, 7877 N. Milwaukee Ave., Niles, IL.

First lesson free; Baby sitting will be provided for lessons. Information: 847/534-6562.

United Ostomy Association meeting

Chicago's North Suburban Chapter of the United Ostomy Ass'n., a support group for all ostomates and those anticipating ostomy surgery, meets on the 4th Wednesday of each month at 7:30 p.m., in the 10th Floor East Dining Room of Lutheran General Hospital, 1775 Dempster St., Park Ridge. The next meeting

will be held on August 23, 2000. Refreshments... A WOCN (Wound Ostomy Care Nurse) is always on hand to offer help and information, and programs are fun and informative. Free. For information, call (847) 724-7453 or (847) 520-0699. Visit our web site at www.geocities.com/~mroostomy.

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Audition Skills Workshop

"How To Succeed in Business Without Really Trying" has been scheduled as Highland Park Players' fall production. An Audition Skills Workshop will be held from 7 to 10 p.m., Wednesday, Aug. 23 at West Ridge Center, 636 Ridge Road, Highland Park. Registration and a \$10 fee will be taken at the door.

The one-time session will be conducted by director Catherine Davis, choreographer Marianne

St. John Brebeuf Alumni Reunion

Alumni from all of St. John Brebeuf School graduating classes through 1993 are invited to attend the SJB Homecoming. The event will take place on Friday and Saturday, September 8 and 9 on the parish grounds, 8301 N. Harlem, Niles. Entertainment, food and beverages will be available. A special alumni welcome will take place on Saturday, 7-11 p.m. Alumni or parents of alumni can call Andy Beierwaltes, Jr., (847) 966-6961, or Maureen (Murphy) Polcyn, (847) 583-8821, for additional information.

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For more info contact
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847-845-8854
or Hobart's Pub (847) 985-1013

Community Calendar

Walk for AIDS

Join us on Sunday morning, September 24, when the AIDS Service and Support Program of the Jewish Federation of Metropolitan Chicago sponsors a team for AIDS Walk Chicago, the annual 10K lakefront event.

To support the HIV/AIDS community and to walk with our team, call 847/568-5252 for more information.

The AIDS Service and Support Program is coordinated by

Jewish Family and Community Service. The Program is committed to reaching out to and providing direct services to those in the Jewish community who are affected and/or infected by HIV/AIDS. The AIDS Program also aims to increase awareness and provide education and prevention programming to the Jewish community around HIV/AIDS, other sexually transmitted infections, and related issues.

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Metropolis Youth Symphony Concerts

Fresh from their recent trip "down under," the Metropolis Youth Symphony will present selections from their pre-Olympic summer concert tour of Australia, Monday and Tuesday, August 21 and 22 at the Metropolis Performing Arts Centre, 111 W. Campbell Street in downtown Arlington Heights. Tickets are \$20. Show time is 7:30 p.m. both nights. Call the Metropolis Performing Arts Centre box office, 847.577.2121, or stop by the Metropolis box office for tickets and information.

Shop to benefit Magen David Adom.

Magen David Adom, Israel's emergency medical, health, blood and disaster services invite you to attend Bloomingdale's 5th Annual Shopping Benefit on Wednesday August 30th at their Old Orchard and North Michigan Avenue stores. By contributing \$10 to Magen David Adom, you receive a discount pass for 15% off over their stores, plus you can enjoy all the festivities of the day including entertainment, fashion shows, cooking demonstrations. You can also enter to win one of sev-

eral Bloomingdale's shopping spree. And MDA receives a bonus for every ticket that is redeemed at the store on the day of the event. Last year, Magen David Adom raised nearly \$2000. An event where everyone wins!

Magen David Adom has been saving lives in Israel and around the world since 1930.

To purchase your tax-deductible pass for you, your family and friends, call Megan David Adom anytime at 847-583-0664.

Hobarts Pub Car Show

Hobarts Pub will hold their 1st Annual Car Show on Sunday, August 20 from 8:30-4 p.m. Registration \$12 8:30-noon. 10 judged classes--30 trophies including best of show; raffle for all registered vehicles; food and beverages available.

For more info contact Black Dog Promotions, 847-845-9654.

Scouting News

Scoutmaster David Okun proudly announces the young men of Troop 175 and Cub Pack 175, of St. John Brebeuf Church received 1st place honors for Village of Niles Independence Day parade.

The float, conceived, designed and built by the Scouts, again received 1st place in the association, category of the annual competition and has received a special first place plaque. The plaque will be proudly displayed in St. John's hall.

Special thanks to Benny Costes and David Okun for their time, efforts and donations to the float construction.

Congratulations and thanks to all the young men that participated in the winning efforts!

Cub Pack 175 and Troop 175 are sponsored by the St. John Brebeuf Holy Name Society and the North American Martyrs Council 4338, Knights of Columbus.

Steinmetz Reunion

Steinmetz High School, Class of Year 1943, Reunion plans are underway for our 57th reunion, Sunday Oct. 8, 2000 at the Wellington Restaurant, Arlington Heights, IL at 11 a.m.

For your interest contact one of the following members:
Ed Mass: 847-398-8594 or
Ralph Black: 847-537-4131.

M-NASR plays Buddy Baseball Game

M-NASR's Buddy Baseball team will be playing the Glenview Indians, Glenview's Buddy Baseball team, on Tuesday, August 29, 2000 at Thillens Park at Devon & Kedzie in Chicago. Doors open at 5:30 p.m. and the game begins at 6 p.m. and will end at 7:30 p.m. For more information, please call 966-5522.



Italian calligrapher Ludovico degli Arrighi created the first penmanship manual for popular use, La operina da imparare di scrivere lettera cancellaresca, in 1522.

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Church and Temple News

Beth Hillel Open Houses

Beth Hillel Congregation, 3220 Big Tree Lane, Wilmette is planning several open houses to further interest of prospective members in joining the congregation. Members of the Jewish community who are seeking to affiliate with a Conservative synagogue are invited to attend one of the upcoming open houses to be held at Beth Hillel.

This will give prospective members an opportunity to visit with the rabbi, cantor and various

members of the congregation; share some refreshments and tour the sanctuary, academy and other areas of interest.

Two open houses are planned. They will be Sunday, August 27 from 10 a.m. to 2 p.m. and Tuesday, September 6 from 7 p.m. to 9 p.m.

Please call the congregation office at (847) 256-1213, ext. 11 for any further information. We hope to see you there.

St. John Brebeuf Men's Fish Fry

The Holy Name Society men's club of St. John Brebeuf parish is kicking off its fall activities with its annual men's fish fry on Friday, August 25 in the parish hall, 8301 N. Harlem, Niles.

This popular event is the first of a wide variety of activities which the men's club holds throughout the year. The dinner consists of both fish and chicken. Tickets will be sold at the door at just \$10 per person. Doors open at 5:30 p.m. Raffle prizes will be given. Any questions regarding the SJB Holy Name Society can be directed to Mel Koenigs, president, (847) 966-2293.

NTJC Services

Ezra-Habonim, the Niles Township Jewish Congregation will have a full schedule of services during the summer months.

Regular Friday night Erev Shabbat services at 8 p.m. Shabbat morning services at 10 a.m.

Nightly services at 7 p.m. Mon-Thursdays and 6 p.m. Saturday & Sunday.

All are invited to attend. Gan Yeladim, the early childhood program of Ezra-Habonim, the Niles Township Jewish Congregation is accepting enrollment for the fall Parent-Toddler classes. They are held on Tuesday and/or Thursday morning. For more information or to register, call Betsy Roberg, at 675-4152.

Members of "Sons of Joshua" are invited to attend High Holiday Services at Ezra-Habonim, the Niles Township Jewish Congregation.

After more than 30 years of conducting High Holiday Services throughout the North Shore, and most recently at the Fireside Inn in Morton Grove, Cantor Dale Lind has retired. Knowing that Rabbi Neil Brief and Hazzan Shlomo Shuster conducts one of the finest High Holiday Services in the area Cantor Lind has recommended to his members to at-

tend services at EH-NTJC. Former members of "Sons of Joshua" are offered a special rate for tickets. For information, call 675-4141.

Membership Shabbat Friday August 25, 8 p.m.

A special Shabbat Service to honor our members and to greet prospective members is planned. There will be special membership readings and musical offerings. Meet the Clergy and the Board of Directors.

High Holy Days worship Tuesday, September 5 & 12 at 7:30 p.m. to be led by Hazzan Shlomo Shuster. In preparation for the coming High Holy Days, this workshop will seek to understand and define the meaning of the texts found in the High Holiday prayer book. This is a free program but space is limited. Please call to reserve your place. 675-4141.

Ralph Kozeny remembered

On behalf of the Scouters everywhere, Troop 175 would like to express their love & support to Lois Kozeny and her family on the anniversary of their loss of Ralph Kozeny.

Ralph had been actively involved with the scouting at St. John Brebeuf Church for almost 40 years. His knowledge, guidance and great passion for scouting has been tremendously missed.

Everyone that knew him was touched by his great love and compassion for all people. We remember this great man who touched many people's lives. May his soul rest in peace.

Turea L. Kenski

Northern Illinois University student Turea L. Kenski of Niles is the recipient of NIU's College of Liberal Arts and Sciences Dean's Award.

The award is given to one student in each department who has demonstrated significant achievement and leadership in the areas of scholarship, campus and community activities, and professional service. Criteria for the award includes attainment of at least a 3.00 grade point average and nomination by departmental faculty based on service to the department or college.

Kenski graduated in May, 2000 with a bachelor of arts degree from the Department of Foreign Languages and Literatures with a major in Spanish Language and Literature.

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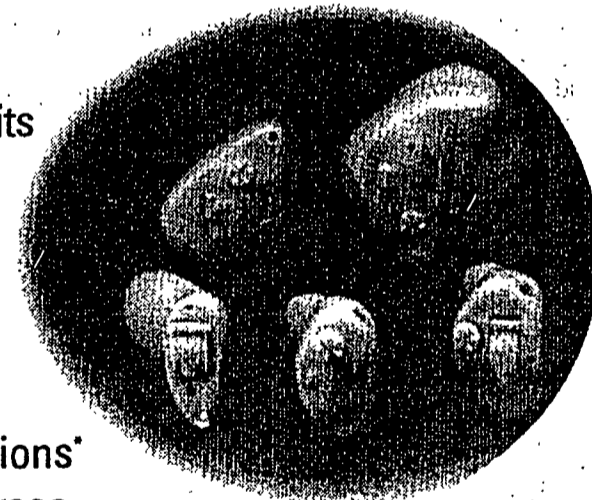
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Sports/Parks & Library News

The Rope Warrior at Morton Grove Library

On Saturday, Aug. 26, at 2 p.m., in the Baxter Room, the Morton Grove Public Library will present an exciting afternoon of interactive entertainment as the wrap-up of our Children's Summer Reading Program. David Fisher, *The Rope Warrior*, "is a lean, mean, jumping machine." While putting "fun into fitness," he will demonstrate amazing physical feats with his jump rope. He is the current Guinness World Record holder for the most "Rump-Jumps" (jumping rope

while reclining on his bottom). Fisher has performed for President Clinton and his family, and internationally in front of President Boris Yeltsin of Russia. Everyone is welcome to attend this lively and fun-filled event!

This program is free and open to the public. Seating is limited! 160 tickets will be available at the Children's Desk one week before Saturday, Aug. 19.

NOTE: Doors will open at 1:45 on the day of performance. At 1:55 unclaimed seats will be given to the general public on a first-come, first-served basis.

Children under the age of eight must be accompanied by an adult. For more information, or for mobility and communication access assistance, please call (847) 965-4220; TDD 965-4236.

Emerson students to play at Comiskey

The Emerson Middle School Brass Choir has been selected to play the Star Spangled Banner at Comiskey Park for the Chicago White Sox vs. Anaheim Angels baseball game on Saturday, September 2, 2000.

The Brass Choir was chosen from hundreds of musical groups across the Chicagoland area. White Sox personnel contacted Eric Bachmann, Band Director at Emerson, after students submitted an audition CD recording in March.

Students who will perform at the White Sox game are: Kristyn Anderson, Chrissy Berg, Matt Caddell, John Diversy, David Douglass, Jacqui Dow, Paul Fabisch, George Gianakakos, Dan Hogan, Chris Italia, Colette Kopon, Jim Lange, Dan Martin, Allison Mueller, Kevin Petray, Nick Pierce, Billy Potratz, Drew Sobczak, Charli Sorenson, Lizzie Upton, Jason Wacker, Matt Walsh, and Julie Williams.

"If the Sox continue to do well this season, it might be difficult to get tickets to the game," said Band Director Eric Bachmann, "especially since we're performing over Labor Day weekend and there are fireworks after the game that Saturday night. This is a real honor and another way to show off the great music program we have here in District 64. I hope families will get their tickets early and come cheer for the Choir!"

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Bicycle and Roller Blade safety tips

One in four children will need medical attention resulting from accidents. An additional 50,000 will be permanently disabled and this year nearly 10,000 children will die as a result of some type of accident. Even more alarming is the fact that most of these accidents are preventable.

In honor of National Childhood Injury Prevention Week (NCIPW), September 1-7, 2000, Holy Family Medical Center's Emergency and Occupational/Outpatient departments offer these safety tips that can help prevent injury, especially when riding a bicycle or roller blading.

- Wear a helmet.
- Wear light colored clothing especially when outside at dusk and night.
- Wear reflective strips on your arms and legs.
- Carefully inspect all equipment for loose or worn parts that are in need of repair before using the bicycle or roller blades each time.
- Encourage the use of knee and elbow pads to prevent scrapes and lacerations when falls occur.
- Never roller blade or bicycle ride on or in congested areas such as shopping areas or playgrounds.

grounds.

- When riding or rolling on the street, always obey the rules of the road.
- Carry a first aid kit which should include antiseptic wash pads, bandages and coins for telephone calls that may need to be made.
- Never bicycle ride or roller blade with ear phones on because it impairs hearing of potential danger.
- Make certain that water is available on hot, humid days to help prevent dehydration.
- Consider taking an American Red Cross or local police department sponsored safety course.

By taking these simple steps of bicycle and roller blade safety, you can be assured these activities can be an enjoyable experience with plenty of fun for everyone.

Holy Family Medical Center is a not-for-profit community health care facility accredited by the Joint Commission on Accreditation of Health Care Organizations. The Medical Center is located on the corner of Golf and River Roads in DesPlaines and is a Level II Trauma Center.

God blessed the Sabbath day and hallowed it - rainy ones too!

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School News

District 207 announces free milk and free lunch program for Maine South

Maine Township High School District 207 announced its policy for free meals and free milk for those students unable to pay the price of meals served under the lunch program at Maine Township High School South, 1111 South Dee Road, Park Ridge. The following household size and income criteria will be used for determining eligibility.

Children from households that meet Federal guidelines are eligible for free milk/meals.

Application forms are being sent to all homes with a letter to parents or guardians. To apply for free milk/meals benefits, households must complete the application as soon as possible, sign it and return it to the school. Additional copies of the application form are available at the principal's office in the school. Households should answer all applicable questions on the form. An application which does not contain all the required information cannot be processed and approved by the school. The required information is as follows:

ILLINOIS INCOME GUIDELINES (EFFECTIVE JULY 1, 2000 TO JUNE 30, 2001)

Household Size	Yearly Income	Monthly Income	Weekly Income
1	\$10,855	\$ 905	\$ 209
2	\$14,625	\$1,219	\$ 282
3	\$18,395	\$1,533	\$ 354
4	\$22,165	\$1,848	\$ 427
5	\$25,935	\$2,162	\$ 499
6	\$29,705	\$2,476	\$ 572
7	\$33,475	\$2,790	\$ 644
8	\$37,245	\$3,104	\$ 717
Each Additional Household Member Add	+\$3,770	+\$315	+\$73

Food Stamp/TANF Households: Households that currently receive food stamps or "Temporary Assistance for Needy Families" (TANF) for their child(ren), only have to list the child(ren)'s name and food stamp or TANF case number and sign the application. Link card number cannot be used.

All Other Households: If a household's income is at or below the level shown on the income scale, children are eligible for free meals/milk. Households must provide the following information: (1) the names of all household members; (2) the Social Security number of the adult household member signing the

application, or the word "non" if the adult does not have a Social Security number; (3) the amount of income each household member received last month and where it comes from (wages, child support, etc.); (4) the signature of an adult household member. The information on the appli-

cation may be verified by school or other officials at any time during the school year.

If income information is provided and children are approved for free milk/meal benefits, households must tell the school when their household income increases by \$50 or more per month (\$600 per year) or when their household size decreases. If a food stamp or TANF case number was listed, the household must tell the school when they no longer receive food stamps or TANF for their child(ren).

Households may apply for benefits at any time during the school year. Households that are not eligible now, but have a decrease in household income, or an increase in household size, or a household member becomes unemployed, should fill out an application at that time.

In certain cases, foster children are eligible for free milk/meal benefits regardless of the household income. Households that have foster children living with them and wish to apply for free meal/milk benefits for them should complete the application. Under provisions of the policy, Dr. Thomas J. Cachur, Principal of Maine Township High School South, will review applications and determine eligibility. Households dissatisfied with the ruling have the right to a fair hearing. This can be done by calling or writing Dr. C. Steven Snider, Superintendent, Ralph J. Frost Administration Center, 1131 South Dee Road, Park Ridge, IL 60068, (847) 696-3600.

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High schoolers attend READY's retail career fair

About 800 Chicago-area high school students interviewed for summer jobs with 23 leading retailers during the READY program's annual career fair, held at Navy Pier.

The READY (Retail and Education Alliance for Development of Youth) program is a nationally recognized education-to-careers curriculum that prepares students for retail operations and management careers while meet-

Continued on Page 35

School News

Notre Dame junior head Senate page in Washington

Chris Sheehan, a junior at Notre Dame High School for Boys, highlighted his recent semester as a United States Senate Page in Washington, D.C., by being appointed one of the two Head Senate Pages.

Sheehan is from the Oriole Park neighborhood of Chicago and graduated from St. Monica grade school. He was a page in the House of Representatives for three weeks last June and joined 77 other high school students in the nation's capitol. Sheehan was then one of 33 high school juniors from an application pool of more than 11,000 chosen to be a Senate Page. He arrived back in Washington on September 1, 1999 to begin his semester at the U.S. Senate Page School. Approximately three weeks later, the Cloak Room staff picked Sheehan to be in charge of the Democratic Party (minority) pages.

As a head page, Sheehan was essentially the supervisor for the Democratic Party pages. The best

part of the job, according to Sheehan, was being in charge of greeting the President, Vice-President, and any other dignitaries that appeared at the Senate floor. He also made sure the senators had all the materials they needed for a session. When a bill was brought to the Senate, Sheehan tallied how each senator voted for that bill.

But that wasn't all. The Senate pages also attended class for three hours, five days a week. There were four classes: Geometry, Chemistry, American Literature and U.S. History. The pages had to be in the Senate chamber one hour before the Senate convened, so sometimes class days only lasted one to two hours. At least two of the instructors were college professors. The literature teacher was nominated for an Emmy Award for an article she wrote.

Sheehan is the Junior Class President at Notre Dame.

Niles West Academic Decathlon takes silver medal at state

The Niles West Academic Decathlon team attained the highest score in Niles West history as they took second place in the State finals recently. For the third consecutive year, the Niles West team took the silver medal behind first place team Whitney Young, but this year's competition was the closest in state history. Just 900 points separated the Niles West total team score of 46,755 points from first place. Unlike the Olympic Decathlon in which competitors compete in athletic events, the Academic Decathlon is a grueling contest in which teams are pitted against each other on the basis of their knowledge in ten events.

The nine member team is composed of: Erin Perzov, Jason Grover, Adrian Lorincz, Joseph DiMaria, Tobias Harris, Jonathan Glassner, Cody Ooka, George Kondiles, and Heather Blond. The coach of the Academic Decathlon team, social studies teacher Steve Grossman, was recognized as Coach of the Year by the Illinois Academic Decathlon Association.

Individual achievements in the Honors Division: Team Captain Erin Perzov attained the coveted 8,000 point milestone, the fifth highest score at the competition and five individual medals; Jason Grover earned a score of 8,335, the third highest in the competition and the highest in the school's history, and seven medals; and Adrian Lorincz earned two medals.

In the Scholastic Division: Joseph DiMaria took the gold medal, a scholarship for the highest overall score in his division and eight individual medals; Tobias Harris took the silver medal with the second highest overall score and eight medals; and Jonathan Glassner earned three individual medals, including a gold in math.

In the Varsity Division: Cody Ooka earned seven medals while earning a bronze medal for overall score; and Heather Blond earned a medal for her essay.

End of the year fun



The St. John Brebeuf students, teachers and staff celebrated the end of the school year with a picnic and games on the school grounds. The Parish/School Association provided the lunch and volunteers to help with the activities. The memories of the fun and friendship will carry over until school resumes in August.

Council honors NEIU professor

Steven Wolk, assistant professor of education at Northwestern Illinois University (NEIU), was one of three individuals recently honored by the Council on English Education, a constituent group of the National Council of Teachers of English (NCTE).

The three received the 2000 James N. Britton Award for Inquiry within the English Language during the NCTE Spring

Conference March 16 to 18 in New York City. Wolk was honored for his book, *A Democratic Classroom: Teaching, Learning, and Creating for Thoughtfulness and Community*, published by Heinemann Educational Books in 1998. In his book, he discusses how he helps students learn democracy by encouraging diversity in learning and empowering children to think for themselves.

READY...

Continued from Page 34

ing the retail industry's growing need for a skilled workforce. The two-year program, offered through 29 Chicago-area schools including 27 Chicago public high schools, combines classroom and Web-based instruction with paid work experience.

Currently, 27 Chicago retailers participate in READY, which receives funding from the Illinois Department of Commerce and Community Affairs (DCCA), the Illinois Department of Employment Security (IDES), the Chicago Public Schools and the Illinois Retail Merchants Association (IRMA). Target Group Inc., a management consulting firm, developed the program in 1997 with IRMA.

Today's career fair recognized READY's 374 graduating seniors and gave 426 juniors an opportunity to schedule interviews

for summer jobs with retailers such as Apco/Standard Parking, Banana Republic, Blockbuster Video, Brookfield Zoo, Carson Pirie Scott, Crate & Barrel, Dominick's Finer Foods, FAO Schwarz, Fairplay, Finish Line, The Gap, Hats Emporium, J.C. Penney, Jewel-Osco, K Mart, Lincoln Park Zoo, Marshall Field's, Office Depot, Old Navy, Target Stores, Walgreens, Wards and Wild Wild West. Other retailers active in the program include Eddie Bauer, Hollywood Video, Hyde Park Coop and Market Facts.

READY is offered in DesPlaines at Nipper Career Education Center, serving students from Maryville Academy, and in Oak Park at Oak Park/River Forest High School, as well as at some Chicago public high schools.

It's almost time to go back to school.



Sara Lee Bakery Outlet Store
7650 Touhy Avenue
Chicago, IL 60631

Phone: 773.763.4785
Store Hours: Monday-Thursday 9-6
Friday 9-7
Saturday 9-6
Sunday 10-4

Sara Lee Bakery Outlet Store
3760 Dempster St.
Skokie, IL 60076

Phone: 847.673.2365
Store Hours: Monday-Friday 9-7
Saturday 9-6
Sunday 10-5

Enter to win a \$100 gift card with Sara Lee products!

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Address _____
Phone _____
Age _____

The Drawing will be held
the August 26th, 2000.

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TOTAL PURCHASE

Valid 8/6/00-8/26/00. Not Valid with any other discount or offer. Excludes the purchase of gift certificates. One coupon per customer. Redeemable at Sara Lee Outlet Stores ONLY.

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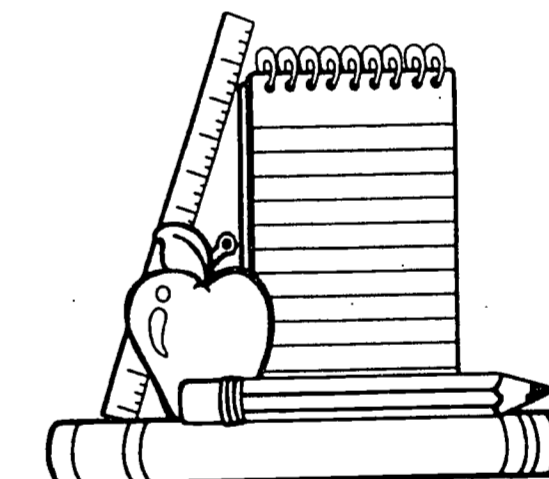
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Business News

Saf-T-Gard International, Inc. wins President's Export Award

Saf-T-Gard International, Inc. of Northbrook, has won the coveted President's "E" Award for its outstanding success in exporting, it was announced by Mary Joyce, Director of the Chicago Office of the U.S. Department of Commerce. Saf-T-Gard is a manufacturer and distributor of industrial safety products and personal protective equipment.

"Earning the 'E' Award was a team effort involving every phase of our operation including sales, marketing, finance, warehousing and logistics, purchasing, and customer service," declared Richard Rivkin, President of Saf-T-Gard. "Our suppliers are also key participants in the success of our global marketing program."

The President's "E" Award is granted in recognition of "outstanding and aggressive creative marketing, resulting in a substan-

tial increase in volume of exports on a sustained basis."

"Saf-T-Gard's sales in the global safety equipment industry are truly impressive, and demonstrate (a) true commitment to export expansion," Daley said. Saf-T-Gard is recognized for developing an international distribution structure and for strengthening international marketing programs by utilizing many of the Department of Commerce's trade promotion programs.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D065225 on the JULY 20, 2000. Under the Assumed Name of COMPASSION NURSING CARE SERVICES, with the business located at 7519 W. KEENEY STREET, NILES, ILLINOIS 60714. The true name(s) and residence address of owner(s) is: VICTORIA ARAÑAS, 7519 W. KEENEY ST., NILES, ILLINOIS 60714.

Pearson appointed Manager of Marketing and Business Development for Vapor Corp.

Vapor Corporation, A Wabtec Company, has announced the appointment of James R. Pearson as Manager of Marketing and Business Development with responsibility for business planning, product planning, and the development of new markets. Since joining Vapor in 1979, Mr. Pearson has held positions in product management, project management and market analysis, and most recently served as Vapor Manager of Marketing Services.

Vapor is the leading North American manufacturer of passenger door systems and components for buses, shuttle vehicles and transit, commuter and inter-city rail cars. The company also manufactures electrical control components for rail transit cars. Vapor's corporate headquarters and main manufacturing facility is located in Niles. Plants and offices are also maintained in Montreal, Quebec; Plattsburgh, New York; Burton on Trent, England; and Sassuolo, Italy.



BY JEFFREY CARDELLA Special to The Bugle PUBLIC SERVICE ADVERTISEMENT

Edward Jones: Don't Let Volatility Keep You Out of the Market

If you invest in stocks, you know that the market has been taking investors for a bumpy ride lately. How bumpy? Take a look:

The NASDAQ composite index, home to many technology stocks, gained 85.6 percent in 1999. For the first two months of 2000, the NASDAQ continued to roar ahead, reaching its peak on March 10. Then, a little more than three weeks, the index gave back all its gains for the year -- and kept on dropping. By mid-April, the NASDAQ was down 33 percent from its high.

The Dow Jones Industrial Average, largely composed of blue chip, "old economy" stocks, gained more than 25 percent in 1999, lost more than 1,500 points the first two months of 2000, then reversed itself and gained back more than 1,000 points in about a week. Since then, it has gone through a series of sharp ups and downs, closing down more than 804 points the week ended April 14.

What's going on here? In a word: volatility. And it can be unnerving. How can you avoid the type of "reactive" investing that is caused by market volatility? Consider the following ideas:

Give Diversification a Chance to Succeed
Diversification is essential to investment success. But it is not a "get-rich-quick" strategy. In a well-diversified portfolio, some of your holdings will be going up, while at the same time others may be going down. This may not lead to sustained periods of tremendous growth, but, over time, you could be protected from downturns that affect just one area, and you'll give yourself a wider range of opportunities for success.

Don't Overreact to Temporary Setbacks
Different sectors go through periods of ups and downs. For example, the current market environment has been difficult in general for financial services, retailers, health care companies and consumer goods. Should you sell your holdings in these areas? Before you do, you should realize that these sectors experienced a similar downturn in the early 1990s -- and investors who pulled out then eventually missed a period of tremendous growth. Today's long-term outlook for these sectors remains attractive.

Seek Good Companies at Attractive Prices
It sounds simple, but too many people ignore this basic axiom of investing. Try to find those companies whose management is strong and whose products are well-positioned for the future. And look for companies that are reasonably priced, as measured by their price-to-earnings ratio and other factors. Remember, the higher a company's P/E, the more you are paying for its expected growth -- and the greater the downside potential.

Look Beyond the "Hype"
Sometimes, one particular market sector will seize most of the investing public's attention. Right now, it's technology. Unfortunately, attention isn't always knowledge. The truth is that many areas of technology do offer tremendous promise for investors in the long term. Yet, over the next several years, there also may be a shake-up in some segments, particularly those companies on the front end of the Internet. As an informed investor, you should think about the entire story -- not just the headlines.

By following these few basic guidelines, you'll go a long way toward reducing the jitters that can accompany the stock market's volatility. And the calmer you are, the better your decisions will be.
Jeffrey Cardella can be reached at Edward Jones, 8141 N. Milwaukee, Niles, 470-8953.

Make the most of a first visit to an attorney

If you have not used an attorney for years -- maybe ever -- and a situation has arisen that requires legal services, there are a number of steps you can take to ensure that first visit runs smoothly, according to the Illinois State Bar Association.

The first step is to review all the reasons you need the attorney's services. A short, written list, highlighting the areas for discussion as well as any questions, should keep the meeting on track.

Another time-saving device is to bring all pertinent documents to the initial conference. If you are selling a parcel of real estate, for example, it would be helpful not only to bring a real estate contract, but information on the real estate parcel, the title policy and the land survey. If you are having a will drafted, the documents may include a rough financial statement and a list of beneficiaries.

Getting a handle on your ex-

pectations, especially related to the amount of time the case will take, is also important. The attorney should leave you with the feeling that the task can be accomplished within a reasonable time frame.

If the attorney's practice is such that he or she may be able to help you with other legal problems over time, you can use the first meeting to determine your comfort level. Having confidence in the attorney's ability to assist you, both short and long-term, is important.

Finally, the first visit should include a discussion about the attorney's fees. Will you be billed on an hourly or fixed fee basis? What is the total estimated cost of the service? Are there any circumstances that might change the type of fee, which would make it a combination of a fixed fee and an hourly fee? In most cases, your attorney can give you a close estimate of the total cost.

GOA's Founding Chairman returns as Membership Director

Bob Koop has joined the Greater O'Hare Association as the New Membership Director. However, he is no stranger to the association.

In 1965, Bob became owner of K&K Koffee Service, Inc. located in Elk Grove Village. He joined what was then known as the Elk Grove Association of Industry and Commerce, where he served on a number of committees and moved through the ranks to the Board of Directors. In

1979, the Board wanted to expand the chamber's horizon and changed the name to the Greater O'Hare Association of Industry and Commerce. Bob was elected Chairman, thus making his mark as the GOA Founding Chairman.

Koop has also proven to be an impressive businessman and civic leader. He established K&K Koffee Service in 1965 with \$1,000 and grew it into a full-service vending firm with annual revenues of over \$2 million.

LEGAL NOTICE

NILES, ILLINOIS
POLICE AUCTION
SATURDAY, AUGUST 26, 2000

Unclaimed recovered property

by Niles Police Department also excess, unused Village owned items, including furniture from Trident Building, (loveseats, sofas, chairs, desks, 3 pool tables) Pool Tables Only can be seen at the Trident Center, 8060 W. Oakton, Niles, Illinois between 8:15 AM and 9:15 AM the day of the auction.

All other items can be viewed between 8:30-9:30 AM at the Maintenance Garage directly behind the Police Department.

Auction will begin at 9:30 AM promptly at the Maintenance Garage directly behind the Police Department.

Niles Police Department
7200 N. Milwaukee Avenue
Niles, Illinois
For further information call Niles Police (847) 588-6500
Or Niles Purchasing at (847) 588-8000

Business News

Diehl appointed to Illinois Building Commission

Ric Diehl, AIA, a principal and director of operations in the firm of Kuntz Associates in Des Plaines, has been named to serve as a member of the Building Services Subcommittee of the Illinois Building Commission (IBC). He is also past president of the American Institute of Architects of Northeast Illinois.



Ric Diehl

Headquartered in Springfield and under the jurisdiction of Governor George H. Ryan, the Illinois Building Commission is charged with improving the building environment in Illinois. The Building Services Subcommittee reviews conflicts in code issues and makes recommendations to the Illinois Building Commission. It also reviews building trade and state code issues.

Mr. Diehl has a wealth of experience in project management, construction supervision, health/life safety (educational), health/care/retirement facilities, industrial and asbestos services. School projects he has worked on

Ronald McDonald House Charities awards \$5,000 to Low Incidence Cooperative Agreement

Ronald McDonald House Charities of Chicagoland & Northwest Indiana, a not-for-profit organization dedicated to improving the lives of the children in the Chicago metropolitan area, recently awarded \$5,000 to the Low Incidence Cooperative Agreement to help fund the development of informational videotapes for families of deaf and hard of hearing children.

"We always look for ways to help improve the lives of children," said Larry Kosanovich, chairman of Ronald McDonald House Charities of Chicagoland & Northwest Indiana. "By sup-

porting organizations like Low Incidence Cooperative Agreement, we can help make a difference."

Ronald McDonald House Charities of Chicagoland & Northwest Indiana supports three Chicago-area Ronald McDonald Houses as well as many area children's programs. Locally, since 1987, Ronald McDonald House Charities has awarded nearly \$7.5 million to more than 363

groups. Ronald McDonald House Charities "lifts children to a better tomorrow" by supporting Ronald McDonald Houses in communities around the world, and by making grants to other not-for-profit children's programs. Nationally, Ronald McDonald House Charities has contributed more than \$200 million in grants to thousands of organizations serving children.

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Christopher Mazella

Christopher John Mazella of Skokie, recently enlisted in the United States Navy's Delayed Entry Program.

Mazella is the son of Gregory and Janet Mazella. Mazella joined the Navy to work in the Nuclear Field. Mazella is a former student of Eastland High School, and will depart for basic training at Great Lakes Training Center in Illinois, on August 22, 2000.

Lane re-elected to Board of Governors of the ISBA

Attorney Stephen I. Lane, of Northbrook, has been re-elected to the Board of Governors of the Illinois State Bar Association (ISSBA). The 25-member board directs the operation and activities of the statewide organization.



Stephen I. Lane

years, and the Lake and Kane county bar associations.

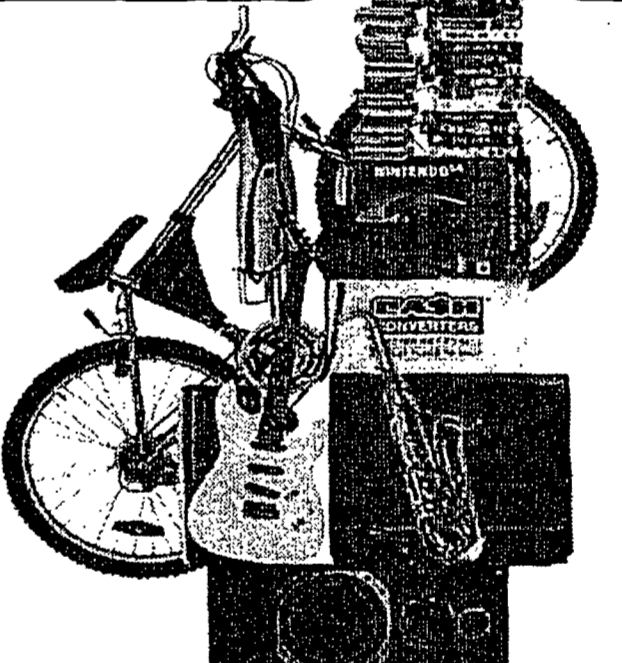
In addition, he has drafted legislation and testified before the Illinois State Legislature. He also has authored several articles and lectured to groups on civil litigation, trial and personal injury practice.

Lane has a B.A. degree from the University of Illinois Campaign/Urban in 1975, and a J.D. degree from IIT/Chicago-Kent College of Law.

Kraus promoted at Rabjohns Financial Group

Mark H. Kraus, 35, resident of Des Plaines and an Ambassador of the DesPlaines Chamber of Commerce, has recently been promoted to Managing Associate at Rabjohns Financial Group/New England Financial, a comprehensive business, estate and insurance planning organization. As a Financial Representative,

Mark helps business owners, professionals, and corporate executives become and remain financially independent. His responsibilities as Managing Associate include training new members of the firm and assisting newer associates in their growth as financial services representatives.



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Home Style

Don't let higher rates dampen the hot summer homebuying season

Summer heat usually brings a flurry of summertime home sales. But as hot as the housing market has been for the last few years, prospective first-time and move-up buyers may be wondering if it's still a good time to buy with interest rates on the rise. And if the time is right, they may be concerned whether they can still get a loan.

According to Greg Sayegh, senior vice president of mortgage lending at Washington Mutual, there are many reasons for prospective buyers to stay in the market.

"Although rates are higher, I believe it's a good time to buy because few rentals are available, lenders are flush with credit, listing inventories are beginning to increase, and the benefits of home ownership still outweigh the costs," Sayegh said.

But to prepare yourself for the home buying process, consider these steps:

1. **Get preapproved for a mortgage loan** before house shopping. Some homebuyers think prequalifying for a mortgage, a bank's initial examination of your borrowing ability, is enough. But preapproval, where the buyer goes through the entire loan approval process, actually provides the borrower

with a loan commitment subject to finding a home of their choice. Knowing a prospective buyer is preapproved is often a compelling factor to a seller evaluating an offer.

2. **Consider all loan options and terms.** Too often, buyers learn of a loan program they think will work without asking the appropriate questions such as, "How long will I live here?" Which is more important to me, low payments or low fees? Should I get a fixed or adjustable-rate mortgage?

For example, a fixed-rate loan guarantees the payment amount for the life of the loan; however, the homeowner cannot benefit if rates fall. Adjustable rate mortgages typically offer lower monthly payments than fixed-rate loans in their early years and are easier for many homeowners to qualify. Also, the payment amount falls if interest rates go down. The flip side is also true - if rates rise, so do the payments.

"Many people like adjustable rate mortgages because if rates fall they gain the benefit without having to refinance," Sayegh said.

Home buyers planning to move within five years should consider a short-term fixed rate

loan that becomes adjustable after a few years. Some lenders are now offering such hybrid loans. "This way, owners can benefit from lower monthly payments initially, and plan to move or refinance before the loan begins to adjust. This is also a good loan if a buyer thinks rates will fall in coming years," Sayegh said.

Buyers also need to consider the term of the loan. For some, a 15-year loan would allow an

owner to finish paying a mortgage around retirement age when income typically drops. Others are happy with a 30- or even 40-year loan to decrease monthly payments.

3. **Review fees and upfront costs.** Loans free of original fees or zero point loans have become more popular in recent years. This enables buyers to get into their new homes with lower upfront costs. But, monthly pay-

ments are typically lower if the buyer pays origination fees.

"Buyers will choose the right loan if they evaluate their complete financial picture, and take all of the variables into consideration," Sayegh said.

For more information on the home buying process, Washington Mutual Home Loan Center and mortgage counselors are available toll free at (877) 827-1403 or (888) 926-8536.

Roofing for all seasons - metal for many reasons

(NAPS)-When making your home a sturdier place to live in and a more attractive place to look at, it may pay to start at the top.

A rugged roof can be immune to the most devastating weather effects, including wind-driven rains, heavy snow, hail, extreme heat, hurricane force winds and even fire.

Many say metal is the most durable roofing material on the market. Surprisingly, with the latest designs, it can also be one of the most attractive roofing materials.

Here are some of the ways metal roofs protect homes:

Texas, it's rated in the highest-resistant category.

• Metal roofing sheds snow faster than other roofing product and because of its lightweight nature can support a heavier snow load.

• Metal roofing is constructed to withstand winds of more than 120 miles per hour.

• Metal roofing is an excellent insulator that can actually lower air conditioner bills in many parts of the country due to its reflective properties.

• A metal roof is 100 percent non-combustible, so a burning ember that lands on metal simply burns out.

• When installed by a professional contractor, metal roofing

can withstand the heaviest rains without a drop of leaking. With insulation under it, rain makes no more noise on a metal roof than it would on any other roofing product.

Because they are so durable, the warranty on metal roofs start at about 50 years, making them a good investment for homeowners in any climate.

To find out more about residential metal roofing, including a free video that can help you determine if you need a new roof, call the Metal Roofing Alliance at 1-888-METAL ROOF (1-888-638-2576) or visit www.metaloof.org.

Home Style

Eliminate gutter cleaning while protecting your home's foundation

Homeowners can eliminate the twice-a-year ritual of cleaning out gutters, and also protect their home's foundation, with a special type of gutter guard. The overflow of rainwater from clogged gutters can cause serious water damage to both landscaping and foundations. When clogged gutters overflow, water cascades onto the ground around a home's foundation, causing soil erosion that damages landscaping and also basement cracking and flooding problems. Debris-filled gutters that retain water after a rainstorm provide mosquitoes with enough stagnant water for an excellent breeding ground.

Some tell-tale signs of gutter problems are troughs of eroded soil directly under gutters, new tree growth inside gutters, and a damp or wet basement. Eroded soil next to external walls indicates that rainwater has been collecting in puddles next to the foundation instead of draining into the downspout. The water strips away vegetation, creating shallow depressions that collect more water and threaten basement walls.

Homeowners can solve these problems with the professionally installed WaterFall Gutter Guard System. Using the scientific principle of liquid adhesion to guttering, this extremely effective gutter guard system helps prevent sagging gutters, roof-line and landscape water damage, and water collecting around home foundations.

The system consists of a louvered vinyl guard with tiered slats installed across the top of the gutter and under the edge of

the first row of shingles. As rainwater flows off the roof and over the sloping slats of the gutter guard, the natural surface tension of the water causes it to flow over the guard's contour and drain through holes into the gutter while leaves, twigs and other debris fall over the slats and onto the ground below.

The WaterFall system is an easy, cost-effective solution to other problems stemming from gutter runoff, such as increased hydrostatic pressure (the weight

of wet soil) on the foundation walls caused by seepage along the exterior of the foundation and severe basement wall cracking in cold climates (a phenomenon called "frost heave").

The WaterFall system can be installed by contractors quickly and easily with no roof penetration, ending gutter-cleaning chores and gutter induced flooding. Made of the same tough, weather-resistant material used in premium house siding, Water-Fall is available in four- and

eight-foot lengths and can be mitered with a hacksaw or circular saw to go around corners. A flat tab tucks neatly under shingles and a flexible joint conforms to any gutter or roof pitch. The gutter guard snaps onto the edge of the gutter for a snug fit that resists high winds.

For the name of the nearest supplier, or for more information, contact Crane Products Ltd., P.O. Box 1898, Columbus, OH 43216; telephone (888) 326-2638.

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A first: Real estate agents can offer home loans

(NAPS)-Anyone who has been through the home loan process, knows how frustrating it can be. The typical mortgage loan involves a dozen service providers - from real estate agents and mortgage brokers to home inspectors and title companies - and requires the buyer to read and sign six inches of paperwork. It's not surprising that consumers rate the home-buying experience as the single most confusing and unsettling financial transaction of their life.

What if a real estate agent could offer all these services directly to you? It would not only save time and money, but help act as a buffer between homebuyers and all the confusion. According to a recent study of the National Association of Realtors®, that's exactly what 78 percent of homebuyers want - one-stop shopping from a source they know and trust.

Until recently, federal regulations placed firewalls between real estate agents and mortgage lenders, preventing agents from offering mortgage loan origination services. Fortunately, thanks to recent reinterpretations of these regulations, one-stop shopping is finally possible for homebuyers. Now, under strict conditions, real estate agents can provide loan origination services to homebuyers as long as their services are in compliance with state laws and professional regulations that govern real estate and mortgage banking.

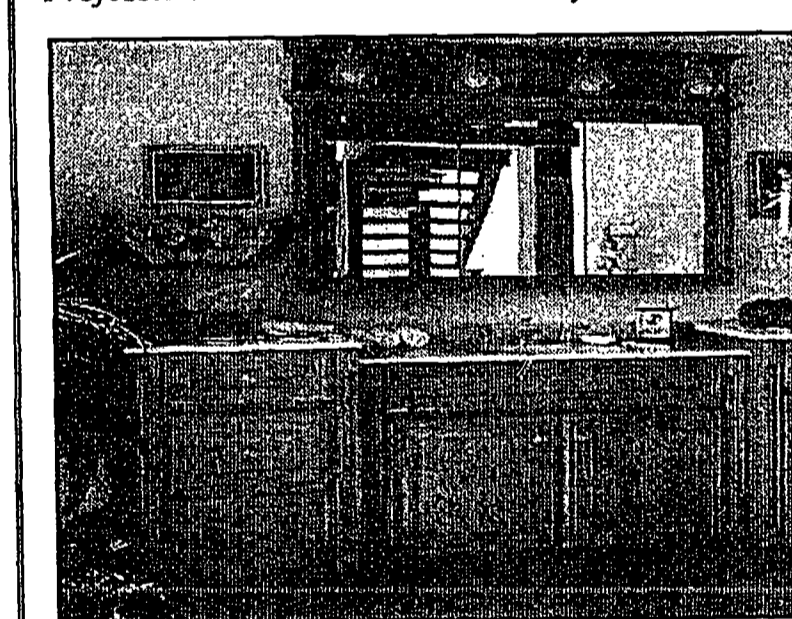
Since the reinterpretation of these regulations, one company - OnePipeline.com, based in Salt Lake City, Utah - has developed patent-pending technology that enables real estate agents to seamlessly offer all home buying services under one roof.

ly received that since its launch in February 2000, over 6,000 agents nationwide have been registered to use the OnePipeline.com system.

More information is available by visiting www.onepipeline.com.

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Home Style

How to protect your home and property

(NU)-For most homeowners, their house is their largest investment. It makes sense, then, to keep the home secure and protected from burglars and other unwanted intruders.

Crime prevention starts at home. As a homeowner, there are many things you can do to keep your house safe and secure.

Burglars look for what law-enforcement officers call targets of opportunity. Anything you can put in the way of a would-be burglar lessens your chance of be-

coming a target. While you cannot make your home absolutely burglar-proof, you can make entry so difficult a burglar will go elsewhere in search of an easier target.

Maintaining an appearance of occupancy, even when your residence is vacant, is essential. Here are some tips from iHomeLine - the premier Internet source for home information - that can help you keep intruders away:

• Lock your doors. Install high-security deadlock bolts on

all your doors and use them. It's estimated that one out of five burglar entries is made through unlocked doors and windows.

• Check the windows. As for windows, burglar bars are one of the best ways to prevent entry. Windows may also be secured by nails, screws or inexpensive key locks; however, they offer no protection against a burglar breaking the window to enter.

• Lighting. Use automatic timers set to go on or off at specific times while you're away on vacation, out to dinner or even during the day while you're at work.

• Review landscaping. Trim shrubs around windows; don't give the burglar a place to hide. Use outside lighting around doors, possibly hooked up to an automatic timer.

• Visibility. Make sure your house numbers are clearly visible so that police, firemen and paramedics can find your home in a time of emergency. Have the numbers illuminated all night.

• Be smart. Don't leave notes outside your home announcing your absence.

• Protect yourself. Don't let a stranger in your home to make a phone call; offer to make it for the person.

Finally, what should you do if you find an intruder in the house?

Law enforcement officers advise that you stay out of the way. The intruder may panic and cause you bodily harm if you get between him and his escape route. If possible, lock yourself in a room and call 911.

For more ideas and suggestions on how to keep your home and property secure, go to the

Energy conservation tips to keep your home comfortable

(NAPS)-With a few quick changes your home can become a haven of comfort.

Insulation
A well-insulated home can increase energy efficiency by 20 to 40 percent keeping your home cooler in the summer. Part of the insulation process is to close off escaping or intruding air around doors, windows or disconnected ducts, like the crawl spaces in the attic or garage. Once all of the ducts have been sealed, insulation can be installed in any open crawl spaces to prevent cool air from escaping.

Plants With A Purpose
Plants offer an organic defense to the hot summer. Build a beautiful arbor to shade south and west facing windows. Using seasonal shade plants will naturally pro-

Web and click on www.iHomeLine.com and/or send Jim Neidner, national radio home host and award winning builder/remodeler, your home questions online. Also, visit parent company JWWEB at jwweb.com. The site is an online resource guide of "how to" information for homeowners.

ject your home from excessive sun. Plants can also improve the air quality around your home and benefit the environment. Ask a local nursery for the best plants to protect your home.

Window Treatments
Immediate heat relief can be found by selecting appropriate window treatments. Window treatments are an inexpensive and attractive way to improve energy conservation. Examine the windows around your home, noting which receive the most sun exposure and from what angle.

Some window treatments can insulate your home by trapping pockets of air. Laboratory tests have shown the honeycomb shades from Smith+Noble can reduce heat transfer up to 75 percent.
Continued on Page 41



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Home Style

Plan 6 a popular design at Lincoln Ridge in Skokie

Four of the seven condominium home plans still available for purchase in the final mid-rise building at Lincoln Ridge, Robin Construction Corp.'s master-planned community in north suburban Skokie, are popular two-bedroom, two-bath designs that range in size from 1,349 to 1,456 square feet.

The foursome includes Plan 6, which provides 1,349 square feet of living area, including a spacious kitchen with a dinette area and outdoor living space in the form of a generous balcony of approximately 6 by 15 feet. Plan 6 is base-priced at \$194,500.

A curved half-wall pass-through preserves an open look while it separates the formal dining room from the breakfast area of the adjacent kitchen, an extra-large room of nearly 13-by-13 feet with an L-shaped work area that includes a pantry and leaves plenty of space for the dinette set.

Sales Manager Cynthia Lee describes the dining room itself as the largest separate dining area among the two-bedroom designs. Approximately 8 1/2 by 10 1/2 feet, the dining room flows into a 14-by-18-foot living area, which provides ample wall space for arranging furniture and hanging artworks and glass sliding doors at the far end that access the balcony.

At one corner of the home, the master bedroom provides a wardrobe closet together with a walk-in closet and a master bath that features a separate shower stall and tub.

The master suite is 11-1/2 by 16 feet and the second bedroom is approximately 11-1/2 by 12 feet. A few steps from both bedrooms is a laundry closet with washer and dryer hookups.

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

When completed the \$40 million complex will have a total of 188 residences, including 60 one- and two-bedroom residences in each of two six-story masonry condominium buildings and 68 carriage homes. The carriage homes are being built in clusters of 17 buildings, designed in the style of single-family homes, each of which has four two- and three-bedroom, single-level residences.

Prices run from approximately \$194,500 to \$279,500 for Phase II condominiums. Prices and availability are subject to change without notice.

Here is a brief description of the two types of residence:

The new lineup of condominium homes still available in the North midrise condominium building have from approximately 1,169 square feet in the two-bedroom, 1-bath units to approximately 1,794 square feet for the

larger three-bedroom, two-bath designs. One-bedroom plus den, 1 1/2 bath plans have 1,222 square feet with a balcony, while two-bedroom homes have one, 1-1/2 or two baths and range from approximately 1,169 to 1,456 square feet.

Each residence has a balcony with sliding doors and screens.

Kitchens in most residences provide the breakfast area and full-size pantry included in Plan 6, a choice of designer cabinetry and no-wax vinyl flooring. White-on-white General Electric appliances include frost-free refrigerators with ice makers, built-in dishwashers, continuous-clean gas ranges and waste disposers. Corner units have a window above the sink for natural light.

Each condominium residence has a spacious laundry. Standards also include plush carpeting in living areas, individually controlled heating and air conditioning, lever handle door hardware and a large walk-in closet. Ceiling heights in all living areas of the condominiums are approximately 8-1/2 feet, adding wall space and heightening the experience for volume.

Each residence is sprinklered, as are all public areas, and each building has an intercom system with a TV camera in the lobby.

As part of the purchase price every owner will have one heated indoor parking space and an individual storage locker adjacent to the parking space.

The final condominium building, now more than 50 percent sold, is scheduled for occupancy in late summer. The remaining carriage homes are available for spring occupancy.

Carriage homes feature four units in each building; two on the first floor and two on the second floor. They have similar interior appointments, notably spacious kitchens with large breakfast areas.

as opening to a deck or patio through glass sliding doors that floor the area with natural daylight. Elegant bathrooms feature European-style vanity cabinets, cultured marble vanity tops with two integral bowls, full-width vanity mirrors, theatrical lighting and ceramic tile floors. Master baths have steeping tubs with separate shower enclosures.

Remaining two-bedroom, two-bath carriage homes have approximately 1,647 square feet, including the patio, and are priced at

\$269,900. Each carriage home has a private front door entry and a private garage with direct access to the home.

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

Condominium and carriage home owners will have separate homeowner associations in addition to a master association that will be responsible for exterior maintenance such as landscaping and lawn care and snow removal, as well as the upkeep of common areas.

The Lincoln Ridge sales center at 7400 N. Lincoln Ave. and display models of both condominium residences and carriage homes are open from 10 a.m. to 6 p.m. Monday through Friday, 10 a.m. to 5 p.m. Saturday and from noon to 5 p.m. on Sunday.

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

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	CASHIER/SWITCHBOARD Napleton Cadillac, Park Ridge. The individual for this full-time position must be experienced and dependable. Knowledge of ADP a plus. Pleasant working conditions. Salary commensurate with experience. Call Linda 847-825-1800 X236 Or Fax Resume: 847-825-8828 *DATA ENTRY Full-Time A small textile-marketing firm in Northbrook seeks a Data Entry/General Office personnel. (847) 657-8481 Or Fax: (847) 657-8641 SECRETARY For attorney. Good phone skills. Light typing, and word processing. Salary plus benefits. Devon and Harlem location. Call 773-774-7235			VISION THERAPIST Year round-part-time position, working as Vision Therapist, Wednesday and Friday afternoons, and alternate Saturday mornings, teaching background preferred. Evanston location. (847) 866-9850 Part Time Extended Daycare, Experience With Child Care Helpful, Monday-Friday 7-8 A.M. - 2:30 to 6 P.M. \$10.00 to \$15.00 Per Hour. Call: 847-679-0660 Michael Kallenberg - Principal Fax: 847-679-0689 TEACHERS - grades 5 or 6 departmental. Start Sept. 12:30-3:30 p.m. Jewish Day School, Skokie, State Cert. Minimum 3 yrs. experience required. Fax resume 847-673-5548 SPECIAL EDUCATION TEACHER For a catholic school, who has experience and background in special education, and can work well with children. 847-272-0051 Jewish Day School looking for Part Time, General Studies Teachers afternoon. Excellent Pay and Great Environment. If interested, call: 847-675-6777 Fax resume: 847-674-6095 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
MOMS, RETIREES & OTHERS A job opportunity is waiting for you! No late nights or weekends. Work while your children are in school. School cafeteria work. We will train! Niles, Arlington Heights and Chicago. Call Maria for details: (630) 858-6111				MAINTENANCE Maintenance Worker Full Time position 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 - \$9.84 to \$10.57 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 The Bugle Newspapers "The Newspapers That Deliver" Serving The North and Northwest Suburbs

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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
EDUCATION	MARKETING	MEDICAL/HEALTHCARE		MEDICAL/HEALTHCARE
PRESCHOOL AIDE/ EXTENDED CARE AIDES Monday-Friday Salary \$6.75/hour Call Diane 847-724-1034 Immanuel Lutheran School, Glenview LIFE GUARD LIFE GUARD Part Time, Evenings & Weekends Certified Lifeguard (preferably certified in CPR & First Aid) needed to work Part Time evenings & weekends with a special population in a residential facility for the developmentally disabled in our Aquatic Center. Previous experience working with individuals with developmental disabilities preferred. Must be able to work flexible hours including evenings and weekends. Must be at least 18 years of age or older (per DCFS regulations). Please send resume to: Attn: Mary Rago MISERICORDIA HOME NORTH AQUATICS CENTER 6300 N. Ridge Chicago, IL 60660 Non-Smoking Facility Equal Opportunity Employer M/F	MARKETING ASSISTANTS The George S. May International Company, an international management consulting firm serving independent businesses, is seeking enthusiastic people to set appointments. We are celebrating our 75th anniversary this year and our success is causing us to expand our marketing efforts. We're looking for people with an enthusiastic attitude excellent phone skills and ability to set appointments for our field sales representatives. Bilingual in Spanish & French is a plus. • We offer you: • Flexible hours • Full and part-time positions • No weekends • Performance bonus • Insurance and profit sharing • Opportunity for advancement Limited opportunity! Call today! Mr. Chris Christy 847-825-8806, ext. 241 EOE M/F	ACTIVITY ASSISTANT Full Time Activity Assistant - Candidates will plan and lead activities, attend care plans and complete required documentation-musical skills a plus. No experience necessary, will train. Contact Stacy at: (847) 825-5531 Flexible schedule, including weekends. UNIT CLERK Dialysis clinic located in Niles is seeking a Unit Clerk/Medical Secretary. Responsibilities include: typing, filing, answering phones and collecting patient information. Position requires typing 35 words per minute, computer literacy, and good communication skills. Interested candidates should call: Neomedica, Inc./HR Dept. 312-654-2790 EOE M/F		LPN's North Shore long term care facility is seeking LPN's for all shifts to work with subacute rehab, long term and Alzheimer's residents. Experience within long term care a plus. Offering a real attractive salary and benefits package to the right candidates. Apply by calling or Faxing resume to DON: Glenview Terrace Nursing Center 1511 Greenwood Road, Glenview, IL, 60025 (847) 729-9090, FAX: (847) 729-9135 Equal Opportunity Employer
	MARKET RESEARCH \$\$\$ 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	MEDICAL/HEALTHCARE Healthcare CNA'S/HABILITATION AIDES Full Time - All Shifts This excellent opportunity is on a beautiful campus-style facility servicing children and adults with developmental disabilities. We have challenging and rewarding opportunities available for CNA's/Habilitation Aides. Training provided. Requirement for position is a high school diploma or equivalent. We provide a very competitive starting salary with comprehensive benefits. Apply in person or send resume to: MISERICORDIA HOME NORTH 2001 W. Devon Chicago, IL 60659 Fax: 773-973-4292 Non-Smoking Facility Drug Free Environment equal opportunity employer m/f RECEPTIONIST/RN/ MEDICAL ASSISTANT Enthusiastic Individual Needed for Busy Medical Practice. Varied Nursing and Office Responsibilities. • Clerical • Reception • Typing • Experience Required Coding Experience Preferred Must Be Flexible To Work A Variety Of Hours. Northwest Side. 773-777-2620	Peds Home Care In Morton Grove Experienced nurses needed immediately for Peds Home Care case in Morton Grove. 100% guaranteed full or part-time cases. Work Chicago and suburbs. Top pay and benefits. 708-424-5335 NursePower www.nursepower.com Dental Assistant/Receptionist Skokie office. Part time/full time. Salary commensurate with ability, experience preferred. Call: 847-568-1337	DENTAL ASSISTANT Friendly experienced Dental Assistant needed for Northbrook dental office. Duties will include chairside & some reception. Please call: 847-272-7874 HEALTH CARE NURSING We are looking for a caring and nurturing LPN to work with residents in our small Northbrook nursing home. Competitive salary and benefits. Contact our Director of Nursing. GARDEN VIEW 6450 N. Ridge, Chicago, IL 60626 Phone (773) 743-8700 Fax (773) 743-7180 *RECEPTIONIST Seeking friendly, courteous, energetic, reliable full-time receptionist for busy medical office. Computer experience necessary. (847) 869-5800-Ext. 21 Optical Sales Skokie location. Full time. Experience preferred, but will train. Company paid benefits. Please call: Stephanie • 847-677-0620 Or fax resume to: 847-677-1406 We accept Visa and Master Card! Call: 847-588-1900
	HEALTH CARE/HOME \$ 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	DENTAL HYGIENIST FT/PT Friendly Northbrook office looking for enthusiastic, hardworking Hygienist. Must be people person. New grads ok. Competitive salary and benefits. 6450 N. Ridge, Chicago Director of Nursing - Garden View Nursing Home 773-743-8700 Fax 773-743-7180		

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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
MEDICAL/HEALTHCARE		PROFESSIONAL OPPORTUNITIES		PROFESSIONAL OPPORTUNITIES
<p>Health Care DIALYSIS TECHNICIANS Dialysis Clinic Opening in Niles, is seeking Full-Time Dialysis Techs. Position requires a minimum of 6 months medical experience. We provide a 2 week training class in dialysis & an excellent benefit package. Qualified candidates should contact: Fresenius Medical Care/ Neomedica, Inc. Human Resources Dept./312-654-2790 A drug free work place/EOE M/F</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>REPORTER To Cover Meetings Freelance For Suburban Newspaper Steady Work Call Marti At: (847) 588-1900</p>
<p>REUSE TECHNICIAN FULL TIME Dialysis clinic located in Niles is seeking a Reuse Technician. Responsibilities include: the cleaning, preparation and maintenance of dialyzers using computerized equipment and the ordering and stocking of supplies. Previous employment in a medical environment preferred. Interested candidates should call: Neomedica, Inc./HR Dept. 312-654-2790 EOE M/F</p>		<p>RESTAURANTS/ FOOD SERVICE</p> <p>PM COORDINATOR Join our family, Maggiano's Little Italy in Old Orchard Center in Skokie. Immediate opportunity for a PM Coordinator. High volume experience a plus. Call Anthony 847-933-9555</p>		<p>RETAIL</p> <p>CP SHADES Grand Opening in Highland Park (At Henderson Plaza, between Open Key & Central) CP SHADES, a national women's clothing retailer and manufacturer based in San Francisco, is hiring for *Management Support Team Members *Full Time/Part Time Sales to staff our soon-to-be-open store in Highland Park CP SHADES offers a challenging, exciting environment, a HIGHLY COMPETITIVE/ABOVE AVERAGE SALARY, Vacation, health & Dental, a FREE outfit every month & generous discount. Best of all, is the chance to work for a friendly, growing company that makes clothes which you'll want to own. Please fax resumes to 773-549-7644 or call Jane at 773-549-7650, or come by our Chicago store located at 917 W. Armitage Ave. to fill out an application.</p>
<p>* NEW WEEKEND DIFFERENTIAL! * RN LPN CNA Go where you'll be appreciated with * HIGHER SALARIES * BONUSES * BENEFITS * F/T * P/T * ALL SHIFTS Supervisory/Administrative positions too! Call or visit any location: Brightview Care Center 4538 N. Beacon - 773-275-7200 Mid America Care Center 4920 N. Kenmore - 773-769-2700 Mayfield Care Center 5905 W. Washington - 773-261-7074 Carmen Manor 1470 W. Carmen - 773-878-7000 Come and experience appreciation TODAY!! * NEW WEEKEND DIFFERENTIAL! *</p>		<p>Computer Programmer Chicago Botanic Garden in Glencoe seeks an individual with 2 years experience programming Microsoft Access 97 databases. Will create customized programming to facilitate the upgrade of the collections documentation software. Position is full time now thru December. Send resume with cover letter to: Carol Chaney 1000 Lake Cook Rd. Glencoe, IL 60022 E.O.E.</p>		<p>WAITRESS BUS BOY Experience Required Call Javiel 847-470-1405</p>
<p>OPEN HOUSE</p> <p>Forsythe Technology, Inc. OPEN HOUSE "Bringing People into the Solution" Forsythe Technology, Inc. is a reseller of new equipment and an "information technology solutions" company. is currently offering Entry-Level Opportunities as Product Logistics Coordinators, Purchasing Order Administrators, Sales Coordinators, and Retail Order Administrators. Our Open House schedule is as follows: * Monday, September 11 Product Logistics Coordinators and Purchasing Order Administrators * Tuesday, September 12 Retail Order Administrators and Sales Coordinators (Degree or Degree in Progress desired) 4:30 pm - 7:30 pm 5440 W. Fargo Avenue, Skokie, IL Job seekers will have the opportunity to meet with HR & Management Teams. Refreshments will be served. We are looking for qualified candidates whose backgrounds are in the area of: * Customer Service * Banking or Accounting * Sales Administration or Leasing * Purchasing or Logistics * Research/Issue Resolution RSVP requested, but not required: (847) 982-6744 Fax us your resume, in advance, to Jeanne Lazzaretto at (847) 675-8017 or e-mail to: jlazzaretto@forsythemca.com. If unable to attend or are interested in other opportunities, please forward resume, including salary history. We offer an excellent benefits package including tuition reimbursement, plus the chance to learn and grow in a professional setting.</p>		<p>OFFICE A well established Linen Co. is seeking an energetic & organized Office Supervisor to manage a 4-7 person staff. Candidates must be proficient in M/S Office, have experience in A/R, A/P, & H.R. Please mail resumes to P.O. Box 410666, Chicago, IL 60641, or fax to: (773) 545-7758 Attn. Mr. Marino</p>		<p>RETAIL SALES Part Time sales person. Beautiful China & crystal store in Plaza del Lago, Wilmette. Weekends included. Very flexible hours. No experience necessary. Call Richard at: 630-920-0190</p>
<p>Forsythe Technology, Inc. www.forsythesolutions.com Equal Opportunity Employer</p>		<p>Auto License/Title Clerk Full time position open for someone experienced in title work. We are looking for someone with a good attitude that wants to work as a team player. Salary commensurate with experience. Plus benefits. Call Kris at: 847-664-4802 AUTOHAUS ON EDENS INC. NORTHBROOK, IL</p>		<p>RETAIL SALES Like helping great customers, in a friendly pleasant store? By store specializing in quality, educational toys, books, and games. Needs help part time-full time. Flexible hours and benefits available. Call Don at 847-256-1380</p>
<p>READ THE BUGLE For Subscriptions Call (847) 588-1900</p>				

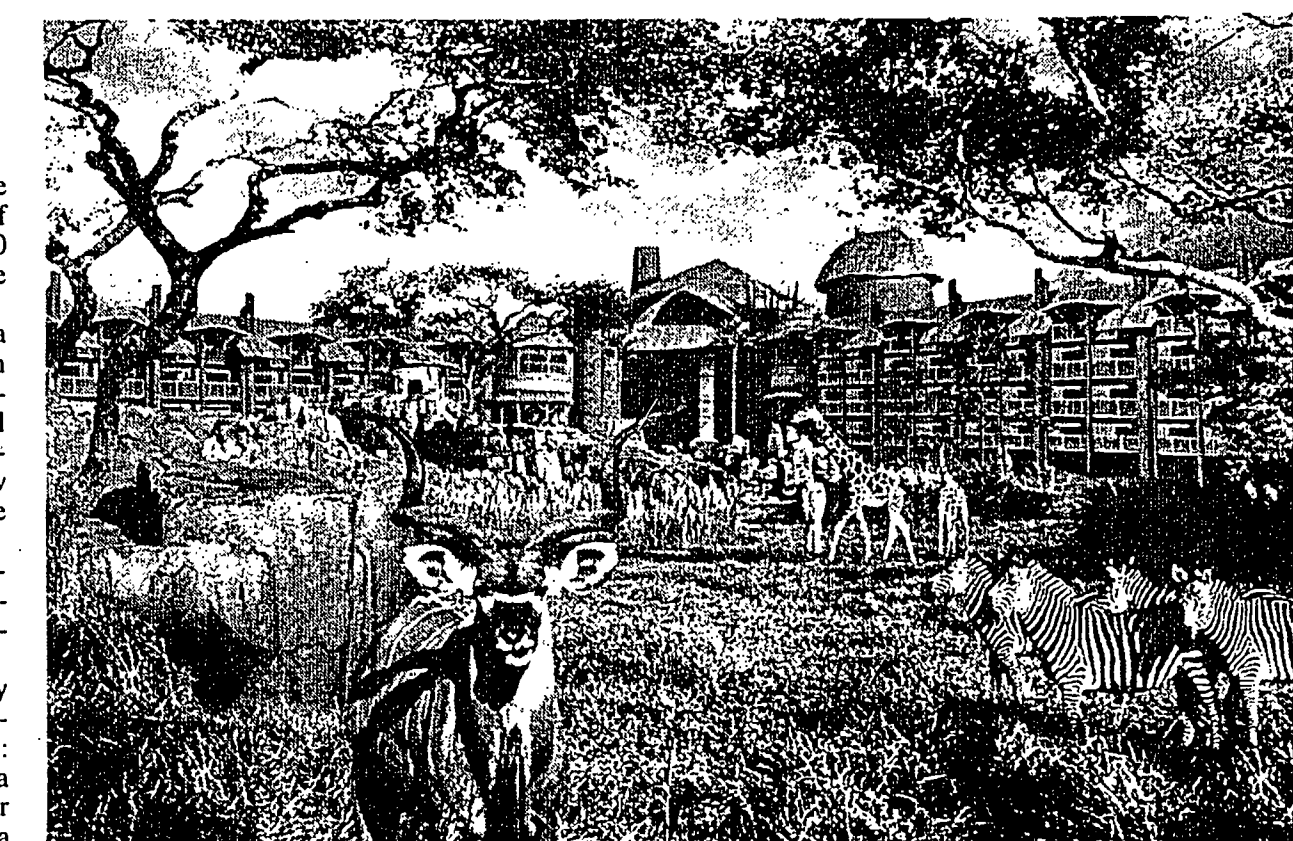
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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
RETAIL GROCERY	SECURITY OFFICERS	SECURITY OFFICERS		SOCIAL SERVICES
<p>SUNSET FOODS IMMEDIATE OPENINGS! Asst. Deli Manager - Highland Park Deli Counter Clerks (All Locations) Excellent Benefits • Great Work Environment 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 Full and Part-Time openings We will train</p>	<p>Security Officers New Account creates opportunities for 25+ positions in Niles & Skokie area - all shifts \$10.00-\$12.00 per hour. Applications & interviews TODAY and Saturday Aug. 19th, 10am-4pm at Hampton Inn, 3939 Mannheim Rd., Schiller Park. Or apply Monday-Friday, 9am-3pm at: 10424 S. Kedzie Or call American Heritage Protective Services at: (773) 239-2547</p>	<p>SOCIAL SERVICES VOLUNTEER COORDINATOR NORWOOD PARK HOME Norwood Park Home is seeking an experienced candidate who will supervise over 200 volunteers working with the elderly. Duties include recruiting, increasing and scheduling our volunteer base. You will help provide an interesting variety of services to our residents and the community. Flexible schedule and knowledge of community required. Volunteer certification a plus. EXCELLENT BENEFITS Please send your resume to: Norwood Park Home Attn: Director of Human Resources 6016 North Nina • Chicago, IL 60631 (773) 631-4856, Fax: (773) 631-2253</p>		<p>SOCIAL SERVICES DIRECT SUPPORT PROFESSIONAL Reliable people needed to support adults with developmental disabilities. Full Time and Part Time positions available in North suburbs. Must have valid DL/HS diploma. Excellent benefits/training provided. \$7.47-\$8.33/ per hour Call: ORCHARD VILLAGE 847-679-3501 Ext. 15 or 18</p>
<p>RETAIL INVENTORY</p> <p>TIRED OF THE USUAL DATA ENTRY POSITIONS Put Your 10 Key Skills To Work With RGIS Inventory Specialists Earn \$9 Per Hour Counting Inventory In Retail Stores Interesting, Challenging Position Must Have Access To Reliable Transportation We Train The Right Candidates (847) 296-3031 1-888-242-RGIS Equal Opportunity Employer</p>	<p>TRADES</p> <p>Pest Control Tech To service NW Chicago + nearby suburbs. Experienced Tech. We furnish car, pension, health/life insurance. Good pay with incentives, vacation + Christmas bonus. Call Pat Monday-Friday, 9-5: 847-439-4488 International Exterminator Co.</p>		<p>TRADES</p> <p>Shipping/Receiving Clerk Warehouse/Growing Niles company is looking for an energetic person to perform various tasks including shipping/receiving, picking/packing orders and loading/unloading trucks with and without the use of a forklift. Bilingual English/Spanish a plus. Please Fax Resume To: Personnel Dept. 847-663-1400 Equal Opportunity Employer</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>SECURITY</p> <p>NOW HIRING SECURITY OFFICERS DUPAGE, KANE & LAKE COUNTIES \$9.00 - \$12.00/HR NORTHBROOK \$9.50/HR CALL TODAY 630-932-0553 THE WACKENHUT CORP. Lic. #122000263 EOE M/F/D/V *****</p>	<p>TRADES</p> <p>Auto Body Estimator Top Pay - In Glenview Reds Body Shop Call: 847-724-8020</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>Customer Service Sales INSIDE SALES experience necessary, customer experience a plus. Progressive company looking for very aggressive inside person. Send resumes to: Nykol Fastener Corp, 6445 Prosel Ave., Lincolnwood, IL 60712. Fax resume to: 847-674-1269 Phone: 847-674-9680</p>	<p>FAMILY FITNESS CENTER Part-Time Maintenance/Custodian The Village of Niles Family Fitness Center has immediate openings for part-time Maintenance/Custodians for morning and afternoon shifts. Applications available at: Fitness Center, Village of Niles 987 Civic Center Drive, Niles, IL 60714 E-mail: personnel@vniles.com Fax: 847-588-8051 For more information call Ron Sorensen: 847/588-8407 EOE, M/F</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>				

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FULL/PART TIME	FULL/PART TIME	MISCELLANEOUS	MISCELLANEOUS	MISCELLANEOUS
TRADES		SITUATIONS WANTED		
<p>TOOL ROOM WELDER Contour Saws, Inc. needs a general Tool Room Welder with confirmed experience in set-up and operating standard tool room welding equipment. Experience needs to include fabricating new components and repairing of existing machine parts. This is a first shift 7 A.M. to 3:30 P.M. schedule. All applicants must apply in person and have the name, address, and phone number of their last three employers or employers covering their last ten years. All applications must include a complete salary history and photo I.D. No application will be considered without this information. Apply in person between 9 A.M. and 2 P.M., Wednesday, August 16, thru Wednesday August 23, 2000. CONTOUR SAWS, INC. 890 Graceland Street (Mannheim Road) Corner of Graceland and Thacker Streets Des Plaines, IL 60016 847-768-6505</p>		<p>Busy Professional Female Seeks Responsible Roommate For 3 Bedroom, 2 Bath Townhouse. Computer/Milwaukee Area. \$550 Includes All Utilities Even Phone, Laundry, Parking, Storage, Great Transportation, Near Park, Bedroom Furnished Or Unfurnished. Linen, Towels And Cookware Supplied. Must Be Willing To Share Care Of Dog. Page 773-352-0551</p>		
<p>PAINTER Part-Time/2 Evenings A Month! Light Painting For Offices Call Marti: (847) 588-1900</p>		<p>PERSONALS</p> <p>H.E.L.E.N.A. World Premier Marriage Broker wants to introduce you to a very special lady. If you are single, Jewish, successful, well-educated and looking for your soulmate, I want to introduce you to the most beautiful, Jewish, 39 year old, 5'2", successful, well educated, lady in Chicago for no charge. Please call me at: 1-888-388-0402 Or e-mail at: www.helenamatchmaker@mindspring.com</p>		
<p>NEW JAGUAR DEALERSHIP Imperial Motors of Lake Bluff is hiring for October opening experienced salesmen on highline cars. Also parts professionals, technicians, office, service writers + service managers. Experienced professionals only! Call Allen: 847-560-6665 Or Jordan: 312-208-9000</p>		<p>AUTOS FOR SALE</p> <p>LOREN BUICK/HYUNDAI 1620 Waukegan Road, Glenview (847) 729-8900</p> <p>Niles - 94 Ford Aspire - under 20,000 miles - excellent condition. \$4,000 o.b.o. Call 7 a.m.-3:30 p.m. - 847-647-7444 x-300</p>		
<p>DELIVERY DRIVER WANTED Permanent Full Time with Benefits. Local pickup & delivery for established contractor. 14' Truck with auto transmission provided. Some lifting required. Experience and knowledge of Chicago and suburbs preferred. 847-679-6500 x330</p>		<p>BABYSITTER</p> <p>NILES - Babysitter Wanted 1 day/wk for 1 yr. old girl Call 847-966-2532</p>		
<p>HAIR STYLIST Assistant Manager and Stylist needed for upscale family hair salons. Good salary - benefits, also health insurance. Full time/part time available. No following necessary. Wilmette location: 847-853-0099 Highland Park: 847-433-4424</p>		<p>BUSINESS OPPORTUNITY</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>CONDO FOR RENT</p> <p>NILES - Large 2 Bd, 1 Bath, Hardwood Floors, 1 Parking Space, Laundry in Bldg. Heat & Water Incl. \$695.00/Mo. Call Jennifer: 847-647-9322</p>		<p>COMPUTER FOR SALE</p> <p>Dell Computer State Of The Art - All Homs And Whistles. Too Much To List! USED 6 HRS. Paid \$4,400 - Make An Offer. 847-470-0688</p>		
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Reservations now being accepted for Disney's Animal Kingdom Lodge



Reservations for Walt Disney World's newest and most unique resort -- Disney's Animal Kingdom Lodge -- are now being accepted.

Inspired by the cultural splendor and exotic beauty of a South African game reserve, the 1,307-room, five-story deluxe resort opens in spring 2001. It will feature hand-carved furnishings, a mud fireplace in the lobby and sweeping views of a 33-acre tropical savannah filled with free-roaming animals.

Here is a sample of what guests can expect:

Adventures in Architecture: designed by Peter Dominick, of Disney's Wilderness Lodge fame, Disney's Animal Kingdom Lodge will follow the krali African village design, a semicircle concept with a distinctive "theme" carried throughout its architecture, landscape and interior designs.

"We're trying to capture an image that is not only symbolic of Africa but is culturally relevant," said project manager Jim Kwasnowski of Walt Disney Imagineering.

The visual treat will begin on arrival as guests discover a rolling 33-acre plain unfolding before them through one of the resort's larger-than-life picture windows. Here guests can walk along the elevated kopje, or rock outcropping, and enjoy a nearly panoramic view of roaming animals and flowing streams.

Throughout the resort, guests will discover examples of authentic African architecture and design, from thatched ceilings to rich wood and golden tones. Features include a large mud fireplace in the lobby and natural lighting fixtures designed to accentuate spectacular sunrises and sunsets. At night, inandescent lighting will resemble twinkling fire-flies and soft-glowing campfires.

Rooms with a Special View: Disney's Animal Kingdom Lodge will offer many guests a view of the 100 grazing animals and 130 birds on the property's private reserve.

Accommodations, offered in a range of sizes, are finished in rich tapestries and vibrant colors. Guest rooms feature jewel tones and hand-carved furnishings. "Royal Suite" reaches new heights with a domed, hut-like room fit for a king.

Complementing the guest accommodations: a festive marketplace shop and flowing swimming pools.

Dining Delights: Culinary creations will abound at Disney's Animal Kingdom Lodge: *Jiko - The Cooking Place* is a casual restaurant open for dinner that will feature a taste of Africa in an atmosphere shaped by local traditions and customs. Focusing on simpler, lighter cuisine, it will retain the spirit and refinement of a great restaurant while concentrating on the basics of cooking with an emphasis on the freshest of products. The design represents an abstract view of Africa, with twin wood-burning ovens as the restaurant's icons.

Bona - Flavors of Africa, a family restaurant open for breakfast and dinner, will capture the essence of vibrant life in the African marketplace: This family-fun buffet restaurant provides guests the ability to savor the African experience, which has multicultural influences. The restaurant showcases an exhibit kitchen, wood-burning grill and roasterie. The dining areas are

under thatched roofs. *Mara*, the quick-service restaurant open morning to night, will offer great food and pool-side dining.

Victoria Falls, a mezzanine lounge, will serve specialty coffees and teas and a variety of beverages at night. This lounge overlooks *Bona - Flavors of Africa*.

In Your Backyard: Disney's Animal Kingdom Lodge will be located just a short drive from Disney's Animal Kingdom, Walt Disney World Resort's fourth and newest theme park, featuring wild exotic animals, dinosaurs and favorite Disney characters in spectacular shows and exciting attractions.

By the Numbers: The addition of Disney's Animal Kingdom Lodge will bring to 18 the number of Disney-owned-and-operated resorts. Property-wide, there will be 28 resorts offering more than 25,000 guest-room accommodations.

Guest Tips: Guests eager to be among the first to experience

Disney's newest resort next spring are encouraged to book early. Rates range from \$199 to \$500. (Rates may vary within this range depending on season and room type). For reservations, contact 470-W-DISNEY (934-7639) or a travel agent.

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Survey finds people pay big bucks for summer vacations

The average summer vacation will cost \$2,274, according to a telephone survey sponsored by Myvesta.org, formerly Debt Counselors of America. Of the 1,000 people surveyed, 55 percent said they planned to take a vacation this summer.

"Based on the average take home pay of \$27,219,* a person will have to work more than a month, or 22 working days, to pay off their summer vacation," said Mike Kidwell, vice president and co-founder of Myvesta.org, a nonprofit financial solutions organization. "Spending \$2,274 means that the average person will use more than 8 percent of their annual income on vacation."

"It's no wonder that almost three-fourths of vacationers will use a credit card to pay for their trip," Kidwell said. The survey found that 73.6 percent of respondents will use a credit card to pay for their summer holiday.

"Credit cards have pros and cons," Kidwell said. "They offer tremendous convenience and protection for travelers, but people tend to overspend when they use a credit card."

Of the vacationers using their credit cards, 56.7 percent plan to pay their balance off in full when the bill arrives. "For many people that's wishful thinking," Kidwell said. "Too often people pay just the minimum payment not realizing how much the interest will add to the total cost of a vacation."

Based on today's average interest rate of 17.99 percent, paying just the minimum payment extends the credit card payments, for this year's vacation alone, to 34 years and adds \$5,974 in interest. The 2 percent monthly minimum payment starts at \$45.48.

By bumping up the monthly payment to \$208 and keeping it there, the debt would be paid off in 12 months with a total interest cost of only \$227. Thirty-five percent of those surveyed said they plan to pay off their vacation bills in twelve months or less.

To help everyone save money on vacations, Myvesta.org has created a free publication called

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