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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 Jor-

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.

by Lisa Ashkenaz Croke Niles police are investigating two small fires set in the village gas station and mini mart at nonymous phone calls by men claiming to have information. The first fire was discovered

Continued on Page 50

INSIDE

proved by the Niles Plan Commission at this week's Zoning Board meeting. An earlier proposal to reat 12:11 a.m. at Jonquil Park on develop the now abandoned lot was met with disdain by neighboring residents in October 1999. But Paul Kolpack, attor-ney for the current property owner said that after reviewing minutes from that meeting,

and an active member of the

Stevenson School Parent's Com-

Continued on Page 50

Zoning board

approves south

Niles gas station

by Lisa Ashkenaz Croke

Continued on Page 50 Boys arrested on burglary charges

by Lisa Ashkenaz Croke 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 fore appointing Meyer on July A district resident for over 10 years, Meyer is a father of four

the Cafe Bravo Restaurant at lice. 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 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-

Niles Police have arrested a other broken window. This restaurant, which Cmdr. Halley man suspected of breaking into time, he notified the Niles Po- said apparently angered the of-No money had been left in the



Photo by Pete Mayer

Cafe Bravo's broken and boarded up windows after 3 breakins. 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,

Retirement/

Home Style

Classifies

Pages 38-41

Pages 44-48

Nursing Home Pages 21-32

> The Bugle's community job listings can be found on

Saturday, August 19, the beautiful Riverwalk, downtown Na-8:30 a.m. Registration.

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

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 in 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

10 a.m. The three mile "walk

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

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diagnosed Parkinsonians added

Cambridge Bank's Morton Grove office opens

As a community bank, Cam-

phasis on customer service. "Cus-

The directors and officers of The two story prairie-style build- customers find the traditional Cambridge Bank proudly an- ing offers plenty of parking and banking options; there are spenounce the completion of the three drive-thru lanes. The main bank's newest office located at floor has five teller windows, a 6111 West Dempster Street in coffee bar, and 3 personal bank-Morton Grove. The Morton ing desks. Administrative offices Grove office is the community and the board room are located on bank's third location to open the second floor. Safe deposit since the bank opened their main boxes and the proof office are looffice in April, 1996 in Lake Zu- cated in the lower level. rich. A second office opened in Hawthorn Woods in April, 1999. bridge Bank places a great em-

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

tomers like to feel welcome and on-line banking and bill paying see familiar faces when they do are available. Other benetheir 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 in many leadership roles over the years. Other familiar faces on the the retail manager, Teresa Chwal overseeing the safe deposit box and proof department and Patri-Irene Metropolis, Jessica Burns and Michelle Henriques are tel-

managed, and offers Morton Grove and its surrounding communities personalized service. It is a full service bank with some- Skoubis; George L. Welch and thing for everyone. Not only can George A. Parhas.

fits...donut holes and coffee every Saturday morning! "My staff and I want to be acthe bank looking for banking advice," said Michael J. Carlino, ways hearing how great people service a community bank offers is clear. It has been gratifying to

Prime Time Club for those quali-

the age of 18. A special banking

checking account. A wide range

cluding banking by phone and

with this community." John J. Hunt is Cambridge Bank's Senior Vice President and Christine Gordon is Vice President/Cashier.

begin a new banking tradition

The Board of Directors for the bank are Bill George Stotis, Chairman of the Board; Michael J. Carlino, Chief Executive Offi-Nicholas T. Leftakes; John N.

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

 safety helmets for cyclists and in-line skaters. · automobile and traffic safe-

· child safety seats and seat

• violence prevention for teens. In addition, health material for younger children, inclduing coloring books, crayons, stickers, games and prizes will be fur-

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

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. Pospect. For more information call CCDPH at 708-492-2050.

Maine Township Disabled Services hosts Lunch & Bingo

The cost for lunch and bingo is \$6.25. Bingo without lunch is \$1. The Town Hall is accessible. A na Anderson, Director of Disa-

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 fourth Tuesday.

For further information on all Maine Township activities, agensign language interpreter will be cies and programs visit the Maine available upon request. Call Don- Township website at www.mainetownship.com.

'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 move 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.

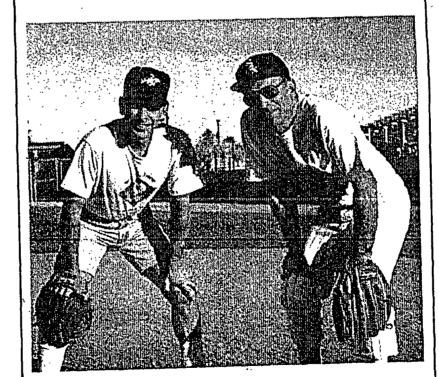
When last year's record-breaking feats by Sammy Sosa and Mark McGuire came the criticism that power hitters are unwittingly harming baseball as the bar for continued dramatics increases. Not really being a baseball fan, I never gave the argument much thought. But that was before I watched the Chiefs 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.

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

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 walking 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 divisons 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 urned 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

"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.

THE BUGLE, THURSDAY, AUGUST 17, 2000

Niles Police complete safety campaign

new recruits Robert Morris College is pleased to announce that a numsafety campaigns on July 9. ber of outstanding athletes from Each campaign lasts 2 weeks the Chicago area have signed to and is set around holidays play baseball, basketball and volthroughout the year. The focus eyball for the RMC Eagles. of the latest campaign was im-Steve Diduch, a transfer from paired drivers. There were 8 Valparaiso University and Brenpeople arrested for Driving Undan Mitchell, a transfer from Trider the Influence (DUI) alcohol. ton College have signed on to There were 33 citations written play baseball. Diduch, an outfor seat belt violations, 314 citafielder, is a resident of Park Ridge

USE THE BUGLE

The Niles Police Department tions written for other moving lated charges, and 3 people arrested for driving with suspend-

PAGE 3

ed driver's licenses. centered around Labor Day and

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

•No Admission Fee •

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And Over

and attended Maine South High

School. Mitchell, a left-handed

pitcher, hails from Brisbane,

Australia and now resides in Al-

Robert Morris

College signs

1:00 p.m. or 6:30 p.m. Hosted by LaSalle Street Securities, LLC.

A Free Seminar For People Age 40 7557 West Oakton Street, Niles

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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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OCC holds annual 'Futures Unlimited' conference



ogether 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 eighthgrade girls to careers in mathematics and science.

Legion Auxiliary attend state convention

The eightieth annual conven- staff of the Hines and West Side tion of the American Legion Auxiliary, Dept. of Illinois was convened recently at the Hyatt Regency Woodfield in Schaum-

Morton Grove Unit #134 President Patricia Jordan led the delegation who participated in the Unit who were in attendance included Joyce Senf, past presiing year; Dodee Connelly, past president and also a former leader of the Seventh District, American dent Lorry Nehart, unit public re-

The Dept past presidents club held a reception and card party social the first evening of the con-

tion were Gov. Ryan of Illinois, a representative of secretary of state Jesse White's office and the mayor of Schaumburg (Al Lar-

Many reports of successfully in the areas of poppy, children & youth, veterans affairs, leader-

lightful gold star luncheon which a loved relative during the war. The Past Presidents' Parley ship winners given Auxiliary sti-

pends to use for their nurses training at various schools. units, districts and division who accomplished outstanding mem-

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

Installation and a reception following was the finale of the convention of the newly elected were treated to a musical variety show put on by the patients and bept officers. Sharon Conastar is the 2000-2001 term president.



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National Night out Against Crime



Watch Representative Yousri

Daoud (right) at the National

Night Out Against Crime event at

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

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Our Lady Ransom 40th Anniversary **Golf Outing** You could be a winner of a new car! Compliments of Landmark Ford

Register to be part of Our Lady of Ransom 40th Jubilee Golf Outing. You could be eligible to win a new car from Landmark Ford. Registration to the golf outing and participation in a hole in one contest are necessary to win this vehicle. Registration includes golf, door prizes, goody bag, lunch, dinner and open bar.

f golf is not your pleasure, join us for the banquet that evening and enjoy the company of friends, neighbors and fellow parishioners.

If you have any questions or would like to register by telephone contact Carl Kamys (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 it's not your kid, you'd better to get high by the time he or she reaches the eighth grade. Parents cheap, legal and accessible household products -- are as popular among middle shcool students as marijuana. And even fewer parents know the deadly effects the poisons in these prodwhen 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

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 inhal-

"Many parents are uncomfortuse inhalants," said Dr. H. "Night Out" is an annual event to Westley Clark, director of the focus neighborhood attention on Center of Substance Abuse Treatment." A lot of children are

What can inhalants do to the

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 sud-Continued on Page 7

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check. Inhalants are in everychild. Watch for changes in behavior -- personality changes, change in gait, chemical breath,

- 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 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.

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 addicted and users suffer withdrawal symptoms.



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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.

through issues that will provide

cation of children to occur." Mr.

Nowlan succeeds Mr. Jim Re-

ynolds 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

There are seven schools in East

Maine School District 63. The

District serves students in com-

munities of DesPlaines, Morton

Grove, Niles, Glenview and Park

Ridge. Phone (847) 299-1900.

Fax (847) 299-9963.

Kildeer School District 96.

School District 63 names Supervisor of Operations and Maintenance

Superintendent of Schools, Dr. be given the opportunity to be-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

Inhaler

Continued from Page 6

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

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 agegroups 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 (www.inhalants.org).



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. Dorse, parent; Tim Carson, student; Beth Stone, friend. Front, seated: Maine Township Director of Disabled Services Donna Anderson and Assistant Dire-

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Women's News

Woman's Club of Skokie/Lincolnwood

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-

The Woman's Club of Skokie/ fler's "Transformations" fash Lincolnwood affiliated with the ions. Women interested in a res-General Federation of Women's ervation or learning more about Clubs Illinois will open the new the club's involvement in the club year on Wednesday, September 6, 2000 at the Holiday community may call President, Phyllis Cossarek 847-256-1177.

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Kids With Cancer spend a great day at Great America



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

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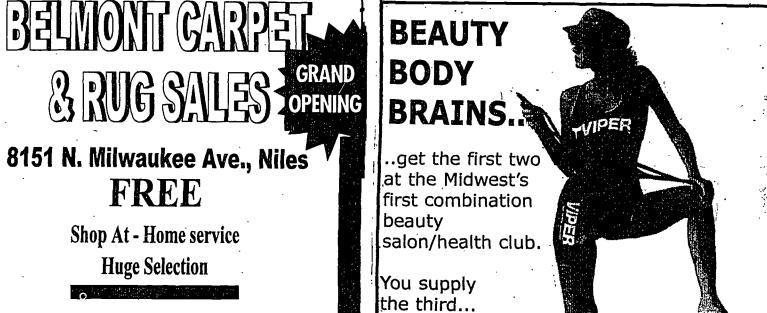
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Holiday Crafters Wanted

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. Harlem, 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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WBDC names Morton Grove executive 'Woman of the Year'

Karen Elin Johnson, President 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. recognizes her "Women's Busigrowth and development.



did not eat butter, but instead used it as a remedy for skin

son for continually emphasizing furthering procurement opportunities through her leadership at Roughneck, support of the WBDC, and a continuing commitment to women's business

Women's News

nue, Suite 400, Chicago, IL

is 847-966-6666; fax 847-966-

Ms. Johnson will receive the 2000 Entrepreneurial Woman of the Year award during the Hall of Fame Awards Breakfast on Sep-Ms. Johnson was described as tember 7. The breakfast opens the a visionary businesswoman who 14th Annual Entrepreneurial Women's Conference and Womness Enterprise" status as a en's Business and Buyers Mart at source of pride, marketing and a Chicago's Navy Pier. More than vehicle for successful business 2,000 women business owners from throughout the country are WBDC commended Ms. John- expected to attend. Ms. Johnson's

Hanukkah Boutique

Congregation B'nai Jehoshua Beth Elohim (BJBE), 901 Milwaukee, Glenview, invites vendors and artisans to participate in our annual Hanukkah Boutique, Nov. 19, 2000. For information. call Janice (847/509-2720) or Sharon (847/291-9123).

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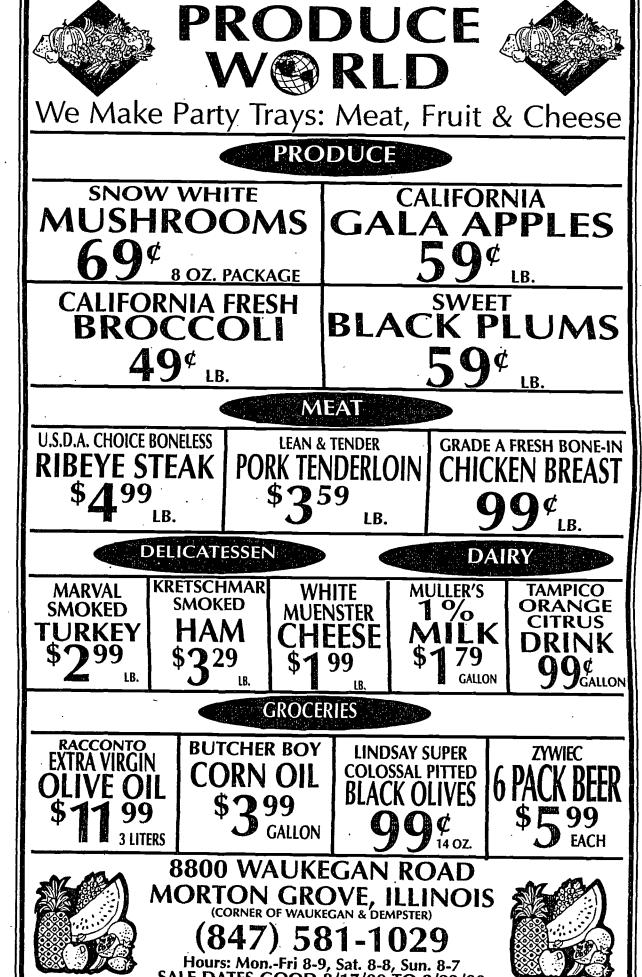
8796 Dempster • Niles Hours: M 10-6 T-F 10-8 Sat 9-5 Sun 10-3

Walk-ins welcome

Check out a Family Explorer Card at the library

to local museums? Then stop by name also will be inscribed on Niles Public Library District and of Roughneck Concrete Drilling the importance of women's business enterprise certification, and Sawing Company of Morton with the importance of women's business enterprise certification, and displayed at the Center's headquarters at 8 S. Michigan Ave- 2001, the Family Explorer Card entitles you and your family to a variety of services such as paid Roughneck Concrete Drilling admissions and free gifts at par-& Sawing Company is located at ticipating museums and cultural 8400 Lehigh Avenue, Morton centers in the north suburban Grove, IL 60053. The telephone area. Ten area museums are participating including Health World in Barrington, The Power

Does your family enjoy going House in Zion and Cuneo Museum and Gardens in Vernon 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 Liberary Services and Technology Act funding, for more information, please call the Library at 847/663-1234.





Hours: Mon.-Fri 8-9, Sat. 8-8, Sun. 8-7 SALE DATES GOOD 8/17/00 TO 8/23/00



Health News

Balance is important for healthful weight loss

ture's (USDA's) Food Guide the least amount of calories. Pyramid. For example, fad diets Mindy Hermann, RD, ansuggest you rule out healthful swers some questions about the foods such as potatoes and car- current crop of fad diets:

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and bell bottoms, were big in the naturally fat-free, high in vita- cessful weight loss? 1970's and made a come back in min C and potassium, and pro-B6 and fiber. And, according to experts, high-protein, low- the European Journal of Clinical carbohydrate diets are unhealthy Nutrition, potatoes are considbecause they don't follow the U.S. Department of Agriculviding the most satisfaction for

vide a good source of vitamin

North Suburban you'll gain the weight back -and probably extra pounds, too. Hearing Service, Ltd.



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Sherwin Weisman

carbohydrate diets, like disco Vegetables such as potatoes are carbohydrate diet lead to suc-High-protein.

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,

Can't I just take a vitaminmineral supplement to make up for any potential nutrient

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-

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ber 3, participants will learn: New Patients Only Expires 8/31/00 how much fat to eat each day; sential to weight loss; which foods are making you fat; and how to modify recipes to make them lower in fat.

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, diag-

1st Time Clients Only • Expires August 31, 2000

What are the most effective ways to lose weight? To lose weight, try to eat

only is this way of eating easier than "dieting," it's also more reafor a walk during lunch. listic. Also, try to eat smaller For more tips on losing portions of food, especially when dining out. A helpful guide for eating such as www.eatright.org,

well is the USDA's Food Guide www.shapeup.org Pyramid. The food guide pyra- www.potatohelp.com. mid suggests you aim for five or calories from fat.

Finally, exercise. Start slowly, and reward yourself when you exercise consistently. If you're strapped for time, make small carbohydrate diets are very low healthfully most of the time. Not changes, such as using the stairs

> weight healthfully and for nutritious recipes, visit Web sites For a free potato nutrition bro-

more servings of fruits and vege- chure with healthy tips and recitables per day, and consume no pes, send a self-addressed more than 30 percent of total stamped envelope to: National Potato Promotion Board, c/o: Let yourself indulge occasion- EagleDirect.com, Attn: Courtally. You don't have to forgo ney Alston, 5105 East 41st Ave., Denver, CO 80216, or order the foods can fit into a healthful eat- brochure online www.potatohelp.com.

how to order low-fat foods when

The deadline to register is

Monday, September 25. For

more information or to register,

call 1-800-3-ADVOCATE (1-

conference on Pulmonary

& Critical Care Medicine

tion of Metropolitan Chic;ago

(ALAMC) will host the 5th An-

nual Chic; ago Conference on cur-

rent Issues in Pulmonary & Criti-

cal Care Medicine from

The American Lung Associa-

Choice cookbook.

800-323-8622).

ALAMC annual

LGH sponsors 'Choose or Lose' program

Advocate Lutheran General cise physiologist and work to-Hospital offers a 10-week gether to create an exercise plan weight loss/healthy eating pro- to fit the specific needs of the gram that includes both nutrition person. In addition, participants and exercise sessions. "Choose will receive a skill-builder workto Lose" gives participants the book filled with exercise and extools and skills necessary to planations, as well as a pocketchoose foods to make and keep sized passbook to help keep them thin and healthy forever track of fat calories. without feeling deprived. At the The fee for the program is same time, members will work \$200 and includes on-site trainwith an exercise physiologist to ing at a grocery store to learn develop an exercise program how to read food labels; as well suited to their needs and life- as a restaurant outing to learn

During the nutrition session, eating out. In addition, particiwhich will be held from 7 to 8 pants will receive an Eater's p.m. Tuesdays, beginning Octo-How to choose foods and stay within an allotted fat budget; why daily aerobic exercise is es-

Exercise sessions are sched-

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

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nosis and management of infec-**\$29**⁹⁹ tious lung disease, including tuberculosis and influenza. The unique format of this con-

ference that features state-of-theart 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)

Health News

New Illinois MS research projects

gations in the U.S. and abroad.

The National Multiple Sclero-sis Society has just committed \$10 ter territory including nine inves-tigations at the University of 300 new and ongoing MS investible nervous system disease.

sive procedure may help relieve

the pain and discomfort of the

Osteoarthritis (OA), a degener-

ative 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

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. Ac-

cording to the Centers for Disease

Control and Prevention, the inci-

dence of OA is expected to in-

crease by more than 50 percent

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

be as disabling as any cardiovas-

Dr. James Elting, an orthopedic

cular disease except stroke," says

surgeon with Bassett Healthcare

Many people with OA end up having total knee replacement

surgery, which involves com-

plete 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 recov-

ery period, but it is by no means a

permanent fix. Thousands of pa-

tients end up outliving their im-

A new procedure, called open-

wedge osteotomy, is gaining in

popularity. This minimally inva-

sive surgery uses a device called

an articulating fixator. A stream-

"Osteoarthritis of the knee can

within the next 20 years.

the knees.

in Oneonta, NY.

physical activity.

condition without major surgery.

million to support 25 new re- Chicago, three investigations at search projects, within the U.S. Northwestern University, one reand abroad, by top scientists in-search project each at Hines VA vestigating many aspects of multiple sclerosis (MS). Two of the Urbana, University of Illinois at Greater Illinois Chapter area: one at the University of Chicago and the other at Northwestern University Medical School, and the Loyola University Medical School, research efforts to end the devas-tating effects of this unpredictanois Chapter territory is \$4,960,374. The 25 new projects are part of a National MS Society There are 18 other projects active in the Greater Illinois Chap
program that will spend a record \$25 million this year to advance

iust not a rational alternative."

Progress in the treatment

of osteoarthritis

The Society funds more MS research than any other voluntary agency in the world. There are three drugs on the new projects are based in the Chicago, University of Illinois at U.S. market (Avonex, Betaseron, and Copaxone) that may postpone or reduce disability in those with the most common form of sity, representing a total of \$626,287. The Greater Illinois Chapter contributes funds toward Chapter contributes funds toward cal Center. The total amount of funding for research projects for investigations in the Greater Illiby the FDA. But none of these drugs can stop or reverse the dis-

> One newly funded project is the most extensive effort of its kind to seek patterns in MS dam-

age to brain tissue and correlate them with actual clinical manifestations. "The MS Lesion Project" will provide clues to the underlying pathology of MS and (NAP*S)-There's encouraging lined, low-profile articulating fixmap out better ways of treating news for the 23 million people ator has been developed by Orpeople who exhibit specific patwith osteoarthritis, and the mil- thofix (Nasdaq: OFIX) to correct terns of disease. In addition, two lions more who may one day get the alignment and weight-it. A new kind of minimally inva-bearing position of the lower leg. of the new projects are part of a multi-million dollar effort to determine what gender differences for surgical precision that was in MS can tell scientists about the cause and better treatment of the hitherto impossible." says Dr.

Elting. "It has particular application in the younger age group, Funds for research awards are provided in large part by the nawhom total knee replacement is tionwide network of local chap-

ters of the National MS Society,

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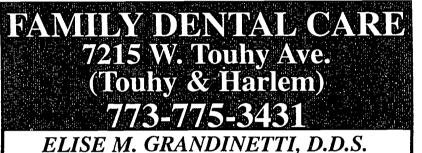
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www.richartchiropractic.com

communities across the U.S. Lo-cally, the Greater Illinois Chapter research projects, please contact serves some 11,000 people with Larry Anderson at (312) 423-MS and their families in the state 1120. General information about

nearly a third of a million people

Multiple sclerosis is a life-long ties may be obtained by calling disease of the central nervous the toll-free MS information line system. It is devastating because it strikes young adults, and slow-lect option one); or interested parly steals physical functioning in ties may contact us via email unpredictable ways. MS affects (info@nmss.org) or visit our World Wide Web address (http:// www.nmss.org).



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and the control of th

Community Calendar

Kenny Bernstein golf & tennis tournament

Joey, age 7, the Bernsteins have ry, falls, poisoning and other injureceived overwhelming support from the community, but contin-

KIDS Campaign, the first and kids that will be hosted by Molly only national organization dedi- and Joey Bernstein. cated solely to the prevention of

ry risks areas.

In an effort to both celebrate gers encountered by children awareness about the occurrence that can be taken to prevent accithe first Annual Kenny Bernstein Senities hosted by the Chicago-Golf & Tennis Tournament on land SAFE KIDS Coalition and Monday, September 11, at High- other local agencies, the event land Park Golf Course. Proceeds will feature a charity golf tourna- SAFE KIDS Coalition, please from the event will benefit the ment, tennis tournament, and a call Julia Stanley at (773) 702-Kenny Bernstein Foundation, es- family barbecue. The barbecue tablished in conjunction with the will include a fundraising auction Chicagoland SAFE KIDS Coaliand a kiddie corral freaturing a tion - part of the National SAFE variety of fun-filled events for

Entry into the scramble format

golf-tournament is \$200 per per-

Picnics

ALMIN

Fun In The Sun

SPECIALS

Honey Roasted Mix Nuts 😿

Honey Roasted Pecans 650

Selected Buttercreams 850

Selected Beanie Babies on SALE!

Many Trail Mixes

Boston Fruit Slices

Jellie Bellies

• NUTS ROASTED FRESH DAILY

"Ty"

Beanie

Babies

Store Hours

Few things in life can compare Tragically, unintentional injuson and includes green cart fees, with the accidental death of a ry takes more lives than any other tee gifts, lunch and an invitation. Tower Concert Series continues young child...an experience Cal cause including disease, homito the barbecue and acution. Enon Thursday, August 17 with The and Julie Bernstein of Highland cide and suicide. Each year, more try into the tennis tournament is Connexion. The Connexion is a Park have been trying to cope than 6,300 children ages 14 and \$100 per person and includes seven-piece band with two lead with since March 2, 2000, when under die and another 120,000 lunch, tennis and an invitation to female vocalists, guitar, bass, their 21 month-old son, Kenny, are permanently disabled from the dinner and auction. Those drums, keyboards/trumpet and died at home after choking on motor vehicle crashes, drowning, wishing to attend the family barsome food. Along with their two fire and burns, airway obstruction becue and auction only may do so young children, Molly, age 5, and injury, unintentional firearm inju- for \$40 per person, or \$50 per family. A variety of sponsorships for over 15 years and they strive are also available, while individuto entertain everyone by playing a The Kenny Bernstein Golf & al or corporate donations may be variety of music such as rock, ue to be plagued with anguish and Tennis Tournament on Septem- made to the Kenny Bernstein questions about this unthinkable ber 11 is designed to educate par- Foundation in care of the Chica- current top 40. Do the electric ents and families about the dan- goland SAFE KIDS Coalition, slide, the macarena, and dance all which is based at the University

Kenny's life and increase public every day as well as measures of Chicago Children's Hospital. To enter the Kenny Bernstein Series is free and open to the genand prevention of unintentional dental injuries. In addition to a Golf & Tennis Tournament or for eral public. The concert will be injuries to children - the leading variety of safety-awareness ac- sponsorship or other information, from 7 to 9 p.m. Food will be killer of children in the United tiv Seniors can feel young agin States - the Bernsteins will host by joining the Norwood Park Course at (847) 433-9015. To tion Catering & Events in Niles, make a donation to the Kenny (847)647-9304. Please bring Bernstein Foundation or for more information on the Chicagoland

> USE THE BUGLE

The Connexion performs tonight

The Village of Niles Leaning keyboard/sax.

The Connexion has been pe-

Motown, retro 70's and 80's, and The Leaning Tower Concert the Village of Niles at (847) 588-

Thursday, August 24 will bring the final concert event of the season. The Maxwell Street Klezmer Band is back by popular demand - nine (9) instrumentalist 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 improv-

Liponi's annual golf outing

Special Recreation invites you to as well as a delicious dinner. The join them for their annual minia- proceeds will benefit individuals ture golf outing on Wednesday, August 23 from 6-9 p.m. at Mountain View Mine Golf Course, 500 Algonquin Rd., Des 966-5522. Plaines. The evening will include

The Liponi Foundation for 18 holes of mini golf, raffle prizes with disabilities. For more information or to sponsor a hole/ donate a prize, please call (847)



(773) 763-3670

Community Calendar

Home delivered meals program seeks volunteers

Audition Skills

Workshop

"How To Succeed in Business Lubershane Brown and musical

Without Really Trying" has been scheduled as Highland Park director Christine David Belew. It will focus on how to audition

Players' fall production. An Audi- with confidence, prepare for

tion Skills Workshop will be held "cold" readings, demonstrate

from 7 to 10 p.m., Wednesday, singing and dancing ability, and

Aug. 23 at West Ridge Center, other general audition skills. No

636 Ridge Road, Highland Park. Registration and a \$10 fee will be advance registration. For further information, call (847) 604-4771.

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 preillness or hospitalization.

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 pro- call (847) 723-7770.

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 class-

es through 1993 are invited to at-

tend 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 avail-

ble. 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-

own cars and be familiar with the Park Ridge/DesPlaines area. To volunteer, call Pat Lewis at (847)

Advocate Older Adult Services of Advocate Health Care is a recognized leader in serving oldpare their own meals. The service er adults. A wide array of proalso is used temporarily by per- gram options are available to oldsons recovering at home after an er adults and families who find themselves in need of informa-Volunteers are asked to donate tion, guidance and care, including: a senior information and referral line; adult day care; an emergency response system; home delivered meals; and social services. For more information,

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 materi-

als 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 Nilwaukee Ave., Niles.

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



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Indoor/Outdoor Over 300 Vendors 2031 N. Mannheim **Every Saturday and Sunday** 8:00am to 4:00pm Antique Mall at this Location **Grand Opening - July 1, 9am Free Refreshments**

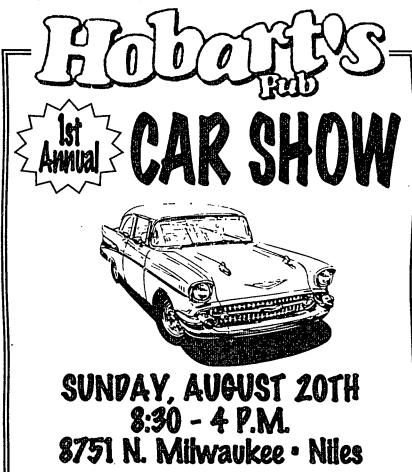
Flea or Antique Mall Space Info: (847) 524-9590

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., site at www.geocities.com/~mr-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





Registration '1200 from 8:30-Noon

10 judged classes - 30 tropies including best of show raffle for all registered vehicles. Food and beverages available. For more info contact

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Community Calendar

Metropolis Youth

Walk for AIDS

Join us on Sunday morning, the Jewish Federation of Metropolitan Chicago sponsors a team for AIDS Walk Chicago, the an-

community and to walk with our team, call 847/568-5252 for more information.

The AIDS Service and Support Program is coordinated by

Service. The Program is comitted to reaching out to and providing direct services to those in the Jewish community who are afffected and/or infected by HIV/AIDS. The AIDS Program and provide education and prevention programming to the

Jewish community around HIV/ AIDS, other sexually transmit-

ted infections, and related is-VALUABLE COUPONS

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(773) 467-9946

7248 N. Milwaukee (At Touhy & Waukegan) FREE Parking (847) 647-9818

Symphony Concerts Jewish Family and Community "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

Hobarts Pub Car Show

Hobarts Pub will hold their 1st Annual Car Show on Sunday, August 20 from 8:30-4 p.m. Registration \$128:30-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.

> READ THE BUGLE ADS FOR YOUR SHOPPING NEEDS

Costes and David Okun for their time, efforts and donations to the

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

Steinmetz Reunion

North American Martyrs Council

4338, Knights of Columbus.

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

M-NASR plays **Buddy Baseball**

M-NASR's Buddy Baseball team will be playing the Glen-view 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 infor-

Italian calligrapher Ludo-vico degli Arrighi created the first penmanship manual for popular use, La operina da imparare di scrivere littera

2000/2001 FALL LEAGUE BOWLERS

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Individuals Welcome!

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Shop to benefit Magen David Adom

Magen David Adom, Israel's eral Bloomingdale's shopping Michigan Avenue stores. By one wins! contributing \$10 to Magen David Adom, you receive a dis- saving lives in Israel and around count pass for 15% all over their the world since 1930. stores, plus you can enjoy all the festivities of the day including

blood and disaster services in- nus for every ticket that is revite you to attend Blooming- deemed at the store on the day dale's 5th Annual Shopping Ben- of the event. Last year, Magen efit on Wednesday August 30th David Adom raised nearly at their Old Orchard and North \$2000. An event where every-Magen David Adom has been

deductible pass for you, your entertainment fashion shows, family and friends, call Megan cooking demonstrations. You David Adom anytime at 847can also enter to win one of sev- 583-0664.

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

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.

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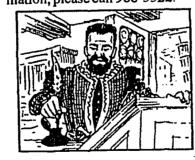
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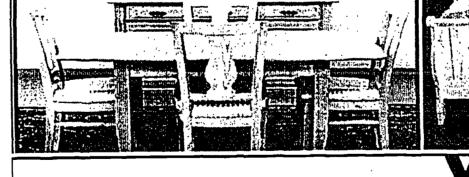
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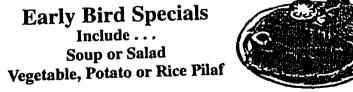


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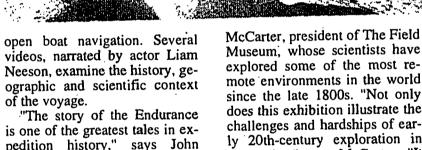
Diming/Entertaimment

The Endurance: A Legendary **Antarctic Expedition**

"What the ice gets, the ice keeps." Ernest Shackleton, 1915. "The Endurance: Shackleton's Legendary Antarctic Expedition" is an epic story of survival told through haunting photographs, artifacts, diary entries and vintage film footage that resurrects one of the most awesome man-against-nature sagas to emerge this century. The exhibition, on view at

The Field Museum from October 7 through January 14, 2001, follows Sir Ernest Shackleton's 1914 expedition. Shackleton's ship, The Endurance, became traped and was eventually crushed by ice off the coast of Antarctica. Despite incredible odds, all members of his crew survived the ordeal, thanks to Shackleton's miraculous journey over frigid waters in an open boat to finally reach civilization and arrange for the rescue of his stranded men.

The exhibition features diaries and personal effects from the survivors, and the spectacular photography of Frank Hurley, who dove into icy water to retrieve his glass plate negatives from the sinking ship. A computer interactive allows visitors is one of the greatest tales in exto experience the challenges of pedition history," says John





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Museum, whose scientists have explored some of the most remote environments in the world since the late 1800s. "Not only does this exhibition illustrate the challenges and hardships of early 20th-century exploration in Antarctica," says McCarter, "It is a testament to the strenth of the human spirit."

The expedition through the eyes of Frank Hurley, a photographer who was known to climb masts, ice formations, and glaciers to get the best shot. His extraordinary photographs depict the crew's journey on open seas and their first encounter with pack ice. Hurly used experimental techniques, placing flares around the ship for nighttime photographs, trying new color proceses, and creating panoramic scenes by taking photos in a series.

Artifacts on display include a storebox, a hooch (cooking) pot, a primus stove, a tartan shirt, the diary of Henry McNish, shipwright and carpenter, the pocket Bible of navigator Hubert Hudson, and a copy of Rudyard Kipling's "If," one of Shackletons favorite poems.

The exhibition is free with basic admission. Museum admission is \$8 for adults; \$4 for children ages 3-11, students with ID, and seniors; free on Wednesdays. Purchase CityPass at The Field Museum and visit six Chicago attractions for one low price, Special rates are available for your operators and groups of 15 or more. Call the Mueum's Group Sales office toll-free at 888/FIELD 85 (888/343-5385), The Field Museum is open

from 9 a.m. to 5 p.m. every day of the year except Christmas and New Year's Day. For general Museum information, call (312)

Dining / Entertainment

Delicious seafood at delectable prices

Via Veneto's owner Tony Barbanente has expanded from his successful Chicago Italian restaurant. opening a small Northwest side dine-in/take out seafood cafe called the Shrimp Shop, located at 6311 N. Milwaukee Ave.

Unlike the 13-year-old Italian eatery, Barbanente's Shrimp Shop is a self-described "seafood kitchen" - a small storefront with a carryout counter upfront and a 70-seat restaurant in the back. On pleasant days. diners can enjoy their meals outside in a 25-seat courtyard.

While Via Veneto's menu does carry seafood items, the Shrimp Shop's primary focus is delicious seafood seasoned with an italian touch. Calamari, octopus, and mussels can be enjoyed either as appetizers or a meal, and pasta/fish dishes such as rigatoni with salmon, shrimpstuffed ravioli, and scallops served over angel hair pasta are all offered in a sizable portions. Non-seafood items such as steak, chicken, and pasta are

also available. While not on the meanu, tiramisu and chocolate chip cheesecake are available upon request, and patrons are invited to bring their own alcoholic beverages to the restaurant, as libations are not served.

The casual cafe also comes with casual prices, about half of what one could expect to pay elsewhere for equally tasty fare. For more information, call 773-763-1181.

Caron Patricia Barlow

A Skokie student, Caron Patricia Barlow, received a bachelor's degree from Bradley University on May 13, 2000. Caron Patricia Barlow, daughter of Mr. and Mrs. Ronald Barlow of Skokie, received a Bachelor of Science degree.



The state of the s

Edison Park Fest 2000 to be held renge Dancers, 2:15 p.m.-2:45 Onarga, southeast on Onarga to clude rhythm and blues, jazz, polp.m.), and Mullane Irish Dancers

Visitors to this year's Edison kas, oldies, and a Beatles tribute. Park Fest 2000, on Sat. and Sun., Among the groups performing on Aug. 19-20, in downtown Edison Park on Chicago's far northwest the main stage Saturday will be: side, will be surprised to see an The Critics (Oldies. 2:30 p.m.expanded event with three new 4:30 p.m.); Dave Weld & the Imactivites and more bands. The perial Flames (Blues, 5 p.m.-5:45 event is sponsored by the Edison p.m.); Jasper Buchanan Band Park Chamber of Commerce in (Blues, 6 p.m.-7 p.m.); and Revolver (Beatles Tribute, 8 p.m.conjunction with the City of Chi-10:15 p.m.). On Sunday: The Mucago/Mayor's Office of Special sic Company (Polka, 1 p.m.-2 Events. It will feature numerous p.m.); Michele Thomas Quintet (Jazz, 3 p.m.-5 p.m.); and Dawn ment geared to all ages and is list-O'Keefe Williams Band (Rhythm ed among the city's 2000 Chicago Neighborhood Festivals. The and Blues, 6:45 p.m.-8:45 p.m.). Fest will be open from 9 a.m.-10 An adjacent beer garden will be

Additional entertainment will

martial arts demonstration

(2p.m.-2:30 p.m.), Jesse White

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open daily. p.m. on both days. Other musical entertainment As in recent previous years, the will include "Chuck and His Edison Park Fest is incorporating Friends" (3 p.m.-5 p.m.(sponmany big-name sponsors includsored by Print Sales), and "The ing SBC Global Network, NBC Ted Ansani Band" (5 p.m.-7 p.m. Channel 5. American Airlines, on Sat., and from 1 p.m.-3 p.m. on WBBM Newsradio 780, Cellula-Sun. (sponsored by First National rOne, Chicago Tribune, the CTA, Bank of Wheaton). Both groups

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- Lou DiGangi, Swing Band - 9 pm to 12:30 am

- Jack Carr, Pianist-Singer - 7 pm to 10:30 pm

- Jerry Owings, Pianist-Singer - 7 pm to 10:30 pm

- Jack Carr, Pianist, Singer - 6:30 pm to 9 pm

and State Farm Insurance. Raffles will feature more than will be performing at the Busi-30 prizes for adults and over 10 ness Expo entrance at the corner of Oshkosh and Northwest Highprizes for children from major sponsors and local businesses. Arts and crafts vendors will be

set up on Northwest Highway include: Chung's Tae Kwon Do near the Edison Park Fieldhouse, in the parking lot and long Oshkosh Avenue and adjacent areas Tumblers (4:30 p.m.-5 p.m.), all to display their hand-made mer-

Musical entertainment will in- p.m.), Hijos Boronquen (Me-

TUESDAYS:

WEDNESDAYS:

THURSDAYS:

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(5:15 p.m.-5:45 p.m.), all on Sun. painting (noon-5 p.m. on Sat.), Surf Photos (noon-10 p.m. on

and alongside Ebinger School, p.m., and move south on Oketo to

A parade will begin forming at Youth Soccer Tournament noon, on Sat., Aug. 19. in front (Olympia Park), Bocce Tourna-7350 W. Pratt. It will step off at 1 Dog Show (Monument Park).

Other special features will in- Northwest Highway to Overhill, clude Frannie the Clown Face- southwest on Overhill to Olm-

Sat. and Sun.) and Model Rail- bingo, Classic Car Club display, road Club Display in the Edison exotic animal petting zoo, and ra-Park Fieldhouse, from 9 a.m.-5 dio station WJMK Oldies 104.3 FM broadcasting (live), 3 on 3 ment (Monument Park), and a



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Stratford Theater expands your mind and pocketbook

by Rochelle & George Baum

It's no mystery why 25,000 home. It comes with a king size from the north and northwest subage to the Stratford Festival of priced at \$89 Canadian. Canada, in Stratford, Ontario. With majestic theater, lodging and restaurants for all tastes, and the dollar worth \$1.44 Canadian, the visitor is elevated to royal

We prefer driving on Monday when the theaters are dark, taking I-94 to Windsor, and then Cana- the terrace to summon the audida's 401 expressway to the Strat- ence to their seats. Elizabeth Rex, ford Exit. We always stay at the Medea, Titus Andronicus, Oscar Stratford Suburban Motel be- Remembered, and Collected Stocause it's like a home away from ries are performed at The Tom

Chicago area theatergoers, many bed, refrigerator, coffee in the lobby, a gazebo, pool side loungurbs make their annual pilgrim- es for relaxing and affordably Every year it's a challenge

choosing what to see. This year was no exception. The Festival's 2000 playbill features: Hamlet, Fiddler on the Roof, The Three Musketeers, and Moliere's Tartuffe at the Festival theater, where herald trumpeters assemble on

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the spotlight on actor Paul Gross who has become the Festival's matinee idol. The actor was the star (and executive producer) of the award winning TV series Due South, about a Canadian Mountie who joins a Chicago detective to pursue criminals. Gross shines as Hamlet and also appears in *The Picture of Dorian Gray*, based on Wilde's novel. Gross is the reason to see Hamlet. Girls swoon over Gross. You have to credit him tingent to the Festival.

labor for his homosexuality.

Our first show on Tuesday was Fiddler on the Roof, another fam- thusiastic audience who cheered ily oriented performance. The Paul Gross for his portrayal of thrust stage at the Festival Thea- Hamlet. ter makes you part of the action. for a standing ovation. The vil- evening performance of Wilde's

Patterson Theater. As You Like It, lage of Anatevka comes alive in wit in The Importance of Being portance of Being Earnest, and when the ghost of Fruma-Sarah Gilbert and Sullivan's Patience- flies through the air, you believe in Concert capture the stage at the Tevye's scheme that convinces Golde to let their first daughter Power, vengeance and perse- break tradition and choose her

cution dominate the plays this year. A festival within a festival Also family oriented, The pays tribute to Oscar Wilde on the Three Musketeers on Wednesday 100th anniversary of his death. transported us to France and the The British poet, playwright and frolicking adventure with sword novelist was imprisoned at hard play that youngsters love.

That evening Medea, Euri-The Millennium season puts pides' Greek tragedy, brought Canadian Actress Seana McKenna to center stage. Her acting was incredible, warranting the thunderous applause and standing ovation. McKenna and cast were outstanding, making Medea our favorite performance of the sea-

Thursday we attended a performance of Titus Andronicus, surely Shakespeare's most violent so many youngsters are flocking play. A touch of humor in Act II was a welcome reprieve from the bloody drama set in modern with drawing a large family contimes. Peter Hutt is convincingly cast as a larger than life Titus. Friday we melded with an en-

On Saturday, we had a double The rich voices, choreography treat, a spell binding matinee perand staging all played their parts formance of Elizabeth Rex by Cain bringing the audience to its feet nadian Timothy Findley, and an

The Diary of Anne Frank, The Im- the Sabbath light scene, and later Earnest. Earnest with its punfilled plot was like savoring a truffle for our last show. And speaking of food, we find that eating a complete dinner be-

The state of the s

fore the theater makes us too tired to enjoy the evening performance. Therefore, we opt for lunch, a bargain at less than half the price of dinner. Eclectic restaurants catering to all tastes make dining an adventure in Stratford and neighboring towns. Our favorites this year were: The Church Restaurant, Down the Street Café, The Molson Terrace (atop the Festival Theater), The Old Prune, Rundles (both known for their cuisine and culinary schools), Pazzo, as well as a new find, The Brittany in New Ham-

A friendly local resident recommended The Brittany. Its chef-owner, Jean-Pierre Gillet, comes from Brittany, France, and was awarded a medal by the Confrerie de la Chaine des Rotisseurs, the world's oldest order of Enjoying a 40% discount on

burg, and 20 King in Kitchener.

theater, dining, and shopping, we relished the elasticity of our dollar. Christmas shopping in July proved a fun and profitable enterprise. At Bradshaws, one of Canada's finest stores for tableware and crystal, we bought Spode plates made in England. Family & Company is a most unusual toy store where even adults come to play with the hands-on toys. We found the perfect gifts for the children in our family. Gallery Indigena, specializing in Native American art objects, had great books, prints, T-shirts and crafts. With our minds dueling Shakespeare's human emotions and Oscar Wilde's wit, our stomachs humming with contentment, and a trunk bulging with bargains, we bid our farewells to Stratford, hoping to meet again in 2001.

Industry information available

If you are looking for information on a particular industry, try this helpful resource, which is available at the Des Plaines Public Library.

Dun and Bradstreet/Gale Group has produced a set of five industry handbooks covering Chemical and Pharmaceuticals, Construction and Agriculture, Computers, Software, Broadcasting and Telecommunications, Entertainment and Hospitality, and Insurance, Health, and Medical Services. Each handbook provides information on companies, associations, trade publications and trade shows for that particu-

This set of industry handbooks is located in the reference room of the library. For help on using this source or other business resources, please visit the reference desk or call the library at (847) 827-

Niles

Stolen auto A red 4-door '92 Cadillac Brougham was taken by unknown means from the food store parking lot on the 8200 block of Golf sometime between noon and 1 p.m. on August 10. The owner told police that the car had been

left locked and parked in the west

side of the lot.

A '95 white Ford Mustang coupe was reported stolen from the theatre parking lot on Milwaukee on August 6 between 2:15 p.m. and 5:20 p.m. while the owner went to see a movie. The left locked and the alarm was acti-

A man reported that his father's '89 blue Chrysler LeBaron convertable was stolen from a cemetery on Milwaukee Avenue on

The man told police that he had parked the vehicle on the far west end of the Milwaukee side of the cemetery as the Harlem entrance was locked.

He left the car at 8:30 a.m. and walked over to the Harlem side of the cenetery where his mother is buried. Upon returning 15 minutes later, he discovered the car

was missing. An office employee of the cemetery said she spoke with the man and offered her assistance but he refused. She told police that rather then use the cemetery's pay phone, the man walked across the street to a restaurant to call police.

The employee also told police that she saw no reason why the Harlem entrance would have been locked as all of the cemetery's gates are opened at the same time.

A plant manager at a distributor company in Niles is suspected of stealing a two-tone gold and brown 2-door '96 Chevy pickup truck from the parking lot after spending the night on the premis-

es on August 4. The owner of the business told police that the man was in the process of a divorce and had been sleeping on the grounds. She also said that \$58,000 worth of auto parts had been discovered missing from the inventory and that she intended to fire the plant manager that day.

A search for the manager was unsuccessful, but his own '85 Dodge Omni 4-door was found on the scene. Police are investigating.

Criminal damage to auto Unknown offender(s) used a hard object to smash out the front windshield of a car parked in

August 9 sometime between 8 and 8:55 p.m. 10 The owner told police that he has no idea who would have committed the crime and feels that the act

front of the owner's residence on

was random.

Unknown offender(s) used a key or similar object to scratch the doors, hoods and rear panels of 10 cars parked in the lot of a company at the 9300 block of North Milwaukee Avenue sometime between 8 a.m. & 11:50 a.m. on August 9. Burglary to vehicle

leys were broken into between ing. August 7 and August 8. In each case, a hard object was used to break a rear door window and the dashboard stereo was stolen.

The first burglary took place on the 8200 block of Elizabeth owner told police that the car was sometime between 9 p.m. on August 7 and 9:30 a.m. on August 8. A stereo valued at approximately \$400 was taken from a white '91 Chevy Corsica.

The 2nd and 3rd breakins occurred on the 7700 block of Nor- \$3,700, was taken from a busidica resulting in the theft of a ness in the 8300 block of Austin Sony stereo valued at \$229 and a Avenue overnight August 2. The Pioneer stereo valued at \$200. owner of the laptop said she put Altimas. The offender(s) are un-working, into a box for a repairknown at this time.

A white male with short, light hair driving a cream colored Chevy ElCamino was seen driving away from a cafe on August 7

See State

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ager was told by employees that 2 Burglary other bread racks were stolen the Reel jacks, used to support

Police News

behind a home in the 6000 block of Crain Street August 8. The owner said he left the bike in the alley for a minute to go into his house about 12:45 p.m. but when Three cars parked in Niles alhe returned, the bicycle was miss-

> A 21-speed bicycle, valued at \$150, was taken from the Harrer Park Pool in the 6200 block of Dempster Street August 8. The owner left his unlocked bicycle at the bike rack and went swimming was missing.

A laptop computer, valued at man but by the next morning, the box was missing.

A table saw and a ladder, valued together at \$2,725, were taken from a building under conwith a bread rack valued at \$500 struction in the 6900 block of Golf Road sometime between According to police, the man- July 28 and 31.

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spools of wire, were taken from a construction site in the 7200 A 5-speed bicycle, valued at block of Dempster Street some-\$125, was taken from the alley time overnight August 9. The reel jacks were valued at \$2,400.

A cell phone was taken from a car in the 9000 block of Marmora Avenue sometime between April 20 and May 15. The cell phone was valued at \$129. Police could find no signs of forced entry into

A CD player, valued at \$100, and keys were taken from a car parked in a lot in the 8500 block of Waukegan Road between 6:45 about 3:30 p.m. When he re- and 8:45 p.m. August 7. The drivturned an hour later, the bicycle er suspected a Slim Jim type of tool had been used to open the locked door.

A 10-speed bicycle, valued at \$250, was taken from an unblock of Wilson Terrace some-Both target vehicles were Nissan the computer, which had not been time between July 31 and August

A 21-speed bicycle, valued at \$190, and a full set of golf clubs, valued at \$500, were taken from an unattached garage in the 9100 block of Oak Park sometime between August 5 and 7. The owner told police that the garage door is

A bicycle, valued at \$200, was taken from an unattached garage in the 8700 block Fernald Avenue August 4. The incident occurred sometime between noon and 7 p.m.

Minors in possession of alcohol

Eleven minors, ranging in age from 17 to 20 years old, were cited by police for possessing and consuming alcohol. The youths were taken to the police station sometime after 3 a.m. August 5 when police received several emergency telephone calls regarding a large fight in progress in the 9000 block of Parkside Avenue. Police discovered several youths with cuts and scrapes on their heads and bodies and smelling of alcohol. Police were told of a party at a nearby home but found no adults present at the

Witnesses told police that a fight involving some 20 people broke out when one man, who had not been at the gathering, drove up to pick up his girlfriend who had called him for a ride home. That man later told police that he wished to sign complaints for battery in regards to injuries a couple of men in front of the

A court date was set for Au-





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Church and Temple News

Beth Hillel Open Houses

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

members an opportunity to visit for any further information. We with the rabbi, cantor and various hope to see you there.

Beth Hillel Congregation, members of the congregation; 3220 Big Tree Lane, Wilmette is share some refreshments and tour planning several open houses to the sanctuary, academy and other Two open houses are planned. They will be Sunday, August 27

from 10 a.m. to 2 p.m. and Tues-

day, September 6 from 7 p.m. to 9

Please call the congregation This will give prospective office at (847) 256-1213, ext. 11

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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 dent, (847) 966-2293.

"What is true for you is what you have observed yourself.

After me And when you lose that you have lost everything."

L. Ron Hubbard One of the most acclaimed and widely read authors of all time.

NTJC Services

Township Jewish Congregation mer members of "Sons of Joshua" will have a full schedule of ser- are offered a special rate for tickvices during the summer months.

Regular Friday night Erev

ets. For information call 6754141. Shabbat services at 8 p.m.

Shabbat morning services at Nightly services at 7 p.m. Mon-Thurdsday and 6 p.m. Sat-

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 classbe directed to Mel Koenigs, presi- es. They are held on Tuesday and/ or Thursday morning. For more information or to register, call Betsy Rotberg, at 675-4152.

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

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-

Ezra-Habonim, the Niles tend services at EH-NTJC. For-

Membership Shabbat Friday Agusut 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

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-

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

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.

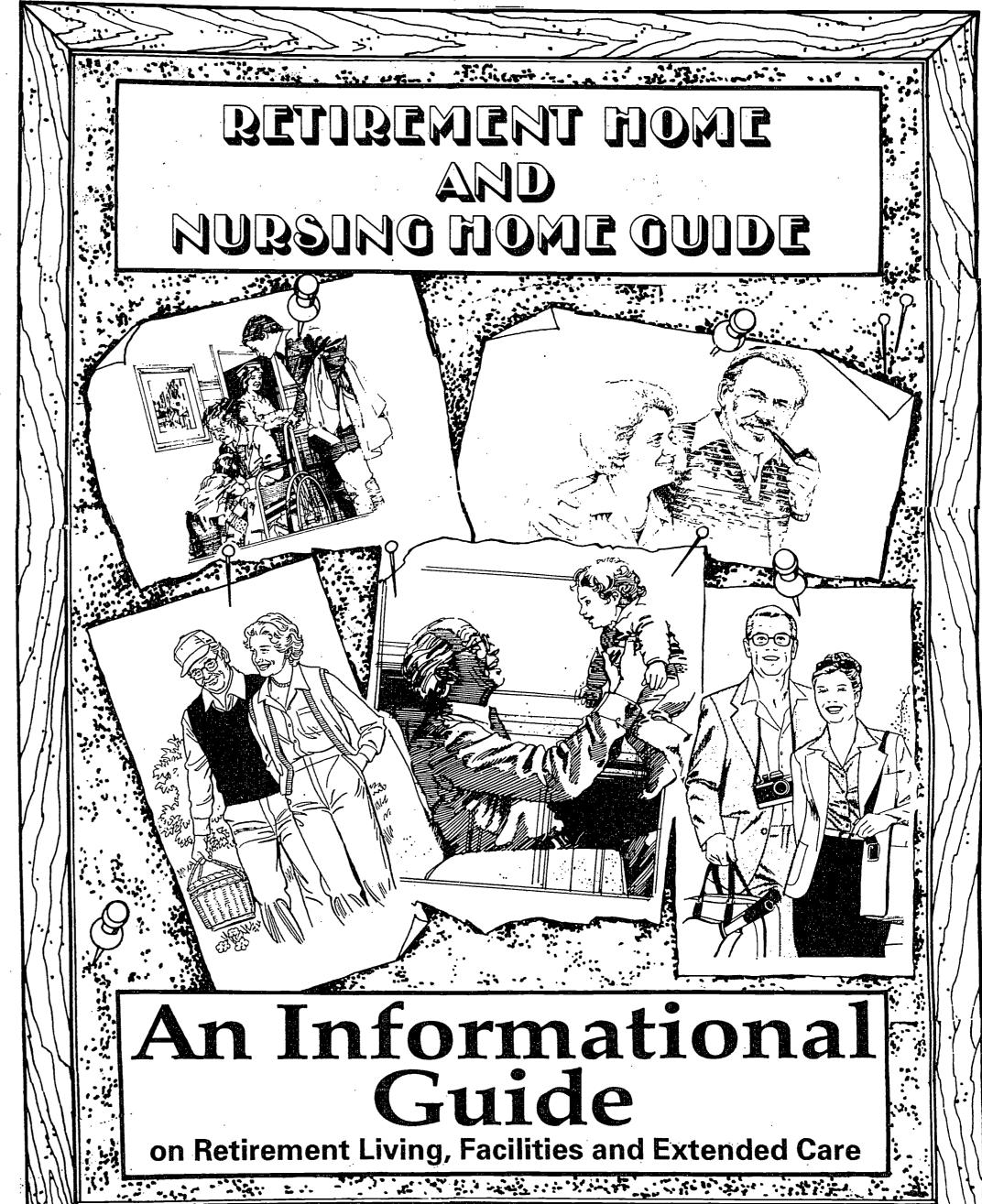
Turea L. Kenski

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 stu-dent in each department who has significant demonstrated 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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Retirement/Indusing Louis

Bethany Terrace Nursing Centre announces new medical director

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

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

Bethany Terrace Nursing Centre has provided specialized Alzheimer's and dementia care for residents in the northern suburbs since 1984. Having developed one of the first programs for treat-



Dr. Ned I. Zallik, Associate Medical Director of Bethany Terrace Nursing Centre's Alzheimer's Program (left to right) shares a moment outdoors with resident Klothilde Damjanovic. Bethany Terrace Nursing Centre, located at 8425 N. Waukegan Rd. in Morton Grove, is celebrating its 35th anniversary of providing the best and most personal care for its residents. For more information about Bethany Terrace, please call 847.965.8100.

Where Caring Helps In Growing Older

ing indivudals with Alzheimer's early pioneer in the field. Today, providers in Illinois, with expert and now dedicates four separate and related disorders. Bethany Bethany Terrace is one of the care for the three stages of de-Terrace Nursing Centre was an most experienced Alzheimer's mentia - early, middle, and late -

residential wings to assist over 125 residents to stay active and

Bethany Terrace's philosophy has always been to minimize the use of restraints and medication. Instead, the highly trained staff helps residents stay active. Because habits replace memory, everyday tasks are included in the seven-day-à-week activity program, which includes cooking classes, exercise, laundry, music, recreation, and pet therapy. Bethany Terrace is also celebrating its 35th year of serving the community. The goal of Bethany Terrace Nursing Centre, as always, is to provide its residents and their families with the best care availa-

For further information about Bethany Terrace's Alzheimer's/ dementia program, please call (847) 675-2580.

CULTURE

"A culture is only as great as its dreams, and its dreams are dreamed by artists."

L. Ron Hubbard One of the most acclaimed and widely read authors of all time.

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THE BUGLE, THURSDAY, AUGUST 17, 2000

NPSN schedules 'Swingin' & Swayin' musical revue

Seniors can feel young again by joining the Norwood Park Seniors Network on their outing to see "Swingin' & Swayin'," the MIlk Pail luncheon musical revue, on Aug. 30, in Elgin. This fast-paced performance featuring show tunes of the 30s, 40s and 50s will get toes a tappin' and rekindle memories of the big bands.

"We have gone to several luncheon musicals, and the seniors always enjoy the day," said Julie Russell, NPSN program manager. "Afterwards, we will browse through the nearby French Country Market which

has many unusual gift items." The cost for a ticket to the luncheon performance and round trip door-to-door van transportation is \$35 per person for NPSN members and \$40 per person for non-members. Pickup and dropoff will be at your front door, making it very easy to be a part of this exciting event. The van will start pickups at 10 a.m. Deadline for purchasing tickets is Wed.,

Tickets are limited for the NPSN outing, one of many scheduled throughout the year. For more information about the many services provided by the Network or to purchase a ticket, call the Norwood Park Seniors Network at (773) 631-5673.

Defensive driving course offered

Two sessions of the AARP "55 Alive" defensive driving course are offered at the Niles and Lincolnwood senior centers in forthcoming weeks. Designed to help older drivers recognize and counteract the effects of aging on driving, the course requires 8 hours of attendance spread over two days and an expenditure of \$10. The latter is well repaid through the mandatory reduction in the liability portion of auto insurance premiums for up to three years.

The Niles course meets on Tuesday-Wednesday, August 29-30, from 9 a.m. to 1 p.m. Seniors age 50 and over may register by calling 847/588-8433, or in person at the center, 999 Civic Center Drive. The Lincolnwood class meets on two successive Tuesdays, September 12 and 19, from 12:30 to 4:30 p.m., at the Lincolnwood Senior Center, 6900 Lincoln Avenue. Students may register by calling 847/568-0181, or in

The sessions use discussion, video tape, and active participation to review significant changes in vision, hearing, response time, and flexibility. The emphasis is not merely on meeting state legal requirements, but becoming a safer driver. For additional information about the course, or other forthcoming classes meeting in Skokie, call instructor Lee Harris, 847/673-0423.

Organization responds to growing senior population

the next thirty years, the older in Edgewater. Both of these pro- These four residential communipopulation will double to about 70 million nationally. In response to this extraordinary growth, Mather LifeWays, formerly The Mather Foundation, is expanding its services to help seniors live actively within their communities. Working throughout the Chicagoland area, Mather LifeWays will partner with organizations to

opened Mather Café Plus, located

at 2376 N. Neva Avenue in Chi-

cago. Designed specifically for

people over 55, the café is a new

concept for a social center de-

signed by seniors for seniors.

Mather Café Plus offers low-cost

meals, computer classes, exercise

classes, information and assis-

tance and a place for social inter-

action with the goal of keeping

Other new programs being

launched are Mather Advantage

and community outreach place-

ment. Mather Advantage is a

membership program designed to

benefit seniors by providing

products and services at a dis-

count. The other program has

community coordinators placed

seniors vital in the community.

based senior services.

Since 1941, Mather LifeWays, not-for-profit organization headquartered in Evanston, has dedicated itself to serving the heeds of seniors through retirement communities on the North Shore. Mather offers a continuum offer the best in communityof services including indepen-One of Mather LifeWays' first new initiatives is the recently

mote their well-being.

Retirement / Nursing Home

overall growth of the organization. The residential community names are Mather Place at The Georgian (formerly The Georgian), Mather Place of Wilmette (formerly Fairfield Court), Mather Gardens (formerly The Mather), and Mather Pavilion at Wagner (formerly Wagner Health

lion people age 65 and older. latin of seniors but few services. living, nursing care, Alzheimer's/ Ways established Mather Insti-And, it is no surprise that within Currently, there is a coordinator dementia care and rehabilitation. tute on Aging, a research and edugrams act as a liaison to connect ties have also undergone a name the services. Mather Institute on seniors with services that pro- change to correspond with the Aging offers seminars and lectures that benefit professionals in the field of aging.

Each of these new initiatives are examples of Mather Life-Ways' commitment to lifelong vitality and growth and complement the services that Mather LifeWays has offered for over a half-a-century.

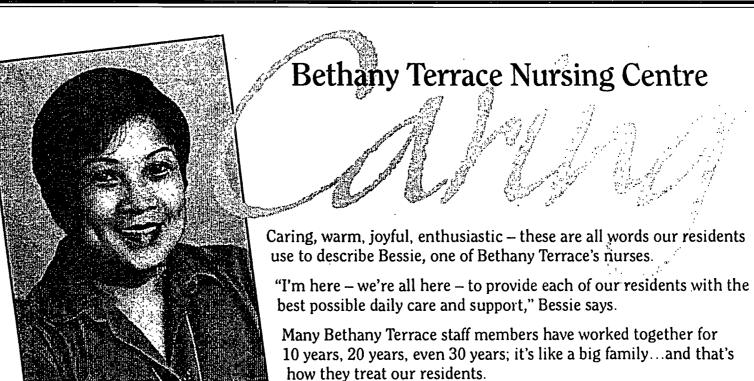


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"We're here not just to do the clinical things, the specialties we're trained in. We're also here for hugs and to provide big shoulders to lean on," she says.

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

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

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



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

Retirement/Nursing Home

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- 3. They can leave a motel bed unmade, Wedding plans take care of themselves. 5. Everything on their faces stays the original color.
- 6. They don't have to clean the house if the meter reader is coming.
- Their pals will never trap them with: "So, notice anything different?"

growing a mustache.

They almost never have a strap problem in public. They are totally unable to see wrinkles in their clothes. 10. They have freedom of choice concerning

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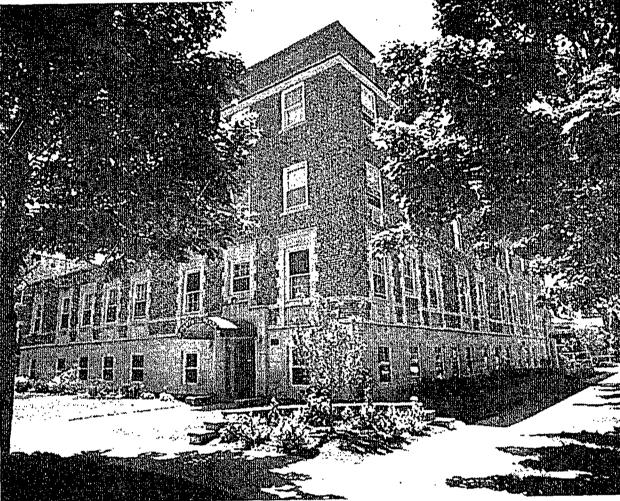
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"Continuum of Care," What It Means To You.



Entrance to Hartwell House, an elegant assisted living residence at 5520 N. Paulina in Chicago.

care" when discussing care for an We are aware that one's needs are with activities of daily living. care refers to or the importance of a continuum to seniors contemplating their future care and hous-

A continuum of care refers to with one option usually leading to the next. Such options could range from home care, adult day care, assisted living, and nursing home care. Organizations like United Methodist Homes & Ser-

At United Methodist Homes & Services, older adults enter at one of several levels of care. For example, many older adults enter The Methodist Home, a Medicare and Medicaid certified nursing home, in need of rehabilitation therapy. After receiving physical or occupational therapy in The Methodist Home, many seniors have moved back home and chosen to receive homemaker services from our United Methodist Community Support Services. Other individuals have chosen to move into Hartwell House, an elegant assisted living residence and the latest addition to the

UMH&S continuum of care. United Methodist Homes & Services is a unique organization in that it offers a full continuum of care ranging from community. When; Tuesday, & Thursday,

You have probably heard peo- support services to assisted living brant living community for older ple use the term "continuum of to nursing and Alzheimer's care. adults in need of some assistance older adult, but you might not always changing and we want to Residents enjoy all the comforts be able to provide the care and of home and the security of knowsupport that older adults need during those times of change. United Methodist Homes & social activities are a part of the

Services has provided supportive services to older adults in Chicadifferent but related care options, go for more than 100 years. Affiliated with Northwestern Memorial Hospital, Northwestern University's Buehler Center on Aging, and Swedish Covenant Hospital, The Methodist Home offers moderate nursing, skilled vices (UMH&S), who have such nursing, and specialized Alzheia continuum, are realizing that mer's care. Open for occupancy more people are choosing to age since March and currently ac-

ed Methodist Homes & Services in place and would like to be able cepting applications for residen- and our continuum of care, call to call upon one group to fulfill all cy, Hartwell House offers a vi- Marsha at (773) 769-5500.

Niles Park District's **Adult Programs**

Searching for a way to have 08/24-11/02. fun and spend more time with your friends? Niles Park District's Adult Softball Programs are just what you are looking for! Registration for our adult softball programs is taken by team only and participants must be 18 years & over. A league meeting will be held prior to the start of league play. All games will be played at nue. Register today spots are filling fast! the following are the adult softball program dates and

Men's 18 & Over 16" Fall Softball

Men's 12" Fall Softball. When: Tuesday, 08/22-11/02. Time: 6:30-10:30 p.m. Fee: \$675 per team. Co-Rec. 14" Mushball.

ing that help is available 24 hours

a day. A full array of cultural and

community calendar, and

trsnportation services are provid-

ed for shopping and other out-

ings. United Methodist Commu-

nity Support Services provides

in-home caregivers who assist

older adults with such tasks as

light housekeeping, meal prepar-

ation, grocery shopping, personal

For more information on Unit-

This is great fun for moms, dads, neighbors, co-workers, beginners or seasoned veterans. When: Monday & Thursday, 08/21-10/26. Time: 6:30-10:30 p.m.

Fee: \$470 per team. To register, come to the Ho-11 ward Leisure Center, 6676 W.F. Howard Street or call (847) 967-, 6633 for more details.

St. John Brebeuf's Golden-Agers heat up the season! study of different faiths, compar- discussed at the meeting was So- The Rolling Meadows Chaming them to Catholicism. Don't cial Security, which is a key camber of Commerce at its annual

passed, prescriptions will cost grateful for the information he brook. Double congratulations to seniors \$25 a year. Another topic presents.

Those "lazy, hazy, crazy days

the days aren't exactly lazy and

they're not too hazy either, but

they certainly are crazy, particularly if you belong to the Golden-

Agers of St. John Brebeuf. These

energetic seniors partied hearty at

the club's annual picnic July 18.

the food was finger-lickin' good,

topped off with juicy slabs of wa-

termelon. All had a tip-top time!

and Ann Ferina, and everyone

who joined in to make this picnic such an enjoyable occasion. Following are the happy cou-

ples who recently celebrated

June: Bob and Marge Berles, Walter and Mary Bialka, Leonard

and Mary Galkowski, George

July: Bill and Eleanor Britt, Sam and Frances Bruno, Bill and Elaine Chase, Nick and Rose Co-

stantino, Gardner and Sally Grubb. Stanley and Emily Klosowski. Joe and Florence Nawis-

August: Matt and Florence

Jeff Drury, grandson of Ann

Ferina (Janusz) is a senior at

Northern Illinois University. He

is busy working on a specific

school project that involves the

Maine East adds

to Wall of Honor

Philip Tone, a 1940 graduate of Maine East High School has

become the fourth member of

Unanimously recommended

and approved by Maine East fa-

culty members and students,

Tone, 77, joins other honories

including former teachers and

administrators Howard Blans-

man, Helen Dobbins, and Patri-

cia Wagner, as well as former

student Hillary Rodham Clin-

While a student at Maine

East, Tone was a member of the

National Honor Society, debate,

football, and track teams, and

earned the school's Good Will

Award during his senior year.

He graduated with honors from

the University of Iowa, where he

earned his bachelor's and law

Tone also served in the U.S.

Army from 1943-46 in World

War II. He then clerked for U.S.

Supreme Court Justice Wiley

Rutledge for a year, and later

worked as an attorney for the

law firm of Covington & Burl-

ing in Washington D.C. Tone

recently retired as an associate

and partner from Jenner &

Meekness is power under

Block in Chicago.

the school's Wall of Honor.

fourth member

Araszewski, Ted and Emma Les-

Best wishes to all!

wedding anniversaries:

and Mary Grote.

Refirement/Nursing/Lieme

burn too much midnight oil (or paign issue in the upcoming pres-recognition dinner honored Phoeidential election. Vice President nix Builders, Inc., of Rolling Charles Szatkowski gave an Al Gore and Governor George Meadows, as its "Small Business excellent report on the Chicago W. Bush present two different of the Year." Owned by Mike and and Suburban Senior Citizens views on what to do about the cur- Tom Teschner, sons of Bob and meeting, which he attended with rent surplus of funds and future Doris Teschner, the firm also Frank Knapp and Bob Bianci. plans for the system. Hopefully, won first place in the prestigious According to Charles, the Senior the next administration will do Citizens Council went to Spring- what is best for all, particularly tion" award program, based on national "Excellence in Construcfield to lobby for the Seniors' Pre- for the seniors. Members always the company's work in renovat-

the Free Throw Contest Program. A great big "thank you" to Carl scription Bill #3036. If this bill is enjoy Charles' reports and are ing the Sheraton Hotel in North- be more than willing to join in and sing "Summertime ... and the

WITH 25 YEARS OF EXPERIENCE, NOBODY KNOWS ALZHEIMER'S CARE BETTER THAN WE DO

or 25 years, Glenview Terrace Nursing Center has been quietly building a reputation of providing quality skilled nursing care to residents of Chicago's North Shore community. The compassion and clinical excellence of our nursing and Alzheimer's Care have been recognized with accreditation by the Joint Commission on Accreditation of Healthcare Organizations.

It is with the same compassion and clinical excellence that we developed our Alzheimer's Care Unit - a unit that separates early, middle and later stages of the disease to enhance optimum health, dignity and physical functioning. Residents with early stage Alzheimer's can still enjoy an independent environment with structured activities and supervised outings. Middle stage residents receive the necessary redirection and cues to enhance existing abilities. And, residents with late stage Alzheimer's additionally receive the skilled nursing care required to address their changing physiological needs.

Our intensive, activity-focused programming is individualized and structured to meet the needs of the resident during every stage of the disease and is supervised by staff specially trained by Alzheimer's experts to provide exceptional clinical care and compassionate emotional support. Monthly family support groups and a resource center help provide needed information for families to help them cope in their role as caregiver.

EXPERIENCE — EXPERTISE — COMPASSION. Glenview Terrace has the Alzheimer's Care to help each individual during every stage of the disease. For information regarding our Alzheimer's Care Unit, call Barb Wilczynski at (847) 729-9090.



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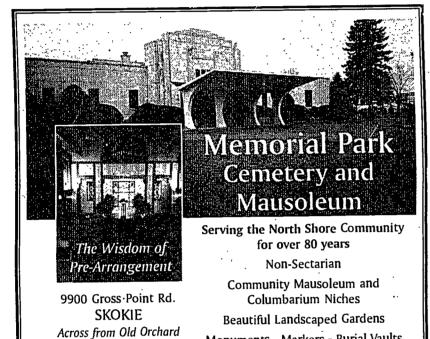
ALZHEIMER'S CARE UNIT Encompassing- Early - Middle - Late Stages

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MORTON GROVE HOMECARE SERVICE The Morton Grove Homecare Service is a program offered by the Village of Morton Grove and funded by a Cook County Community Development Block Grant. The service is for residents age 62 and older who may need assistance with a combination of the following: bathing, laundry, personal care, companionship, preparing meals and light housekeeping. The amazing thing about this program is that all services are provided at no charge for a duration of up to six months through Evanston Northwestern Healthcare. To qualify, a person must be age 62+, a Morton Grove resident, demonstrate a medical need for home care, meet income (less than \$28,150 annually) and asset (less than \$50,000) eligibility criteria. For more information, contact

Morton Grove's Senior Citizens Services at 965-4100, ext. 6110.



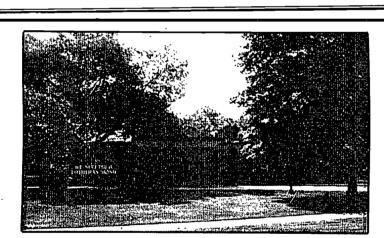
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For further information, **call Admissions at 847/825-5531**

A program of Lutheran Social Services of Illinois

Emeritus program fall exercise classes

Staying active is the key to staying well. Oakton Community Coillege's Emeritus program offers several exercise classes from the gentle movements of yoga to the foot-stompin' fun of line dancing - to help build your stamina and energy. These noncredit classes meet at the Ray Hartstein Campus, 7701 N. Lincoln Avenue, Skokie.

Tai Chi Chih: For the Body That Wasn't Born Yesterday (PED E30) teaches individuals how to be calm in the midst of activity. The energizing healing of Tai Chi includes 20 simple movements designed to balance and integrate your energy. There are two sections of this class: Session I (PED E30-61, Touch-Tone 02513) meets from 9:45-10:45 a.m. for six Mondays, beginning Sept. 11; and Session II (PED E30-62, Touch-Tone 02512) meets from 9:45-10:45 a.m. for six Mondays, beginning Oct. 30. Each session costs \$65.

Beginning Hatha Yoga (PED 'S10) focuses on the stretching, breathing and relaxation techniques used in the gentle art of Hatha yoga. Participants should bring a small pillow to class. There are two sessions of this calss: Session I (PED S10-61, Touch-Tone 02528) meets from 9:30-10:30 a.m. for six Wednesdays, beginning Sept. 13, and Session II (PED S10-62, Touch-Tone 02530) meets from 9:30-. 10:30 a.m. for six Wednesdays. beginning Nov. 1. Each session

costs \$65. Feldenkrais (PED E09-61, Touch-Tone 02671) focuses on a prove flexibility and coordination. This six-week class meets from 2-3 p.m. on Thursdays, beginning Oct. 5. The course fee is

Line Dancing (PED E85-61, Touch-Tone 02519) is designed for those with some experience with this creative and fun style of dancing. No partner is needed, but students should be familiar with the "Grapevine" step. This six-week class meets from 9:30-10:30a.m. on Tuesdays, beginning Sept. 5. The course fee is

In-district students age 60 and older pay half the listed fee. A registration fee of \$5 is required for students under 60 and those who live out-of-district. Persons who have registered for Oakton or ALL classes within the last five years and have a correct Social Security number on file may register using the Touch-Tone phone registration system by dialing (847) 635-1616. Touch-Tone registration requires payment with a major credit card

(Visa, MasterCard or Discover). Other Emeritus exercise classes beginning soon include Intermediate Tai Chi Chih (PED E31) and Intermediate Yoga (PED S11). For more information about these and other Emeritus classes. call (847) 635-1414.

Christian faith is assuring, insuring, and enduring,

Morton Grove Senior Citizens 470-5223

55 ALIVE MATURE DRIVING COURSE The 55 Alive Mature Driving Course is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. Additionally, drivers will find that completing this course they can receive a discount on a portion of their automobile insurance. The next course offered at the Morton Grove Village Hall Senior Center starts at 8:30 a.m. on both Thursday, Aug. 17; and Saturday, Aug. 19. The cost of the course is \$10. Call the Senior Hot Line

HOLLYWOOD CASINO

AND WALTER PAYTON'S ROUNDHOUSE Join the fun as the Prairie View Travel Club heads to the Hollywood Casino on Tuesday, Aug. 22. Each participant will receive \$8 cash back on this trip. Besides gaming, enjoy a scrumptious breakfast buffet. Afterwards, a wonderful lunch will be served at Walter Payton's Roundhouse Complex. There will also be a presentation about the history of the roundhouse. The bus will leave the Prairie View Community Center at 8:30 a.m., and return at approximately 3:30 p.m. The cost is \$32 for residents, and \$37 for non-residents. Register at Prairie View, or call Catherine Dean at the Morton Grove Park District, 965-1200.

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

"SALT & WATER" FOOD SEMINAR Join nutrition consultant and Morton Grove Senior Nutrition Site Manager, Gus Habighurst at 11 a.m. on Wednesday, Aug. 23 in the Village Hall Senior Center. "Salt & Water" will be the topic for this food seminar which are important components of the older person's diet. Stay for lunch which will be served at 11:45 a.m. following the seminar. For a lunch reservation, call the Morton Grove Senior Hot Line at 470-5223.

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

RONALD REAGAN'S HOME

AND WHITE PINES DINNER THEATRE Join the Prairie View Travel Club on Thursday, Sept. 14 as they travel to Dixon, Illinois to visit former President Ronald Reagan's boyhood home. Then they will venture on to the White Pines Dinner Theatre. The Theatre is nestled among a huge log lodge and cabins resembling an early pioneer village in White Pines State Park. Following lunch, enjoy "The Man and His Music," a tribute to Fred Astair featuring singers, dancers and a singing piano player. The cost is \$58 for Morton Grove residents, and \$64 for non-residents. The bus will leave the Prairie View Community Center at 7:15 a.m., and return 6 p.m. Register at Prairie View, or call Catherine Dean at the Morton Grove Park District, 965-1200.

"TIMES OF YOUR LIFE"

"Is your life what you expected it would be?" Improving the quality of health and leisure time these days is a challenge for all age groups. Julie Milne, a Licensed Clinical Professional Counselor with the Counseling Center of Lutheran General Hospital, will discuss the various times of one's life, and the decisions one needs to make in relation to work, family and leisure. This free program begins at 2 p.m. on Sunday, Oct. 1 in the Morton Grove Public Library, 6140 Lincoln Avenue and is co-sponsored by the Library, the Morton Grove Park District and the Village of Morton Grove's Department of Family & Senior Services. Light refreshments will be served. Reservations are required, and can be made by calling the Library at 965-4220 beginning September 8. * * * * * * *

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200. To receive the "Seniors in Morton Grove" newsletter, Morton Grove residents can send \$3, and non-residents send \$4 to the Morton Grove Park District, 6834 Dempster Street, Morton Grove, IL

Niles Senior Citizens 588-8420 - 588-8000

NILES SENIOR CENTER REGISTRATION The Niles Senior Center - 999 Civic Center Drive, behind Village Hall, serves Village of Niles residents, age 62 and over, and their younger spouses. To register for classes, trips, purchase tickets, etc., you must to be a member of the Center. For additional information, or FREE membership, please call or visit, and be placed on the mailing list.

VOLUNTEERS NEEDED

MEALS ON WHEELS DRIVERS are needed to deliver meals to Niles homebound elderly, weekdays between 11 a.m. to 12:30 p.m. Please contact Kelly at 588-8420.

COMPUTER LAB VOLUNTEERS are needed to assist other older adults in learning to use computers; approximately 2 to 4 hours a week. Computer experience required. Training will be provided. Please contact Jaymi at 588-8420.

SENIOR COMPUTER LAB

The Niles Senior Center converted a classroom into a Computer Lab with 6 computers (with 4 more scheduled by the end of the year). Sign up at the Reception Desk for 45 minutes of computer practice time. Help is always available in the computer lab and practice time is free. Check throughout the year for time and

COMPUTER INTEREST GROUP There is a date change for the Niles Senior Center's Computer Interest Group. The meeting time for August will be Tuesday,

GENERAL TICKET SALES

Aug. 29, at 2 p.m. instead of the usual third Monday. Participants

in this meeting should call the Senior Center to sign up.

Please call for ticket availability. September Lite Lunch & Movie is Friday, Sept. 1, at 12 noon. Enjoy an Italian Beef Sandwich & Cole Slaw followed by the hit

movie, Erin Brockovich. Cost: \$2.50. Sunday at the Center, Route 66 - Sunday, Sept. 17, 11 a.m. to 3:30 p.m. Author Tom Teague shares his experiences on Route 66. followed by Larry Nester singing our favorite car ride sing-alongs. Lunch features Roast Beef, Fried Chicken, Potato Salad,

and Dessert. Cost: \$8. Evening at the Center, Annual Dinner Dance, The Autumn Serenade - Friday, Sept. 22, 5 to 9:30 p.m. Enjoy our Annual Dinner Dance! Caesar Salad, Roast Sirloin of Beef, Au Gratin Potatoes, Zucchini, Yellow Squash and Red Pepper, Fruit Salad & Carrot Cake will be served at 5:30 p.m. Then listen or dance to the music of Mario and His Society Orchestra, playing from 6:30 to 9:30 p.m. Cost: \$20.

An Autumn Adventure III - Tuesday, Sept. 26, 8 a.m. to 4:30 p.m. We are off to beautiful Shabbona State Park for our annual day of boating, fishing and hiking. Bring comfortable shoes. A picnic lunch featuring two pieces of Fried Chicken, Cole Slaw, Mashed Potatoes, Dinner Rolls and Apple Pie. Planned activities are available. Cost: \$22.

AUGUST FRIDAY AT THE MOVIES Movie begins at 1 p.m.

August 18 - Sleeping Hollow (2000, R). Very loosely based on the Washington Irving classic in which a phantom murderer beheads his victims in the little town of Sleepy Hollow. This movie stars Johnny Depp as Ichabod Crane.

> LIGHT OPERA WORKS PRESENTS MAN OF LA MANCHA

The Light Opera Works presentation of Man of La Mancha is Wednesday, Aug. 23, 11 a.m. to 6 p.m. Our day will begin with a three course meal in the Dining Room of Kendall College Culinary School and then we continue on to the play. Cost: \$46.50.

MAYFLOWER PRESENTATION

Mayflower Presentation will be Wednesday, Aug. 23, at 10 a.m. Mayflower previews Mackinac Magic, Alaska Spectacular, and more. Door Prizes! **EVENING AT THE CENTER:**

"THANKS FOR THE MEMORIES" PARTY Evening at the Center: "Thanks for the Memories" Party is Tuesday, August 29, 5 to 8:30 p.m. Live Music from 1920's through today. Down Memory Lane presented by Young at Heart. Dinner from 5:15 to 6 p.m. features Roast Beef, Whipped Potatoes, Green Beans Almondine, Tossed Salad and Cupcake.

*Cost: \$9.

Goldman Center schedules ribbon cutting ceremony and open house

& Hannah Goldman Care & Re- services are held every Saturday, habilitation Center announces a ribbon cutting ceremony and pleted at the Goldman Center ribbon cutting ceremony and open house from 11 a.m. to 4 p.m. on Sunday, August 27. This event will mark the official completion of a nine month renovation project which provided an all new look for the skilled care facility at 6601 W. Touhy Avenue, Niles.

The construction included the addition of a brand new Medicare equipped therapy room, tastefuly redecorated patient rooms and common areas, state-of-the-art bathing facilities, a new entrance and parking lot, as well as an exterior ground floor garden. The Goldman Center has 99 beds.

Formerly known as the George J. Goldman Memorial Home for the Aged, the facility moved to Niles in 1979, after 28 years of service to the East Rogers Park neighborhood of Chicago. At the time, the Goldman home was the only Jewish non-profit geriatric nursing center in the northern suburbs which observed the Kosher dietary laws.

The philosophy of the Goldman Center is to offer gracious living and gentle care, within a homelike atmosphere. When a new resident enters the facility, family members are encouraged to continue participation in their loved one's care.

Social activities are geared towards residents' interests, and art,

The Lincolnwood **Seniors Club**

The Lincolnwood Seniors Club invites the community to join them on August 30, for an afternoon production of the songs of Irving Berlin in The Melody Lingers On . . . along with lunch at Marcello's Restaurant on North

Avenue in Chicago. The cost for this event is \$45 for members, and \$50 for guests. The price includes deluxe motor coach transportation, entry to the show, and lunch at Marcello's. Departure time is 10:30 a.m. from the Lincolnwood Village Hall, 6900 North Lincoln Avenue, with return scheduled for 4:30 p.m. (approx.).

The Lincolnwood Seniors Club extends an invitation to the community to join them on Wednesday, September 6, to enjoy a musical production of Broadway hits in The World Goes Around at the Drury Lane Thea-

The cost of this event, \$45 for members, and \$50 for guests, includes deluxe motor coach transportation, entry to the show; and lunch served at the threater. Departure time is 10:30 a.m. from the Lincolnwood Village Hall, 6900 North Lincoln Avenue, with return scheduled for appoximatley 5:30 p.m.

Most all sins come from laziness,

The Board of Directors of the music and pet therapy are part of Care & Rehabilitation Center, newly-remodeled The George J. regular programming. Religious

> during the construction project. The George J. & Hannah Goldman Care & Rehabilitation Center is run by a 19-member governing board. Richard Gammon of Arlington Heights is the current board president.

"We welcome our many friends within the community to share in the joy of the ribbon cutting ceremony at the 'all new'

said Pamela Seefurth, administrator. "The Goldman Center family our ongoing commitment to caring for Chicago's elderly," she

The Goldman Center is not formally affiliated with any Jewish organization, and has always depended upon financial support from friends within the community. For more information about the George J. and Hannah Goldman Center, please call 847-647-9875 or contact the home's web George J. & Hannah Goldman site at www.goldmanhome.org.

GEORGE J. & HANNAH GOLDMAN CENTER

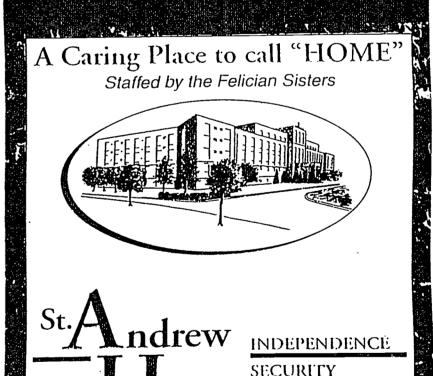
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ways in which the issue of proper- participant will pay. What it can The solution comes in the form of participant can do this by estabthe FHA program for reverse lishing a "line of credit" which mortgages. The program allows will be available to pay the prophomeowners 62 years of age and erty taxes. This completely elimiolder with little or no mortgage nates the need for homeowners to remaining to draw tax-free in- make montly installment paycome from their home equity ments toward their property taxwithout requiring repayment for es.

All Levels

While politicians and home- can't do anything to lower the credit" which one might get at a owners alike clamor to identify amount of property taxes which a bank with two notable excepty taxes can be resolved, many do however, is provide the neces- an individual can draw as much homeowners have discovered the sary funds to pay the taxes when as they wish from the line up to only solution they will ever need. they are due. In most cases the their predetermined limit and an available line of credit, the account will continue to grow.

as long as they occupy the home. This "line of credit" is very Unfortunately the program similar to a "home equity line of

at GOVERNORS PARK

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The experience, expertise and encouragement from our entire staff at Holy Family Health Center offer the best treatment and care for the most valued members in the *"Family"*, our patients and residents ~Sister M. Elizabeth - Administrator

JCAHO Accredited With Commendation

2380 Dempster Street Des Plaines, IL, 60016 (847) 296-3335 Tours available 7 days a week Sponsored by the Sisters of the Holy Family of Nazareth tions. Unlike a bank line of credit, naever make a montly payment on the account. The second difference is that the reverse mortgage line of credit will actually increase in value by about 7% per year. As long as a participant has

By providing the homeowner with another source of income which they can use to satisfy their property tax requirements, participants are able to use their fixed income for living expenses and do not have to worry about setting aside money every month to meet the property tax needs. This translates into extra income

to use for the purpose of living. Although this program has been very popular nationally, many eligible participants still do not realize that this alternative is available to them. The majority of those who are seeking this program so far have indicated that paying property taxes each year is a major consideration in their decision to look into the program. Seniors often worry that the expenses of homeownership will force them to lower their standard of living. This is a choice that most older homeowners simply do not want to make. With the reverse mortgage program the participants are able to make their property tax payments without

To learn more, individuals can contact Jeffrey Moulton of Wells Fargo Home Mortgage at (800)

Dist. 207 to offer meal benefits for eligible students

Maine Township High School District 207 students whose families meet federal income guidelines could qualify for free or reduced meals and milk.

Families with households of 1-8 people are eligble for benefits, which are determined by a Illinois Income Guidelines formula based on income and fami-

Students from households with incomes from \$10,885 to \$37,245 may receive free meals, free milk, or lunch benefits, while those whose household incomes range between \$15,448 to \$53,003 may be eligible for

meals at a discounted price. For applications or additional information, contact the district office at 1131 S. Dee Rd., Park Ridge, IL or call (847) 696-

True charity is the desire to be useful to others without the thought of recompense.

Maine Township Senior Citizens 297-2510

Maine Township Senior Citizens offer residents 65 and older a variety of programs. Membership is FREE. For more information or to register as a member, please contact the Adult and Senior Department of Maine Township at (847) 297-2510

Below are samples of upcoming programs. Registration are accepted by mail only and must be accompanied by separate checks for each program. Mail to: Maine Township, 1700 Ballard Rd., Park Ridge, IL 60068.

••NEW•• MEN'S SOCIAL GROUP This is a new program! Presentation by Father John Smyth, Executive Director of Maryville Academy. Volunteers are needed to help serve food.

Monday, Sept. 11, 10:30 a.m. to 12 noon, Town Hall. Cost: \$5 includes lunch.

The program presented by Betsy Ward titled "My Grandmother Had One of Those". Her talk explores life experiences

with clever anecdotes and slides. Volunteers are needed to serve refreshments. Friday, Sept. 22, 10 a.m. to 12 noon, Town Hall.

Cost: \$3.50 includes refreshments.

"A NATURAL EXCURSION" TRIP Trip to the newest exhibit at the Milwaukee Public Museum-the Puelicher Butterfly Wing. Witness exotic butterflies as they emerge from chrysalises! Then board a luxary yacht for a narrated river cruise with a wonderful luncheon. Thursday, Sept 21, Milwaukee, Wisconsin, 8:30 a.m. to

Cost: \$47.50 per guest includes transportation, admission to

museum, and cruise.

Doors open at 12 noon. Fun begins at 1 p.m. Delicious sweet rolls and coffee will be served. Limit of 100 people. Pre-register by mail and pay at the door. Tuesday, Sept. 5, Oakton Arena, 1665 Oakton Place, Des Plaines, Thursday, Sept. 7, Town Hall.

"THOSE WERE THE DAYS"

Deadline for reservations is September 5. Wednesday, Sept. 13, Chateau Ritz, 9100 Milwaukee,

Cost \$11.75 per member, or \$12.75 per guest. Also held at Casa Royale, 783 Lee/Mannheim Rd., DesPlaines. Doors open at 11 a.m. Lunch at 12 noon. Enjoy a recration of an Old Time Radio Show starring the Norridge Radio Players with favorites such as Jack Benny, Fibber McGee and Molly, My Friend Irma, and more. MOVIE AND POPCORN

The Senior Department and Disabled Department will show the movie "Music of the Heart", a story of a violin teacher who instructs underprivileged children. Call Donna Anderson at (847) 297-2510 for reservations.

Tuesday, Sept. 12, 12 noon to 3 p.m., Town Hall.

NEW PINOCHLE TOURNAMENT Enjoy some competition at the Township hosts its first "three-handed pinochle tournament". Partners are selected at random. Competition begins at 1 p.m.

Wednesday, Sept. 20, Town Hall, 12 noon to 4 p.m. Cost: \$3.50 includes prizes and refreshments.

NEW CLASSES BEING OFFERED Basic Computer Class. This is an introductory class designed for people with NO computer experience. You will learn through demonstration and hands-on activities.

Mondays, September 11 through October 30 (no class October 10), Town Hall, 3:30 to 4:45 p.m. Cost: \$20 deposit for use of lap top computer. \$10 for class

BEGINNER'S BRIDGE CLASS John Krelle, a licensed instructor, will conduct 5 sessions of beginners bridge that includes the fundamentals of bidding, responding, and rebidding, plus more!

Tuesdays, September 19 through October 24 (no class October 10), Town Hall, 1 to 3 p.m.

SPECIAL NEWS RELEASE FOR YOUR HEALTH IN AUGUST VILLAGE OF NILES SENIOR CENTER

VILLAGE OF NILES HEALTH SCREENING FAIR Village of Niles Health Screening Fair is Thursday, Aug. 17,7 to 11 a.m. This is a comprehensive health screening program provided by American Health Services (AHS), the leading provider of health screening services. For information, or to participate, please call American Health Services (AHS) at (847) 590-0200. Registration will be through AHS and not through the Senior Center. Cost: \$42. Other tests will also be offered for ad-

PNEUMOCOCCAL VACCINE CLINIC Pneumococcal Vaccine Clinic is Wednesday, Aug. 30, 9:30 a.m. to 12 noon, and 1:30 to 4 p.m. By appointment only. Clinic is for adults 65 years or older who have never received the vaccine. Medicare will be billed. Please bring your Medicare Card with you. Homebound, please call Terry Dalla Valle, RN, BSN for appointment.

PRESSURE POINT THERAPY WORKSHOP Pressure Point Therpy Workshop is Friday, Sept. 8 at 2 p.m. Bring a friend and learn how to do pressure points on yourself or someone else. This therapy can help joint pain, headaches, sinus problems, allergies and much more. Presented by Dr. Constance A. Black, chiropractic physician. Registration required. SEPTEMBER 13

BLOOD PRESSURE SCREENING Blood Pressure Screening is Wednesday, Sept. 13, 1 p.m. to 3:30 p.m. No appointment necessary.

ving continues at The Breakers at Golf Mill.

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you'll find the best in retirement living: a full

activities program, an attentive staff, breathtak-

Great dining. Delicious meals and

ng architecture and beautiful grounds.

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(847) 296-0333

A Senior Lifestyle Community

appointed reception

to join you for lunch or dinner.

SEPTEMBER 19 DIABETIC SCREENING Diabetic Screening is Tuesday, Sept. 19, 9 to 11 a.m. If you are a diabetic, or think you may have diabetes, make an appointment to have your blood sugar checked. Cost: \$1.

September SCORE Workshops

Administration, will give entre- musts" to be successful, How to preneurs who complete four half-day workshops in September a find your best prospects and how to satisfy them. full day session ends at 3:30 p.m. The fee for the half day session is Certificate of Achievement. All banks require a business plan this certificate with a business

persistence. Available. SCORE also offers Business. free confidential counseling daia.m. to 1 p.m. at 500 West Madi-ry bank loan officer reads the son St., Suite 1250, Chicago. No Cash Flow Statement when makappointment is necessary. A ing a decision about your loan. Business Information Center is excellent reference materials and computers. If you would like anteed Loan. more information on SCORE counseling, its twelve locations or workshops call 312-353-7724 or visit our website at

www.scorechicaog.org.

Tuesday, September 5, 2000: Business Plans. The first and business. Your personal Roadmap and a Gateway to talking to your banker.

THE BUGLE, THURSDAY, AUGUST 17, 2000

Thursday, September 14, 2000: How to Start a Successful with loan applications, including Business: A full day workshop to introduce you to the fundamenplan will demonstrate to the bank tals of operating a successful or any interested institution, a business. Basics of Management, person's practical business Financial Basics, Marketing/ knowledge, determination and Selling and Legal Structures will be discussed. Your participation Free on Site Counseling is encouraged Jump Start Your

Tuesday, September 19, Monday-Friday from 8:30 2000: Talking to a Banker: Eve-This workshop offers you the opalso maintained which contains portunity to anticipate questions and how to obtain an SBA Guar-

Tuesday, September 26, 2000: Taxes, Licenses and Record Keeping: Record Keeping is the least glamorous part of owning a business, but a task that The Workshop September can tell you a great deal about your business' health. Keep good records and pay attention to the numbers. Also know what taxes most important step in starting a need to be paid and when to pay

> All workshops are held at 500 West Madison Street, Suite 1250

SCORE, the volunteer counseling arm of the Small Business

Tuesday, September 12, Chicago. Registration for all workshops are at 8:30 a.m. Half day workshops end at noon, the only \$20. The full day workshop

PAGE 29

fee is \$40. Attend the full day workshop and save 50% on all subsequent half day workshops through

On Site IRS Specialsit An IRS specialist is also available at SCORE'S Chicago office on Tuesdays from 9 a.m. to 1 p.m. (no appointment necessary) and Wednesdays and Thursdays by appointment only. The IRS specialist will answer tax related questions and offers small business tax forms and publications. There is no charge for this ser-

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Our garden will add sunshine to your life. It's just one of the many amenities that make life at Summit Square different. Other services include three excellent meals a day, the convenience of a chauffeur-driven automobile, daily maid service, linens, and more. For peace of mind, you'll appreciate the services of a nurse and the Summit Plus Assistance Program.

Before you move to any other retirement community, compare our rates, compare our services. You'll discover that we offer the best retirement value in the Northwest suburbs.

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Retirement / Nursing Home

Addolorata Villa's clinical services are up and running

and individuals from Wheeling, Buffalo Grove, and other communities are finding help through our clinics -- palliative care (pain management), audio screening, physical therapy, sage therapies, as well as other areas in which aging can take a toll. We are pleased to be able to es. Many of the services are

er Therapy Pavilion is scheduled for September and you are invit-

After a spring of renovation. the Sheltered Care dining area, 1. The work will be done in the next few weeks and the required

The lounge will provide places for conversation, games,

Information and Assistance Services

could benefit from them. An snacks and just t.v. watching. grams and newly designed ser-Open House of our Virginia Pip- The newly designed dining vices continue the mission of the Sisters, "responding to the needs room will offer table service in an attractive setting.

ground for an Assisted Living addition to our campus. This will provide 60 units. Two programs are being designed. One for independent residents who need some assistance and a second unit specially designed for residents with memory loss. All of Addolorata Villa pro-

Holistic Health

Workshop

Starting August 8th

Every Tuesday Evening from 6:30 to 8:00 PM

Tai-Chi

Diet

👛 Dahn

Qi-Gong

Holistic Health Center

In Talisman Center

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382 %

Taorobics®

Meditation

This fall we expect to break or off campus." Addolorata Villa has served the community for thy Woods, at 847-215-5531. Enjoy life's simple pleasures

> ing any health condition that requires certain medical equipment or device to maintain mobility and independence, you will want to seek the advice and help of a trained professional will give you the care you de-

ue living life to its fullest. In 1982, Paul Melekson, a certified Respiratory Therapist, and his father began supplying home medical equipment to hospital, home care and health agency referrals from their home in Skokie. Keeping enough stock on hand to meet the de-

serve and the freedom to contin-

mand was a big challenge. Moving to Morton Grove ten years ago allowed them the showroom space to become a one stop shop providing the highest quality products, help

ics, compression stockings, male dysfunction devices and nutritional products are just some of the large selection of items in stock. Most items can be delivered same day or within 24 hours, special orders within 3-4

line of products, certified and registered specialists are availa-Language is no barrier. The dedicated staff of professionals will counsel and educate to choose who cares. One call or visit to the right products, along with as-Simpol Medical Equipment, Inc. suring proper fit and ongoing care for changing needs.

to know us; For a tour, call Ka-

Other services include help with insurance, 10% senior citizen cash discount, free blood pressure screenings, and delivery throughout Chicago and surrounding suburbs. Certain products, such as scooters and power wheelchairs, can be brought to a patient's home who is immobile for a free, no obligation in-home

. We promote independence simple pleasures. A patient's life, "Treat others as you would want to be treated." It is appar-

Simpol Medical Equipment Inc. is located at 9240-42 Waukegan Rd., Morton Grove. Showroom hours are 9-5:30 Monday thru Friday, Saturday 10-2. You can call (847) 967-6767 for 24-hour emergency ser-

Registration open for Oakton's Emeritus program

classes offered by Oakton Com- East Golf Road and the Ray Hartmunity College's Emeritus prostein Campus at 7701 North Lingram. Designed for students over 50, the program features lectures, seminars, tours and credit and non-credit courses about diverse and fascinating topics. Students age 60 and older pay half-tuition for most Emeritus courses, providing they live in the college district and show proof of age and

residence at registration. Several two- and three-credithour courses have been selected by the Emeritus program as being of special interest to older students. They include Ireland in the 20th Century (HIS 290-001), World Religions (PHL 205-006 and 205-0W1), Opera Without Tears (HUM 290-002 and 290-003), Mankind in Global Society (SSC 201-002) and Computers for New Users (CIS 290-002). These classes begin the week of Aug. 28. Credit courses are offered at both Oakton locations,

Register now for fall 2000 the DesPlaines campus at 1600 coln Avenue, Skokie.

Also scheduled for fall 2000

are two popular Emeritus pro-

grams. Passport to the World, which meets at 1 p.m. Thursdays from Oct. 5-Dec. 14, is a series of weekly lectures about foreign relations. Passages Seminar, which meets at 1 p.m. on Tuesdays from Sept. 5-Dec. 12, is a weekly program about various topics, including art, music, history and current events. Travel Tapestry, a new, six-week lecture series that transports students to a different part of the world each week, meets at 2:30 p.m. on

Entertainment will feature guitarist Tim Burr at 1 p.m., who engages the audience in humor and lively songs: He will be followed by "Chuck and Friends," a threepiece band. They will play a variety of traditional and contempo-

from noon-4 p.m., on Sun., Aug.

20, among the towering trees and

rolling lawn of the Home's

grounds. There will be games for

children, activities for adults, a

"The picnic is an annual fund-

raiser for the Home," said Mau-

reen McCarthy, foundation direc-

tor. "The event provides funds for

our non-profit Home to carry out

its mission of high quality care

for seniors on Chicago's far

northwest side and nearby sub-

urbs. Proceeds will be used to

fund its Capital Campaign,

Building A Second Century of

Tradition to make much needed

updates and improvements to our

variety of food, and live enter-

tainment. Admission is free.

State Sen. Walter Dudycz (left) and State Rep. Ralph C. Capparelli (second from left) activate the hy-

draulic wheelchair lift on the newly acquired transportation van received by the Norwood Park Seniors

Network (NPSN). Purchased through Illinois First funds obtained by Capparelli and Dudycz, the van will

be used to transport members of NPSN and Norwood Park Home (NPH) to medical appointments, out-

ings and shopping trips. The vehicle was specifically designed for NPSN to comfortably seat seven plus

the driver and accommodate two sheelchairs. Marge Jacobsen, a temporary resident of the Home, was

the first resident transported in the van with the assistance of Julie Russell, NPSN program manager,

and Petko Djukic, a part-time driver. Also participating in the presentation were Helen Murphy (second

from right), NPSN program director, and Marcia Hagopian-Mahood (right), NPH president/CEO. NPSN

is a community outreach program designed to assist seniors in maintaining their independence.

Norwood Park Seniors Network

accepts new van

Other features will include various children's games (including the Jumping Jack), a raffle booth, pull tabs, bingo, and the Honor Roll. Food and refreshments will include hamburgers, hot dogs, brats, corn-on-the-cob, ice cream, and Norwegian specialties of open-face sandwiches, flotegrot, krumkaker, and jule-

have to leave them alone to do

M-NASR's 'Walking Buddies' program a big success

of Special Recreation (M-NASR) Plaines, and all walking abilities sponsored a new program during are welcomed and accommodathe summer season that has proven to be an overwhelming success. "Walking Buddies" is designed for adults with cognitive lisabilities who would like to enjoy an hour of walking and social- The Autumn brochure will be izing in a beautiful outdoor set- available by mid-August. For furting. The program enables ther information, please call participants to walk or jog around (847) 966-5522.

The Maine-Niles Association the trail at Prairie Lakes in Des ed. As a result of this successful program, M-NASR will once begins the week of September 25.



Large enough to serve...small enough to care 773-631-6316

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Norwood Park Home annual picnic

rary favorites from 2 p.m.-3:30 The community is invited to participate in the oldest continuous annual event in Norwood Park - the 105th Annual Picnic at Norwood Park Home, 6016-20 N. Nina Ave. Chicago. This event was started in 1897 to celebrate the first anniversary of the Home's dedication and has become an August tradition. This year's picnic will be held

> The raffle will feature over 20 cash and gift prizes, and the silent auction will include four items on which to bid. Raffle tickets are \$1 each or six for \$5, and can be purchased at the Home or during the

"The picnic is a century-old tradition that represents the best of Norwood Park Home. You can really feel the sense of family that we have here as residents, family members, staff, volunteers, and community members all come together for a day of fun and festivities," added McCarthy. "Bring the family and join us!"

For more information about the picnic or Norwood Park Home, call (773) 631-4856.

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For further information call:

Wednesdays, beginning Oct. 4. These programs meet at the Ray Hartstein Campus in Skokie. For more information about these fall 2000 offerings, including course descriptions, meeting times and fees, call the Emeritus office at (847) 635-1414.

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Wards

Wilderness Mall 2500 W. Jefferson St. Joliet, IL 60435 (815) 744-4332

Sports/Parks & Library News

The Rope Warrior at Morton Grove Library

On Saturday, Aug. 26, at 2 while reclining on his bottom). Summer Reading Program. Da- lively and fun-filled event! vid 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. Record holder for the most "Rump-Jumps" (jumping rope

p.m., in the Baxter Room, the Fisher has performed for Presi-Morton Grove Public Library dent Clinton and his family, and will present an exciting afternoon of interactive entertainment as internationally in front of President Boris Yeltsin of Russia. Evethe wrap-up of our Children's ryone is welcome to attend this

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 He is the current Guinness World the performance, beginning on Saturday, Aug. 19.

663-6613 for more information.

Doctor to Discuss Prostate

cer is the most common form of

cancer among American men.

needs to know about this disease

or call 847/663-1234.

and is 124 minutes long.

Niles Public Library

Library Offers Pizza Making Workshop for Teens. Teens -- are you clueless in the kitchen? Discover how to make a delicious, fresh pizza in no time during a Pizza Making Workshop on Thursday, August 17 at noon at Niles Public Library District. Using dough and a variety of fresh ingredients, participants will learn the art of making pizza during this hands-on workshop. The Library will provide all cooking materials, just bring your creativity and appetite! This workshop is for teens ages 12-18, and space is limited. Please register at the Library Information Desk or call 847/663-1234.

-Improve Your Memory Skills at the Library. For everyone who has ever forgotten birthdays, misplaced important papers or had to cram for a test - you member: Tips for Improving Your Memory on Tuesday, August 22 at 7 p.m. at Niles Public Library district. Explaining the differences between normal forgetfulness and disease related memory loss, Hedy Ciocii from Council for Jewish Elderly will discuss the connection between aging and memory. Learn about the different types of memory and how to improve your natural memory abilities. Registration is required for this program. Please register at the Library Information Desk or call 847/663-1234.

Join the Library's Film discussion Group. Movie buffs share your views of film, filmmakers, performers and movie trends during Niles Public Library district's next film discussion on Thursday, August 24 at 1 p.m. Critiquing the movie Smoke Signals, Greta Ulrich, a reader's advisory librarian, will lead this free-flowing discussion following a preview of the film. Smoke Signals, an amusing, quirky road movie, follows an unikely pair of friends as they leave home on what becomes an unexpectedly, unforgettable adventure. This rated PG-13 film stars Adam Beach and Evan Adams. Registration is required for this discussion. Please register in Reader's Advisory or call 847/

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

NOTE: Doors will open 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, Sep-Health. According to the American Cancer Society, prostate can-

tember 2, 2000. The Brass Choir was chosen from hundreds of musical Learn the facts that every man groups across the Chicagoland area. White Sox personnel conduring Prostate Health on Tues- tated Eric Bachmann, Band Dirday, August 29 at 7 p.m. at Niles etor at Emerson, after students

Public Library District. Discussing the latest medical technology Students who will perform at available for treatment and screenings of prostate disease, the White Sox game are: Kristyn Anderson, Chrissy Berg, Matt Dr. David Guthman, a urologist Caddell, John Diversy, David with UroCare, will also share common prostate problems. Dis-Douglass, Jacqui Dow, Paul Fabisch, George Gianakakos, Dan cover how to improve prostate health through diet and exercise Kopon, Jim Lange, Dan Martin, as well as reduce your chance for Allison Mueller, Kevin Petray, disease. Registration is required for this program. Please register Nick Pierce, Billy Potratz, Drew at the Library Information Desk Sobczak, Charli Sorensen, Lizzie Upton, Jason Wacker, Matt

"If the Sox continue to do Enjoy a Movie. Get out of the heat and come to Niles Public Li- well this season, it might be difbrary District for the movie pre-ficult to get tickets to the game," mier of "Music of the Heart" on said Band Director Eric Bach-Wednesday, August 30 at 2 p.m. and 6:30 p.m. Starring Meryl Streep, Angela Bassett, Aidan Quinn and Gloria Estefan, this inspirational film is based on the night. This is a real honor and true story of a single mother who another way to show off the takes a job teaching violin to stu- great music program we have dents in a tough inner-city neighborhood. The movie is rated PG here in District 64. I hope families will get their tickets early



Bicycle and Roller Blade safety tips

One in four children will need 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 acci-

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 light colored clothing especially when outside at dusk

 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

and elbow pads to prevent scrapes and lacerations when

 Never roller blade or bicycle ride on or in congested areas such. as shopping areas or play-

street, always obey the rules of

 Carry a first aid kit which should include antiseptic wash pads, bandages and coins for telephone calls that may need to be

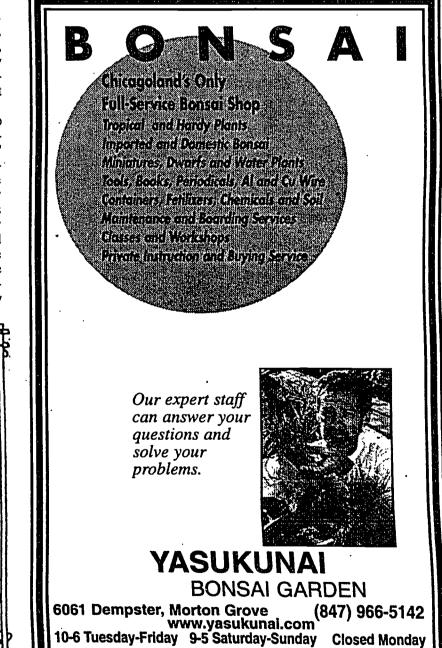
 Never bicycle ride or roller blade with ear phones on because it impairs hearing of potential

 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 every-

Holy Family Medical Center is a not-for-profit community health care facility accredited by the Joint Commission on Accredtions. 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!



End of the year fun

School News

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

ILLINOIS INCOME GUIDELINES

(EFFECTIVE JULY 1, 2000 TO JUNE 30, 2001)

\$10,855

\$14,625

\$18,395

\$22,165

\$25,935

\$29,705

\$33,475

\$37,245

+\$3,770

Monthly Income

\$ 905

\$1,219

\$2,476

+\$315

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 Household Size Yearly Income 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 de-

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

termining eligibility.

Application forms are being sent to all homes with a letter to parents or guardians. To apply for free milk/meal 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 tain all the required information name and food stamp or TANF cannot be processed and ap- case number and sign the applicaproved by the school. The required information is as follows:

OUTLET

Enter to win a lunchbag filled with Sara Lee goodies! 3760 Dempster St.

Food Stamp/TANF Households: Households that currently receive food stamps or "Temporary Assistance for Needy Families" (TANF) for their child(ren), application which does not con- only have to list the child(ren)'s

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It's almost time to go back to school.

All Other Households: If a application, or the word "non" if household's income is at or below the adult does not have a Social scale, children are eligible for of income each household mem-free meals/milk. Households ber received last month and household members; (2) the So-ture of an adult household memcial Security number of the adult ber. household member signing the The information on the appli-

the level shown on the income Security number; (3) the amount must provide the following infor- where it comes from (wages, mation: (1) the names of all child support, etc.); (4) the signa-

Weekly Income

\$ 209

\$ 282

\$ 354

\$ 427

\$ 499

\$ 572

\$ 644

\$ 717

cation may be verified by school or other officials at any time during the school year. If income information is pro-

vided 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, an increase in household size, or a household member becomes unemployed, should fill out an ap-

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. House-holds dissatisfied with the ruling have the right to a fair hearing. This can be done by calling or writing Dr. C. Steven Snider, Su perintendent, Ralph J. Frost Administration Center, 1131 South Dee Road, Park Ridge, IL 60068, (847) 696-3600.

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Notre Dame junior head

two of the instructors were col-

President at Notre Dame.

Navy, Target Stores, Walgreens,

gram include Eddie Bauer, Hol-

sPlaines at Nipper Career Edu-

from Maryville Academy, and in

MCSE

WINDOWS 2000

CISCO

CCNA

WEB DEVELOPMENT

FREE CLASS EVALUATION

and Market Facts.

lywood Video, Hyde Park Coop

Continued from Page 34

merce and Community Affairs Wards and Wild Wild West.

(DCCA), the Illinois Depart- Other retailers active in the pro-

tre Dame High School for Boys, a United States Senate Page in Washington, D.C., by being appointed one of the two Head Sen-

Sheehan is from the Oriole Park neighborhood of Chicago and graduated from St. Monica grade school. He was a page in bill. 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 lege professors. The literature Cloak Room staff picked Sheehan to be in charge of the Demo-

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

need for a skilled workforce.

The two-year program, offered

through 29 Chicago-area schools

including 27 Chicago public

high schools, combines class-

room and Web-based instruction

Currently, 27 Chicago retail-

Illinois Department of Com-

ment of Employment Security

(IDES), the Chicago Public

READY...

Senate page in Washington Chris Sheehan, a junior at No-part of the job, according to Shee-The Niles West Academic Dehan, was being in charge of greetcathlon team attained the highest ing the President, Vice-President, and any other dignitaries that ap-

they took second place in the peared at the Senate floor. He State finals recently. For the third also made sure the senators had consecutive year, the Niles West all the materials they needed for a team took the silver medal behind session. When a bill was brought first place team Whitney Young, to the Senate, Sheehan tallied but this year's competition was how each senator voted for that the closest in state history. Just 900 points separated the Niles But that wasn't all. The Senate West total team score of 46,755 pages also attended class for three points from first place. Unlike the hours, five days a week. There Olympic Decathlon in which were four classes: Geometry, competitors compete in athletic Chemistry, American Literature events, the Academic Decathlon and U.S. History. The pages had is a grueling contest in which teams are pitted against each othhour before the Senate convened, er on the basis of their knowledge so sometimes class days only lasted one to two hours. At least

posed of: Erin Perzov, Jason Grover, Adrian Lorincz, Joseph Diteacher was nominated for an Maria, Tobias Harris, Jonathan Emmy Award for an article she Glassner, Cody Ooka, George Kondiles, and Heather Blond. Sheehan is the Junior Class The coach of the Académic Decathlon team, social studies teacher Steve Grossman, was recognized as Coach of the Year by the Illinois Academic Decathlon

Individual achievements in the Honors Division: Team Captain ing the retail industry's growing for summer jobs with retailers. Erin Perzov attained the coveted such as Apcoa/Standard Park-8,000 point milestone, the fifth ing, Banana Republic, Block-buster Video, Brookfield Zoo, highest score at the competition and five individual medals; Jason Carson Pirie Scott, Crate & Bar-Grover earned a score of 8,335, rel, Dominick's Finer Foods, FAO Schwarz, Fairplay, Finish the third highest in the competi-Line, The Gap, Hats Emporium, tion and the highest in the J.C. Penney, Jewel-Osco, K school's history, and seven meders participate in READY, Mart, Lincoln Park Zoo, Mar- als; and Adrian Lorincz earned which receives funding from the shall Field's, Office Depot, Old

Niles West Academic **Decathlon takes**

silver medal at state

School News

score in Niles West history as

The nine member team is com-

Association.

In the Scholastic Division: Joseph DiMaria took the gold medal, a scholarship for the highest oeverall score in his division and eight individual medals; Tobias Harris took the silver medal with the second highest overall score READY is offered in De- 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.

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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** Conference March 16 to 18 in Steven Wok, assistant profes-New York City. Wolk was honsor of education at Northwestern Illinois University (NEIU), was

ored for his book, A Democratic one of three individuals recently Classroom: Teaching, Learning, and Creating for Thoughtfulness honored by the Council on Engand Community, published by lish Education, a constituent group of the National Council of Heileman Educational Books in 1998. In his book, he discusses how he helps students learn de-The three received the 2000 mocracy by encouraging diversi

James N. Britton Award for Inquiry within the English Lanty in learning and empowering children to think for themselves. guage during the NCTE Spring

eachers of English (NCTE).





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Business News

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

of Northbrook, has won the coveted President's "E" Award for its of our operation including sales, outstanding success in exporting, marketing, finance, warehousing it was announced by Mary Joyce, and logistics, purchasing, and Director of the Chicago Office of merce. Saf-T-Gard is a manufac- Gard. "Our suppliers are also key turer and distributor of industrial safety products and personal protective equipment.

LEGAL NOTICE

"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 NURS-ING CARE SERVICES, With the business located at 7519 W. KEENEY STREET, NILES, ILLI-TORIA ARAÑAS, 7519 W. KEENEY ST., NILES, ILLINOIS 60714.

customer service," declared Richard Rivkin, President of Saf-Tparticipants 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-

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

Vapor Corporation, A Wabtec Vapor is the leading North Company, has announced the appointment of James R. Pearson as senger door systems and compo-Manager of Marketing and Businents for buses, shuttle vehicles ness Development with responsi- and transit, commuter and interbility for business planning, prod- city rail cars. The company also planning, and the manufactures electrical control

product management, project cility is located in Niles. Plants management and market analy- and offices are also maintained in sis, and most recently served as
Vapor Manager of Marketing

Montreal, Quebec; Plattsburgh,
New York; Burton on Trent, Eng-

Saf-T-Gard International, Inc. "Earning the "E" Award was a tial increase in volume of exports

"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.

land; and Sassuolo, Italy.

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 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

ensure that first visit runs

smoothly, according to the Illi-

nois State Bar Association.

The first step is to review all the reasons you need the attorney's services. A short, written the first meeting to determine list, highlighting the areas for your comfort level. Having condiscussion as well as any questions, should keep the meeting fidence in the attorney's ability to assist you, both short and long-term, is important. Finally, the first visit should

Make the most of a first

visit to an attorney

If you have not used an attorpectations, especially related to

ney for years -- maybe ever -- the amount of time the case will

and a situation has arisen that re- take, is also important. The at-

quires legal services, there are a torney should leave you with the

number of steps you can take to feeling that the task can be ac-

time frame.

billed on an hourly or fixed fee not only to bring a real estate basis? What is the total estimatchange the type of fee, which a fixed fee and an hourly fee? In most cases, your attorney can give you a close estimate of the Getting a handle on your ex- total cost.

components for rail transit cars development of new markets. Since joining Vapor in 1979, Vapor's corporate headquar-Mr. Pearson has held positions in ters and main manufacturing fa-

> **GOA's Founding Chairman** returns as Membership Director PUBLIC SERVICE ADVERTISEMENT

Bob Koop has joined the 1979, the Board wanted to ex-Greater O'Hare Association as pand the chamber's horizon and the New Membership Director. However, he is no stranger to the

In 1965, Bob became owner of Chairman, thus making his mark K&K Koffee Service, Inc. locat- as the GOA Founding Chairman. ed in Elk Grove Village. He joined what was then known as impressive businessman and civthe Elk Grove Association of In- ic leader. He established K&K dustry and Commerce, where he Koffee Service in 1965 with served on a number of commit-

changed the name to the Greater O'Hare. Association of Industry and Commerce. Bob was elected

Koop has also proven to be a \$1,000 and grew it into a fulltees and moved through the ranks service vending firm with annual

Edward Jones:

BY JEFFREY CARDELLA

Special to The Bugle

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

• 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 midto the Board of Directors. In revenues of over \$2 million. 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 "reac-

tive" 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 po-

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 in-

vestor, 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.

LEGAL NOTICE

NILES, ILLINOIS POLICE AUCTION

SATURDAY, AUGUST 26, 2000

Unclaimed recovered property

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

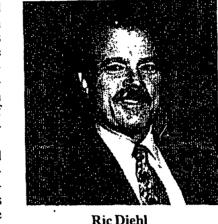
Business News

Diehl appointed to Illinois **Building Commission**

Ric Diehl, AIA, a principal and director of operations in the firm of Kurtz 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.

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 is-

Mr. Diehl has a wealth of expertise in project management, construction supervision, health/ life safety (educational), health care/retirement facilities, industrial and asbestos services. School projects he has worked on Board of Directors since 1994.



include work for Villa Park elementary School District 45, Buffalo Grove Township High

School District 214. A 1971 graduate of the Illinois Institute of Technology in Chicago, Mr. Diehl is the son of Al and Lori Diehl of Morton Grove. He Georgia, Missouri, Ohio and Pennsylvania. He served as president of AIA/NEI in 1999, and has been a member of AIA/NEI

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 organiza-

Lane is a partner at the Chicago law firm of Lane & Lane, a plantiff's tort/personal injury A former member of the

Board of Governors from 1989 to 1998, Lane successfully competed against five other candidates to win the seat representing Cook County in Chicago. Currently, he serves on the ISBA's Committee on Judicial Evaluations, the Committee on Legal Technology, and the Special Committee on Communications for the Next Century. He is a fellow and past member of the ry practice. Board of Directors of the Illinois Bar Foundation, and a member of the Chicago Bar Association. Illinois Trial Lawyers Associa-



yers, 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 inju-

Lane has a B.A. degree from the University of Illinois Champaign/Urbana in 1975, and a J.D. degree from IIT/Chicagotion, Decalogue Society of Law- Kent College of Law.

Kraus promoted at Rabjohns Financial Group

As a Financial Representative, tives.

Mark H. Kraus, 35, resident of Mark helps business owners, pro-DesPlaines and an Ambassador fessionals, and corporate execuof the DesPlaines Chamber of tives become and remain finan-Commerce, has recently been cially independent. His promoted to Managing Associate responsibilities as Managing Asat Rabjohns Financial Group/ sociate include training new New England Financial, a com- members of the firm and assisting prehensive business, estate and newer associates in their growth insurance planning organization. as financial services representa-

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

Charities of Chicagoland & Incidence Cooperative Agree-Northwest Indiana, a not-for- ment, we can help make a differprofit organization dedicated to ence. improving the lives of the chilhard 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-

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,

Ronald McDonald House porting organizations like Low

Ronald McDonald House dren in the Chicago metropolitan area, recently awarded \$5,000 to the Low Incidence Cooperative

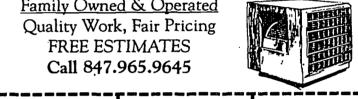
Charities of Chicagoland & Northwest Indiana supports three Chicago-area Ronald McDonald Charities of Chicagoland & Agreement to help fund the de- Houses as well as many area chilvelopment of informational vid- dren's programs. Locally, since House Charities has contributed eo tapes for families of deaf and 1987, Ronald McDonald House more than \$200 million in grants

Charities "lifts children to a better tomorrow" by supporting Ronald ties around the world, and by making grants to other not-fortionally, Ronald McDonald Charities has awarded nearly to thousands of organizations \$7.5 million to more than 363 serving children.

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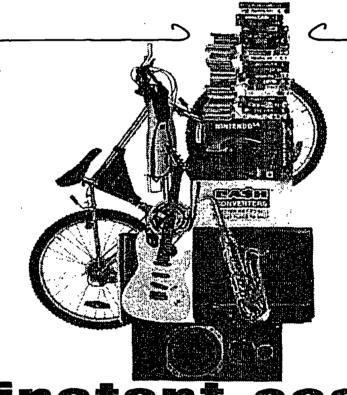
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11.).

Home Style

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

move-up buyers may be wonder- evaluating an offer. ing if it's still a good time to buy with interest rates on the rise. and terms. Too often, buyers And if the time is right, they learn of a loan program they may be concerned whether they think will work without asking can still get a loan.

senior vice president of mort- Which is more important to me, gage lending at Washington Mu- low payments or low fees? tual, there are many reasons for Should I get a fixed or adjustaprospective buyers to stay in the ble-rate mortgage?'

"Although rates are higher, I believe it's a good time to buy for the life of the loan; however, listing inventories are beginning gages typically offer lower to increase, and the benefits of monthly payments than fixedthe costs." Sayegh said.

mortgage loan before house ments shopping. Some homebuyers enough. But preapproval, where- said.

Estimate

20% OFF

2. Consider all loan options the appropriate questions such as, 'How long will I live here?

For example, a fixed-rate loan guarantees the payment amount because few rentals are availa- the homeowner cannot benefit if ble, lenders are flush with credit, rates fall. Adjustable rate morthome ownership still outweigh rate loan in their early years and are easier for many homeowners But. to prepare yourself for to quaify. Also, the payment the home buying process, con- amount falls if interest rates go down. The flip side is also true -1. Get preapproved for a - if rates rise, so do the pay-

"Many people like adjustable think prequalifying for a mort- rate mortgages because if rates gage, a bank's initial examina- fall they gain the benefit without tion of your borrowing ability, is having to refinance," Sayegh

by the buyer goes through the Home buyers planning to entire loan approval process, ac- move within five years should tually provides the borrower consider a short-term fixed rate

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Summer heat usually brings a with a loan commitment subject loan that becomes adjustable afflurry of summertime home to finding a home of their ter a few years. Some lenders gage around retirement age buyer pays origination fees. sales. But as hot as the housing choice. Knowing a prospective are now offering such hybrid when income typically drops. market has been for the last few buyer is preapproved is often a loans. "This way, owners can Others are happy with a 30- or years, prospective first-time and compelling factor to a seller benefit from lower monthly pay- even 40-year loan to decrease ments initially, and plan to move monthly payments. or refinance before the loan be-

Buyers also need to consider This enables buyers to get into the term of the loan. For some, a their new homes with lower up-15-year loan would allow an front costs. But, monthly pay-

plete financial picture, and take gins to adjust. This is also a 3. Review fees and upfront good loan if a buyer thinks rates costs. Loans free of original fees will fall in coming years," Say- or zero point loans have become more popular in recent years.

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.

"Buyers will choose the right

loan if they evaluate their com-

Roofing for all seasons - metal for many reasons

Metal roofing sheds snow

and because of its lightweight na-

• Metal roofing is constructed

Metal roofing is an excellent

to withstand winds of more than

insulator that can actually lower

air conditioner bills in many parts

of the country due to its reflective

A metal roof is 100 percent

non-combustible, so a burning

ember that lands on metal simply

When installed by a profes-

120 miles per hour.

(NAPS)-When making your Texas, it's rated in the highesthome a sturdier place to live in resistant category. and a more attractive place to look at, it may pay to start at the faster than other roofing product

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 Many say metal is the most

durable roofing material on the 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:

 Metal roofing is a homeownsional contractor, metal roofing er's best defense against hail. In

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 prodture can support a heavier snow

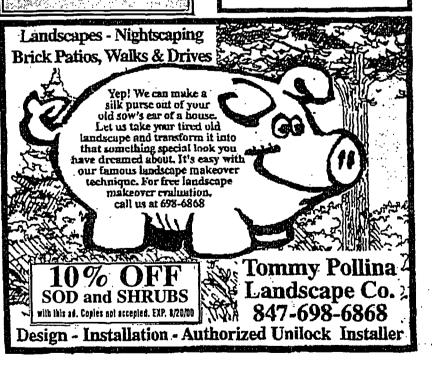
> Because they are so durable, the warranty on metal roofs start at about 50 years, making them a good investment for homeowners

> 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 (1-888-638www.metalroof.org.

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Style Home

Eliminate gutter cleaning while protecting your home's foundation

ing 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 mosquitos with enough stagnant water for an excellent breeding

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 the gutter and under the edge of

volves a dozen service providers -

from real estate agents and mort-

and title companies - and requires

the buyer to read and sign six

inches of paperwork. It's not sur-

prising that consumers rate the

home-buying experience as the

single most confusing and unset-

tling financial transaction of their

What if a real estate agent

could offer all these services di-

rectly 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 home-

buyers want - one-step shopping

from a source they know and

Until recently, federal regula-tions placed firewalls between

real estate agents and mortgage

lenders, preventing agents from

offering mortgage loan origina-

tion services. Fortunately, thanks

to recent reinterpretations of

these regulations, one-stop shop-ping is finally possible for home-

buyers. Now, under strict condi-

tions, real estate agents can

provide loan origination services

to homebuyers as long as their

services are in compliance with

state laws and professional regu-

lations that govern real estate and

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

The concept has been so warm-

services under one roof.

mortgage banking.

into the downspout. The water strips away vegetation, creating shallow depressions that collect more water and threaten base-Homeowners can solve these problems with the professionally installed WaterFall Gutter Guard System. Using the scientific principle of liquid adhesion to

channel rainwater, this extreme-

ly 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

A first:Real estate agents can offer home loans (NAPS)-Anyone who has been ly received that since its launch in

More information is available

gage brokers to home inspectors by www.onepipeline.com.

February 2000, over 6,000 agents knows how frustrating it can be. nationwide have been registered The typical mortgage loan in- to use the OnePipeline.com sys-1-847-272-8010

collecting in puddles next to the foundation instead of draining ter guard, the natural surface the exterior of the foundation and severe basement wall cracktension of the water causes it to ing in cold climates (a phenome- and a flexible joint conforms 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.

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

EUROPEAN DESIGN

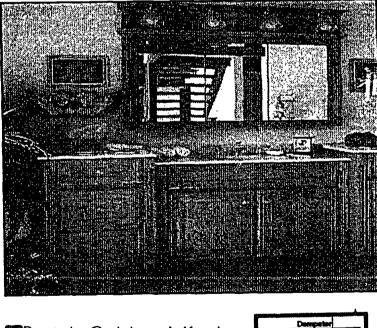
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Homeowners can eliminate soil next to external walls indi- the first row of shingles. As rain- of wet soil) on the foundation the twice-a-year ritual of clean- cates that rainwater has been water flows off the roof and walls caused by seepage along tered with a hacksaw or circular non called "frost heave").

The WaterFall system can be and easily with no roof penetration, ending gutter-cleaning The WaterFall system is an chores and gutter induced flooding. Made of the same tough, weather-resistant material used Fall is available in four- and 2638.

any gutter or roof pitch. The gutter guard snaps onto the edge of installed by contractors quickly the gutter for a snug fit that re-

For the name of the nearest tion, contact Crane Products in premium house siding, Water- OH 43216; telephone (888) 326-

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Home Style

How to protect your home and property

(NU)-For most homeowners, coming a target. their house is their largest invest- While you cannot make your keep the home secure and protect- you can make entry so difficult a locked doors and windows. ed from burglars and other un- burglar will go elsewhere in

home. As a homeowner, there are occupancy, even when your resiWindows may also be secured by
For more ideas and suggesjvweb.com. The site is an online many things you can do to keep dence is vacant, is essential. Here

enforcement officers call targets home information - that can help the window to enter. of opportunity. Anything you can put in the way of a wouldbe bur
• Lock your doors. Install glar lessens your chance of be- high-security deadlock bolts on times while you're away on vaca-

search of an easier target.

Crime prevention starts at Maintaining an appearance of the best ways to prevent entry. call 911. are some tips from iHomeline -Burglars look for what law- the premier Internet source for tection against a burglar breaking

tion, out to dinner or even during the day while you're at work. • Review landscaping. Trim shrubs around windows; don't

• Lighting. Use automatic tim-

ers set to go on or off at specific

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

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

ment. It makes sense, then, to home absolutely burglar-proof, glar entries is made through unintruder may panic and cause you send Jim Neidner, national radio • Check the windows. As for him and his escape route. If possibulider/remodeler, your home

all your doors and use them. It's estimated that one out of five bur- that you stay out of the way. The www.iHomeline.com and/or bodily harm if you get between home host and award winning windows, burglar bars are one of ble, lock yourself in a room and questions online. Also, visit parnails, screws or inexpensive key tions on how to keep your home resource guide of "how to" inforlocks; however, they offer no pro- and property secure, go to the mation for homeowners.

Energy conservation tips to keep your home comfortable

haven of comfort.

crease enery efficiency by 20 to protect your home. 40 percent keeping your home cooler in the summer. Part of the escaping or intruding air around window treatments. Window doors, windows or disconnected treatments are an inexpensive and attic or garage. Once all of the conservation. Examine the winducts have been sealed, insula- dows around your home, noting tion can be installed in any open which receive the most sun expocrawl spaces to prevent cool air sure and from what angle.

Plants With A Purpose to the hot summer. Build a beauti- have shown the honeycomb ful arbor to shade south and west shades from Smith+Noble can refacing windows. Using seasonal duce heat transfer up to 75 pershade plants will naturally pro-

rom escaping.

(NAPS)-With a few quick tect your home from excessive changes your home can become a sun. Plants can also improve the air quality around your home and benefit the environment. Ask a A well-insulated home can in- local nursery for the best plants to

Window Treatments Immediate heat relief can be insulation process is to close off found by selecting appropriate ducts, like the crawl spaces in the attractive way to improve energy

Some window treatments can insulate your home by trapping Plants offer an organic defense pockets of air. Laboratory tests



Home Style

Plan 6 a popular design at Lincoln Ridge in Skokie

Four of the seven condominplanned community in north subrurban Skokie, are popular twobedroom, two-bath designs that range in size from 1,349 to 1,456 square feet.

which provides 1,349 square feet of living area, including a spacious kitchen with a dinette area and outdoor living space in the and no-wax vinyl flooring. ing the patio, and are priced at tion to a master association that form of a generous balcony of approximately 6 by 15 feet. Plan 6 is appliances include frost-free rebase-priced from \$194,500.

A curved half-wall passthrough preserves an open look while it separates the formal dining room from the breakfast area of the adjacent kitchen, an extralarge room of nearly 13-by-13 has a spacious laundry. Standards feet with an L-shaped work area also include plush carpeting in that includes a pantry and leaves plenty of space for the dinette set. living areas, individually controlled heating and air condition-

14-by-18-foot living area, which ence for volume. provides ample wall space for arranging furniture and hanging as are all public areas, and each

robe closet together with a walk- vidual storage locker adjacent to in closet and a master bath that the parking space. features a separate shower stall

A few steps from both bedrooms is a laundry closet with washer and dryer hookups.

nine-acre site approximately two floor. They have similar interior blocks north of Touhy Avenue appointments, notably spacious and just east of the intersection of kitchens with large breakfast are-Skokie Boulevard and Lincoln

When completed the \$40 million complex will have a total of 188 residences, including 60 onetwo- and three-bedroom residences in each of two six-story masonry condominium buildings and 68 carriage homes. The carriage homes are being built in clusters of 17 buildings, designed in the style of single-family homes, each of which has four two- and three-bedroom, singlelevel 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 twobedroom, 1-bath units to approximately 1,794 square feet for the www.smithandnoble.com.

larger three-bedroom, two-bath designs. One-bedroom plus den, through glass sliding doors that through glass sliding doors that Each carriage home has a pripurchase in the final mid-rise building at Lincoln Ridge, Robin Construction Corp.'s master
designs. One-bearon plus den, 1 1/2 bath plans have 1,222 floor the area with natural day-light. Elegant bathrooms feature building at Lincoln Ridge, Robin two-bedroom homes have one, 1
European-style vanity cabinets, 1 1/2 bath plans have 1,222 floor the area with natural day-light. Elegant bathrooms feature building at Lincoln Ridge, Robin two-bedroom homes have one, 1
The light state of the area with natural day-light square feet with a balcony, while two-bedroom homes have one, 1
The light state of the area with natural day-light 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 cultured marble vanity tops with two integral bowls, full-width tion on the border of Skokie and

frigerators with icemakers, built-

with sliding doors and screens. Kitchens in most residences separate shower enclosures. provide the breakfast area and White-on-white General Electric

in dishwashers, continuous-clean gas ranges and waste disposers. Corner units have a window above the sink for natural light. Each condominium residence

Sales Manager Cynthia Lee ing, lever handle door hardware describes the dining room itself and a large walk-in closet. Ceilas the largest separate dining area ing heights in all living areas of among the two-bedroom designs. the condominiums are approxi-Approximately 8 1/2 by 10 1/2 mately 8-1/2 feet, adding wall feet, the dining room flows into a space and heightening the experi-Each residence is sprinklered,

artworks and glass sliding doors building has an intercom system at the far end that access the bal- with a TV camera in the lobby. As part of the purchase price At one corner of the home, the every owner will have one heated master bedroom provides a ward- indoor parking space and an indi-

The final condominium building, now more than 50 percent The master suite is 11-1/2 by sold, is scheduled for occupancy 16 feet and the second bedroom is in late summer. The remainir approximately 11-1/2 by 12 feet. carriage homes are available for spring occupancy.

Carriage homes feature four units in each building; two on the Lincoln Ridge is situated on a first floor and two on the second

cent. With the top-down/bottomup option, these shades can be positioned as a shield from the sun depending on where it is during the day, allowing the right amount of light into your home. These money-saving shades are available in 45 colors and eight fabric constructions. Not only will they keep your home cooler in the summer, they will defend your home against the cold in the

Velvet panels offer a great barrier to mid-day summer heat when closed, and they are a hot fashion statement either as a stand-alone or over a blind or

For more ideas, call (800) 765-7776 for a free Windoware cata-

vanity mirrors, theatrical lighting Lincolnwood that is just blocks Each residence has a balcony and ceramic tile floors. Master away from the Touhy Avenue enbaths have steeping tubs with try to the Edens Expressway (U.S. Highway 94).

Remaining two-bedroom, two- Condominium and carriage full-size pantry included in Plan bath carriage homes have approx- home owners will have separate 6, a choice of designer cabinetry imately 1,647 square feet, includ-homeowner associations in addi-

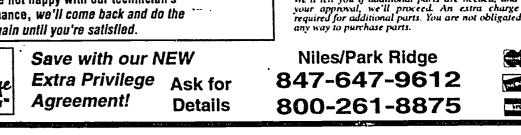
maintenance such as landscaping

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.

call (847) 329-0303.









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my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. l wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor Rights, 32 W. Randolph St., Chicago, IL 312-793-6490. will be granted. Thank You. B.D.

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Furniture, Computer, Clothes, Toys, Bikes + So Much More! Niles - Don't Miss Annual Sale!

Friday 8/18 + Saturday 8/19 - 9-4 Niles - Multi Family-8539 N. Osceola You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all Fri. 8/18 9-3 + Sat. 8/19 9-3, Sun 8/20 11-2 awnmower, Desk, Housewares + Much More. Something For Everyone!

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to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say lot of great stuff! Everything must go! is prayer for 3 consecutive days and a favor will be granted. Thank You. Niles - Garage/moving sale 8/18 + 8/19 9-5. Electrical appliances, bike, dothes, furniture + so much more, 9271 Callero.

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Reservations now being accepted for Disney's Animal Kingdom Lodge

Reservations for Walt Disney resort -- Disney's Animal Kingdom Lodge -- are now being ac-

Inspired by the cultural splendor and exotic beauty of a South African game reserve, the 1,307room, 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 kraal African village design, a semicircle concept with a distinctive "theme" carried throughout its architecture, landscape and interior designs.

image that is not only symbolic of Africa but is culturally relevant," said project manager Jim Kwasnowski of Walt Disney

The visual treat will begin on ing 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

Throughout the resort, guests will discover examples of au- rican marketplace. This familythentic African architecture and fun buffet restaurant provides design, from thatched ceilings to guests the ability to savor the rich wood and golden tones. Features include a large mud fireplace in the lobby and naturestaurant showcases an exhibit ral lighting fixtures designed to kitchen, wood-burning grill and exciting attractions. accentuate spectacular sunrises rotisserie. The dining areas are

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. the minimum payment not realiz-"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 eard to pay for their found that 73.6 percent of respondents will use a credit card to pay for their summer holiday.

"Credit cards have pros and bills in twelve months or less. cons," Kidwell said. "They offer

cent lighting will resemble twinkling fire-flies and softglowing 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 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 ac-

commodations: a festive marketplace shop and flowing swim-Dining Delights: Culinary creations will abound at Dis-

ney's Animal Kingdom Lodge: Jiko - The Cooking Place is a asual 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 res-

Boma - Flavors of Africa, a family restaurant open for breakfast and dinner, will capture the essence of vibrant life in the Af-African experience, which has multicultural influences. The

Survey finds people pay big bucks for summer vacations

The average summer vacation ple tend to overspend when they How to Come Back From Vacause 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 vesta.org. that's wishful thinking," Kidwell said. "Too often people pay just

ing how much the interest will • Twenty-five percent of vaca-

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 trip," Kidwell said. The survey 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 To help everyone save money

tremendous convenience and on vacations, Myvesta.org has protection for travelers, but peo-

add to the total cost of a vaca-

Mara, the quick-service restaurant open morning to night, will offer great food and pool-

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

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

By the Numbers: The addi-

tion With Money in Your Pocket. The free, five-page publication. which includes cost-cutting ideas, can be downloaded from My-

Other vacation survey find-

tioners do not plan to use a credit card to pay for their vacations. • Younger people will spend

more and take longer to pay off their vacations. For example, 18 to 24 year olds will spend an aver-. age of \$1,964, while 55 to 64 year olds will spend \$1,668. More than 20 percent of 18 to 24 year olds will take between six and 12 months to pay off the debt, while only 11.5 percent of 55 to 64 year olds will take that amount of

• People living in the West will spend an average of \$2,327. slightly more than other regions of the country. (South = \$2,320: Midwest = \$2,237; Northeast =

tion of Disney's Animal King- Disney's newest resort next dom Lodge will bring to 18 the spring are encouraged to book number of Disney-owned-and- early. operated resorts. Property-wide, Rates range from \$199 to there will be 28 resorts offering \$500. (Rates may vary within

more than 25,000 guest-room this range depending on season

Guest Tips: Guests eager to tions, contact 470-W-DISNEY be among the first to experience (934-7639) or a travel agent.



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PERSONALS right at any time to classify all POWERFUL PRAYER TO THE HOLY SPERIT advertisements and to reject any You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of

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The fire was extinguished by the Niles Fire Department. An official from the department told dumpster at a Sports Authority police that the fire was dubious retail store was on fire. in nature and set by as of yet unknown means.

Then at 12:40 a.m., a garbage store and the surrounding area. dumpster was found on fire in a parking lot on the 9500 block of calls were made by two seperate course I've seen it." N. Milwaukee Ave. Again, the individuals. An initial trace Niles Fire Department extin- made by the MGPD was unsucsure of the cause.

Almost an hour later, at 1:56 turned over to the Niles Police a.m., the Morton Grove Police Department for use their investi-Department received a call on a gation. non-emergency line from an un-

Zoning board ...

Continued from Page 1 changes have been made to as- use from people outside of the

buy the property contingent on

he expects the traffic impact to

"Eighty to 90 percent of bui-

be minimal.

sure that the development will be an asset rather than a hinder-The site currently houses an

abandoned building, which was at one time a gas station. Kolpak said that one of

changes from last year's proposal will be to leave the size of the structure intact, rather than double the size as originally

In addition, lighting for the eight-pump gas station will be designed to face down so as not to disturb the neighbors, and access into the establishment has been designed to come primarily off of Milwaukee rather than residental Ebinger Drive. While there is one driveway from Ebinger, Kolpak told the board that is has will be made much smaller to discourage general residents.

Suspect...

Continued from Page 1 "He caused a lot of damage to a man with a towel wrapped. the interior of the restaurant, around his arm standing across breaking cups and glasses."

The suspect was apprehended and Hart. when a Niles officer on patrol passed by the restaurant on Tuesday at 1:40 a.m. and discov- has not yet been charged with ered another broken window at the break-in (nor named) as pothe restaurant which was already lice are awaiting confirmation of ways, from the local community sporting boarded windows from evidence gathered from the the previous break-ins.

unit when an investigation of the premises failed to turn up a suspect. While the dog was searching the scene, the officer spotted break-ins.

Burglary... **Continued from Page 1**

on the inside display table and trailed Eastbound from the

A search for suspects was conducted with negative results. but at 2:25 a.m., Sgt. Ken Sall, who was aware of the crime, saw four youths approaching the Sports Authority at the 8900 block of Milwaukee. Within minutes, the boys ran from the. scene, through a nearby park and to a car parked on the east

side of Washington St. The car was pulled over by Cmdr. John Fryksdale who saw that one of the boys had a freshly bandaged hand smeared with of the four confessed to the rob-

the street on the corner of Touhy

Cmdr. Halley said that the

man was taken into custody but

All of the boys (who remain curfew violations and three were they might be facing with the petitioned to juvenile court on Gemini Junior High School adburglary charges.

Sharing information doesn't come naturally

the one of the Sports Authority." with a younger colleague, I hap-At 2:18 a.m. a similar call was made telling police that the film "2001: A Space Odyssey." lanched into a synopsis of the mo-

However, Niles units found vie, believing that at some point no fire in their search of the she would smack her forehead with the palm of her hand and ex-Police did not say if the two claim, "Oh, that movie! Yes, of

cessful, but police said that both calls are on tape and have been "old" movies. I was left to ponder daily interactions with one anoth-

to command. Or, as Shakespeare put it, "the world's mine oyster." The pronoun "mine" is probably rated just below "Mama" and "Dada" in the toddler lexicon for Harry Psarros, who plans to its frequency of usage:

The children grasp the relathe board's recommendation and tionship between self and properthe village's approval, said that ty so early, even before they can express the concept beyond a single word, says much aabout hu-

ness will be current Northbound Perhaps this natural desire to have and to hold explains why the travelers from Chicago." said Psarros who owns nine other Shell stations including one on Touhy and Lehigh and one on swallow as broccoli. Waukegan and Dempster. Confronted for the first time

If approved by the Niles with the prospect of havind to Board of Trustees, the Shell stashare his or her toy, a tot is apt tion/mini mart will operate from view the proposal as a reckless as-5 a.m. to 11 p.m., will not sell sault on property rights. Tears alcohol, nor will it service vehi- will flow, tempers may flare and push could come to shove. And, Psarros said that deliveries of I'm not just talking about the oar-

.. scheduled at times that best suit An older child might even trump the adult arguement by pointing out that Dad won't share control of the TV when his favorite football team is playing.

If the sharing of one's possessions is so foreign to the youthful perspective and allegedly absent from much of adult behavior. why then do parents persist in trying to install desire to share in their children?

The answer is that adults do share their abundance in many chest to volunteering their time to causes great and small, around The officer brought in a K-9 Police do not believe that the world and just down the suspect has any relation to the street. Information, a less tangirestaurant or that there were any ble but extremely important compersonal reasons for the repeated modity, is shared everyday in

Dist. 63 board ...

Perhaps even more valuable to the board may be Meyer's past experience as a building engineer. An announcement from blood. Upon questioning, three the district stated that his background would be an asset to board members seeking to "understand the constrauction prounnamed) were charged with cess and avoiding pitfalls that

dition."

During a recent conversation workplaces across the country. From a business perspective, pened to mention the landmark the right information shared with how their pieces fit into and affect the right people at the right time After receiving a blank stare, I can mean the difference between the success and failure. Those who know what to share and when to share it end up on the

Modern workplaces are shifting away from the old notion that That moment of recognition each worker should know only never came. In fact, she re- their piece of the puzzle and nothmarked that she doesn't watch ing more. Teamwork is taking over from the plant floor to the the impact perspective has on our executive offices. Corporate goals and objectives are being shared with employees at all lev-All of us begin life with the els who, in turn, develop individperspective that the world is ours ual and team goals linked to the overall plan.

> Advances in technology have played a big role in helping business share this internal information with coworkers down the hall and around the globe. Jet air travel, fax machines, e-mail, voice-mail, teleconferencing, videos, and integrated buisness systems have all contributed to faster and easier sharing of infor-

The business world has discov- mation you share can depend on ered that sharing information in- your perspective. I learned the alternative concept of sharing is ternally is like turning on a light hard way that one person's classic as difficult for youngsters to bulb in a dark room. Where film is another's "geezer" flick.

workers could see only their individual jobs before, they now see whole. No longer cogs in some vast, unknowable mechanism, employees understand and appreciate their contributions. Morale

rises and efficiency increases. Francis Bacon, the English writer and philosopher of the 17th century, opined that knowledge is power. The entrenchment of that cernturies-old axiom will be eventually overcome by a truth more relevant to the dawn of the 21st century: The sharing of knowledge is power.

Still, old habits die hard. Some in authority mistakenly hold onto information meant to be shared with subordinates. From their perspective, sharing what they know will result in a loss of power. Just the opposite is true: Those who share information gain authority as "go to" people.

The perspectives we bring to the workplace are as varied as American demographics, yet all of us were taught to share. Of course, the revelance of the infor-

New art program to benefit pediatric patients at LGH

Lutheran General Children's ing used to cover hard bound Hospital and the Brickton Art blank books." Center in Park Ridge have creat- Board members of the Bricked a unique therapeutic art pro- ton Art Center volunteer their gram for pediatrics and adoles- time and travel to Lutheran Gencent patients - Brickton Buddies. eral Children's Hospital to con-The program is offered every oth- duct the program. er month and during sessions, patients create a substantial art form sponse to the art center from local to take home as a positive remem-

brance of their hospital stay. General Children's Hospital. "Exgo to them." amples of projects so far have Funding for the program is been polymer clay "designer" through the "For All the Chil-

"We have had such a great rechildren," said Joan Heuming, Brickton Art Center board mem-"The projects have been very ber. "We consider Brickton Budintriguing," said Linda Bensing, dies to be outreach to kids who child life specialist, Lutheran cannot get to the art center. So we

pens, and marbleized paper paint- dren" organization.

NEIU named recipient of Corlands Grant

and enhance wetlands and asso-Plaines River valley in Will and south Cook counties.

NEIU received a grant of \$167,000 to conduct a study of restoration based on the presence of specific insect species in four study areas: Lockport Prairie, Romeoville Prairie, and two sites in the Des Plaines River Conservation Area. The findings will provide a means by which to evaluate the progress of other dolomite prairie restorations.

The grant was awarded by Cor-

Northeastern Illinois Universi- Lands, the land preservation affilty (NEIU) is one of five organiza- iate of Openlands Project, in contions awarded a grant to restore junction with the Chicago District of the US Army Corp of ciated habitats of the lower Des Engineers. A 22-year-old nonprofit organization, CorLands' mission is to increase the quantity and quality of open space throughout northeastern Illinois the success of dolomite prairie for public enjoyment. Working with public agencies and private landowners, the organization has helped preserve almost 10,000 acres of open space in Illinois.

> Northeastern Illinois University is a comprehensive state university serving more than 10,000 commuter students. It is located at 5500 North St. Louis Avenue

Restoration Fund Flanagan

Hello, my name is Bob Galassi or blinds. We could also use other from Troop 175. I am doing an groups painting the trim around 1. Eagle Service Project, which is renovating Flanagan Hall, at St. John Brebeuf Parish.

I plan on removing and replacing all ceiling tiles, thoroughly cleaning all windows and drapes. painting all areas that need to be touched up, removing staples and reconditioning the wood paneling, and cleaning all brick surfac-

Over the weekend of Aug. 19 & 20, we will need groups of people to take down ceiling tiles,

the hall. The paneling is in need of removal of staples and surface

If you can give a donation of your time, by attending one or more of these dates, it would be greatly appreciated. 19 & Sunday, August 20.

Weekend 2: Saturday, August 26 & Sunday, August 27. Weekend 3: Saturday, Septem-

ber 16 & Sunday, September 17. Weekend 4: Saturday, Septemwhile others clean windows and/ ber 23 & Sunday, September 24.

Northbrook Repertory Theatre holds auditions Northbrook Repertory Theatre 60's. Each role requires a Boston

Please prepare two contrasting day, October 28. monologues of two minutes each. You will also read several scenes from the script. Each appointment will take approximately ten minutes. There are parts for two

Northbrook Repertory Theatre men and two women; one male is a member of the League of Chi-

and one female in their early 20's; cago Theatres and the Illinois one male and one female in their Theatrical Association.

Property Tax Complaint

on the assessed value of a parcel mity of real estate. The Cook County tunity to challenge the assessed made on the basis of incorrect

Chlorine Saves Lives...

On hot summer days, a dip in the swimming pool is safe thanks to chlorine, which wipes out a broad array of microorgan-

isms, bacteria and viruses. When the heat is on, chlorine keeps pool users safe. Untreated swimming pools can harbor dangerous bacteria that cause ailments ranging from swimmer's Des Plaines ear to gastroenteritis or Legionnaires' disease, but proper chlorine disinfection can keep poolrelated infections at bay.

From drinking water to swimnants found naturally in water. First introduced into the U.S. disinfected.

chlorine levels between one and three parts per million and the and streets. pH between 7.2 and 7.6 for opti- For further information about mum germ-killing results.

is holding auditions for their fall and an Irish accent. Rehearsals production of "Veronica's begin August 27 and are Sunday, Room." There is rehearsal and Tuesday, Wednesday and Thursperformance pay. These audi- day evenings. Performances are tions are by appointment only on on Friday and Saturday evenings. August 22 & 23 starting at 7 p.m. The final show will be on Satur-Call (847) 291-2367 for more information or to make an ap-

Property taxes are based in part characteristics or lack of unifor-

The period for filing Niles Assessor sets that assessed value. Township assessed valuation ap-Property owners have the opporpeals will remain open through September 14, 2000. The appeal value by filing an assessed valua- form may be obtained from the tion appeal. Challenges may be Niles Township Assessor's office, 5255 Main St., Skokie. Our office will assist you in preparing the appeal. There is no cost for this assistance or to file the appeal. Please call to set up an appointment.

Property owners may telephone the Niles Township Assessor, Scott Bagnall at 847-673-9300 for further assistance.

'Swap Crews' cleaning up

Labor crews from the Sheriff's Work Alternative Program (SWAP) will be working in Des Plaines on August 17 and 18, as ming pools, chlorine is used as a public service to the taxpayers disinfectant to remove bacteria, of Cook County, according to microbes and other contami- the Office of Sheriff Michael F.

The SWAP Program is made water supply in 1908, chlorine up of non-violent offenders and chlorine-based compounds charged with DUI and other misare now used by 98 percent of demeanor crimes who "swap" all public water supplies that are jail time for a community service sentence. Under the super-Chlorine's effectiveness de- vision of specially trained sherpends on the pH level of the iff's deputies, the crews work pool. The National Spa and Pool throughout the county on a va-Institute recommends keeping riety of public works projects such as cleaning parks, viaducts

SWAP call (708) 865-4960.

If you cannot provide assistance in the renovation please give a donation so we can buy the necessary materials. Donations should be made out to the Flanagan Restoration Fund, and can be delivered to the St. John Brebeuf Weekend 1: Saturday, August rectory (8307 N. Harlem Ave., Niles, IL 60714).

Weekend 5: Sunday, October

Please contact me, Bobby Galassi, at (847) 965-0920, if you can assist us in making Flanagan a better meeting place. We can use all the help we can get!

Bobby Galassi, Troop 175.

THE BUGLE, THURSDAY, AUGUST 17, 2000

Lymphedema and **Bladder Control**

Outpatient Physical therapy De- lion Americans. Only a small partment will conduct a 90- number of women affected by inminute presentation covering continence seek medical help. post-breast cancer lymphedema and bladder control--two health problems that affect and are of areas of lymphedema manageconcern to many women today.

tion of lymphatic fluid that some- 1:30 to 3 p.m. in the Blue Room times occurs after surgery, radia- of the Resurrection Retirement tion or chemotherapy to treat Community, 7262 West Peterson breast cancer, resulting in swell- Avenue, Chicago. ing in the arms, legs or other parts of the body.

of bladder control) is a condition 773-792-5181.

Resurrection Medical Center's that affects an estimated 13 mil-

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The program will be given by ment and bladder incontinence, Lymphedema is an accumula- on Thursday, August 24 from

For more information about the program, call the Outpatient Urinary incontinence (or loss Physical Therapy Department at



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