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Christmas Coloring Contest

Manufacturers Bank is hosting their annual Christmas Coloring Contest. Children ages 2 to 8 years of age are eligible. Bring your children, grandchildren and great-grandchildren in to the Niles office to pick-up an official Christmas Coloring Contest Picture now. Contest ends December 20th and winners will be notified. Lots of prizes for the lucky winners.



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M-NASR helps Niles Park District Light Up Christmas Trees



With smiles of holiday happiness visible on their faces, M-NASR Fun Factory participants recently took part in the Niles Park District's annual Christmas Tree Lighting ceremony. Participating area youth groups were offered the opportunity to decorate a tree with lights and ornaments to help usher in the holiday season. Members of M-NASR's afterschool Fun Factory program spent several days preparing various ornaments and decorations to be used on the tree.

The Maine-Niles Association of Special Recreation (M-NASR) provides therapeutic recreational programming for children, teens and adults with physical, emotional and mental disabilities. If you are interested in receiving more information or a seasonal brochure, please contact 966-5522.

Norton Liu, a Fun Factory program participant helps decorate M-NASR's tree at the Niles Park District Christmas Tree Lighting.

High Five Center has Entertainment Books

High Five Center is raising funds for program expansion by selling Entertainment 2001 books. Books contain hundreds of coupons for 2-for-1 and up to 50% savings for restaurants, fine dining, attractions, shopping, ho-

League openings at Classic Bowl

Classic Bowl announces league openings for the 2001-2002 season. Morning, afternoon, evenings and weekends available. Call Mitzi at (847) 965-3000.

tels, golf as well as entertainment and travel. Other values include savings at Dominicks, movie theaters, Northwest Airlines, Continental Airlines, several car rentals, on-line retailers and much more. Each book is only \$25 and can be used immediately and through November 1, 2001. Chicagoland editions available now are North/Northwest, West/Central, and South/Southwest.

Also, Entertainment Books for other areas throughout the USA are available and prices vary according to location. Out of town orders must be prepaid and are filled within 6 weeks. To order your Entertainment 2001 book for any area, contact Jean Peters at 847-491-7997.

High Five Center provides day care services to adults age 18 and over who have an acquired brain injury and cannot return to school, work or participate in vocational rehabilitation. Socializing, meeting individual needs and improving the brain injured survivor's quality of life are essential elements of the program. High Five Center has a program Tuesday and Thursday afternoons in the Senior Citizen Center of the Flickinger Municipal Center in Morton Grove.

For information, or to volunteer, contact Loretta Gut at 847-966-0312.

Oakton prof strikes blow for scholastic integrity

An Oakton Community College political science professor has earned recognition within educational circles nationwide for his efforts to instill integrity in the classroom.

Prof. Bill Taylor, interviewed recently in a major Chicago daily, encourages this dialog, as is evident from reactions within his introductory government class. An 18-year-old Chicago student maintains that the act of cheating holds more positive results than negative, and a show of hands indicates that most would cheat if the setting seemed appropriate.

Duke University's Center for Academic Integrity reports that 75 percent of students on most college campuses admit to some cheating. Both campuses of the University of Illinois, as well as the University of Chicago, admit to taking action in response to cheating during each school year.

Oakton takes a proactive stance against cheating. It is one of the few community colleges participating in the Duke Center, a consortium of about 200 colleges and universities that promote values of honesty, trust, fairness, respect and responsibility in the scholastic setting. Faculty members are advised how to discourage cheating. Students are given anti-cheating handouts and course syllabuses include the school's anti-cheating codes.

Taylor students receive six pages of his personal comments on academic integrity in which he asks how one about to go under the knife would feel knowing that his surgeon had cheated his way through medical school. He outlines the conduct he expects and follows with one en-

tire class period spent discussing the subject.

Marc Isaacson of Niles, an Oakton student who teaches two computer courses at the school, allows that while this effort probably strengthens ethical behavior in those who already espouse it, it "probably wouldn't change anybody's mind."

Surveys done by the Center for Academic Integrity at Rutgers University show that students headed for the business sector are particularly prone to a cynical view of scholastic honesty. "Business clearly seems to attract people who... have a bottom-line orientation," said Donald McCabe of the Rutgers Center.

Here at Oakton, Taylor moni-

Church opens for prayer to protest the KKK

Morton Grove Community Church, 8944 Austin Avenue, in Morton Grove will be open for prayer in solidarity with the Village of Skokie, on Saturday, December 16, 1-3 p.m., when the Ku Klux Klan plans its rally. The pastor, Rev. R. Michael Winters, said, "The Klan brings a dark cloud over us with its racist message. In our open society where hateful messages seem to have their advocates, good and just people need to have a safe and helpful way to say, 'No,' to hatred and bigotry."

Morton Grove Community Church is only one of a number of churches in thirteen surrounding villages planning activities for that day and time. For more information, call the church at (847) 965-2982.

A Letter To The Editor From Mr. S. Claus

Editor's Note: The following letter was sent via The Bugle's San Francisco correspondent Pamela Theroux.

Ho Ho Ho! Hello out there all people of the world. This is Santa and I just wanted to let you know that Christmas may be a little late this year.

See, after checking all the boxes and tallying them up, I found some problems with the results. The first result showed: 428,534,120 Good, 428,523,119 Bad. The second result showed: 428,534,118 Good, 428,523,121 Bad.

So you see, I can't, with good faith, go out and deliver presents while knowing I could have made a mistake. Maybe Little Johnny was good for once, then again, maybe not. So, I have enlisted the help of all my elves and the Mrs. to help do a recount. We hope to have this finished up by 5 pm on the 24th of December, but there is a possibility that it might take longer.

You see, the tally cards were not quite clear to me, although I made them myself, I forgot what they meant. You know, Good... and Bad??? And the check marks I used were not all the same, some went left, some right, some were just a mark, some went through both boxes, and some didn't even have much of a mark on them. I'll leave it up to the elves to decide what I meant.

So if you wake up on Christmas morning and there are no presents under your tree, at least you can tell the kids the Christmas story. Thank you for your patience and understanding in these times.

Signed,
Santa

Mayor Blase runs for # 11

Nicholas Blase plans to run for mayor of Niles--again. This will be his 11th term, totaling nearly 40 years in that office.

Three current trustees will run with him next April: Robert Callero, Louella Preston and Andrew Przybylo, but aside from their company, it appears Blase will run unopposed for his main post.

His platform espouses maintaining one of the most favorable tax rates in the northern suburbs, plus issues of strong education, safety and community services. He points to the free bus ser-

vice, to the new fitness center and improvements in the park district, adding that he, along with the three trustees, belong to the team that has and will get things done.

Callero, who was appointed in 1995 and re-elected in 1997, promises to help continue financial stability in the village.

Przybylo said he will focus on village beautification. He was appointed in 1989 and elected in 1991.

Preston, elected in 1985, will have completed four terms this year. She was unable to reach for comment.

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CLOSED SUNDAY

Taste of Summer Camp at Morton Grove

The Morton Grove Park District and District 219 Niles West High School DECA Program present Big Fun For Everyone! "Get a Taste of Morton Grove Park District Summer Camp Program," Saturday, December 23 from 9 a.m. - 3 p.m.

Need to get that last bit of shopping in before the holidays? Entertaining this weekend and want time to get ready? We have the solution for you! Big Fun for Everyone Day Camp is open to kids in Grades K-6 and will be held at the Prairie View Community Center, 6834 Dempster Street. Trained camp counselors will supervise and interact with your kids. There will be games, songs, crafts, music, giveaways and more. Campers should bring a lunch and appropriate clothes for possible outdoor fun! Program #9257-5. Cost: \$15/child. Make your checks payable to M-NASR*. Deadline to register is Wednesday, December 20.

*All proceeds of this event will go directly to M-NASR (Maine Niles Association of Special Recreation). M-NASR is dedicated to improving the quality of life and, through advocacy and awareness, promoting a successful leisure life-style for individuals with disabilities.

Any questions please call 965-1200 or stop by the Prairie View Community Center today.

Guerin Winter Concert tonight



Mother Theodore Guerin High School will hold a winter concert for the community, December 14 at 7 p.m. in the auditorium. The festive event is performed by Guerin and Holy Cross students in the concert choir and chamber ensemble. Pictured are Guerin and Holy Cross students in the concert choir (left to right): Nick Nolfi '03 (Holy Cross), Amanda Lake '04, Diane Schultz '02 and Vickie Scott '03. Mother Guerin High School is located at 8001 Belmont Avenue, River Grove, IL.

Kristine D. Baumann

Navy Petty Officer 3rd Class Kristine D. Baumann, daughter of Bonnie A. and James C. Bohan of Des Plaines, recently returned from a six-month deployment to the North Atlantic and Baltic Sea while assigned to the destroyer

USS Moosbrugger, home ported in Mayport, Fla. Baumann joined the Navy in May 1997. She is a 1991 graduate of Maine West High School of Des Plaines.

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Women's News

Sunny Ridge Family Center China
adoption information meeting

Sunny Ridge Family Center in Wheaton, Illinois, invites you to attend one of its monthly informational meeting to learn more about adoption options and opportunities. These Orientation Evenings are free of charge and present introductory information on various types of adoption, including intercountry adoptions, adoptions from China, domestic adoptions, and African-American/bi-racial adoptions. In addition, guidance is provided regarding the home study process, foster care licensing and cultural consideration.

Informational meetings are

Ketura Group
Hadassah

Bea Kraus will speak about History of the South Haven Jewish Community at Ketura Hadassah's monthly meeting on Tuesday, December 26, at 12:30 p.m. at Liberty Savings, 6666 Lincolnwood Ave., Lincolnwood. Coffee and dessert will be served. Members free, others \$3. For information call 847-674-4608.

held monthly for each of the adoption programs. A China adoption orientation meeting will take place at Sunny Ridge on Tuesday, December 19th, 2000 at 7 p.m.

Sunny Ridge Family Center is a child welfare agency licensed by the state of Illinois and Indiana to assist families with adoption.

Women of Hadassah
Singles Outreach

Program: Annual Hanukkah Party with latkes, fun and conversation. Hanukkah treats are welcome.

Date: Tuesday, Dec. 19 at 6:30 p.m.

Cost: \$15 donation to The New Mother & Child Pavilion in Israel.

Place: Colony Country Clubhouse - 1400 Yarmouth, Mt. Prospect (Near Randhurst Shopping Center).

RSVP & Info: to Jean Holman at 312-263-7473.

The Women of Hadassah Singles Outreach is sponsoring this

Sunny Ridge Family Center is located at 25 426 Orchard Road, Wheaton, Illinois, 60187. For more information or to make a reservation for an informational meeting, call (630) 668-5117 extension 230, or visit the Sunny Ridge Family Center web site at www.sunnyridge.org.

i-Street Reporter honoree



Cindy S. Pogrud (center), of Skokie, Senior Vice President, Xpedior Inc., was recently honored by i-Street Reporter for helping lead the technology revolution at a recent reception hosted by AT&T at Maggiano's restaurant in Chicago. On hand to congratulate the honorees were Darcy Evon (left), Editor of i-Street Reporter, and Judy Mueller, AT&T Vice President of Business Services. The publication featured 26 Chicago area women entrepreneurs, investors, corporate managers, service providers, and technical wizards in its inaugural issue in August 2000 whom it identified as having made a significant impact on jump-starting the new economy in Chicago.

Make your holiday
shopping quick and easy

(NAPS)-Last holiday season, more shoppers than ever before turned to the Web to buy gifts for their loved ones - and even more are expected to do so this year. But whereas most people have found online shopping to be a quick and easy experience, some have run into difficulties when it comes to making returns or finding the hottest toys in stock.

Here are some useful tips to help make things go smoothly:

- Save time - use an online comparison-shopping source.
- When it comes to shopping online, the Web offers a vast selection of online stores, so where do you start? Online comparison-shopping services such as DealTime (www.dealtime.com) let

consumers compare models, brands and prices across a breadth of categories from merchants across the Web, as well as offline stores. DealTime also offers buying guides and gift-giving suggestions.

- Do your homework. Consult consumer and expert product reviews, buying guides and gift-giving recommendations. These resources, available on sites such as DealTime, can help you choose the right gift.

- Better to be safe than sorry. When you're shopping online, be sure the site is secure before making a purchase. Before entering any personal information, look for a security message on your screen or an "s" within the prefix "https://" in a merchant's Web address. These indicate your data is secure.

- Know whom you're buying from. During the holiday season, buying from trusted merchants can reduce unnecessary disappointments. Remember to check out a merchant's rating, compiled by a third party, such as Gomez Advisors, which assesses the service levels of merchants across the Web.

- Use your credit card. Use a major credit card in lieu of checks or debit cards because, under federal law, liability is limited to \$50. Most credit card companies offer excellent consumer protection policies for online shoppers.

- Know your consumer rights. The same laws that protect you

Continued on Page 9

Women's News

Make your holiday
Continued from Page 8

when you shop by phone or mail apply in cyberspace. Determine the merchant's refund and return policies and procedures before you buy. Last year many shoppers rushed to buy online and later learned that making returns wasn't as easy as they'd hoped.

- Keep a paper trail. Remember to keep a record of your purchases by printing out a copy of the order form and confirmation number. This will act as a receipt should you need to follow up on your order.

Catholic Women's
Bowling League

Wed., Nov. 29, 2000

TEAM	W	L
#5 Classic Bowl	46	31
#3 Old Kent	41	36
#6 C.M.S.	40	37
#1 Skaja Terrace	40	37
#4 Thomas Drozd, DDS	37	40
#2 Candlelight Jvnr	27	50

HIGH SERIES

Geri Kenny	493
Millie Kroll	492

HIGH GAMES

Geri Kenny	180
Millie Kroll	178
Gertie Schultz	169
Jan Repe	166
Camille Berg	159

Vanguard/Hadassah
party

Vanguard/Hadassah presents the Annual Hanukkah Party. Program: Bagels, lox, latkes and a used CD/Videotape Swap. Date: Wednesday, Dec. 20 at 7 p.m.

Cost: \$8
Place: Private residence in Evanston.
RSVP: Must be received by Dec. 19.
For info: Call Karen Bell at 312-263-7473.

Vanguard/Hadassah holds events for professional Jewish single adults 22 to 39.

Vanguard sponsors holiday bashes, opportunities to volunteer, bar parties, Back-to-Camp and more. By joining Vanguard, you are helping support the many life-saving projects sponsored by Hadassah.

Shira Hadassah
Party

Shira Hadassah's Second Annual Hanukkah Party. Bring a Grab Bag gift, value at least \$10. Latkes and other goodies will be served. Feel free to bring friends. Thursday Dec. 19 at 7 p.m.

Private home in Skokie, call number below for information. Call 312-263-7473 or big-chapter.chicago@hadassah.org.

Shira Hadassah is for Jewish women, ages 20's to mid 40's, living in the near north suburbs and north side of Chicago who are interested in social, educational and fundraising activities.

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HURRY! EVERYTHING MUST GO!

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Police News

Holiday safety tips from the Niles Police

The Niles Police Department's Crime Prevention Bureau would like to pass on the following Holiday Season safety tips:

Never leave packages in open view in the passenger compartment of your vehicle, instead lock them away in the trunk area.

Remove any other valuables in open view from your vehicle such as cellular phones and pagers and

take them with you, or lock them inside the trunk.

When shopping keep your purse with you at all times, do not leave it unattended in a shopping cart, even if you are RIGHT THERE. Also make sure you keep your purse zipped and/or snapped shut at all times except when removing an article.

Hold your purse against your

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Holiday Season Extra Special

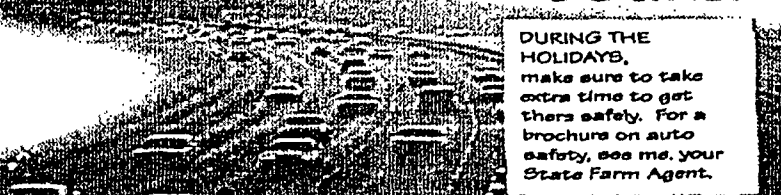
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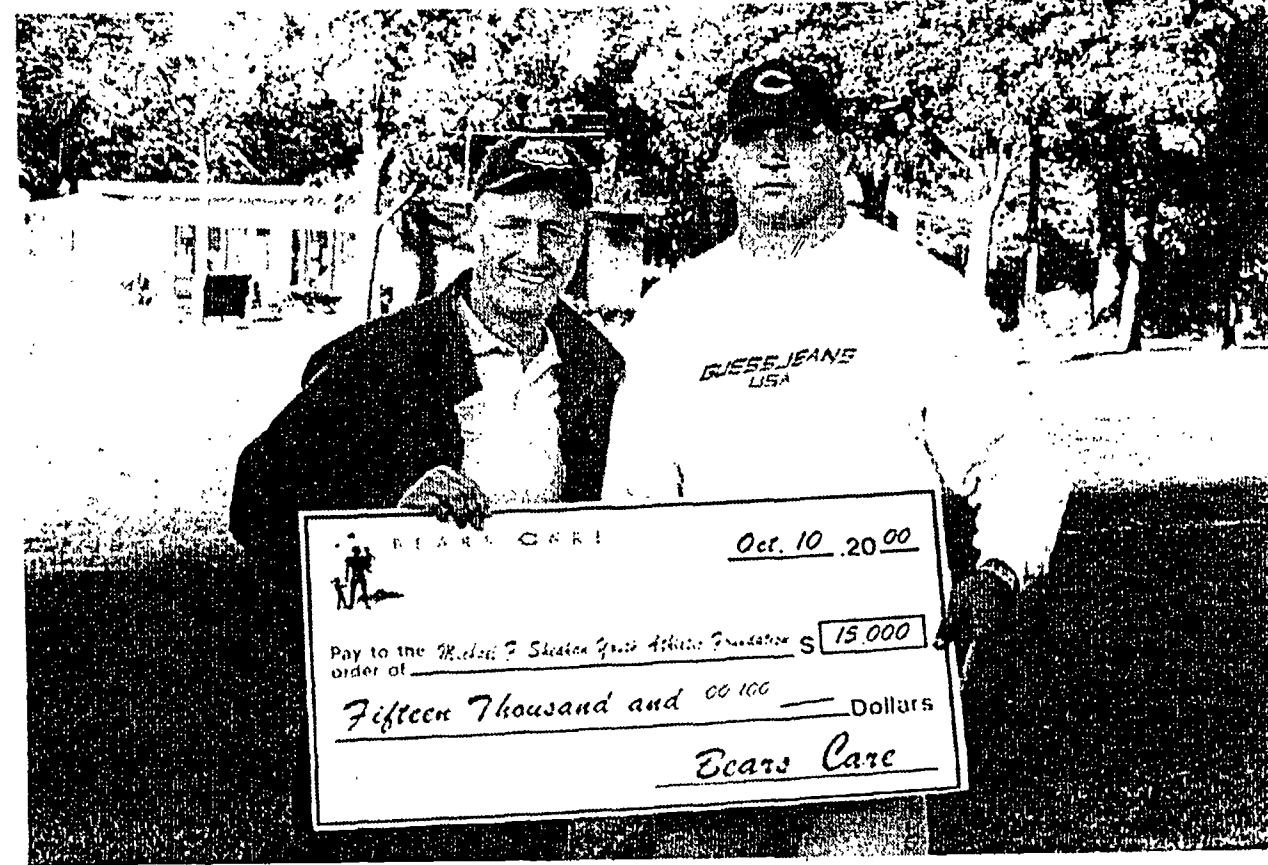
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Chicago Bears join Sheriff's efforts to help children



Cook County Sheriff Michael F. Sheahan (left) recently teamed up with Chicago Bears star linebacker Brian Urlacher to promote the Sheriff's Youth Athletic Foundation which sponsors organized sports leagues for children.

Sheahan accepted a \$15,000 donation presented by Urlacher from "Bears Care," the charitable foundation of the Chicago Bears organization. The money will be used to purchase equipment for Sheahan's NFL Football League, designed to introduce young boys and girls to the game of football. More than 3,000 children from Chicago and suburban park districts participate in the touch football league, now in its 15th year of operation.

The Sheriff's Youth Foundation was chartered in 1993 and provides organized sports leagues for young people throughout Cook County in cooperation with local park districts.

body and always keep an arm or hand on it all times, don't just allow it to hang by the strap off your shoulder.

When using credit cards always make sure you receive your credit card back from the clerk, check the amount you are signing for, and don't give your credit card number out to others.

When using an ATM banking machine, always choose one in a well lit and popularly traveled area. Additionally, as with debit cards, don't tell anyone your personal PIN or allow others to

watch you enter your PIN. If you feel uncomfortable with other people around you allow them to go first, wait until they leave the area, or find another place to make your transaction.

At home always keep your doors locked and dead bolted when not at home.

We hope these simple holiday

tips will help provide you with a safe and happy Holiday Season. If you are looking for a creative but useful holiday gift consider purchasing an Emergency 911 Beacon for yourself, family members or friends. It works as a light bulb but turns into a flashing bright beacon when activated to assist police and/or fire in locating the residence quicker. These Emergency 911 Beacons retail for \$19.95 but may be purchased at any Village building in Niles at the cost of just \$5.00 each. Additional information on these Emergency 911 Beacons may be obtained on the Village Web Site at: www.vniles.com or you may contact Sgt. James Zimmerman at the Niles Police Department, (847) 588-6500.

Niles Police Department Crime Prevention Bureau would like to remind our residents and local businesses that we will gladly come out and perform a free security check update at your residence or business. For appointment or information contact Sgt. James Zimmerman or Crime Prevention Officer Ken Ranieri at the Niles Police Department.

Read the Bugle
For subscriptions call
(847) 588-1900

Holiday Special

KIDS!! Home For The Holiday?

Reserve Up To 2 Lanes With No Deposit.

*Except New Year's Eve
Special Holiday Rates



CLASSIC BOWL

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Police News

Julie Boldus

At its May 6 commencement ceremony, Concordia University, River Forest, awarded bachelor's degree to Julie Boldus of Skokie in Curriculum/Instruction.

Words are things; and a small drop of ink, falling like dew upon a thought, produces that which makes thousands, perhaps millions, think.

—Lord Byron

Massage parlors raided in prostitution charge

Three apartments used by a massage business—two near Glenview and one near Des Plaines in unincorporated Cook County—were raided Nov. 21. Police revealed the locations operated as a front for prostitution.

Six employees were arrested in simultaneous raids and are

Road rage: helpful hints

According to traffic safety experts, the rate of violent incidents, in which an angry or impatient driver tries to kill or injure another driver after a traffic dispute, has risen 51 percent.

To help reduce these statistics here are some simple do's and don'ts for dealing with pressurized traffic situations from the experts at GEICO, the nation's largest direct marketer of auto insurance:

Do be patient. A few seconds more on the road is not going to make a big difference in getting where you're going.

Do signal your intentions. Using turn signals may defuse the potential hot-head behind you.

Do anticipate dangerous situations. If you see traffic converging, move to give other drivers room.

Don't honk your horn or flash your lights at the car in front of you.

National Holiday Lifesavers Weekend 2000

Reducing alcohol-related traffic fatalities is one of the National Highway Traffic Safety Administration's (NHTSA) top priorities. To meet this challenge, NHTSA has launched the *You Drink & Drive. You Lose.* campaign as a voice for reaching Americans to enhance national awareness about the serious consequences of drinking and driving.

As family and friends unite this holiday season, Holy Family's Emergency Department and NHTSA wants you to know: *You Drink & Drive. You Lose.* Since the winter holidays are among the deadliest times of the year because of impaired drinking, December is designated as National Drunk and Drugged Driving Prevention Month. National Holiday Lifesavers Weekend is scheduled December 15-17, with the "Lights On For

Life" Day designated for December 15. On this day, individuals drive with their headlights on during the daylight hours to commemorate those individuals that have died as a result of impaired driving crashes.

"The greatest tragedy of impaired driving is that it is entirely preventable. We encourage everyone to support local efforts like "Lights On For Life" Day on December 15, because together we can reduce impaired

driving in our community," says Debbie Everett, Director of Emergency Department and Occupational Health.

As a community service, Holy Family's Emergency Department and NHTSA urges individuals to remember the following tips if you are impaired:

- take a cab home;
- have a sober designated driver; or
- stay the night where you are.

One Free Admission

With this Coupon thru Dec. 31, 2000 Bugle

Need to make your last minute Christmas Shopping \$\$\$ go further? Many Name Brand Products discounted at a one-stop shopping location!

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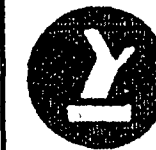
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Dining / Entertainment

Marriott Theatre in Lincolnshire presents *The King and I*

Terry James, Executive Producer of the award-winning Marriott Theatre in Lincolnshire, is proud to present *The King and I* which runs through January 14, 2001.

Get swept off your feet all over again when East meets West in this beloved Rodgers and Hammerstein romance. The friendship that grows between the lovely Mrs. Anna and the larger than life King of Siam transcends their conflicting cultures. Against the

exotic backdrop of 19th century Siam, timeless classics like "Getting to Know You," "Whistle a Happy Tune" and "Shall We Dance?" spring forth with unforgettable grace and splendor. Journey with us to this enchanted land of music, dance and romance.

Performance Schedule:
Wednesdays at 2 p.m. and 8 p.m.;
*Thursdays at 8 p.m.; Fridays at 8 p.m.; Saturdays at 5 p.m. & 8:30 p.m.; and Sundays at 2:30 p.m. and 7 p.m. On Saturday, Decem-

ber 23 and December 30 the performance times are at 2:30 p.m. and 7 p.m. New Year's Eve times and prices are as follows: \$43 for the 5 p.m. performance with \$10 off for students and seniors; \$48 for the 8:30 p.m. performance. There will be no discounts on the 8:30 performance.

A sign language interpreted performance by Sign on Stage is scheduled for Saturday, January 13 at 5 p.m.

** Added Thursday Matinees -

December 21 and January 11, 2001 at 2 p.m.

Ticket Prices: Ticket prices range from \$33 to \$38.

*Students and senior citizens receive \$5 off the full ticket price (excluding Friday and Saturday performances).

**Receive a complimentary dinner with the purchase of a full price theatre ticket for Thursday evening performances. The Thursday Night Complimentary Dinner has a limited availability

and is not applicable with any other discount or offer. Reservations with a major credit card can be made by calling the Marriott Theatre box office at (847) 634-0200.

Dinner Theatre Packages available for all performances. Free parking/wheelchair accessible. www.MarriottTheatre.com.

My Fair Lady opens at Pheasant Run

Follow Eliza Doolittle's Cinderella-like transformation from flower girl to fairest lady of them all. This heart-warming and humorous classic features favorites such as *I Could Have Danced All Night*, *The Rain in Spain*, *On the Street Where You Live* and *Get Me to the Church on Time*. Ideal holiday entertainment for the entire family through March 24, 2001. Performances are Friday - Sunday weekly.

The King and I -- This dramatic love story reveals the cultural clashes and eventual respect and understanding that develops between a young English widow and the tyrannical King of Siam. Rodgers & Hammerstein's musical sensation features such classics as *Getting to Know You* and *Shall We Dance*. April 20, 2001 through September 2, 2001. Performances are Friday - Sunday weekly.

Jekyll & Hyde -- Witness the regional premiere of the Broadway smash hit! It is the evocative tale of the battle between good & evil based on Robert Louis Stevenson's classic novel. With Grammy nominated songs like *Someone Like You* and *This is the Moment*, this passionate and dramatic performance is sure to thrill. September 21, 2001 - February 16, 2002.

Call the Box Office at (630) 584-6342 for dinner and theatre times and prices. Special week-day evening performances available through the group sales manager. Group, children, and senior discounted tickets available. Overnight packages are also available. Stop by the Theatre Box Office & Gift Shop for great theatrical gifts, souvenir memorabilia and unique treasures to take home!

For tickets call (630) 584-MEGA (6342) or Ticketmaster at (312) 559-1212. For groups speak with the theatre group sales manager at extension 7684. For overnight packages or resort information call (630) 584-6300 or visit us at www.PheasantRun.com.

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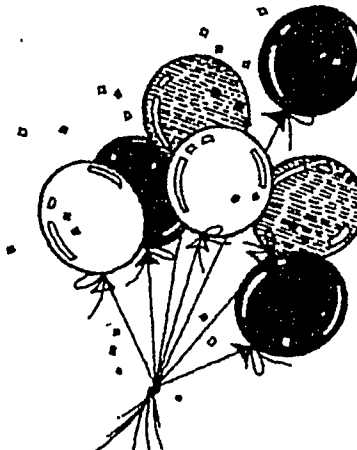
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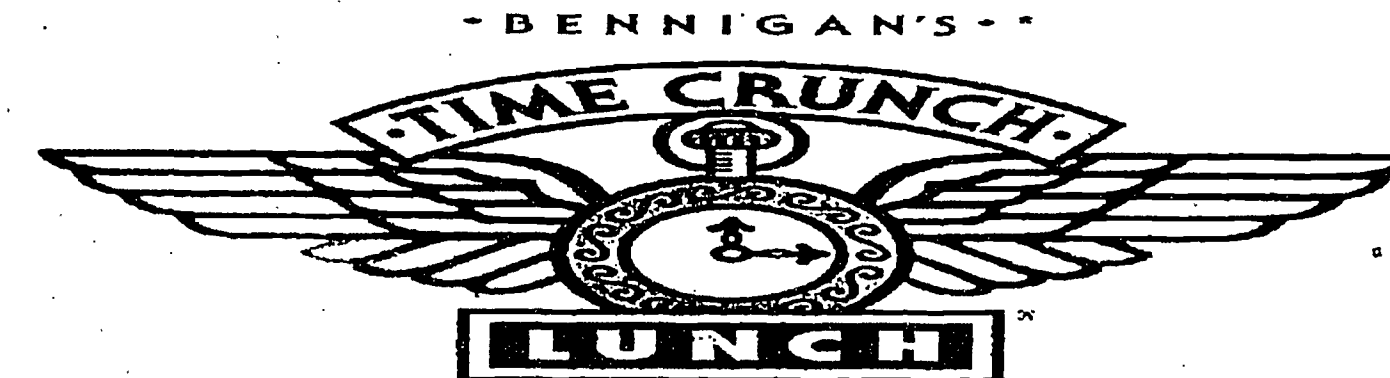


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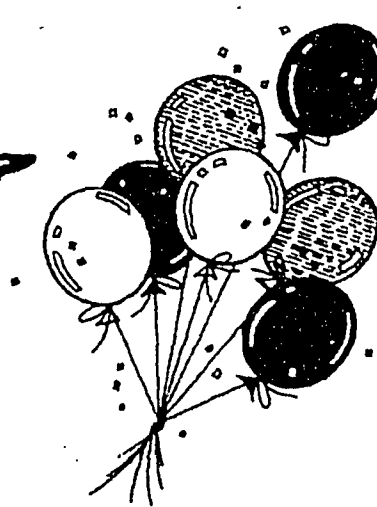
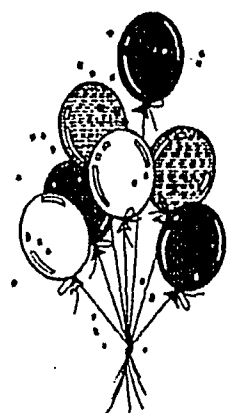
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A Christmas Carol at Attic Playhouse

Under the direction of Steven Katz, the orchestras will perform Tchaikovsky's "Nutcracker Suite," the "Roman Carnival Overture" by Berlioz, and the "Holberg Suite" by Grieg. For more information please contact orchestra director Steven Katz at (847) 568-3778.

Tickets are \$14 advanced purchase and \$15 at door. Special discounts are given to Senior Citizens, Students w/ID, Military Personnel and groups. \$29 Dinner packages are available with "Two Guys From Italy Restaurant" located in the same building.

About "A Christmas Carol"...The play takes place on Christmas Eve, 1843. Charles Dickens is alone in his dark and isolated attic room, thinking of his past as he struggles to write his autobiography. His family

and friends are all gathered downstairs preparing their annual Christmas Eve celebration, and at the same time bothering his concentration. Dickens starts to envision what it would be like to meet himself as a young child, and is suddenly inspired. By forcing himself to remember the joys of his childhood, to love, his disappointments, having to work on Christmas and all the things that might have been, he dreams up the beginning of *A Christmas Carol*. Dickens rushes to his parlor guests about his exciting idea, and they are all thrilled and encourage him to tell them this wonderful new story he has conjured up. In turn, Dickens himself portrays the miserly Scrooge as all of his guests do. He names and props to portray the other characters, and they follow them. The story comes to life through the collective imaginations of Dickens, his family and friends. Scrooge's journey - a product of Dickens's own imagination - leads Dickens and the audience into an understanding of being truly alive and enjoying life.

Christmas Concerts for Chicago Master Singers

After Music Director Alan Heatherington conducted Chicago Master Singers in two sellout Christmas Concerts one year ago, the organization decided to add a third performance to this season's series.

Come enjoy Christmas with traditional and new carols when Maestro Heatherington conducts the auditioned 125-voice Chicago Master Singers (formerly The New Oratorio Singers) and orchestra Friday, December 15 at 7:30 p.m., Saturday, December 16 at 7:30 p.m. and Sunday, December 17 at 7 p.m. All concerts will be at Divine Word Chapel, 2001 Waukegan Road, Techny, Illinois.

Purchase tickets now, because early sales indicate that all three concerts will be sold out. Tickets are \$30 for preferred seating, \$25 for general and \$20 for students and seniors in general.

Chicago Master Singers has just made its third pressing of its Christmas CD, *Masters in This Hall*. The chorus has also recorded *Psalms, Hymns and Spiritual Songs*, and the 35-voice Chorale has released a disc of Irish, Scottish and English folk songs, *Wearin' of the Green*.

Group rates are available, and tickets may be purchased with Visa and MasterCard. Please call 847/604-1067 for tickets and CD information, or mail orders to Chicago Master Singers, P.O. Box 1503, Barrington, IL 60011.

Temper is a valuable possession -- don't lose it.

Salute to Glenn Miller

This trip marks Bill's return to Japan for the second consecutive year. His band will feature vocalist Regina Luise Leslie and an all star contingent of Chicago's best musicians.

Bill returns to Chicago to appear at the Green Dolphin on December 27th and the Ritz-Carlton for New Year's Eve.

Niles West Choirs hold winter concert

The Niles West Choral Department will host its annual winter concert at 7 p.m. on Wednesday, December 20 in the auditorium at 5701 W. Oakton St., Skokie. The community is invited to attend this musical celebration of the holiday spirit, which will feature the Niles West choirs, as well as *Extractions*, the extracurricular capella group. Songs will range from traditional holiday music to more unusual selections, including a Cuban carol, Edward Elgar's "The Snow," and "Lo Chayito," by "The Medley," which features soloists and instrumentalists. Master Singers, the top choir, will perform an extended work, Bach's "Christmas Oratorio," which features soloists by seniors Wendy Burdett, Matt Ehrlich, and Maya Adams. Admission is free. Niles West Choir CDs will be on sale for \$14 in the auditorium lobby before and after the concert. An informal reception will follow the concert. For more information, contact choral director Paula Bachman at (847) 568-3777.

A thing done right means less trouble tomorrow.

New Year's Eve Celebration 2001 Packages

New Year's Eve 2001 Packages - Ring in the New Year with style! You'll enjoy celebrating as you party hop from the sultry sounds of Swing on Bourbon Street to the Big Band beat in the Ballroom. Enjoy the fabulous fanfare of food, take advantage of the many Resort attractions, and stay the evening in one of our luxurious new rooms. Five diverse packages are available for you to choose from, whether you just

want to party the night away, enjoy "My Fair Lady" in the dinner theatre, or if you want the V.I.P. treatment. No matter what package you choose, you'll enjoy three different open-bar theme parties with live entertainment, party favors and a balloon drop at Midnight. Party packages start at \$99 per person. Overnights begin at \$399 per couple and include brunch, New Year's Day Tailgate Party, plus use of the fitness cen-

ter and swimming pools

V.I.P. New Year's Eve (Limited Availability) - The Deluxe New Year's Eve package with pizzazz! You'll enjoy two nights of luxury accommodations for two, VIP registration, complimentary valet parking, gracious concierge service throughout your stay, welcome hors d'oeuvres and champagne, a semi-private 6-course French meal accompanied by harpist.

turn-down service, continental breakfast served in bed, a \$50 credit towards dinner in the Baker's Wife Restaurant or Room Service, and a valuable souvenir gift. Limited availability. Package starts at \$899 per couple, includes tax.

For reservations or further resort information call (630) 584-6300. Don't forget to visit us on the web at www.PheasantRun.com.

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Dining / Entertainment

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Ticket Prices. Ticket prices range from \$33 to \$38.

*Students and senior citizens receive \$5 off the full ticket price (excluding Friday and Saturday performances).

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HOLIDAY
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HOLIDAY GIFT GUIDE

What's hot for the holidays?

- Toys**
- Scooters
 - Sony PlayStation2
 - Harry Potter Trivia Game
 - Robotic animals - Tekno the Robotic Puppy, Super Poo-chi and the Interactive Dog, Meow-Chi and MGA's Me and My Shadow
 - Let's Pretend Elmo
 - Nintendo's Gold and Silver Game Boy cartridges
 - Amazing Babies
 - Lego's Championship Challenge
 - Movie/television/comic book-inspired Toys and Games
 - Pokemon (Think Chip Battle Stadium, Pikachu Radio Controlled Car)
 - Harry Potter eyeglasses and other wizard stuff
 - Survivor
 - Who Wants To Be A Millionaire?
 - Rocky and Bullwinkle
 - X-Men
 - Apparel & Shoes
 - Any clothing in velvet, cashmere, suede and chenille
 - Wraps
 - Embroidery and beading

- Animal prints (python, tiger, zebra, leopard, ostrich, crocodile)
- Sweater sets
- Leather
- Scarves
- Regis tonal dress shirts and ties

- Books**
- Mystery/Suspense books (ex. "The Perfect Storm" by Sebastian Junger)
 - Bestsellers (ex. Harry Potter by J.K. Rowling; "Tuesdays with Morrie" by Mitch Albom)
 - Selfimprovement
 - Inspirational books/Advice books (ex. "Dr. Atkins' New Diet Revolution" and "Who Moved My Cheese?" by Spencer Johnson)
 - Oprah's pick: "Drowning Ruth" by Christina Schwarz
 - Entertainment/Software/Electronics
 - Personal Digital Assistants (PDA) with wireless Internet access (ex. PalmPilot, Compaq iPaq, Cassiopeia, HP Jornada)
 - Web appliances (ex., MailStation, WebTV Plus and iPhone)

- Mega-pixel Digital Cameras
- Cellular Phones with Internet access and/or email capability
- Sony PlayStation
- DVD Players
- Computers with colored monitor cases (ex., iMacs)
- Personal TV server/recorder
- Jewelry & Accessories
- White metals (platinum, white gold and silver)
- Watches

- Watches with pastel- or neon-colored bands (ex., Casio's Baby-G; Nine West Tech)
- Bracelet and bangle watches
- Nature-inspired jewelry, pins and hair accessories (ex. butterflies, ladybugs, dragonflies)
- Bead bracelets
- Charm bracelets
- Illusion/Invisible (wire or microcord) necklaces - with beads, glass, wood, or silver in earth tones, purples and blues
- Home Furnishings
- Throws and pillows in merino wool
- Accessories in velvet, chenille, and animal print fabrics

- Sterling silver home accessories (ex. trays, home-entertaining housewares)
- Indoor grills (ex., George Foreman, Philips, Hamilton)
- Microwave ovens in clear plastic
- Home Accessories in translucent plastic with color (ex., candle, storage boxes)

- Misc. Gift Items**
- Candle gardens
 - Tabletop fountains and waterfalls
 - Aromatherapy oils and scents
 - Gift certificates
 - Bath spa

Santa to visit Cambridge

If you haven't had the chance to tell Santa what you want for Christmas yet, this Saturday, December 16 is your chance. He'll be greeting customers and handing out candy canes at Cambridge Bank, 6111 Dempster Street in Morton Grove from 9 a.m. until noon.

Stop by and have some holiday refreshments while you're waiting to talk to the jolly fellow. Open a savings account for \$100 or more, or add \$100 to an existing account, and you'll automatically be eligible to win a 2000 Lionel Holiday Special Train! Ask your banker for more details.

Start a holiday dinner with appetizers of cooked shrimp, Mexican Hass avocados are a natural for the holidays -- an ingredient that blends happily into almost any meal or snack, adding smooth creaminess, cool green color and unmatched flavor. Throughout this winter, Mexican avocados are abundantly available, ripe and ready to add their food friendliness to every occasion. A few suggestions:

HOLIDAY GIFT GUIDE

'Tis the Avocado Season!

Mexican Hass avocados are a natural for the holidays -- an ingredient that blends happily into almost any meal or snack, adding smooth creaminess, cool green color and unmatched flavor. Throughout this winter, Mexican avocados are abundantly available, ripe and ready to add their food friendliness to every occasion. A few suggestions:

Start a holiday dinner with appetizers of cooked shrimp,

crabmeat or lobster, layered with avocado wedges in stemmed glasses and drizzled with a savory sauce.

• Do a casual Christmas Eve spread featuring Mexican tortilla wraps made with cold spicy chicken shreds, avocado slices, chopped tomato, green onion, lettuce, and salsa.

• Prep for your New Year's Eve party by making tiny potato pancakes topped with sour cream, smoked salmon and avocado slivers.

• For a "can't stop now" lunchtime sandwich or party canapé spread, mash an avocado

with a little chili powder and mayonnaise.

• Keep the party rockin' with mini-skewers of orange-dipped avocado chunks, spicy chicken cubes and cherry tomato halves.

Set out a huge bowl of guacamole and plenty of tortilla chips on Super Bowl Sunday. It's a tradition.

• For Valentine's Day, create a simple soup for two with blenderized avocado, chicken stock, cream and a few sprigs of cilantro or dill; garnish with small hearts cut from red bell pepper peel.

Santa Sack Decoration Class

The Leaning Tower YMCA is having a Santa Sack Decoration Class for children ages 6 thru 12 on Saturday, December 16, 2000. The children will paint a small ceramic Santa-Sack to take home. Artist, Kathy Cunningham will

instruct ages 6 thru 9 from 1-3 p.m. and ages 10-12 from 3:30-5:30 p.m. The fee is \$15 for members and \$35 for non-members and includes the supplies. Space is limited. Please call 847-647-8222 for a reservation.

Holiday Splendor at Your Fingertips

From merry window boxes to glorious kissing balls, deck your halls with charming greetings this holiday season. Here are a few ideas from 1-800-FLOWERS.COM.

Share holiday cheer with passersby with this pretty indoor holiday window box. Place it on a window table or large windowsill. If you display the box outdoors, simply choose a weather-proof container and add water every couple of days.

Choose a window box with plastic liner inside and fill it with floral foam that has been thoroughly soaked in water first. Insert cut branches of fresh evergreens directly into the foam. Use a variety of evergreens for a more interesting look. Add a battery-operated candle.

This evergreen-kissing ball will encourage lots of kissing. Hang this unique arrangement over the entryway of your porch to create a warm, welcoming feeling.

To create the base of the ball, cut floral foam into a 5" square and soak it thoroughly in water. Wrap the foam in chicken wire and tie a decorative cord of desired hanging length to the top of the chicken wire. Insert pieces of various evergreens into the foam to create a circular shape. Insert a few stems of mistletoe at the base of the ball so they hang lower than the other greens. Add dangling ribbons to the bottom of the kissing ball. Your family and friends will fight to duck under it. You can visit 1-800-FLOWERS.COM for unique gifts and for more fun holiday ideas.

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—Louis Pasteur



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HOLIDAY GIFT GUIDE

The Right Way to Cook a Turkey

This holiday season, be prepared: there's a right and wrong way to prepare a delicious turkey. And, with some tips from the experts, you can learn the secrets to a great-tasting holiday meal.

One of the most challenging aspects of preparing a turkey for the holidays is how to brown the skin without drying out the meat. The secret? Baste the turkey. Many successful chefs choose

Imported Stock Extra Dry Vermouth, from Italy to baste with. It crisps the outside while keeping the inside moist.

Made from the finest Italian white wines that are infused with over 32 herbs, roots, seeds and spices from all over the world, Imported Stock Extra Dry Vermouth is clear, yet lively and subtle in taste. It is 100 percent natural, with no artificial ingredients.

Basting frequently with this asperitif imparts delicate seasoning without adding any fat to the turkey. During roasting, the alcohol bakes off, leaving a robust herbal essence.

The vermouth will also elevate any bland stuffing to a more delicious-tasting dish that will be a crowd-pleaser at your holiday table. Any savory recipe will be vastly improved by substituting white wine with Imported Stock Extra Dry Vermouth, the secret to great cooking since 1884 when Lionello Stock founded the company in Trieste, Italy.

Roasted Turkey, Stock Ver-

mouth Style:

- 12-16 pound turkey, defrosted;

- 2 cups Imported Stock Extra Dry Vermouth;

- 2 tsp. each: salt, garlic powder, and paprika Roasting pan and rack, coated with non-stick spray.

Preheat oven to 350 degrees. Rinse bird inside and out with cold water. Drain and pat dry with paper towels. Set rack in roasting pan. Place turkey on rack, breast side down. Pour 1/2 cup Vermouth over exposed surface. Sprinkle 1 tsp. of each seasoning. Turn breast side up on rack. Pour 1/2 cup Vermouth over breast. Sprinkle remaining seasonings. Stuff breast with Stock Vermouth Stuffing Sensation (below). Truss with small skewers. Insert meat thermometer in thickest part of drumstick. Place turkey in oven. Roast 4 to 5 hours. Basting every half hour, add remaining Vermouth until drippings accumulate in pan. Turkey is done when thermometer registers 185 degrees and when juices run clear as knife is inserted.

in drumstick joint. Let rest on counter for 20 minutes. Remove skewers and carve. Makes 10-15 servings.

Stock Vermouth Stuffing Sensation:

- 1 pound loaf of bread (any kind);
- 3 Tbsp. olive oil;
- 5 stalks of celery, cleaned, trimmed of leaves, and diced;
- 8 mushrooms, cleaned and diced;

- 4 cloves garlic, minced;
- 1 onion, diced;
- 1 granny smith apple, peeled, cored, and diced;
- 1/2 tsp. each: ground sage, rosemary, and thyme;

- 1 cup Imported Stock Extra Dry Vermouth;
- 2 cups chicken broth, canned or homemade.

Cut bread into 1/2 inch cubes, including the crust. Reserve.

Place olive oil in a large pot on medium flame. Sauté celery, mushrooms, garlic, and onion in pot for 3-5 minutes or until wilted. Add apple and herbs, mixing well. Add bread and stir. Mix Vermouth with chicken broth. While stirring, slowly drizzle liquids until bread cubes soften and mixture holds together. Discard unused liquids. Cool stuffing and place inside cavity of a 12-16 pound turkey.

To receive a free food and drink recipe booklet or to find the Imported Gran Gala retailer nearest you, call 1-800-323-1884.

Healthy eating tips to keep holidays off your hips

Having fun and being *Health-Smart* is the key to a happy and healthy holiday season. With all the food and fun, it is easy to overlook healthy eating habits.

Holy Family Medical Center is offering these holiday eating tips to keep the holidays "off your hips."

- Eat small, lower calorie meals during the day in order to enjoy a special treat later.
- Greet people first instead of rushing to the food.
- Make only one trip to the buffet and be selective.
- Choose only the foods you really want to eat.
- Keep portions small. A small taste is all that is needed to satisfy a craving or curiosity.
- Skip the fried food and eat crackers, bread and fruit.
- Munch on fresh vegetables.
- Select boiled shrimp or scallops.

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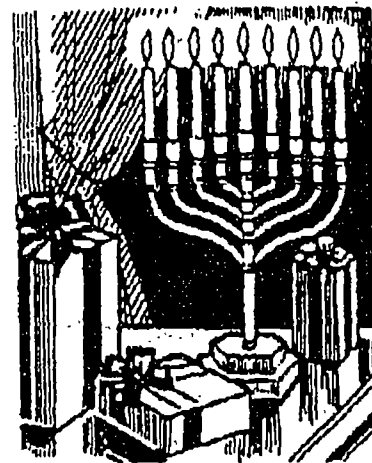
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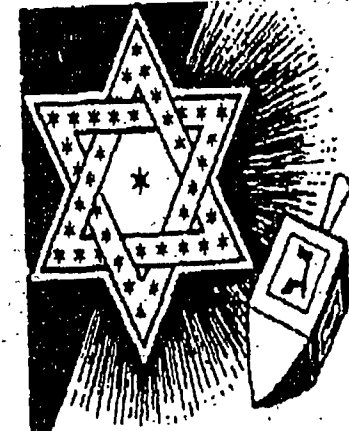
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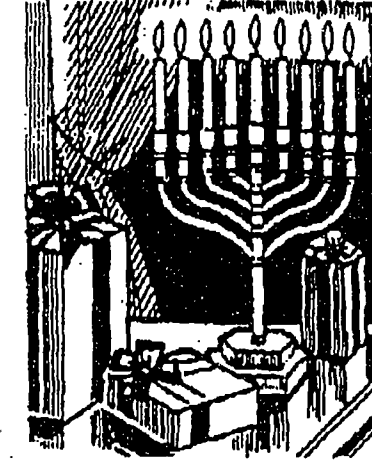
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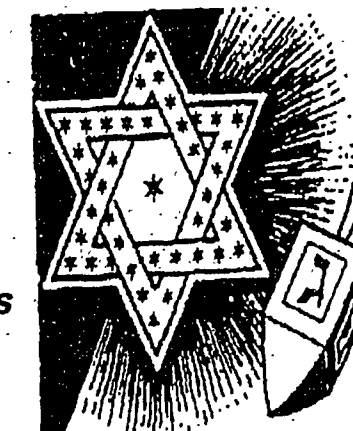
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Church and Temple News

Ezra-Habonim Services

Ezra-Habonim, The Niles Township Jewish Congregation will have a full schedule of services during December.

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

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

All are invited to attend. Friday, December 15, 6 p.m. installation of new officers at Shabbat services and family dinner.

The officers to be installed are: Allan Carroll, President. Steve Blonder, Vice President. Marty Lubowich, Financial Secretary. Sheldon Glickman, Treasurer and Norman Edelstein, Recording Secretary. For dinner reservations call Sara Cohn 673-6355.

Friday, December 22, 8 p.m. Erev Shabbat services. Consecration of Hebrew School students.

Saturday, December 23, 10 a.m. Bar Mitzvah of Paul Hagari Son of Rami & Doe Hagari of

Evanston.

Gan Yeladim, the early childhood program at Ezra-Habonim, the Niles Township Jewish Congregation, is accepting enrollment for the spring semester of our Parent-Toddler program. Classes are for two year olds to together with a parent and meet on Tuesdays and/or Thursdays from 10-11:45. New classes begin in January. For more information or to register call Betsy Rotberg, (847) 675-4152.

Ezra-Habonim, The Niles Township Jewish Congregation is located at 4500 W. Dempster, Skokie, IL, 675-4141.

Renewal of Spirit Service planned

Congregation B'nai Jehoshua Beth Elohim, Glenview, has planned a Renewal of Spirit Sunday morning service for Sunday, December 17, from 10:45-11:45, for those who wish to feel good in the presence of God and let go of their cares and burdens.

The service will be co-led by clergy and lay leaders in the sanctuary at 901 Milwaukee.

For information contact Shari Bauer (847) 729-7575 or on-line at <http://www.bjbc.org>.

Clergy deplores Ku Klux Klan demonstration

The members of the Niles Township Clergy Forum deplore the invasion of our community by this hate group. While we accept the rights of assembly and free speech, we call on all citizens of good will to avoid conflict and to work for justice and peace. In this regard, we are working within Skokie and with clergy in neighboring communities to offer peaceful, positive alternatives to this evil presence.

As a peaceful, positive alternative, church bells in Skokie and neighboring communities will ring and the houses of worship listed below, in addition to those ordinarily open for services, will be open from 1 p.m. to 3 p.m. on Saturday, December 16, to allow concerned citizens a safe haven for prayer, meditation and reflection. Those unable to join others are asked to pause in place to offer a prayer for peace and justice.

Carter-Westminster Presbyterian Church, 4950 Pratt Street.

Central United Methodist Church, 8237 Kenton Avenue.

Evansville Presbyterian Church, 4555 Church Street.

Ezra-Habonim/The Niles Township Jewish Congregation, 4500 Dempster Street.

Holy Trinity Episcopal

Church, 8201 Karlov Avenue.

North Shore Assembly of God, 9779 Gross Point Road.

St. Joan of Arc Church, 9248 Lawndale.

St. Lambert Church, 8148 Karlov Avenue.

St. Paul Lutheran Church, 7870 Niles Center Road.

St. Peter's United Church of Christ, 8013 Laramie Avenue.

St. Peter's Catholic Church, 8116 Niles Center Road.

St. Timothy's Lutheran Church, 9000 Kildare Avenue.

Temple Beth Israel, 3601 Dempster Street.

Temple Judea Mizpah, 8610 Niles Center Road.

Trinity Lutheran Church, 3637 Golf Road.

In addition, we encourage everyone to support the Peace & Harmony Rally at Niles West auditorium at 3 p.m. on Sunday, December 17, 2000.

The small breathes through its foot.

Church, 8201 Karlov Avenue.

Church and Temple News

Obituaries

BERNARDO SANTILLAN

Bernardo Santillan, 80, of Chicago, died Monday, November 6 at Lee Manor Nursing Home, Des Plaines. He was born August 20, 1920 in Britt, Iowa. Beloved husband of Rufina (nee Garcia). Also survived by his children, grandchildren and other family members. Services were held Friday, November 10 at Maryville Academy, Des Plaines. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Ridgewood Cemetery, Des Plaines.

ELIZABETH JUNG

Elizabeth Jung, 92, of Glenview, died Saturday, November 11. She was born March 13, 1908 in Germany. Beloved wife of the late Karl Ludwig. Beloved mother of Carol (Richard) Schmid. Grandmother of Robert (Madeleine), Thomas (Elizabeth) and Richard K. Schmid. Great-grandmother of Catherine, Conrad and the late Eric. Services were held Tuesday, November 14 at St. Catherine La Bours. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Maryhill Cemetery, Niles.

MALE PUTHETHU

Aley Puthethu, 59, of Niles, died Friday, November 17. She was born May 24, 1941 in India. Survived by children, grandchildren and other family members. Services were held Monday, November 20 at St. Isaac Jogues Church, Niles. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Maryhill Cemetery, Niles.

MARIA MANSCHULA

Maria Manschula (nee Mamy), 81, of Libertyville, died Monday, October 30. She was born January 14, 1919 in Ukraine. Beloved wife of the late Konstantin. Beloved mother of Riya Kuchny, Gregory and the late Peter Manschula. Grandmother of Peter (Dena) and Joseph (Carol) Manschula and Allison Kuchny. Services were held Thursday, November 2. Arrangements handled by Colonial-Wojciechowski Funeral Home. Interment was in Elmwood Cemetery, River Grove.

Light a candle at

BJBE's Chanukah Family Services

Congregation B'nai Jehoshua Beth Elohim, 901 Milwaukee, Glenview, invites the community to a Chanukah Family Service, at 7:30 p.m. on Friday, December 22. Participants will each be given a candle to use in lighting the synagogue candles used to observe Chanukah.

Chanukah, also known as the Festival of Lights, is an eight-day long holiday that commemorates the end of the Greek rule over the Temple in Jerusalem. Chanukah celebrates the victory of the few over the many, religious freedom, and the triumph of the Jewish way of life over great adversity.

For more information contact BJBE (847) 729-7575.

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For more information contact BJBE (847) 729-7575.

Holiday worship at St. John Lutheran Church

The members of St. John Lutheran Church, 7429 Milwaukee Avenue, Niles, invite you to join them in special worship services during the holiday season.

The Sunday School students of St. John Lutheran will present "A Town Called Christmas" Wednesday, December 20th at 7:30 p.m. Revisit the night of the birth of Jesus, who came to give us the gift of eternal life.

Christmas Eve Candlelight Services will be held at 5 p.m. and 11 p.m. on Sunday, December 24th. The 5 p.m. service will include a special children's sermon and will feature the singing of many favorite Christmas hymns and carols including the singing of "Silent Night" by candlelight.

The 11 p.m. service will include the celebration of Holy Communion along with the singing of Christmas favorites and featuring the singing of "Silent Night" by candlelight. The Christmas sermon at both of these services is entitled "A Birthday Celebration" based on John 1:14.

The Christmas Day Festival Service is scheduled for 9:30 a.m. on Monday, December 25th. The Christmas sermon for this service is entitled, "Christmas Changes Everything" based upon a text

from Luke 2:8-11. Holy Communion will be celebrated.

At 7:30 p.m. on Sunday, December 31st, a New Year's Eve worship service will be held. The sermon, "In the Name of Jesus," will be based on Luke 2:21 and Holy Communion will be celebrated.

St. John Lutheran Church has regular Sunday services at 8 and 10:30 a.m. For more information, call the church office at (847) 647-9867.

Local congregation hosts social action meeting

The Great Lakes Region of the Union of American Hebrew Congregations will meet at B'nai Jehoshua Beth Elohim on Thursday, December 14, at 7:30 p.m. A social hour and dinner start at 6 p.m. at a \$15 per person charge.

Congregants from member congregations will meet with clergy, social-action chairs, and educators to find new ways to motivate congregations to participate in social-action work.

For information contact Shari Bauer (847) 729-7575 or on-line at <http://www.bjbc.org>.

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MILLENNIUM

Chime Tower and Walkway

St. John

Brebeuf Parish

8307 North Harlem Avenue

Niles, Illinois 60714

St. John Brebeuf Parish invites parishioners, friends, local businesses and supporters to participate in a parish project to provide funds to refinish the pews, paint the metal window frames, and continue maintenance of the church building.

The Millennium Chime Tower and Walkway connects the church and school for safer passage for children. It provides a safe walkway to the South parking lot and another place for prayer.

Please give generously. There are five (5) donation categories:

Benefactors/Chime Tower.....	\$ 1,000
Patrons/Benches.....	\$ 500
Contributors/Landscaping.....	\$ 250
12x12 inch Brick.....	\$ 200
4x8 inch Brick.....	\$ 60

The names of the Benefactors, Patrons, and Contributors will be inscribed on the granite or marble stones under the Millennium Chime Tower located in the center of the Walkway.

The bricks and stones provide a lasting memorial to those who enriched our lives.



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ERIC SKAJA

Park & Library News

Niles Public Library

Learn to Paint Portraits
Artists -- discover some helpful tips to paint lively, colorful portraits on Tuesday, December 19 at 6:30 p.m. at Niles Public Library District. During this hands-on workshop, artist Alice DuBois will show you how to capture the personality of your subject on canvas as well as how to work with acrylic paint, mix colors and "flesh out" a figure. Participants must bring a mirror and/or photo, the Library will provide all other materials. There is a \$5 fee for this workshop. Please register at the Library's Information Desk or call

847/663-1234.

Purchase an Entertainment Book

Looking for a great gift for the holidays, or a sure way to get a terrific return on a small investment?

Purchase the popular Entertainment 2001 coupon book and support the Friends of Niles Public Library District at the same time.

Entertainment 2001 books are now available at Niles Public Library District. Books contain hundreds of 50%-off and two-for-one discount offers on fine and family dining, fast food, mo-

vies, sporting events, activities, special attractions and hotels. The Chicago North/Northwest edition includes over 500 pages and offers for, among others, Rosati's Pizza, Rainforest Café, Dominick's and Continental Airlines.

Available at the Circulation Desk, books cost \$25 with a portion of the proceeds from every book supporting the Friends of Niles Public Library District. Funds raised will be used to underwrite library materials, services and programs. For more information, please call the Library at 847/663-1234.

Skokie Public Library

Here are the highlights of what's happening at the Skokie Public Library in the next few weeks. All events are free and open to the public, though some require registration as noted. The public is welcome to call our general information line at 673-7774 with questions.

Special Events

• **How Do You Move a Rhinoceros?** -- How indeed? And why? Find out from Mark Rosenthal, the Curator of Mammals at Lincoln Park Zoo, as he discusses the zoo's current project of relocating its animals to other facilities around the country while their mammal house is rebuilt. His great sense of humor and fun anecdotes will entertain people from ages 9 to 90. A delightful afternoon for anyone who loves animals, zoos, or impossible projects. Please register, 847-673-7774, x2127. Saturday, December 9, 2 p.m.

Library Closings

• The Library will be closed on Friday, December 15 for Staff Institute Day, as well as on December 24, December 25, December 31, and January 1.

Seniors

• **ADA Computer Open House** -- The Library has recently acquired state-of-the-art comput-

ers that assist blind and visually impaired patrons in using online services and resources. Screen readings and enlarging capabilities make it possible for patrons to use the Internet, search the Library catalog, and use our online reference resources on health, business, and many other topics. Visit our Open House to see how these amazing resources work! Thursday, December 7, 2 - 4 p.m. Please RSVP, 847-673-7774, x2163.

Kids

• **Sunday Craft Club** -- Young crafters are invited to drop in to the Library's Youth Services Department between 2 - 5 p.m. on Sunday, December 17 to make a craft that will honor the ideals of world peace and unity. Young children should have a parent to assist them.

Performance

• **Young Steinway Concert Series** -- Enjoy Kevin Kordt on piano and the Jupiter Trio on Sunday, December 10 at 3 p.m. Free tickets will be distributed on a first-come, first-served basis one-half hour prior to the performance.

• **Chorus Shalom** -- This popular Russian chorus will perform

Continued on Page 56

Winter/Spring Program Brochures

The Niles Park District 2001 Winter/Spring Fun Guides are now available. Niles Park District residents should have received their copy in the mail by now. If you did not receive a copy, please call (847) 967-6633 and we will be happy to mail you one. Registration is now being accepted for all of our exciting Winter/Spring programs and special events. You can register at the Howard Leisure Center,

Niles Park District

6676 W. Howard Street. We look forward to seeing you!

Youth Basketball Winter League Registration

Registration is being accepted for the Youth Basketball Winter Leagues for Grades 2nd through 8th Girls and Boys. These fun and exciting leagues begin February 10, 2001 and end April 1, 2001. Participants can sign up as a team or individually. The District reserves the right to place individuals on any team with less than 10 members. Each

participant will receive a team T-shirt and will play a guaranteed 10 games. Volunteer coaches are also needed. Registration deadline is January 15, 2001. A \$25 Late Fee plus program fee applies January 16 - 22, 2001. Registration is being taken at the Howard Leisure Center, 6676 W. Howard Street. For more information about Youth Basketball or volunteer coaching, please call (847) 967-6975. Register early!

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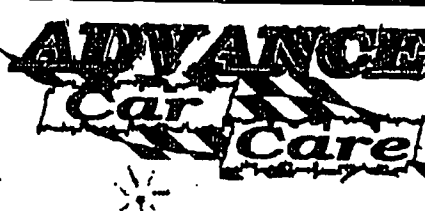
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RETIREMENT HOME AND NURSING HOME GUIDE



An Informational Guide

on Retirement Living, Facilities and Extended Care

Retirement / Nursing Home

St. Matthew Lutheran Home creates a "house of faith"

At St. Matthew Lutheran Home, what started as a simple cardboard box has been transformed into a beautifully furnished home. St. Matthew is blessed with the talents and dedication of several residents and a former activity staff member who over the last two years have faithfully labored over creating a dollhouse. The residents have termed the project "a house of faith," stating that whenever

they needed anything for the house they would pray for God to provide.

The dollhouse was created by a group of residents including: Eleanor Clancy, Katherine Farkas, Alice Gronwick, Eunice Keeler, Bergliot Larsen and Edna Rodell.

Each week these residents gathered together to work on the home. When a leak in the roof

Continued on Page 35

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We Bill Medicare, Medicaid or Insurance Directly

'Officer' Josie Wales demonstrates for seniors



Maine Township Seniors were treated to a presentation about police search and rescue at a recent program held at Town Hall. Here, Josie Wales, one of the bloodhounds used in the demonstration, takes a rest. Josie and 9 other dogs are used by the all-volunteer team to assist local law enforcement agencies to locate missing persons including drowning victims, search for evidence, and handle related duties. For information, on attending a variety of future programs and events, call Mary Swanson at (847) 297-2510 or visit www.maintownship.com.

Long-Term Care - The Time to Plan is Now

by Margaret Hagerty
State Farm Insurance agent

Preparing for a long trip should include planning for the unexpected. We plan ahead because we want to make sure the trip is pleasant and as stress-free as possible.

But I'm not talking about getting your car ready for a road trip. I'm talking about taking care of

Seniors come into the computer age

Low-cost computer training classes for seniors age 50 and above are being offered by the Skokie SeniorNet Learning Center, a branch of the national organization dedicated to bringing senior citizens into the computer age.

Courses offered include Computer Fundamentals, Introduction to Computers, Word Processing, On-Line, E-Mail and Internet, Spreadsheets, Quicken and Desktop Publishing.

The Skokie SeniorNet Learning Center is located in the Mayer Kaplan Jewish Community Center, 5050 W. Church Street, Skokie. For more information and a listing of classes, hours and fees phone Wendy Raffel, SeniorNet Site Manager, at (847) 763-3508.

yourself and your family. I'm talking about preparing for unexpected expenses should you ever need in-home care, nursing home care or other such assistance.

When planning for the future, we all want to be prepared. That is why it is so important to consider insurance coverage for these possibilities.

What is it? Long-term care is the assistance you may need if you are no longer able to care for yourself. This is often the case with people who need help in activities of daily living, such as bathing, eating or dressing.

A person may require in-home care or stays at assisted living facilities or at nursing homes. Long-term care insurance provides financial help for those costs, which are substantial.

Who will need it? According to the Duke University Long-Term Care Resources Program, 20 percent of people who are 65 or older will need some form of long-term care during their lifetime.

Who will pay? There is a common misconception that Medicare or health insurance will pay for the costs of long-term care. But they often don't cover these expenses. Many turn to their families for financial

help, but with the rising costs of long-term care, your children or spouse could find themselves in a difficult financial situation.

Long-term care insurance can be tailored to an individual's needs. Although it's an uncomfortable subject, it's important to talk to your loved ones about the financial resources you have available should long-term care needs ever arise.

A conversation with your insurance agent will help you learn more about the details, including the cost of long-term care insurance, and how it can protect you and your family.

ISU Summer 2000 Master's Degrees

A total of 216 graduate students at Illinois State University have completed requirements for master's degrees or certificates of advanced study with the close of the Summer 2000 semester. Announcement of those awarded degrees was made following certification of all records.

Area Master's degrees and Certificates of Advance Study recipients included Brenda Ann Mulan of Park Ridge.

Retirement / Nursing Home

Niles Fitness Center members leave their mark

by Barbara Mendelsohn
Two members make personal milestones:
Roy Scholz, 81, logged his 1,000th mile on the Center's indoor walking track.



Scholz, who had two hip replacements, one in 1996 and a second in 1997, did his walking outside until December 1998. Then, with the opening of the Fitness Center, he moved his act inside. Shortly afterward he began keeping a log. In early August, he reached his one-thousand-mile mark.

Scholz walks 4.5 to 5.5 miles per day, 4 to 5 days per week. On days when he's not walking, he golfs. His surgeon, Dr. Per Freitag with Lutheran General Medical Center, is enthusiastic about his exercise regimen.

A toolmaker by trade, Scholz also puts in a few hours each week at his company. Scholz and his wife LaVergne will be married 60 years next June. They have been Niles residents for 46 years.

Dr. Kent Hay successfully completed a 500-mile bike ride after training at the Center's 6 a.m. spinning classes.

Hay's 500-mile ride was held last July. It spanned six days and

averaged about 90 miles per day, with day #6, a final 60, the ride started in Chicago and ended in the Twin Cities. Hay, a first-timer, did every mile and raised almost \$9,000 for AIDS research, more than three times the organization's targeted minimum goal.

A Niles resident and Rogers Park veterinarian, Hay focused on the Center's spinning classes for his training. Spinning is an advanced aerobic workout on a stationary bike. While training, Hay attended the Center's morning classes on Monday, Wednesdays and Fridays and on weekends, if not working.

Hay learned of the ride from his son Jason, who participated last year. This year the younger



Hay was unavailable - he's been trekking the Appalachian Trail since March 12 and expects to finish at the end of September. Other cheerleaders are his wife Kathy, who accompanied the ride in a support capacity, and another son, Jeff. The Hays have been Niles residents for 22 years. "The staff at the Center was very helpful. Staff who backpack

Norwood Park Seniors Network plans luncheon

Another new monthly dining experience awaits the Norwood Park seniors Network (NPSN) when they lunch at Myron & Phil's Steakhouse, 3900 W. Devon Ave., Lincolnwood, on Tues. Dec. 19.

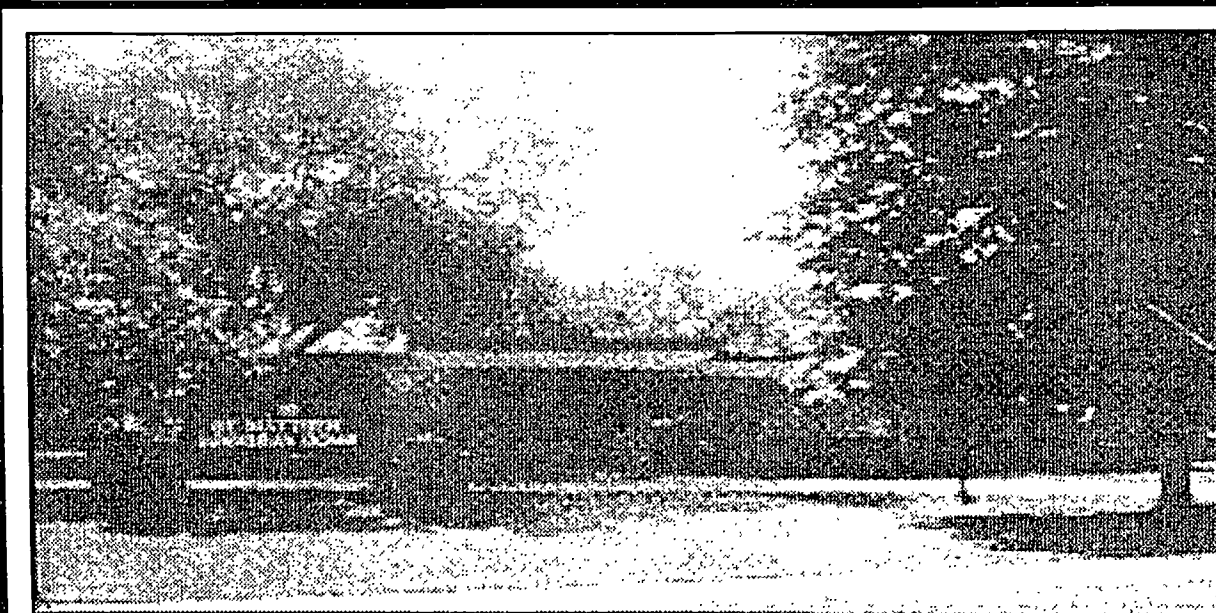
"I have heard about Myron & Phil's for years and am looking forward to dining there with many of our members and their friends," said Julie Russell, NPSN program manager. "Myron & Phil's is known for its fresh fish, steaks and lobster tail. This should be a nice way to celebrate the holiday season."

When president Bill Clinton made one of his many visits to Chicago during the mid-1990's, he and some leading Chicago Democrats chose Myron & Phil's as their place to dine. The

NPSN group will have a chance to see where the president and his group ate, share a piece of local history, make new friends, and enjoy some lively conversation. Diners pay for their own meals. The cost for transportation is \$5 per person for NPSN members, and \$8 for non-members. Pickup and drop-off will be at your front door, making it easy to enjoy the outing without the worry of getting from one place to another. The van will begin pickups at 11:30 a.m. Deadline for making a reservation is December 18.

For more information about the Norwood Park Seniors Network or to make a reservation for Myron & Phil's luncheon outing, call (773) 631-5673.

FOR YOUR HEALTH
DECEMBER 13
FREE BLOOD PRESSURE SCREENINGS
Wednesday, from 1 to 3:30 p.m. No appointments needed.
DECEMBER 14
FLU VACCINE CLINIC
IMPORTANT ANNOUNCEMENT:
Flu Vaccine has finally arrived at the Senior Center!
Flu shots are available for Niles residents, 65 years or older, or Niles residents with a chronic illness. You must have an appointment. Appointment times will be on Thursday, Dec. 14, 9:30 a.m., 11:30 a.m., 1:30 p.m., and 4:30 p.m. Please call 588-8420 to obtain a specific appointment time.
JANUARY 24
FREE HEARING SCREENINGS
Thursday, 9 a.m. to 1:30 p.m. by North Suburban Hearing Services. Appointments needed.



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A program of Lutheran Social Services of Illinois

Martin E. Marty honored with LSSI's Amicus Certus Award

Lutheran Social Services of Illinois (LSSI), a statewide human services organization, honored The Rev. Dr. Martin E. Marty at its 19th annual Amicus Certus (True Friend) Dinner Dance, "Celebrating Global Diversity," on November 4 at the Four Seasons Hotel in Chicago. The event, which raised nearly \$80,000, was attended by 350 guests. The event featured an international menu and multicultural entertainment, including the Muntu Dance Theatre.

The Rev. Dr. Martin E. Marty is one of the most respected and

distinguished religion scholars in the country. A Professor Emeritus of the Divinity School of the University of Chicago, Lutheran minister, and contributing editor of The Christian Century, Marty is the author of over 50 books. Since 1962, he has served as the editor of Context, "a biweekly digest of commentary on religion and culture." Marty was director of the Pew Charitable Trust's Public Religion Project from 1996 through 1999, and currently serves as Interim President of St. Olaf College in Northfield, Minnesota. He received the National Humanities Medal in 1997.

LSSI gives the Amicus Certus award to individuals or organizations that have made significant contributions to humankind by giving of themselves and their resources. Former Amicus Certus honorees include Dr. C. Everett Koop, former Surgeon General of the United States; Paul Simon, former United States Senator from Illinois; Millard Fuller, founder of Habitat For Humanity; The Retirement Research Foundation; and most recently, Lutheran Brotherhood, a fraternal organization. In addition to being a tribute to the honoree, the Amicus Certus event accomplishes other goals such as bringing together many leaders of the community to lift up pertinent issues and to provide a forum for learning. In conjunction with the Amicus Certus Award Dinner, LSSI hosted a special symposium, "Acts of Compassion," earlier in the day. The symposium featured a keynote address by Marty on faith-based charities and their work to address social issues and needs as well as a response by LSSI President Frederick Aigner.

Amicus Certus 2000 was hosted by the Women's Network and President's Council of LSSI. Proceeds from this year's event will benefit LSSI's efforts with individuals and churches to advocate for just, compassionate and intelligent policies in state and federal government.

Founded in 1867, Lutheran Social Services of Illinois is a statewide, not-for-profit social service agency of the three Illinois synods of the Evangelical Lutheran Church in America. LSSI's services include counseling, mental health programs, substance abuse treatment, residential treatment for children and adolescents, early childhood education and child care service, programs for adults and children with developmental disabilities, foster care and adoption, housing and services for older adults and individuals with disabilities. For further information about LSSI, please call 847/635-4672 or visit www.lssi.org.

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Maine Township Senior Citizens 297-2510

Maine Township Senior Activities Announced for December

by Mary Swanson, Director of Adult & Senior Services
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 weekdays.

Below are samples of upcoming programs. Registration is 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.

Notice: Starting immediately all Maine Township residents 55 and older can participate in the many programs available at Maine Township. Classes, programs, day trips, long distance trips, monthly men's and women's groups and special evening and weekend programs are available.

HOLIDAY BOWLING PARTY

Monday, December 18, bowling 11 a.m. Lunch and prizes 1:30 p.m. Sims Bowling Alley, 1555 Ellinwood, DesPlaines. Cost: \$9. Come and enjoy our first bowling party ever! You will enjoy two games of bowling, prizes, and a lunch featuring salad and pizza. Everyone is welcome. Bowling partners will be selected at random.

WOMEN'S HOLIDAY TEA

Thursday, December 21, 10 a.m. to 11:30 a.m. Note: this program will be held at: Sunrise Assisted Living of Park Ridge, 1725 Ballard Rd., Park Ridge. Cost: \$2.50 includes light refreshments and program. A classical program will be presented featuring Arioso Duet with Margarita on Violin accompanied by Jenny on piano. Light refreshments will be served. Registration required.

YES! YOUTH EXCHANGING WITH SENIORS

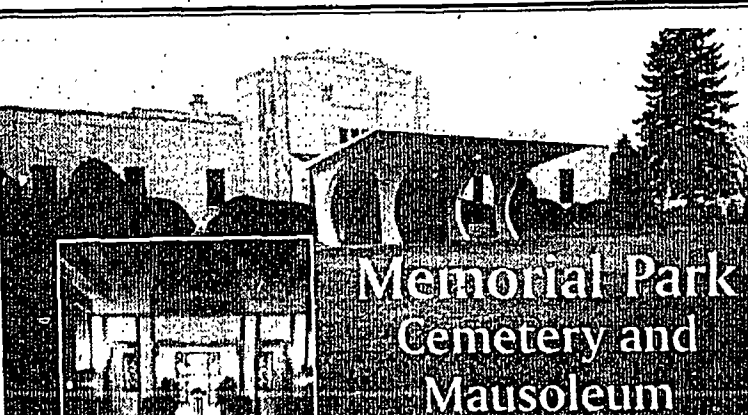
Maine East High School is seeking older adults to serve on an interactive panel with students to discuss health care and Aging issues during the month of December. This program would be held at Maine East High School. The date and time will be announced at a later date.

NEED HELP? CALL US!

MaineStay's E.A.R.N. (Encourage Adolescent Responsibility Now) program matches Maine Township residents and youth (ages 12 to 19). The youth are willing to shovel snow, baby-sit for grandkids or other chores. Residents can call MaineStay at 823-0650 to get three names of youth in their area. The residents are responsible for calling the youth, setting fees and screening the youth.

NAME THE SENIOR PROGRAM CONTEST

Help us rename the senior program for Maine Township. A fabulous prize will be given to the person who helps suggest the winning new name. Call the Maine Township Senior Department for details at 847-297-2510.



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Retirement / Nursing Home

Free research study offered to family members caring for persons with Alzheimer's disease

Family members who treat and care for persons with Alzheimer's disease have the opportunity to learn more about the disease and the skills required to care for their relatives as part of a free research study that focuses on the personal care and behavioral issues of people with Alzheimer's disease that live at home.

The Rush Alzheimer's Disease Center, in conjunction with

the National Institute of Health (NIH), is offering this research study from January 10 to February 7, 2001, 6:30 p.m. - 9 p.m. at The Wealshire, 150 Jamestown Lane, Lincolnshire, IL. The Wealshire is one of the nation's only freestanding facilities exclusively devoted to the care of individuals with Alzheimer's or related dementia.

People who qualify for the study are those who have a rela-

tive diagnosed with the disease or some other progressive dementia 1) have noticed significant disruptive behaviors in the past month: such as wandering, pacing, anger, agitation; 2) assist their relative with personal care including: bathing, dressing, and transferring; 3) live with the impaired person; 4) have served as the relative's primary caregiver for at least six months. Family caregivers will learn

skills they need to provide at-home care to their loved ones with Alzheimer's disease including keys to coping with behavioral changes. Also, caregivers will learn about community resources available for help.

Program participants will engage in five 2-1/2 hour daytime group sessions held over the course of five consecutive weeks, with weekly follow-up telephone calls for the next seven weeks. The group will reconvene at six and 12 months for

additional group sessions. Research will contact participants via telephone five times during the one-year period to gather additional information.

To enroll in the Caregiver Intervention Study, please call Phyllis Moore, Research Coordinator at Rush, at 312/942-8750. Those persons interested will be screened to ensure that they meet study criteria. Study enrollment will end on January 3, 2001.

Niles resident retires, 30 years DePaul registrar

by Barbara A. Mendelsohn

After Nancy Gall's retirement ceremonies, her husband David was so proud that he phoned The Bugle.

A plaque unveiled that night summarizes her 30-year career with DePaul University. The plaque will hang on permanent display in the Registrar's office. The text, composed by Gall's former supervisor, Vice President of Enrollment Management David Kalsbeek, attempts to calculate the impact her services



had on students and the university. It states that Gall, as University Registrar, is credited with "over one million students registered, over two million courses registered and millions of individual transactions."

Gall remained the constant, but her professional environment changed drastically over the years. The plaque also refers to her overseeing the registration process change "from a manually-managed, paper-based operation to the electronically produced, comprehensively-notated transcript form that DePaul issues today." It compares changes in the process itself, as it moved from an "in-person arena" to mail, phone and worldwide-web enrollments. Finally, it credits her with bringing "meticulous oversight and stewardship to the office, adding that she 'impacted the lives of all students ... for the last three decades.'"

The Galls, who are new to Niles, look forward to taking advantage of community activities like computer classes, etc., now that they will have more time available.

...
As long as woman can look ten years younger than her own daughter, she is perfectly happy.
—Oscar Wilde



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

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Bethany Terrace Nursing Centre, 8425 North Waukegan Road, Morton Grove, Illinois 60053

Retirement / Nursing Home

NPHSN to present "Healing Touch"

Looking for an alternative to controlling pain, alleviating neck, back and skin problems, lessening anxiety, and reducing the severity of many other related health problems? Then you might want to attend the special presentation of "Healing Touch" on Thursday, December 14, at 1 p.m., in the Norwood Park Home Chapel, 6016-20 North Nina Ave., Chicago. The program is being sponsored and coordinated by the Norwood Park Seniors Network (NPHSN), a community outreach program providing ser-

vices to independent seniors in their own homes. The alternative healing process, "Healing Touch," was developed within the nursing profession in 1989. It uses hands-on and energy-based techniques to balance and align the human energy field, thereby enhancing the healing process. A representative from Palliative Care of the North Shore will present the program which will include explanations, demonstrations, a question and answer session, and handouts. Representatives of the pro-

gram point out that "all healing is basically self-healing. A physician can set two bone fragments in place, but the body itself heals the split; the physician simply directs and facilitates the process. Healing Touch is...often a complementary mode that facilitates the healing process, but functions from an energy perspective rather than only a physical one."

"This is an outstanding opportunity to hear first-hand how an alternative healing practice can be used to supplement medical and surgical care, geriatrics and mental health," said Julie Russell, NPHSN program manager. "In this day and age, stress and other health related problems can reduce our ability to enjoy a more satisfying life. It is imperative to seek other ways to maintain our health and well-being. I urge our elderly members of the community to learn about this method. It might be one answer to a happier life."

The free program is open to senior residents of the community and is presented as a community service. Refreshments will be served, and reservations are not required but encouraged. For more information about this program or the Norwood Park Seniors Network, call Julie Russell at (773) 631-5673.

Spouses of heart disease patients face high risks themselves

Women whose husbands are recovering from heart attacks or open heart surgery may have a significantly increased risk of cardiovascular disease themselves, according to a study presented today at the American Heart Association Scientific Sessions.

"Currently, all of our attention centers on the heart attack patient's need to lower his or her risk factors in order to avoid disease progression," says Lynn C. Macken, R.N., M.A., coordinator of cardiac and pulmonary rehabilitation at Regional West Medical Center in Scottsbluff, Nebraska. "This study indicates that targeting the spouse of the patient may be important too."

The researchers studied a group of 170 men who recently had a heart attack or had undergone coronary bypass surgery for blockages in heart arteries. Approximately two months after the heart attack or heart surgery, the patient and his wife separately answered questionnaires on heart disease risk factors. The researchers analyzed the degree to which spouses shared risk factors, either good or bad.

"What we are seeing is that the wives of heart attack patients have risk factors similar to their

husbands," Macken says. "In some cases, the women's risk factors were even higher than their husbands, which is particularly alarming because the women tended to be younger than their mates and were not being screened for potential heart disease."

In many cases, one risk factor shared between spouses was high body mass index (BMI), a measure of body fat. A BMI of 25 to 29.9 is defined as overweight while a BMI above 30 is considered obese. Macken's group found that in 76 percent of the couples, at least one person was overweight or obese. Both partners were overweight or obese in 50 of the couples. Only 40 couples shared normal BMI levels.

In addition, in only 75 of the 170 couples did both members know their current cholesterol level.

There were also similarities in current and past smoking histories and exercise levels, indicating other ways spouses share a high-risk lifestyle, Macken says. Twice as many women and men continued to smoke following the male patient's heart attack or other coronary event. In addition, fewer women were exercising compared to men.

"When we were working with patients to help them change high risk lifestyle behaviors such as smoking and lack of exercise, we tend to assume that the patient is sharing that information with his or her family. This study indicates that is not happening, and it also says that we need to target risk reduction to include not only patients, but spouses too," she says.

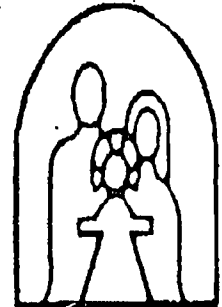
"If we want to lower risk factors for patients, the change will have to begin at home and we have to be aware that both spouses may be in need of treatment," she says. "In our own program, we invite the spouses to participate. Although some spouses do participate, we don't measure

Continued on Page 35.

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Retirement / Nursing Home

Chicago Judge named Honorary Ageless Heroes

U.S. District Court Senior Judge Abraham, Lincoln Marovitz received an honorary Ageless Heroes award on December 5 at the Chicago Fairmont Hotel, during the national Ageless Heroes award ceremony sponsored by the Blue Cross and Blue Shield Association (BCBSA).

Senior Judge Marovitz received the award at a BCBSA ceremony, the culmination of a national search for Ageless Heroes that began earlier this year, and resulted in thousands of nominations from throughout the United States. Well-known "senior" citizens Rita Moreno and Willard Scott gave out the awards.

Senior Judge Marovitz graduated from Chicago-Kent College of Law in 1925 and continues a brilliant legal career, including legal positions as an assistant state's attorney, trial lawyer,

state senator and state and federal judge. At age 93, after nearly 50 years on the bench, he is still a senior judge and remains one of Chicago's most beloved and respected citizens.

He has served active duty as a marine in World War II, sworn in more new U.S. citizens than any judge in the country, administered the oath of office to both Mayor Daleys and escorted World's Fair fan dancer Sally Rand to the opening of the Palmer House's Empire Room in 1933.

BCBSA is a federation of independent, locally operated Blue Cross and Blue Shield Plans that collectively provide health care coverage to nearly 78 million -- more than one in four -- Americans. For more information on BCBSA and its member Plans, visit www.bcbs.com.

Fact About Alzheimer's Disease

- Four million Americans are estimated to have Alzheimer's disease
- 360,000 new cases are diagnosed each year
- Over the next three decades, 8.5 million "Baby Boomers" will develop the disease
- By the year 2050, 14 million of their children will have it
- For every victim of Alzheimer's disease, at least one full-time caregiver (usually a loved one) spends an average of 7-8 years giving round-the-clock care

Alzheimer's Vaccine Update

One of the most important stories in health news last year was about an Alzheimer's vaccine, being developed by Elan Pharmaceuticals, that seemed to reverse amyloid plaques in the brains of mice. A team of researchers led by Dr. Dale Schenk used genetically engineered mice with brain plaque composed of amyloid beta protein, a hallmark of Alzheimer's disease in humans. When the mice were injected with the vaccine, called AN-1792, not only did it prevent new plaques from forming, it appeared to eliminate existing ones as well.

So, after such an auspicious beginning, where is the Alzheimer's vaccine today? The first stage of Phase I clinical trials, in which the vaccine was tested on humans in the U.S. to see if there was an adverse reaction, has been completed. The vaccine was well tolerated, and the next stage of Phase I trials, stepping up the dosage to several injections over a few months, is now being conducted in Britain. This stage of the testing process is aimed only at determining whether the vaccine is safe in people. The next and perhaps most crucial step, beginning in 2001, will be to determine if the vaccine actually clears plaques from the brains of people with Alzheimer's disease. It does, it will be a watershed event in Alzheimer's research.

The Alzheimer's vaccine works on the same principle as any other vaccine - by introducing a small amount of the very agent one wants to eliminate. AN-1792 is a synthetic copy of the amyloid beta protein, which occurs naturally even in healthy brains (the difference is that in Alzheimer's disease, the brain over-produces the protein, which then accumulates into toxic plaques). This synthetic amyloid, when injected into the body, incites an immune response in the brain. Antibodies to amyloid beta appear and the brain's microglial cells engulf the plaques and break them down.

Now another Alzheimer's vaccine, this one administered through an inhaler similar to those used by allergy sufferers, is also showing promise. Research on the nasal vaccine is being funded by both the National Institute on Aging and the National Institute of Allergy and Infectious Disease - strange bedfellows, one might have thought in less interesting times. The unusual alliance of these two branches of the NIH underscores the newness of the whole concept of treating Alzheimer's disease, which is not infectious, the way infectious diseases have been treated. Like AN-1792, the nasal vaccine is thought to work by triggering an immune response in the brain that leads to the elimination of plaque.

So far, research teams at Harvard Medical School and Brigham and Women's Hospital, led by Howard L. Weiner, M.D., and Dennis J. Selkoe, M.D., have tested their nasal vaccine on mice. The mice who received the vaccine showed a 40 to 60% reduction in the number of amyloid plaques. This is a smaller reduction than what was seen in those

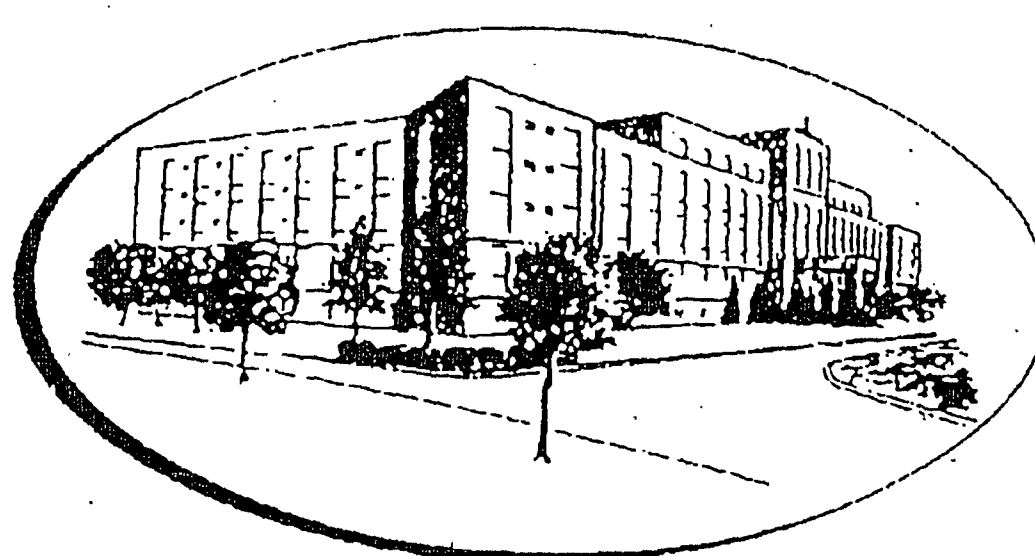
who received injections of the vaccine being tested by Elan Pharmaceuticals, but the scientists believe the inhalable vaccine may prove easier for people to tolerate than multiple injections of AN-1792.

While all of this brings unprecedented hope to America's four million Alzheimer's sufferers and their families, there are still hurdles to overcome. For one thing, even though the genetically engineered mice had amyloid plaques, a prominent feature of Alzheimer's in humans, there are other pathological features of the disease that are not present in the mice. For example, the mice don't have the tangles of threadlike protein fibers, called neurofibrillary tangles, seen in humans with Alzheimer's disease. Another problem that only further research will solve is the uncertainty as to whether eliminating the plaques will put an end to the symptoms of Alzheimer's disease. And so far no one has tested either vaccine on humans with advanced Alzheimer's to determine if later-stage Alzheimer's can be reversed. If it can, it will be a true medical milestone.

This information is provided as a public service by Alzheimer's Disease Research, a program of the American Health Assistance Foundation. To find out more about Alzheimer's disease, you can write to them at 15825 Shady Grove Road, Suite 140, Rockville, MD 20850, call 1-800-437-2423, or visit their website at www.ahaf.org.

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Retirement / Nursing Home

Fit after 50 exercise video and companion guide

If there's anything close to the Fountain of Youth, it might be exercise! To get you started, the National Institute of Aging (NIA) has produced an inexpensive, at-home exercise program based on reliable medical research and "road-tested" by scores of older Americans. The 48-minute video and 100-page companion book is affordable (\$79) and participants who stick with the program for a month receive a certificate of recognition from NIA. Director Richard J. Hodes, M.D.

NIA's exercise program targets aging baby boomers and seniors - 71 million Americans are 50 years or older while 34 million of them are over 65 years - because:

- lack of exercise and poor nutrition were the second largest underlying cause of death in the U.S. in 1990;
- 25 percent of all adults do no physical activity at all; and,
- half of women age 75 years and older are inactive.

The exercise program emphasizes:

- **Endurance exercises**, which increase stamina and may help delay or prevent diabetes, colon cancer, heart disease and stroke;
- **Strength exercises**, which

increase metabolism helping to control weight and regulate blood sugar. Studies show, they also may help prevent osteoporosis;

- **Flexibility exercises**, which may help prevent and aid recovery from injuries; and,
- **Balance exercises**, which help prevent falls - a major cause of disability and loss of independence.

Top 10 reasons that Exercise with the National Institute on Aging is better than all the others:

- 1) It is based on sound scientific research funded by NIA.
- 2) It is inexpensive -- only \$79 for a 48-minute video and 100-page companion book (the government doesn't profit from this product).
- 3) It makes a great gift for mom, dad, other relatives and friends.
- 4) You receive an NIA certificate of achievement for participating one month.
- 5) Margaret Richard, who leads the exercises, is a well-known fitness guru seen on public television.
- 6) The physically robust astronaut John Glenn endorses the NIA's exercise guide.

7) Winter is an especially good time to make and keep important resolutions.

8) It is geared specifically to aging boomers and seniors.

9) It emphasizes strength, flexibility, balance and endurance exercises for a well-rounded workout.

10) You set the pace in this safe exercise program.

The NIA, part of the National Institutes of Health at the Department of Health and Human Services, leads the federal effort supporting and conducting research on aging and the special medical, social and behavioral issues of older people. A substantial part of NIA's research involves ways to prevent frailty and reduce disability with age.

For more information, call 1-800-222-2225.

Former Bulls Star to appear

Bob Love, former Bulls superstar will be at Norridge Healthcare, 7001 W. Cullom, Norridge, Thursday, Dec. 21 at 10 a.m. He will be speaking to our residents, families and staff.

Emeritus program offers new classes

Oakton Community College's Emeritus program opens the spring 2001 semester with three new classes offered at the Ray Hartstein Campus, 7701 N. Lincoln Avenue, Skokie.

Verdi, 100 Years After, Part I (MUS B42-71, Touch-Tone 07356) examines the composer's unique approach to Italian opera through his early and "patriotic" works. This four-week class meets from 2:30 - 4 p.m. on Tuesdays, beginning Jan. 9. The fee is \$50.

The Life and Times of Pierre Bonnard and Edward Vuillard (ART B95-71, Touch-Tone 07315) is an exploration and comparison of works by these early 20th-century artists, leaders of the Intimists, who went beyond Impressionism by exaggerating natural color to express mood. This class, which meets from 1 - 2:30 p.m. on Monday, Jan. 22 is excellent preparation for the exhibit, "Beyond the Easel: Decorative Painting by Bonnard, Vuillard, Denis, Roussel, 1890-1930," scheduled Feb. 28 - May 16, 2001, at The Art Institute of Chicago. The fee is \$10.

The Seat of the Soul (HUM E79-71, Touch-Tone 07326)

takes a critical look at the popular book by Gary Zukav. This five-week class meets from 10:30 a.m. - noon on Mondays, beginning Jan. 22. The fee is \$60.

Students age 60 and older who live in Oakton's district pay half the listed fee. A registration fee of \$5 is required for students under 60 and for those who live out of district. Proof of age and residency must be provided at registration. Persons who have registered for Oakton or ALL classes within the last five years and have a Social Security number on file may register using the Touch-Tone system by dialing (847) 635-1616. Touch-Tone registration requires payment using a major credit card (Visa, MasterCard or Discover).

Other Emeritus classes beginning in January include: So Many Stories... So Little Time (HUM 66-71), Intermediate Yoga (PED S11-73), Beginning Bridge (REC S60-71), Advanced Bridge (REC S64-71) and Theater-Going in Chicago (HUM S20-71). For more information about these and other Emeritus classes, call (847) 635-1414.

Retirement / Nursing Home

Resident Marge Jacobsen honored by Norwood Park Home



Many years of volunteer service to Norwood Park Home (NPH), 6016-20 N. Nina Ave., Chicago, earned Marge Jacobsen, a long time resident of the Norwood Park community, the title of Board Member Emeritus. NPH Board Chairman Ryan McKenzie congratulated Marge while making the presentation of the engraved glass award at a recent special reception. Marge accepted the award while stating that it is shared with her late husband, Sigwald, who volunteered with her until his death in 1998. Marge served on the NPH Board for 17 years, from 1964-1981, during which time she headed the Social Welfare Committee, planning events and outings for residents. Prior to joining the Board, she and Sig showed movies once a week for 15 years to residents. In the late 1960s, she established the Home's Annual Syttende Mai celebration to commemorate Norwegian Independence Day. She also was a charter member of the NPH Women's Service League. Her husband also served on the Board for many years, resigning in 1981. The reception was held at Blackthorn Manor, 7280 W. Devon Avenue, Chicago.

Heart disease...

Continued from Page 32

their risks and we don't counsel the spouses individually," she says. "We need to think of new ways to inform and educate spouses, to give them a health risk appraisal and urge them to make lifestyle changes of their own and to seek treatment if necessary."

Co-authors include Bernice C. Yates, Ph.D., R.N. and Susan Blumher, R.N., Ph.D.



The first Father's Day was celebrated on June 19, 1910. The holiday was launched by the Ministerial Association and the YMCA of Spokane, Washington.

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St. Matthew...

Continued from Page 28

of the facility ruined the outside of the two boxes, the residents felt quite defeated having to start all over. It was at that time that the maintenance department came to the rescue and assisted by building a wooden house to place over the new boxes to make the home more structurally sound.

The furnishings are creatively made from everyday materials. For example, the couch is made of a shoulder pad and cardboard covered with fabric, the pillows on the couch are covered cotton balls. A lamp is constructed of a perfume bottle with a medicine cup serving as the shade. In the family room is an afghan, crocheted by Eunice Keeler and a small mirror donated by Eleanor Clancy hangs on the wall. Even the roof of the home exudes creativity. Alice Gronwick recommended using shingles which they cut into pieces. The chimney is a Tylenol box covered with pebbles.

St. Matthew is proud of the finished product, the energy devoted to this project is amazing. Thank you to all of the residents who have dedicated their time and talent!

The smallest deed is better than the grandest intention.

"This Nursing Home Made Me Feel Young"
Mollie Sucherman, 6 year Resident



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A Senior Lifestyle Community

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Niles Senior Citizens 588-8420 - 588-8000

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EVENING AT THE CENTER

PRE NEW YEAR'S EVE PARTY

Pre New Year's Eve Party is Wednesday, Dec. 27, from 4 to 8:30 p.m. After a meal featuring Beef Roulade, Warm Potato Salad and Trifle with Berries and Cream, enjoy the musical sounds of Mario and His Society Orchestra. Call for availability. Cost: \$10.

VOLUNTEERS NEEDED

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

COMPUTER LAB VOLUNTEERS needed to assist other older adults in learning to use computers (2 to 4 hours/week). Computer experience required. Training provided. Contact Jaymi.

TAX COUNSELORS are needed for the AARP Foundation's Tax-Aide Program to help other seniors with tax preparation. Training is provided. Contact Maryann at 588-8420.

CLASS INSTRUCTORS for Learn to Crochet and Cross Stitch classes. Contact Maryann.

Senior lifestyles due for a change

A study released last week predicts that retiring seniors will not be heading south in the numbers we've grown accustomed to.

The study, done by the Metro Chicago Information Center and Institute for Metropolitan Affairs, concludes that the elderly will prefer to stay in their neighborhoods, though perhaps not in their homes. This will call for a different kind and level of service as they move to condominiums, assisted living, and ultimately into nursing facilities.

And this will put pressure on developers to provide the kind of housing and amenities seniors want. "It's a wake-up call for the region," said D. Garth Taylor, Executive Director of Metro Chicago. Only 9 percent of suburban Cook County residents expect to leave the area in retirement. The number of people requiring some form of senior housing is expected to increase by about 92,000 in the next two decades, according to the study. This senior group is expected to be the most financially secure

in history, but some 15% will lack financial resources for basic needs of housing, food, clothing and medicine, the survey shows.

Taylor expects that this future community of retirees will provide increased volunteer service to the community, possibly by a 40 percent increase, Taylor said.

A wise man gets more use from his enemies than a fool from his friends.

—Baltasar Gracian

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EVENING AT THE CENTER

PRE NEW YEAR'S EVE PARTY

Pre New Year's Eve Party is Wednesday, Dec. 27, from 4 to 8:30 p.m. After a meal featuring Beef Roulade, Warm Potato Salad and Trifle with Berries and Cream, enjoy the musical sounds of Mario and His Society Orchestra. Call for availability. Cost: \$10.

VOLUNTEERS NEEDED

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

COMPUTER LAB VOLUNTEERS needed to assist other older adults in learning to use computers (2 to 4 hours/week). Computer experience required. Training provided. Contact Jaymi. *TAX COUNSELORS* are needed for the AARP Foundation's Tax-Aide Program to help other seniors with tax preparation. Training is provided. Contact Maryann at 588-8420.

CLASS INSTRUCTORS for Learn to Crochet and Cross Stitch classes. Contact Maryann.

Senior lifestyles due for a change

A study released last week predicts that retiring seniors will not be heading south in the numbers we've grown accustomed to.

The study, done by the Metro Chicago Information Center and Institute for Metropolitan Affairs, concludes that the elderly will prefer to stay in their neighborhoods, though perhaps not in their homes. This will call for a different kind and level of service as they move to condominiums, assisted living, and ultimately into nursing facilities.

And this will put pressure on developers to provide the kind of housing and amenities seniors want. "It's a wake-up call for the region," said D. Garth Taylor, Executive Director of Metro Chicago. Only 9 percent of suburban Cook County residents expect to leave the area in retirement. The number of people requiring some form of senior housing is expected to increase by about 92,000 in the next two decades, according to the study. This senior group is expected to be the most financially secure

in history, but some 15% will lack financial resources for basic needs of housing, food, clothing and medicine, the survey shows.

Taylor expects that this future community of retirees will provide increased volunteer service to the community, possibly by a 40 percent increase, Taylor said.

A wise man gets more use from his enemies than a fool from his friends.

—Baltasar Gracian

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Retirement / Nursing Home

Oakton's Emeritus Program winter lecture schedule

Registration is open for **Passages Seminar I**, a series of 12 weekly lectures presented by Oakton Community College's Emeritus program from January 9 to March 27. The seminar meets from 1 to 2:30 p.m. on Tuesday in Room A151 at Oakton's Ray Hatstein Campus, 7701 North Lincoln Avenue, Skokie. The fee to attend the entire series for in-district residents age 60 and older is \$25; persons under 60 and those who live outside Oakton's

district, pay \$30.

The series premieres on January 9 with "William Butler Yeats and Me: An Introduction to Poetry," presented by Joe Kraus, assistant professor of English at Oakton.

On January 16, Connie Castellani, M.D., medical director of the Miro Center for Integrative Medicine in Evanston, explores "Holistic Medicine: Medicine for the 21st Century," a discussion about how traditional healing

therapies and modern medical procedures can work together to give health care consumers the best of both worlds.

On January 23, Biljana Cvegin, Ph.D., a clinical psychologist with a private practice in Evanston, introduces Buddhist spiritual exercises for relieving suffering in the presentation, "An Antidote for Suffering: How to Turn Pain Into Compassion With Tonglen Meditation."

Allison Trimarco, manager

of public information and programs at the Skokie Public Library, discusses how libraries are meeting the needs of the diverse communities they serve at the January 30 lecture, "Beyond Books: The Changing Role of Libraries in Communities."

The architectural landscape of Chicago after the Great Fire of 1871 is the focus of the February 6 lecture, "Architecture in Chicago," presented by Les Jacobs, professor architecture and chair-

person of Oakton's Architecture and Construction Management Programs.

Linda Rubin, a lecturer at Oakton who has extensive travel experience, goes "On the Trail of The Great, Small Art Museum of the World," on February 13.

"The Magic and Mystery of West Side Story," is the topic of the February 20 lecture, presented by Patrick Casali, professor of humanities and international studies at Oakton.

On February 27, Oakton adjunct faculty member Bill Tong shares a "Whirlwind Tour of China," a slide presentation of his 10-city tour in 1996. Shanghai, Beijing, Canton, Hong Kong are featured, as well as rural Taiwan, his father's ancestral village.

"Israel Up Close" is the focus of a presentation on March 6 by Nancy Carroll, a travel agent with House of Travel, Northfield, and a veteran of 60 trips to Israel since 1973.

On March 13, Shirley Craven, Ph.D., discusses how a life review can help resolve conflicts, overcome problems and master complicated relationships with loved ones in her lecture, "Reminiscence and Life Review: Finding Meaning From Looking Back." Craven is a marriage and family counselor with a private practice in Niles.

Use Email to cut prescription costs

Thousands of U.S. senior citizens have found legitimate e-mail order links to the world's lowest prices on prescription drugs, and they are now having their prescriptions filled by licensed pharmacies abroad. Previously seniors had to travel to Canada or Mexico to obtain their prescriptions for pennies on the dollar -- until now. In a show of support for Americans who cannot afford their prescription drugs, Congress recently passed an amendment recognizing the right of all consumers to have their prescriptions filled by licensed international pharmacies.

"U.S. seniors are now able to use e-mail to fill their prescriptions abroad according to FDA guidelines," says M.J. McCormick, developer of www.medicines.md. The senior focused website offers free access to regularly updated international price list for the 120 most popular brand name prescription drugs, as well as more than 1300 generic medicines. Seniors are able to compare their current prescription costs with the same medications when mail-ordered from abroad. Complete ordering information is available by visiting www.medicines.md.



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Pointers For Parents

When Small Patients Have Big Sneezes: What Parents Should Know About Pediatric Allergies

More than 20 percent of school-age children suffer from allergies, which can interfere with a child's ability to concentrate.

In fact, according to the National Institute of Health, allergies account for two million missed school days each year, and on any given day more than 10,000 children are absent from school due to troublesome allergy symptoms.

Allergies can have a significant impact on a child's quality of life. Changes in behavior, children may be irritable or hyperactive.

Once a physician has determined that a child has allergies, parents should know there are treatment options available to ease the symptoms including avoidance of allergy triggers, allergy shots, and/or medications.

One medication is Zyrtec (cetirizine HCl), the only leading prescription antihistamine approved for children as young as two years old to treat both seasonal and year-round allergies.

Taken once daily with or without food, Zyrtec offers 24-hour long-lasting relief of the symptoms associated with allergies. Zyrtec is available in a banana-grape flavor syrup and 5mg and 10mg tablets.

In Zyrtec studies, side effects were mild or moderate including drowsiness, fatigue, and dry mouth in adults, and drowsiness, headache, sore throat, and stomach pain in children. Drowsiness occurred in between 11 and 14 percent of adults, depending on dose, compared to 6 percent taking placebo. In children, drowsiness occurred in between 2 and 4 percent, depending on dose, compared to 1 percent taking placebo.

In addition to visiting www.kidallergy.com, parents can obtain complimentary educational materials on treating pediatric allergies by calling 1-877-KID-RELIEF.

Dayna Berman elected President of AITCOY

Dayna Berman, Assistant Director of MaineStay Youth and Family Services, is the new President of the Association of Illinois Township Committees on Youth (AITCOY), a statewide non-profit organization of township-affiliated youth and family service agencies and programs. MaineStay is a department of Maine Township.

Beginning her term on Jan. 1, 2001, Berman plans to help increase the overall public awareness of social services. She said, "In my new role as a statewide leader, I will continue to support the establishment and implementation of effective township-based programs for children and the entire family."

Founded in 1963, AITCOY

promotes the sharing of resources among its member townships, the training and technical support of committees on youth, the training of social workers, and the awarding of several scholarships for undergraduate and graduate level students. The organization currently consists of 23 townships throughout Illinois.

AITCOY also monitors public policy and produces a variety of seminars. Individual members can earn Continuing Education Units (CEUs) by attending AITCOY programs.

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

Millennium Masquerade raises food to feed the hungry

All partygoers at the Village of Lincolnwood's upcoming Millennium Masquerade New Year's Eve extravaganza are encouraged to bring a can of food along with them, to be donated to the Niles Township Food Pantry. This contribution will undoubtedly start the New Year off right, with a good deed. Participants who donate a can of food will also receive a more tangible reward -- a key chain containing their photo to remind them of how they looked on the brink of a new Millennium.

The program is part of the Village's New Year's Eve blow-out, which culminates a year-long Millennium Celebration consisting of five special events designed to commemorate this once in a lifetime occasion. The non-alcoholic Millennium Masquerade, sponsored by Liberty Bank, Pioneer Press, and Bell+Howard, provides Lincolnwood residents, friends and neighbors with a perfect way to spend New Year's Eve.

Guests will enjoy a spectacular evening of dancing, games, activities and a little mystery. Partygoers are encouraged to wear a costume. A contest for Best Mask will get everyone involved in the masquerade theme, with judging taking place at 9:30 p.m.

Children have their own special

place in the celebration, including a Kiddie Countdown featuring a balloon drop at the stroke of 9 p.m. Following will be an hour of post "New Year's" dancing to conclude at 10 p.m. An arts and crafts area provides children with a chance to create their own masks to go with their costumes.

Throughout the evening, which kicks off at 7 p.m., kids will be regaled with entertainment, including jugglers, stilt walkers, a magician, unicyclists, and "Bouncy Boxing." Other entertainment includes comedy by Eckseil Entertainment, live music by Deja Vu, drawings by caricaturists, karaoke and the "largest climbing mountain in the country."

Interested in what the new millennium might bring? Tarot card readers and fortune tellers will be on hand to provide a personalized peek into the future. Food will be available for purchase. Beginning at 11:45 p.m., a spectacular laser show precedes a confetti countdown to the new century. The stroke of midnight ends the Village's year-long Millennium celebration.

Tickets are now on sale for \$5 each at three locations, including Temptations on the upper level at the main entrance to Lincolnwood Town Center, at the Lincolnwood Parks and Recreation

Offices at the Lincolnwood Village Center, 6900 N. Lincoln Ave., and at the Lincolnwood Public Library, 4000 W. Pratt Ave. Tickets purchased at the door are \$10 per person (adult or child). Pre-purchased tickets represent a 50 percent saving, so be sure to get your tickets ahead of time!

This event marks the conclusion of the Village of Lincolnwood's Millennium Celebration. The goal of this unique five-part series of events is to help foster strong community and family relations. All are welcome to attend, so make your plans now! For more information or to make your reservation for the Millennium Masquerade, please call 847.677.9740.

IMAGINATION

"Imagination could be classified as the ability to create or forecast a future or to create, change or destroy a present or past."

L. Ron Hubbard

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

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BY JEFFREY CARDELLA
Special to The Bugle

PUBLIC SERVICE ADVERTISEMENT

Edward Jones: Stay Calm in a Volatile Market

There are two things we can be fairly sure of in the investment world. The first is that prices will sometimes go up. The second is that prices will sometimes go down. When the ups and downs become too volatile, many investors may be tempted to make snap decisions based on short-term events. But the secret to successful investing during jittery markets is to stay calm.

Of course, that's easier said than done. However, you can do it. Here are a few suggestions that may make it easier.

Concentrate on long-term objectives -- It's important to develop an investment strategy, stick with it over time and keep your long-term objectives in sight. You may want to adjust your portfolio to reflect changing circumstances, but don't abandon proven principles of investment success, such as diversification and striking the proper balance between risk and reward.

Look for opportunities -- During choppy markets, many people turn to "defensive" industries, such as consumer staples and drugs. These sectors are rarely out of favor for extended periods of time, for the simple reason that people will always need these products and services. Other sectors, while struggling along with a down market, may still be poised to do well during the next upturn.

Accept normal market adjustments -- Sometimes when the market appears to be going through convulsions, it's actually "shaking out" excesses of one kind or another in a move toward equilibrium. Such may have been the case this past spring, when overpriced technology stocks fell sharply, causing a drag on the market. While these shakeouts can seem unsettling at the time, they're often healthy for the market in the long run.

Put your idle money to work -- It's probably not a good idea to ever get totally out of the market, no matter how turbulent things may get. By being on the sidelines, even for a short time, you're likely to miss out on opportunities for growth, especially given the speed with which markets can turn around. But if you do have money that's not invested in the market, at least make sure it's working for you -- in a money market account, for example. Your money will earn a decent rate of return and, more importantly, will be available to invest when you're ready.

Shelter money in qualified retirement accounts -- Put as much as you can afford into tax-qualified retirement plans, such as an IRA or a 401(k). The money you invest in these plans is certainly not immune to market fluctuations, but it will grow on a tax-deferred basis -- which means it will grow much faster than if it were placed in an investment on which you paid taxes each year. (And, if you have a Roth IRA, your money will grow tax-free, provided you meet certain conditions.)

By following these suggestions, you should be able to keep your composure, no matter what the market throws your way. And when it comes to investing, the less emotion that's involved, the better.

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

CEB



Community
Employment
Bureau
OF NILES AND
MORTON GROVE

Human Resources CEB Recruitment Group

This special section produced and edited by the Bugle Newspapers, Niles, IL • Thursday, December 14, 2000

Have You Got What It Takes To Be A CEO? -- Drake Beam Morin Reveals 10 Key Competencies For Aspiring Executives -- Take the survey and see how you rate!

A recent study conducted by global human resource consultants Drake Beam Morin (DBM) found that in 85 percent of cases, corporations look within their own ranks to find replacements for departing CEOs. But how do you know if top performers have what it takes to do the CEO's job? DBM has identified 10 key competencies to help human resource professionals and senior executives make this decision.

To find out how you or your up-and-comers rate as a CEO, take the test and see how you score. Using a 10-point scale (1 is poor and 10 is exceptional), rate your ability against each competency, then refer to the score chart to find out if you've got what it takes to be a CEO:

COMPETENCY:

Flexibility -- Able to adapt to dynamic environments with ease and speed. Thrives on change.
Score (1-10): ____

Low risk aversion -- Able to take and manage appropriate risks and use them to the organization's advantage. Can venture into the unknown and allow the company to take steps to outpace the competition.
Score (1-10): ____

Business acumen -- Knowledgeable about trends, practices and policies affecting the industry and business. Has firm understanding of competitors and a good grasp of effective strategies and tactics that work in the marketplace.
Score (1-10): ____

Visionary -- Creates and communicates a compelling and inspired sense of core purpose. Leads on the vision of the future, not the reality of today. Can sift through vast amounts of information and solicit opportunities and possibilities, and communicate effectively to others.
Score (1-10): ____

Embraces ambiguity and uncertainty -- Can cope with and embrace change and use it to ad-

vantage. Able to act without having the total picture.
Score (1-10): ____

Strategic agility -- Can see ahead clearly and anticipate consequences and trends accurately; has broad knowledge and perspective/articulates vision, possibilities, strategies and plans.
Score (1-10): ____

Customer focus -- Clear understanding of customers' needs, preferences, interests, timelines and decision-making criteria. Can walk in the shoes of the customer and speak the same language.
Score (1-10): ____

Communicator -- Relates well to all kinds of people, up, down, and sideways, inside and outside the organization. Able to influence and stimulate others, and build constructive relationships with others.
Score (1-10): ____

Motivator -- Able to inspire, motivate and persuade others, communicates and sells the vision and the future.
Score (1-10): ____

Continuous learner -- A quick, relentless and versatile learner. Can analyze both successes and failures and learn from the experience.
Score (1-10): ____

Score chart:
81-100 = You're probably already in the CEO's seat, and if not, it won't be long. You display most or all of the qualities required to succeed as a CEO in today's high-pressured business environment.

61-80 = As an aspiring CEO, you certainly have the foundation laid. You may, however, need to review the competencies where you scored a bit lower and work to build those areas.

60 or less = You have some of the basics, but you're a long way from CEO material. You may have some of the competencies

and potential, but there's still a way for you to go. Keep aiming high, but make a note of the competencies where you scored low, and work on these areas of your professional development.

No matter what your score, DBM's research found that there are no shortcuts to the top. Half of newly appointed CEOs have been with their company for at least 10 years. Select a company to which you can be loyal, build your experience and expertise, and then aim for the top!

"Aspiring CEOs should make sure they have the skills and capabilities they will need as a CEO before they assume the title, because there will be precious little time afterward for on-the-job training," said Tom Rosella, Account Executive, in the Downers Grove office of DBM.

"Executive Coaching is the number one strategy that savvy human resource professionals and senior executives are using to develop and prepare top talent for senior management challenges, including the top post. Coaches can accelerate development, improve individual and business performance, and aid executives during stretch assignments, and mergers and acquisitions," said Rosella.

For more information on Executive Coaching or to receive a copy of the Drake Beam Morin CEO Turnover study, contact Diane Zemko, 630-829-8009, diane_zemko@dbm.com.

Drake Beam Morin is the worldwide leader in providing strategic solutions that help organizations align their workforces to meet changing business needs. Its Center for Executive Options offers executive coaching to link individual effective-

ness with organizational performance. Known for over 30 years for its innovative and effective career transition services, Drake Beam Morin provides services in employee selection, development, retention and transition. With more than 200 offices in over 40 countries, Drake Beam Morin, Inc., a subsidiary of Harcourt, Inc., is a \$2 billion publishing and education company. Visit Drake Beam Morin at www.dbm.com.

Employment Tip of the Week

Do people wonder how you can find anything on your desk? Does it look like a cyclone just went through it? Would you say you're not organized? Here are some quick tips on how to clear up that clutter.

- Create a paper processing center -- any clear surface.
- Sort your papers by categories and put a label on top of each. For example, trash, financial, contacts, etc.

- Having decided what you want to keep, place the remaining papers in colored folders. This way when new information

comes in, you can automatically place it in the designated folder as opposed to haphazardly on your desk.

If you're trying to find some extra time in your workday, being able to locate what you're looking for may be the solution to your problem.

Now access the current Employment Tip of the Week and a weekly archive at: www.BestJobsUSA.com
Disclaimer: This information is provided as a service of BestJobsUSA.com and is free of all copyright and/or reproductive obligations.

November's CEB Meeting The Role of HR in Employee Retention



Round Table Panelists Monti Redman, Forsythe Technology and Mike Farrell, Drake Beam Morin.



Round Table Panelist Althea Gregory, Swiss Precision Machining



Round Table Panelists Bruce Beebe, Klein Tools and Jeanne Lazzarotto, Forsythe Technology.

As the year 2000 comes to a close Maine Township has developed into a community whose citizens and businesses have prospered. Human Resource plays an important role in that success. Hiring people, fostering security, impacts economic growth and stability to its community.



Simon Perutz, President Nimlok Company Display and Exhibit Solutions Worldwide Congratulations, Maine Township, on your 150th Anniversary. We look forward to growing for years to come.



James E. Berger, Executive Vice President Bank of Lincolnwood Our goal is to assist clients in following a path to financial security. A path we travel together, a partnership, ultimately leading to a successfully strong community. Congratulations Maine Township.



Heather Cepa, Human Resource Manager Georgia Nut Company Human Resources has a responsibility to people in good and bad economic times. At Georgia Nut we provide for the whole person; benefits and life long learning. Enabling both our company and the community to thrive.



Michele P. Fletcher, Human Resource Director Ed Garvey & Company Established in 1919, and part of this community since 1994, we are a leading graphic arts company drawing from local population for our employees. We look forward to continuing this great relationship. Happy 150th, Maine Township.



Sharon Sax, Bank Branch Manager First Suburban National Bank We take great pride in knowing that through employment at each of our five bank locations, we affect and encourage the security of families and the communities in which they live. Happy Birthday Maine Township!



David Besser, Founder The Bugle Newspapers Since 1957, The Bugle Newspapers have kept our communities informed about the entire spectrum of news pertaining to our villages' political, administrative, educational, recreational and religious lives. Additionally, we have been privileged to employ and count as friends scores of people from our communities. Happy 150th Birthday Maine Township.



Orchard Village Congratulations Maine Township on 150 Years! Orchard Village is comprised of over 400 customers and staff members and has been your grateful partner for the past 27 years. Orchard Village supports people with developmental disabilities in all aspects of their lives. We reside in your neighborhoods, attend your houses of worship, and take advantage of all of the retail and entertainment opportunities our communities provide. We invite you to visit us at www.orchardvillage.org or contact us at ovdev@www.com.

Graphics: Dolores Lopez Design
Photos: Marli Kaz

CEB

MEMBERS

*CEB Human Resource Members and The Bugle Newspapers congratulate Maine Township on its 150th anniversary. They look forward to the future, working in partnership with the township to continue its success and afford opportunity to all its residents.

*CEB is an professional group formed by The Bugle Newspapers for Recruiting and Human Resource Directors. They meet monthly with organizations and consultants to discuss issues related to the field of employment.

Community Employment Bureau

HR Technology Trends: Beyond the Millennium

By Samuel Greengard

It's difficult to imagine another era that has experienced such a frenetic rate of technological change. Over the last decade, the Internet has streamed into our offices and the public consciousness, bringing with it instantaneous worldwide communication.

Today, workers send e-mail to colleagues and business associates around the world. Data flows like lightning between individuals, departments and entire organizations. At the same time, wireless communication has changed the way people act and interact, and more powerful computers and software have forever altered the way work gets done.

Human resources hasn't been left out of the technological loop. Advances in enterprise resource planning (ERP) systems, an array of human resources management systems (HRMS), workflow, self-service, computer instruction and Internet-based training are drastically changing the structure and role of the HR department. They're transforming human resources professionals into internal consultants and analysts who must understand technology and what it can do for the business.

Questions posed below ask how technology will affect the way we work, where we work and what skills and capabilities will be required to navigate through the digital economy. The panel is listed as follows: Russell J. Campanello, Senior Vice President, Human Resources, Genzyme Corporation, Cambridge, Massachusetts; Jennifer Jarratt, Vice President, Coates and Jarratt, Washington, D.C.; Mark S. Koskine, Vice President, Human Resources, Buckman Laboratories International, Inc., Memphis, Tennessee; Jenni Lehman, Research Director, GartnerGroup, Stamford, Connecticut; Nick Messerschmidt, Worldwide Director of HRIS, Boston Scientific Corporation, Natick, Massachusetts; and John Sullivan, Human Resources, Management Program, San Francisco State University, San Francisco, California.

COMMUNICATION

How will the Internet and networking change the nature of work?

Campanello: The network is becoming the company. In the future, all sorts of computing devices will exist -- handheld PCs, specialized information appliances and mobile phones with e-

mail capabilities and they'll offer seamless integration so that you can get any type of message, anywhere. This will create a more mobile workforce, thus making a central office far less important.

How will communication change over the next decade?

Sullivan: Communication is becoming increasingly asynchronous. It began with voice-mail and faxes, and e-mail has accelerated the trend. This has solved the problem of communicating across time zones, but it hasn't solved the problem of how you get a quick response -- something that's essential in today's business world.

Future technology will alleviate some of this problem, but people have to learn to use these systems more efficiently.

WORKFLOW

What is the future of workflow? How will it change the nature of work within human resources and throughout the organization?

Jarratt: One of the problems now is that too much non-essential information is being shoved around. People have a great deal of difficulty managing content and managing all the information.

In a decade, I suspect we'll see systems that have a level of intelligence that can distinguish between junk and the important stuff. They'll be able to compare word patterns, recognize certain names and key words, and decide how information -- including e-mail -- is filtered or prioritized.

Lehman: Workflow processes need to be much smarter. The next step is developing workflow that leads to effectiveness improvement rather than simple efficiency improvements.

In other words, if a manager is processing performance reviews, the system would say something like: "Based on what you're saying about this employee, here are some of the other things you ought to consider for feedback. And, by the way, this is the third employee you've evaluated in the last three months who has this same problem. Would you like recommendations for team training?"

KNOWLEDGE MANAGEMENT

How important will knowledge management be in the future? How will companies mine and manage the knowledge that typically resides inside people's

heads?

Messerschmidt: As people use the system, they'll need to rate the value of the knowledge by providing instant feedback. If you're a continuous contributor and receive high ratings, then the system will automatically award you monetary compensation. If others don't find your contributions valuable, then you won't receive recognition or rewards. You can also reward people for using knowledge to

achieve results.

DATA INPUT, STORAGE AND RETRIEVAL

What kinds of data mining and business intelligence tools are likely to exist by 2010? How will these affect HR and the workplace?

Koskine: We'll have much better tools to drill down through all the data. Linked supply chains and seamless integration of intranets and extranets

will allow people to drill deeper down into processes and systems -- and draw important business conclusions from shared data. While some HR positions will be eliminated through technology, it's likely that organizations will have a need for information analysts. They will need experts who can put the pieces of the puzzle together -- reconfigure data in new and interesting ways -- to make meaningful sense of things.

The Truth About Employee Retention

Drake Beam Morin Explodes Six Common Myths. Retention is the number one business challenge employers face today, and it's even more pronounced for companies in the Internet economy. Human resources professionals are pulling out all stops to keep their best people amid steadily climbing turnover rates while also trying to attract new hires during one of the tightest labor markets in nearly 40 years.

According to a recent poll of senior executives at Drake Beam Morin (DBM), there are many myths about what works and what doesn't when it comes to retention. As the world's leading workplace consulting firm, DBM has extensive experience advising companies across 43 countries on retention and other key human resource-related issues.

"Companies need to be proactive, creative, even experimental in exploring solutions to retention challenges," said Dorene Lent, Account Executive, in a local office of DBM. "Eliminating the myths and gaining a clear understanding of retention realities is a solid step in the right direction."

DBM Executives identified the following prevalent misperceptions about retention, all of which organizations need to overcome:

1. **Show me the money.** There's no question that increased compensation is a very powerful lure to entice employees to accept new opportunities. But money is not necessarily the be all and end all. DBM's experience is working with people in career transition has found that career development and challenging work opportunities are often greater incentives than money to stay or start with an employer.

2. **Recruitment's a separate issue.** Not so. An effective retention strategy begins at the earliest stages of the selection and recruitment process. Selecting

the "right" people -- those whose skill sets and attitudes fit the organization's needs and values -- is critical to retention. Most turnover is due, in fact, to "bad chemistry."

3. **Training will only make employees more marketable.** In the long run, providing employees with the latest in learning opportunities may indeed raise their market value. However, it also helps to motivate them and enhance their performance in their current positions. Offering training and development opportunities is a very worthwhile retention strategy.

4. **Retention? We're in the middle of a merger!** It is precisely during these times of significant corporate change that organizations need to be mindful of how employees are likely to perceive these changes. Many employees today are all too ready to leave a company if they fear the organization's new direction or dislike the way the change was introduced or managed. Effective retention is achieved by helping all employees understand the change. This involves cementing their commitment to company goals and integrating them within the structure, strategy and culture of the new organization.

5. **We can't hold on to good people.** The notion of "holding on," which companies often use in a figurative sense, may mask a more literal problem. The traditional view of retention, to which many companies still adhere, is the ability to hold on to or keep employees. Today's reality is that companies need to adopt a more flexible and understanding approach to meeting individual needs, by creating an environment in which employees want to stay and grow. Employees need to be viewed as free agents, not fixed assets. This might entail helping them chart creative career tracks, enriching skills through training or offering an array of career development options.

6. **Once they leave, who cares?** The traditional approach was to send departing employees on their way and not look back. However, valuable lessons may be learned from those who leave, most often during exit interviews, which can help bolster retention rates moving forward. The exit interviewer should be a third party -- someone with whom the departing employee can be open -- and who can elicit thorough and honest feedback.

Drake Beam Morin is the worldwide leader in providing strategic solutions that help organizations align their workforce to meet changing business needs. Known for over 30 years for its innovative and effective career transition services, Drake Beam Morin provides services in employee selection, development, retention, and transition. With more than 200 offices in over 40 countries, Drake Beam Morin is a subsidiary of Harcourt, Inc., a \$2 billion publishing and education company. Visit Drake Beam Morin at www.dbm.com

Employment Tip of the Week

Brought to you by BestJobs USA.com

In order to assure that you are making the right choices, it's important to know what you want on both a professional and personal level before going to a job interview.

- Have an established list of criteria.
- Ask yourself where you want your career to go.
- In this new job what will you be doing on a day to day basis?
- Will it be the same thing you're currently working on?
- Will it be an enhancement to what you're presently doing?
- Don't get caught asking yourself, "What am I doing in this job?"

Community Employment Bureau

Workplace Flexibility - A Powerful Strategy For Today's Dynamic Marketplace

The Boston College Center for Work & Family has announced the release of *Measuring the Impact of Workplace Flexibility*, a two-year research project to assess the effect of workplace flexibility. The report, which collected information from over 1500 employees and managers, concludes that when managed effectively, greater workplace flexibility is a win-win situation for both companies and the individuals they employ. Among the findings:

- 87% of employees and 70% of managers report that flexible work arrangements have positive effects on productivity
- 87% of employees and 65% of managers report that flexible work arrangements have positive effects on the quality of work
- 80% of employees and 76% of managers report that flexible work arrangements have positive effects on retention

The results of this study reveal that the most promising form of flexibility is daily flextime, defined as the ability to vary work hours on a daily basis. Today's

world is more complicated, the pace of life has quickened dramatically, and technology has placed even greater demands on our time. Employees who are able to adjust their hours to meet the needs of their jobs and their personal lives report higher levels of job satisfaction and better work/family balance.

The picture regarding telecommuting was more mixed. On the one hand, telecommuters reported some of the same positive impacts on productivity, quality of work, and plans to stay with the company. However, they also reported working longer hours, working more while on vacation, and rated their work/life balance lower.

"The story here," reports Rachel Pruchno, Director of the Boston College Center for Work & Family, "is that flexible work arrangements are a valuable part of an employer's work/life strategy, and an effective tool for attracting and retaining talented employees. However, it is crucial that managers, co-workers, and the employees themselves be trained regarding how and when to effectively use flexible work arrangements. It is this 'coaching' and education that will help employers retain the best and the

brightest."

The Center owes the success of this project to Amway Corporation, Bristol-Myers Squibb Company, Honeywell, Kraft Foods, Lucent Technologies, and Motorola. By opening their doors to this study, they have not only contributed to their own strategic planning; they have made an enormous contribution to the field. Working in partnership with the Boston College Center for Work & Family, these six organizations brought diversity of corporate culture, product, and demographics to the research.

This report presents an in-depth look at the impact of workplace flexibility on managers, co-workers, and overall work group productivity. It suggests that companies who proactively invest in the management of flexi-

ble work arrangements -- addressing issues such as communication, clarity of objectives, and equity -- will reap far better results than companies failing to attend to these issues.

Included in this report are:

- distinctions between the experiences of employees who use daily flextime, traditional flextime, and telecommuting;
- views of managers and co-workers about what it is like to supervise or work with employees using flexible work arrangements;
- implications for employers who are considering the implementation or enhancement of their flexible work policies; and
- details about how employees who use flexible work arrangements negotiate them.

Measuring the Impact of Workplace Flexibility is available for \$149 from the Boston College Center for Work & Family. For more information on the study or to order copies of the report, please call Kathy Lynch at (617) 552-2865, or email at lynchks@bc.edu

The Boston College Center for Work & Family is a research organization within the Carroll School of Management that bridges the academic research community to the workplace. The Center's guiding vision is to gain increased understanding of the challenges faced by both employees and employers in meeting the goals of the individual and the enterprise. The Center conducts basic and applied research studies and analyzes secondary information sources. The Center's activities focus on research, employer partnerships, and information services.

Employment Tips of the Week

1. What does it take to be successful? Here's Employment Review's Top 10 personality traits for climbing the corporate ladder.
1. Have a sense of purpose
2. Be inquisitive
3. Be determined
4. Be brave
5. Be a team player
6. Be a fast walker
7. Be a problem solver
8. Be likeable
9. Use 'We' instead of 'I'
10. Accept blame.

2. Being evaluated by your boss can be a daunting process. The best way to overcome any jitters is to be prepared.

- Have a list of what you accomplished from your last assessment to this one.
- Point out what goals you set and how you achieved them.
- Let your manager know what your objectives are for the upcoming year.

Being prepared is just another way of showing your boss you're serious about succeeding.

3. How many times a day do you catch yourself thinking about being in another job -- your dream job? Believe it or not, making it happen only requires a bit of self-examination. Ask yourself the following questions:

- What's important to you?
- What do you enjoy?
- What do you do well?
- What do you want from your next employer?

If you're able to answer these questions, you might find yourself in that job and not daydreaming anymore.

Building Trust Is a Good HR Habit

By Bob Rosner

It's hard to think of anyone else who has touched more business leaders' lives over the last 20 years than Stephen R. Covey. His book, *The 7 Habits of Highly Successful People* (Fireside, 1990), remains the business book with the longest reign on *The New York Times*' business best-seller list. He has written a number of other best-selling books, and he's also a lecturer, trainer, educator, and board member and co-founder of Franklin Covey Co., based in Provo, Utah.

Bob Rosner sat down recently with Dr. Covey in New York City to talk about the role of human resources in today's corporation. I once heard from an HR director who complained that he felt like he was stuck at the "children's table" while the "adults" were in the next room making all the decisions. What are your thoughts on this?

Human resources [leaders] can definitely get to the adults' table, but they have to learn to speak the language of the adults. Most of

them have become seduced by the politicized culture of their corporations. They become part of the "kiss up" approach; they sell out. And so they essentially reduce themselves to doing just the old personnel functions. Any thoughts on how to deal with this trust crisis?

You have both personal and organizational sources of distrust. Because you have the "institutionalized dependency" of people who have "kissed up" for a long period of time, you have to work at a deep level in order to restore trust in an organization. You have to work both systematically as well as with people's character. So it's a slow process, [this business of] building a trust culture.

Bob Rosner is the author of *Working Wounded: Advice That Adds Insight to Injury* (Warner Books, 1998), speaker, nationally syndicated columnist and a regular contributor to WORKFORCE. He can be reached via bob@workingwounded.com

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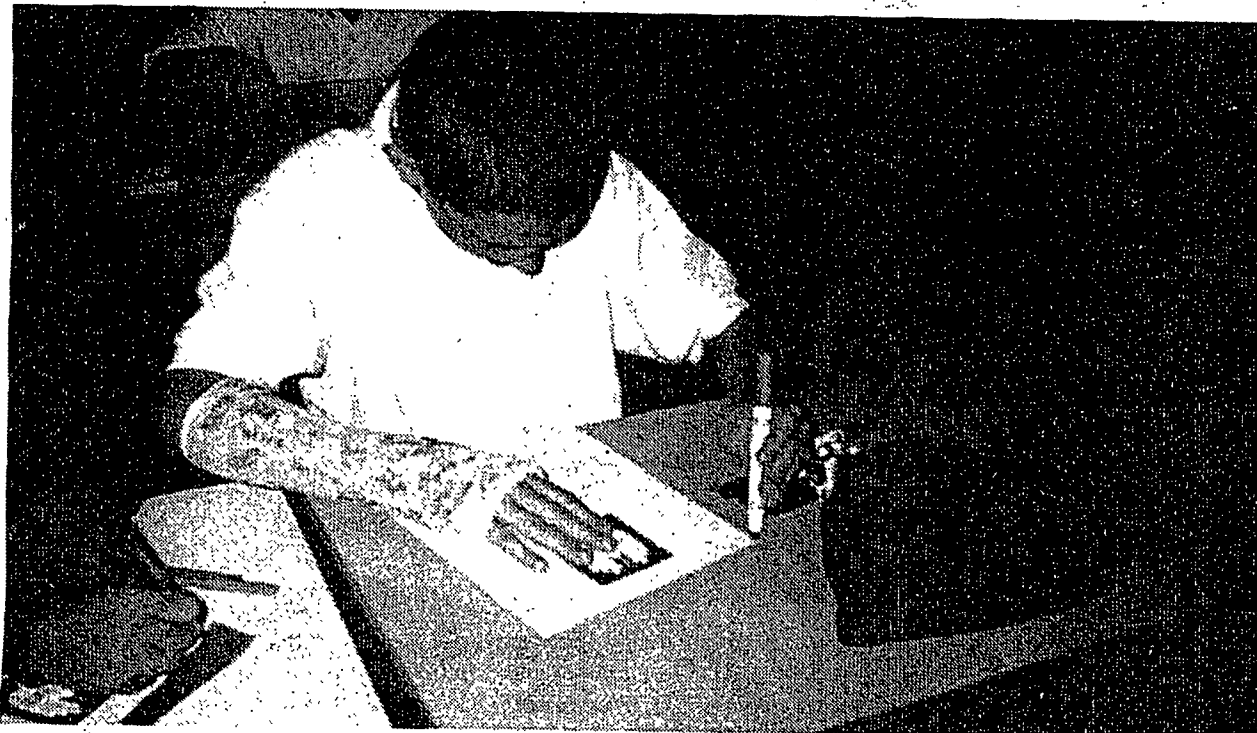
No Jackets (or Ties) Required

Rejoice, all fans of casual office wear! According to a survey of more than 3,700 executives, formal business attire in the workplace may well go the way of the raccoon coat. More than 40 percent of the hiring executives surveyed in a national poll indicated that suits and ties as everyday work dress may disappear entirely. Of those executives, 87.1 percent believe it will happen within the next 10 years.

"This has had an interesting impact on the job-interviewing process," says Allen Salikof, president and CEO at Management Recruiters International, Inc., the Cleveland-based search and recruitment firm that conducted the survey in 1998. "In the past, job candidates would assume the need to wear a suit and tie for a job interview. This is no longer the ironclad rule.

School News

Students take a stand



Do you ever worry about your safety in school? Are you concerned that someone may bring a weapon to school? Do you know what to do in case someone comes to school with a gun?

These and other similar questions crossed the minds of the students at St. John Brebeuf School in Niles. The reason for these thoughts was the date. It was October 17. This day is known as the "National Day of Concern."

Established in 1996, this day began as a means to call attention to the increase of youth-on-youth gun violence in schools. Incorporated into the day are a variety of activities. The signing of pledges is an integral part of the day.

St. John Brebeuf's Student Council organized the day's events. The day began with a prayer asking for safety in the school. This was followed by the signing of a student's pledge. Grade appropriate pledges were read over the P.A. and signed by the students. These were then displayed in the classrooms to serve as a reminder to the students.

District 219 computing conference

More than 1,000 Illinois teachers participated in the annual conference on learning and technology sponsored by ICE (Illinois Computing Educators) that was held recently at Niles West High School. The focus of the conference was on expanding educational opportunities for Illinois students through the use of technology.

"It's a real feather in the district's cap to be chosen to host an event like this," said Guy Ballard,

director of technology of Niles Township High School District 219. "Teachers from other parts of the state were amazed to see the technology resources that are available to our students." Ballard was recognized by the Making It Happen organization for his efforts, both in District 219 and in his former position with the State Regional Office of Education in DuPage County, to broaden the educational horizons of teachers and students alike through technology.

Oakton College holiday hours

Oakton Community College will be closed from Sunday, Dec. 24 through Monday, Jan. 1, 2001. In-person and Touch-Tone registration for spring courses will not be available to students during the winter holiday break.

Normal hours of operation for in-person registration and student services will resume at both Oakton campuses in Des Plaines and Skokie at 8:30 a.m. on Tuesday, Jan. 2.

Touch-Tone registration resumes that day at 7 a.m.

Most classes offered during the spring semester begin Tuesday, Jan. 16. Many courses have later starting dates, so students should check the Spring Credit Class Schedule for specific meeting times.

For more information regarding spring classes, contact Student Services at (847) 635-1741 (Des Plaines) or (847) 635-1417 (Skokie).

Notre Dame students honored

Nine Notre Dame High School for Boys' students were recipients of the Cook County Sheriff's Youth Service Medal of Honor at a ceremony hosted by the James R. Thompson Center in downtown Chicago on November 20.

Michael Lowder '01 and Paul Libby '02 were repeat award winners from last year. They were joined by Dennis Bilski '01, Matthew Borkowski '01, William Kasper '03, Richard Kruzel '01, Jonathan Lowder '03, Michael Peplow '02 and Tomislav Soldo '02.

The Sheriff's Youth Service Medal of Honor program was established to recognize Cook County students who volunteered more than 100 hours of service during the previous year. The 2000 Medal of Honor recipients contributed nearly 50,000 hours of service to a variety of agencies in Cook County communities. Cook County Sheriff, Michael F. Sheahan, made the medal presentations.

The whole secret of the study of nature lies in learning how to use one's eyes.

—George Sand

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School News

Model Students at SJB



Tiffany Bartley, Azadeh Shemirani St. John Brebeuf Cell Projects.

Endoplasmic reticulum, mitochondria, lysosomes, and ribosomes: are these words from a foreign language? To some people, the answer would be "yes."

However, to the sixth graders of St. John Brebeuf School (Niles), these words are fairly common.

Students spent time studying plant and animal cells. The organelles which make up the cells were learned. Students had to know the functions of each organelle and which cell(s) they are located in. Activities in the labor-

atory enhanced the lessons. Human skin cells and Elodea leaves were observed under microscopes. Drawings had to be made. The students then answered a series of questions based on their observations.

As a final project, models of the cells were created. Any materials could be used. Creativity was stressed. The one criteria for all projects was the identification of the organelles. This proved to be both an educational and enjoyable activity.

St. Paul Lutheran Church and School

Congratulations to Jonathan Kurinsky, Dana Raabe, Sandra Na, Andrew Mueller, and Libby Trettin. These 5 outstanding St. Paul math students, members of the St. Paul 8th-grade math team, represented their school at a math contest at Resurrection High School on November 18th.

On Wednesday, December 20th, the preschool through eighth-grade classes at St. Paul Lutheran School will celebrate Christmas with two special services.

Throughout November and December St. Paul student have been celebrating their blessings by participating in a food drive for less fortunate people. For their weekly chapel offerings, students have brought canned and dry food items to be donated to people in Chicago's Uptown area. In addition, the third-through eighth-grade classes are participating in an adopt-a-family gift-giving program. Class members are bringing gifts to be given to their adopted families through the Chicago Uptown Ministry. Lower-grade students are giving toys to be distributed to needy children.

Awards for St. Paul's summer reading club, "Count on Reading," were presented recently. Receiving special awards for reading the most books were Patty Croon (155 books), David Ruby (142 books), and Lydia Raabe (38 books). Receiving awards for reading the most pages were Jonathan Kurinsky

(19,177 pages), Dana Raabe (13,364 pages), and Nathaniel Sahyouni (3,188 pages). Mrs. Rocans, 5th-grade teacher, received an award for reading more than any other teacher, 55 books and 11,712 pages.

St. Paul recently announced its First Quarter High Honor Roll and Honor Roll for grades 5 through 8. Earning High Honor Roll status were 5th graders Andrew Bialek, Kirsten Dufrey, Caroline Fabry, Rebecca Giuntoli, Ryan Gustafson, Vicki Levin, Robert Trettin, David Lopez, Katie McKinney, Lydia Raabe, Liz Sande, Nathaniel Sahyouni, Kelly Schmidt, and Ali Watt; 6th grader Ryon Gilbert; 7th graders Jessica Fuder, Tim Hacker, William Hagen, Andrew Hanebutt, Britta Helwig, and Jacquelyn Muench; and 8th graders Jonathan Kurinsky, Johannes Koern, Sandra Na, Andrew Mueller, Dana Raabe, and Libby Trettin.

Earning places on Honor Roll were 5th graders Eric Frandemo, Jeremy Frey, Hannah Moor, Derek Newhouse, David Niemiec, and Eric Steagall; 6th graders Julie Bauer, Patty Croon, Cindy Diaz, Christina Jin, and Lauren Young; 7th graders John Creely, Brian Stephens, Tom Gustafson, Stefan Schalk, and Abi Johnson; and 8th graders Mike Croon, Lauren Elmer, Dan Fabry, Dan Gilbert, Joy LaRosa, Chris McKinney, Chris Schmidt, and Michael Thunberg.

Courses to help you succeed in college

Register now for one of the college success seminars offered by Oakton Community College. Sponsored by Oakton's Instructional Support Services (ISS), these seminars help students to develop, improve and refine their learning skills.

College 101 is a three-credit-hour course that covers a variety of topics, including study strategies, selecting a major, discovering your learning style and using the library.

Two courses are offered to

help students acquire computing skills. College 104 and College 105 are one-credit-hour, five-week seminars that cover Windows, file management, Microsoft Word, an introduction to Microsoft PowerPoint, the World Wide Web and e-mail.

College 106 (Career Exploration) is a one-credit-hour, five-week course that helps students identify career interests by analyzing their personality type, values, academic skills and aptitudes.

For more information about these seminars, contact Phyllis Deutsch, director of Institutional Support Services, at (847) 635-1636 or call Student Services at (847) 635-1741 (Des Plaines) and (847) 635-1417 (Skokie). Oakton's Spring Credit Class Schedule contains the specific meeting times and registration information for the College Success courses at the Des Plaines and Skokie campuses.

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Health / Fitness

Getting up-to-date information about allergies

Allergies are nothing to sneeze at. These chronic conditions affect more than 20 percent of all adults and children, yet many go undiagnosed or untreated for years.

Over the past 20 years, there has been an increase in allergic disorders worldwide. However, there is also an increased number of treatments available; seeing a doctor may be the best way to address allergies -- yours and your child's.

Also, a free consumer brochure called "Could it be Allergies? How to Find Out and What to Do" is available to provide helpful information on finding out whether you or your children have allergies and what you and your healthcare provider can do to treat allergy symptoms. To receive a copy of "Could it be Allergies?" call 1-800-222-7644 or visit The Allergy Report website at www.theallergyreport.com.

"Allergic disease is common, pervasive and serious," said Dr. Joel Karlin, Associate Professor of Medicine and Pediatrics at the University of Colorado School of Medicine and President of Allergy and Asthma Associates of

Colorado. "Left untreated, or treated improperly, allergies can have a major impact on quality of life and well-being."

Fortunately, a summary of The Allergy Report, a set of recommendations for the treatment of allergies developed by 21 different medical organizations and funded through an unrestricted grant from Schering/Key, will be available to healthcare providers across the country.

The summary offers physicians and other healthcare providers easy access to information on how to recognize and treat allergies.

When discussing allergy symptoms with your doctor, it is important to mention:

- How long you've had allergy symptoms (itchy eyes/nose, watery eyes, runny nose, frequent skin rashes);

- How often you stay home from work, or your children miss school, because of symptoms;

- Whether you or your children are unable to participate in activities, sports, recreational, etc.; and

- When you feel worse. In the spring or fall? Inside or outside?

Is 'Holiday Depression' affecting you?

The holiday season is once again upon us -- a time of great joy for most people, but also a time of depression and sorrow for many. If you think it's confusing that a time of year intended to bring joy and celebration can sometimes make people feel unhappy and frustrated consider these factors.

From a mental health counseling perspective, the foremost explanation is that many of us place unrealistic expectations on ourselves as well as on the holiday season. We have an "ideal" vision of what holidays are going to do for us -- a vision that is reinforced on a daily basis by the media and through the countless commercial messages of the season.

When we compare what we actually feel with that often unrealistic "ideal," we can become painfully aware that we are not attaining the "perfect" holiday life that we see in movies, TV shows and advertising. For some people this can grow into a constant feeling of getting the "short end" of life, especially during the holiday season. When we compare ourselves to others, it's not uncommon to feel we are lacking some important quality or experiencing less of some-

thing that those with whom we are comparing ourselves.

A second cause of holiday season depression can come from changes in our dietary habits. During festive seasons, we often consume greater varieties and quantities of candy, cakes, alcohol, and rich, high-calorie foods. Yet we know that there is a connection between what we eat and how we feel.

Sugar, for example, is a "mood food," in that it affects how we feel about ourselves, as well as our energy level. Parents often see the increased activity level that high sugar consumption brings to their children, as well as the energy loss and lethargy that follows when the sugar reaches a certain digestive stage in the body. The same affect occurs in adults, though that burst of energy is usually followed by what most of us would feel as a depressed state.

Lack of physical activity can be another cause of depression. The holidays come in the winter season when there are fewer hours of sunlight and outdoor temperatures are less friendly. As a result, it takes more energy and willpower to maintain an exercise regimen. It is not easy to go for a walk or a run after work

if it is dark outside and we have to put on extra layers of clothes. We become more sedentary, and much like the bear population, we go into a moderate form of hibernation.

Finally, many people become less socially active as the pressure of the holidays and a growing sense of depression affects the choices we make. We may not want to spend the extra energy it takes to get out socially.

We find ways to avoid the holiday parties or if we do go, we set ourselves up for a boring time by thinking to ourselves, "I'd really rather be at home." This has been described as the "pity me party." And since few of us would ask for others to pity us and how depressed we feel, we suffer in silence.

There's no reason simply to accept that the holidays are a depressing time when there really is a great deal to feel good about during this season.

The Counseling Corner is provided as a public service by the American Counseling Association, the nation's largest organization of counseling professionals. You can learn more about the counseling profession at the ACA web site, www.counseling.org.

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Rainbow Hospice offers pastoral care program

Clinical pastoral education has been an integral part of the spiritual services provided by Park Ridge-based Rainbow Hospice for two decades. The Rainbow Hospice Residency in Pastoral Care program, a collaborative partnership with Advocate Lutheran General Hospital's Department of Mission and Spiritual Care, has provided limited three-month rotations to chaplain residents serving the hospital. This year, Rainbow Hospice demonstrated its commitment to end-of-life education by expanding the residency program to a full-time, twelve-month clinical placement for a chaplain resident. Rainbow Hospice also offers educational internships for students of nursing, social work, art therapy and medicine.

"Growing older and nearing the end of one's life is often a time associated with wisdom," states Joe Czolgosz, Clinical Pastoral Education supervisor, Advocate Lutheran General Hospital. "Hospice supports the belief that the end-of-life can be a time for incredible personal growth, both in relationships and in spirit. Rainbow Hospice, by funding and supporting a pastoral education position, bears witness to the 'holy wisdom' its patients offer, not only to chaplains, but to everyone who participates in care."

Daryn Holdsworth, an ordained pastor of the Evangelical Lutheran Church in America, has been chosen to serve at Rainbow Hospice for a year of residency. This type of residency is unique in the degree to which learning is self-directed. The student identifies the learning objectives and the program supports opportunities to achieve these goals. Peers and supervisors provide critical feedback and support as the resident pursues the desired objectives.

Holdsworth's primary learning objectives are to develop and affirm his pastoral gifts, including the use of music in his ministry. Through the ministry of music, Holdsworth hopes to foster a deeper, spiritual reflection for the patients and families he will serve.

"The residency provides an opportunity for guided reflection as I learn to care for patients and families during their end-of-life journey," states Holdsworth. In addition to the clinical work at Rainbow Hospice, the residency program consists of individual supervision, group work and on-call pastoral services at Advocate Lutheran General Hospital. Holdsworth's long-term goal is to be a hospice chaplain.

Holdsworth graduated from the Lutheran School of Theology at Chicago with a Masters of Divinity in 1998. He brings a variety of experience to Rainbow Hospice including parish ministry, education and social service. His introduction to end-of-life care came as a child when he accompanied his mother in her volunteer duties at a nursing home. He also had the experience of learning from a college mentor who was living with a terminal illness. While a pastor, Holdsworth came to know a parishoner who was served by hospice, through these experiences, Holdsworth felt a calling to move beyond parish ministry to work within the setting of hospice, finding value in working with a team of people focused on the same goal of affirming life at the end of life.

Parents: Take care when feeding children under age four

Pediatricians at Advocate Lutheran General Children's Hospital are offering some words of wisdom to parents of young children under the age of four - watch what you feed your children. Some foods, due to size or consistency, are dangerous and can lead to aspiration (choking that results in food becoming lodged in the lungs) which can result in pneumonia or in some cases, death.

"Parents should use common sense when preparing food for their children," said David L. Walner, M.D., pediatric otolaryngologist, Lutheran General Children's Hospital. "A child's swallowing mechanism is not fully developed, and certain foods are extremely dangerous, especially in children less than four years of age."



Carbonated soda water was developed in 1833 and was originally made into flavored soda by the addition of syrups.

Dr. Walner offers some suggestions for parents:

- Hot dogs and grapes should be cut into quarters.
- Foods you should NOT give to children under the age of four include:
 1. nuts of any kind
 2. carrots or apples
 3. marshmallows
 4. popcorn
 5. sticky/hard candy
 6. chunks of meat, cheese or peanut butter

nut butter
7. gum balls
"Parents also need to watch their child's level of activity while eating. Kids should only eat while they are sitting down," said Dr. Walner. "They should not be in motion or playing." According to Dr. Walner, choking can often be prevented if parents are aware of how they prepare meals and snacks for their children.

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Home Style

Manufactured homes are good options, especially for first time homebuyers

The popularity of manufactured homes has increased significantly over the last decade especially since construction has become more solid and styles more contemporary. In fact, a manufactured home, one that is constructed in a factory then moved to an owned or leased site (formerly mobile home parks) may be an affordable option for first-time buyers with limited income.

"Manufactured homes have changed so much that the average consumer may not be able to differentiate between a manufactured home and a site-built one," said Lynnae Rodeffer, vice president of Consumer Lending Development for Washington Mutual. "Today, construction materials are stronger, homes can be ordered with any appliance the owner desires, and owners can customize their homes by making minor modifications to its blueprint."

One of the chief benefits of owning a manufactured home is affordability. A new contemporary manufactured home typically costs between 25 and 50 percent less than a site built home, excluding the cost of the land. For borrowers with limited funds, purchasing a manufactured home typically gets them more for their money than a site built one.

Another benefit to owning a manufactured home is quality control - because manufactured homes are built in a factory, all parts are pre-cut to specifications and are not subject to weather problems. Most can be constructed completely within two weeks. Prospective buyers will find

that financing a manufactured home is quite different than obtaining a loan for a home built piece by piece on its own site.

First of all, buyers may pay higher loan rates for a manufactured home than for a site built one. This is often because of the perception of difference in the appreciation rate between the two. An additional factor the lender takes into consideration is the impact that increased space rent payments can have on the future marketability of the home.

With those factors in mind it is especially important to find a loan program that will help preserve the equity in the home and offer manageable loan payments.

"Too often, buyers choose a loan based only on what the initial monthly payment will be, without considering changes that are built into a payment plan, or the effect financed extras have on the loan balance," Rodeffer said.

Here are some tips to consider when purchasing and financing a manufactured home:

1. Get pre-approved for your loan from a bank before going shopping to determine how much you can afford. Shop for your loan through banks and other

firms that specialize in manufactured home financing. At Washington Mutual, lenders meet each loan applicant in person or by phone to determine which product will best suit their needs.

2. Research where you want to live. Consult with a real estate agent, and visit community park managers to find out about amenities that are included in monthly site rent.

3. Shop for the best home at the best price from manufactured home dealers. There is a wide range of quality and construction. If you are unfamiliar with the practices of individual dealers, contact the Better Business Bureau in your area for more information.

4. Compare loan programs and any add-on fees for products that could inflate the loan amount and decrease the equity. Be aware of financing practices that cause you to borrow more than you need.

5. If you are feeling pressured at any point, step back. Think about why you are being pressured.

For more information on the manufactured home buying process, Washington Mutual lenders are available toll free at (877) 933-3590 or (888) 926-8536.

Home tips

(NU)-Your roof is possibly the most critical element that protects your home. Consider checking out the GAF Materials Corp.'s Web site at www.gaf.com, which contains a great deal of information about roofing problems and solutions, as well as names of roofing contractors located in almost every area of the United States.

To pay tribute to garages everywhere and the people who love them, Miller High Life is teaming up with Home Improvement Expert Tim Carter to launch the first annual "Great Garage Makeover" contest. Log on to www.MillerBrewing.com or call (312) 228-6899 for details.

While it may seem complicated, installing a ceiling fan is relatively easy. Even if you've never hung a ceiling fan before, it shouldn't take you more than a few hours to install. For details on how to, log on to www.ihomeline.com.

New flooring can make you feel like you are in a whole new room. Try vinyl tiles for a great look. Log on to www.ihomeline.com for details on how to install them.

Home Style

Tips for a Lifetime

1. Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.

2. Use a meat baster to "squeeze" your pancake batter onto the hot griddle for perfect shaped pancakes every time.

3. To keep potatoes from budding, place an apple in the bag with the potatoes.

4. To prevent egg shells from cracking, add a pinch of salt to the water before hardboiling.

5. Run your hands under cold water before pressing Rice Krispies treats in the pan - the marshmallows won't stick to your fingers.

6. To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.

7. To easily remove burned-on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stove-top - skillet will be much easier to clean.

8. Spray your Tupperware with nonstick cooking spray before pouring in tomato-based sauces - no more stains.

9. When a cake recipe calls for

over wine: Freeze into ice cubes flouring the baking pan, use a bit of the dry cake mix instead - no white mess on the outside of the cake.

10. If you accidentally oversalt a dish while it's still cooking, drop in a peeled potato - it absorbs the excess salt for an instant "fix me up."

11. Wrap celery in aluminum foil when putting in the refrigerator. It will keep for weeks.

12. Brush beaten egg white over pie crust before baking to yield a beautiful glossy finish.

13. Place a slice of apple in hardened brown sugar to soften it back up.

14. When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness.

15. To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh - if it rises to the surface, throw it away.

16. Cure for headaches: Take a line, cut it in half and rub it on your forehead. The throbbing will go away.

17. Don't throw out all that left-

for future use in casseroles and sauces.

18. If you have a problem opening jars: Try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.

19. Potatoes will take food stains off your fingers. Just slide and rub raw potato on the stains and rinse with water.

20. To get rid of itch from mosquito bites, try applying soap on the area - instant relief.

21. Ants, ants, ants everywhere...Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march - see for yourself.

22. Use air-freshener to clean mirrors: It does a good job and better still, leaves a lovely scent to the shine.

23. When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, then pull it off. Scotch tape removes most splinters painlessly and easily.

24. Now look what you can do with Alka-Seltzer: Clean a toilet. Drop in two Alka-Seltzer tablets, wait twenty minutes, brush, and flush. The citric acid and effervescent action cleans vitreous

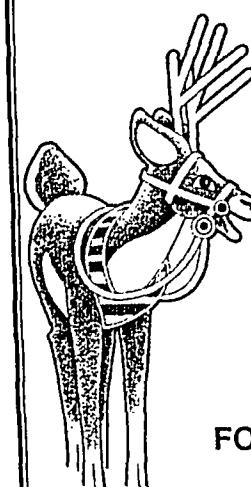
china. Clean a vase - to remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka-Seltzer tablets. Coca-Cola also works beautifully. Polish jewelry - drop two Alka-Seltzer tablets into a glass of water and immerse the jewelry for two minutes. Clean a thermos bottle - fill the bottle with water, drop in four Alka-Seltzer tablets, and let soak for an hour (or longer, if necessary). Unclog a drain - clear the sink drain by dropping

three Alka-Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, then run the hot water.

25. If your VCR has a year setting on it, which most do, you will not be able to use the programmed recording feature after December 31, 1999. Don't throw it away! Instead, set it for the year 1972. The days are the same as the year 2000. The manufacturers won't tell you. They want you to buy a new Y2K VCR.

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Winter tips to protect and improve your home

It's "snow" secret that preparing your home for winter can help protect against the damage that can be caused by ice, wind and snowstorms.

Here are a few cold weather tips from HomeAdvisor.com, a Web site which offers expert advice and services about the home, including improving, finding, selling, financing and moving into homes. By investing a few hours now, you can save yourself a lot of trouble and cash later.

•Install extra insulation. Install plastic sheets on windows requiring extra protection from the wind (kits are widely available at hardware stores or home centers).

•Prepare for snow. In snowy areas of the country, make sure your shovel or snowblower is in good condition. If necessary, stock up on a rock salt-sand mixture to de-ice the driveway.

•Patch and paint. Inspect interior walls and ceilings for holes or cracks. Patch and paint as necessary. Watch for bubbling or cracking, which could indicate water damage.

•Check smoke and carbon monoxide detectors. Test each unit, and replace batteries if needed.

•Repair indoor woodwork. Fill any holes or damaged areas with wood putty, then sand and refinish the surface.

•Unplug the refrigerator and clean it thoroughly with soap and

water. Vacuum the condenser coil in the back or bottom of the refrigerator for better energy efficiency. If the drain pan is removable, clean it in soapy water. Clean the inside of the dishwasher, the stove exhaust fan, the inside of the oven, and the microwave.

•Inspect bathroom caulking. Remove and replace crumbling caulk around the bathtub or shower stall.

•Protect pipes from freezing. Insulate any water pipes that are exposed to extreme cold (check pipes on the north side of the house particularly). Cover outdoor water faucets.

•Plan home improvements. Plan ahead for projects such as painting the exterior of the house, building a patio, or making landscape changes. Check with your local building department to see if your projects require permits. In late winter, call contractors to submit bids.

•Clean and organize the basement. Sweep the floor and clear out cobwebs. Check stored items for moisture damage. Build or purchase storage shelves. Tidy up work areas. Start flower and vegetable seeds in seed trays under lights.

For more seasonal home protection tips and a guide to improving every area of the house, visit <http://www.homeadvisor.com>

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Home Style

Liberty Bank for Savings and Toys for Tots

Christmas is a time for joy, happiness and goodwill. It is a time of giving and helping those that are less fortunate; especially impoverished children. Each year since 1947, the U.S. Marines have sponsored the Toys for Tots toy drives, providing gifts to millions of needy children at Christmas.

Liberty Bank for Savings is joining in the worthwhile effort

to make the holidays special for some needy children in their communities. Liberty Bank's four branch locations will act as collections sites for this year's Toys for Tots campaign.

Donations of new, unwrapped toys can be deposited to Liberty Bank's collection receptacles located in branch lobbies. Marines will pick up, sort and store these toys. As Christmas nears, Ma-

rines will distribute toys to needy children on Christmas Day.

Since, 1898, Liberty Bank for Savings has been a strong and independent neighborhood bank serving and investing in the Chicago area. It has four conveniently located branch locations at 2392 N. Milwaukee Ave., 60647; 6210 N. Milwaukee Ave., 60646; 7111 W. Foster Ave., 60656; and 6666 N. Lincoln Ave., Lincolnwood, 60465.

Real estate agents attend Masters Retreats

Top real estate agents from Chicago's northwest side attended the Century 21 Masters Retreats in Seattle and Nashville. Thirteen top agents from Century 21 McMullen Real Estate qualified for these Masters Retreats and six actually attended.

Marti Corcoran and Dymna Fay-Hart participated in the Nashville conference, November 2-4 at the glamorous Opryland Hotel there. Dianne Guest, Jack Guest, Lori Colorado and Jan Robertson attended the Seattle

conference, October 22-24 at the Sheraton Hotel. Each site had 500 top agents from Century 21 offices nationwide listening to recognized real estate speakers, joining roundtables, and networking for information and professional advancement. To qualify, each agent had to sell a minimum of \$4 million in property for at least three consecutive years.

Century 21 McMullen ranks among the largest real estate firms in Chicago. It is now 55 years old and located in the former Borg Flowers & Gifts building at 6400 N. Harlem, at Northwest Highway and Devon in Chicago. Telephone 773-631-8300.

Free conservation trees booklet available

The National Arbor Day Foundation has published a Conservation Trees booklet which is available to the public free of charge.

The booklet uses colorful photos and illustrations and easy-to-understand descriptions to help people plant and care for trees.

The contents of the guide include:

- How to use shade trees and windbreaks to save energy in your home.
- How to attract songbirds to your yard.

- How to plant the right tree in the right place.
- How to plant conservation buffers for streams.
- The right way to plant trees.
- The right way to prune trees.
- How to get conservation trees for planting.

For your free booklet, send your name and address to: Conservation Trees, The National Arbor Day Foundation, Nebraska City, NE 68410.

Christmas Tree Safety

Keep the fun in holiday decorating by following these safety tips:

- To ensure a tree of maximum freshness, buy from a tree farm and cut it down yourself.
- Never buy a dry tree. If a pre-cut tree is purchased, remember to question the seller about the tree's freshness--when it was cut, where it came from and how it was transported and stored. Trees exposed to wind and sun for two to three weeks tend to be dangerously dry.
- Measure the area where the tree will be placed before it is purchased. Make sure the stump of the tree is long enough to provide sufficient support and to soak up enough water. The stump should be 1 inch long for each foot of height to provide enough water for the tree.
- Saw a 1/2 inch off the bottom of the trunk to expose new wood that will absorb water easily.
- Before putting up the tree, set it in water out of the wind. Check water level daily.
- When putting up the tree, be sure to use a sturdy stand that holds water.
- Check water level several times each week and add more when necessary.
- Do not display the tree near heat outlets, or close off heat vents that will blow directly on the tree.
- Turn off the tree lights before leaving home or going to bed.
- Make sure artificial trees are flame retardant.

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The bright yellow wildflower called a buttercup is also called a crowfoot.

Practical holiday stocking stuffer ideas

(NU)-The Christmas season is upon us again as merchants put out many products just for the holidays. Often there are things that we give as gifts or that others buy us that most people don't need or want - like fruitcake, poinsettias, Santa boxer shorts and reindeer slippers. So when shopping this year, you should keep in mind to give people gifts they can really use.

The one thing most people are going to do once the holidays are over is go back to work or school. So why not buy the ones you love office or computer supplies? Office supplies are useful stocking stuffers.

You can find many items to stuff those stockings for under \$10 online, like these at www.brefills.com.

- An eight-digit display, three-key memory hand held calculator with square root keys - \$2.20.
- Business cards (10 white cards per sheet, 100 cards per box) - \$3.79.
- A black ink jet cartridge - \$6.89.

- Greeting cards (20 white cards with 20 envelopes) - \$8.56.
- A six-outlet strip - \$9.16.

By ordering online instead of shopping at the mall, you can avoid long lines, parking problems and cranky kids. And you can keep your holiday spirit by staying relaxed in the comfort of your own home.

Brefills.com is a high-volume computer and business supplies e-store, hosted as part of the Bee-Trade.com Inc., "dot-com-unity" of boutique-style auctions and e-stores.

Brefills.com features name-brand computers, supplies and accessories from elite manufacturers, including Canon, Epson and Hewlett-Packard.

You won't have trouble finding what you want because more than 12,000 products are available, most of which are supplied by Daisytek International Corp. - a leading wholesale distributor of computer supplies and office products that are delivered the

Holiday Stress Busters

When it comes to gift giving, the pen is mightier than the memory. Make a list for whom you're buying gifts and bring it with you when you go shopping. This will not only save you time by keeping you focused, it will help prevent overspending. Here are some more holiday stress busters that will help to make holiday gift buying easier:

- Save yourself the last minute stress of holiday shopping by buying presents when you see them throughout the year.
- Eliminate the need for gift tags. Either write the name of the recipient on the gift with a festive color pen or wrap each person's gifts (kids, husband, grandma, etc.) in the same wrapping paper for quick and easy identification.

It comes to gift wrapping, use a one-handed invisible tape dispenser such as Duck brand One-Touch. It will keep you from losing the tape end (and also your temper).

Don't have time to go out shopping? Surf the Web and buy online. Or, give gift certificates.

Don't waste time making different types of holiday cookies - stick to one kind and have a cookie exchange with friends.

Everyone cherishes home-made gifts. There is no better gift than a memory book or family tree album. Use OneTouch invisible tape or Duck brand Easy-Stick "invisible" adhesive to secure pictures and fun mementos into place for a thoughtful, personalized gift.

Don't wait until spring to clean your closets. Do it during the holidays so you can give unwanted clothes to the needy.

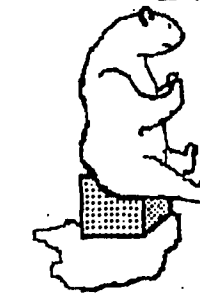
Buy several of the same items (chocolates, pretty candles, etc.) to use as "party-favor gifts." Wrap the in the same

next business day to brefills.com customers.

Brefills.com offers a complete line of sales services, such as simplified order processing, product packaging, product shipping and product return capability, too. Customers also can contact a fully functional call center where they can access a variety of information services, such as order entry and tracking, return authorizations, product availability, and other critical services.

For your holiday shopping, keep it practical. Log on to www.brefills.com today.

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Avoiding conflict while saying "No" to your child's holiday requests

The holiday season is a time of year when the "kid" in all of us comes to the fore. It's partly a reaction to the happiness of the season, and partly a response to the heavy dose of marketing we face at this time of the year. For adults, feeling like a kid again can certainly be enjoyable, as long as we realize that there are limits.

As adults, we usually allow this transformation to go only so far before we remind ourselves that, "this too, shall pass." It's almost impossible not to become a bit jaded as we mature. Our life

experiences have taught us that allowing our dreams and wishes to run wild for too long only increases our disappointment when we finally have to face the reality of our everyday lives.

Kids, however, usually don't have that problem. They engage in fantasies with reckless abandon. At this time of the year they easily fantasize about owning the season's "hot" toy, something they just can't live without. They beg parents for it, imagining it will make them the envy of all their friends. And often, in their innocent but highly manip-

ulative ways, our children are pretty good at making us feel guilty if we don't get it for them. It's easy to end up feeling as if we have let our kids down and beyond that, that we are a bad parent. However, that's not a realistic evaluation.

Kids, through TV, movies and books, have a way of floating from reality to fantasy and back again much more readily than adults. This is normal human development and not a matter of concern. In fact, this ability to play, to imagine, is the root of creativity. It provides children with the skill of seeing things from different points of view... a skill many adults could use from time to time.

However, one awkward fallout of this floating back and forth is that kids will often ask, and sometimes "demand" that we buy them a particular toy to help them live out their fantasy. Family conflicts occur when they have trouble leaving the world of fantasy and re-entering reality at the precise moment we, as adults, want them to.

As a parent, you may have legitimate reasons why a particular request can't be met, but for the child looking to fulfill the fantasy, that harsh dose of adult reality has little or no meaning.

Hence we have a disappointed child and a parent who feels he or she is responsible for the disappointment -- a feeling that no parent enjoys.

As adults, we often try to snap the child back into reality with a statement such as, "That toy is too expensive." But such a response can make for escalated tension. Rather than bringing the child back to reality, it may just make the child cling harder to the fantasy of how wonderful it would be to have that toy. Voices may rise and tears may flow as the child sees the parent making what seems to be an unfair decision.

One way to work around these problems is to allow the child to hold this fantasy and to show you do understand. Saying something like, "To have that

toy would really be fun wouldn't it?" or, "What is it that you like about that toy?" or, "What would you do if you had it?" can help the child enjoy the fantasy without giving in to the demand. By not resisting the fantasy, you allow the child to return to reality at his or her own pace, and avoid being the one responsible for a broken dream. Save the discussion of why the toy is not a good decision for a calmer time, when the fantasy is not as strong.

The Counseling Corner is provided as a public service by the American Counseling Association, the nation's largest organization of counseling professionals. You can learn more about the counseling profession at the ACA web site, www.counseling.org.

Hook a Kid on Golf of Illinois honors two new programs

Kim Christenson of Vernon Hills and Nate Seidl of Niles named co-recipients of the New Program of the Year award. Christenson is the Crime Prevention Officer for the Vernon Hills Police Department; and Seidl is the Sports and Teen Director at the Leaning Tower YMCA in Niles.

The award is annually presented to individuals throughout Illinois who have successfully implemented the Hook A Kid On Golf program in their community.

Christenson coordinated the week-long introductory clinic that 16 youngsters participated in at the Vernon Hills Golf Course. Grants from the Vernon Hills Community Alliance Project, the Hook A Kid On Golf Foundation of Illinois and the United States Golf Association enabled the children to participate for free.

The clinic featured a week of golf instruction and the youngsters also learned about the rules, etiquette and history of the game. There were also special presentations made by a local DARE officer on the dangers of drugs; and by a local groundskeeper on what it takes to maintain a golf course.

Seidl had similar success with his program, which featured 20 participants ranging in age from 8 to 13, at the Tam O'Shanter Golf Course in Niles.

Hook A Kid On Golf is a program of the National Alliance For Youth Sports.

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Online shopping tips for parents

If you're like many parents, your college-age kids' holiday wish list probably includes high-tech gadgets and gizmos you never even heard of! Figuring out what they want, and where to get the best price, has become, for some parents, a holiday nightmare.

Fortunately there is the Internet, which has emerged as a vital resource for informed holiday shoppers. One place to start is www.edu.com, where a variety of high-tech products are explained in simple terms and offered at outstanding "student-only" prices.

Visitors to www.edu.com may access unbiased information, product reviews, shopping advice, and buyer's guides on all the latest high-tech "must-have products." Although only college students can actually purchase at the site, parents are encouraged to visit, browse and learn about the high-tech products their kids want. Parents who find holiday gifts for their enrolled college student can finance the purchase by either shopping with their child or simply loaning him/her their credit card.

At www.edu.com college students receive significant discounts (up to 70 percent) on

software (including games), computers, laptops, electronics, books and much more. Brands represented on the site include: Apple, Adobe, Compaq, IBM, Microsoft, Palm, Sony, Toshiba, and many others.

Some of the hottest products among college students this holiday season including digital cameras, MP3 player and CD burners can be found at www.edu.com.

- S3 Rio 600 MP3 Player -- \$149.95 (students save \$44.95)
- Creative Labs Blaster Internal CD Burner -- \$60.95 (students save \$9)
- Kodak DC240i Zoom Digital Camera -- \$399.95 (students save \$150)

- Creative Labs Video Blaster WebCam -- \$43.95 (students save over \$25)
- Labtec Gaming Headphones -- \$52.95 (students save over \$16)
- Logitech Cordless iTouch Keyboard -- \$50.95 (students save \$9)

- Disney Interactive's "Who Wants to Be a Millionaire" Software -- \$79.95 (students save \$7)
- Discounts last all year long so even after the holidays, college students can continue to save and so can you.

Make your holiday festivity absolutely fabulous

The holiday season is a time to enjoy good cheer, see friends that are near, eat too many sweets, unwrap lots of treats, hang up the lights and sort through invites. With so many holiday parties, how do you make your bash stand apart?

Celebrity event planner Marcy Blum, whose clients include Tom Clancy, Kevin Bacon and Kyra Sedgwick, offers the following tips to help make your party an "Absolute" success:

- Deliver party invitations printed on doilies to resemble snowflakes;
- Decorate the room with pussy willows or white and red roses with starlight mints at the bottom of the vase;
- Name the cocktails to coincide with your favorite holiday character, e.g. the "Scrooge-driver" or "Jack Frost's Nip";
- Garnish a martini by dipping the rim of the glass in green or red edible glitter;
- For added fun, serve Jingle Jello shots made with red raspberry Jello and Absolut Vodka;
- Serve roasted chestnuts at the bar in lieu of peanuts or pretzels;
- Stick a carrot and two black buttons in the bottom of the water pitcher to represent a melted snowman;
- Enhance the room with votive candles placed inside a tiny wreath or string cranberries

around the base of the votive glass;

- For a family gathering, place baby pictures in small frames to mark seating arrangements;
- Garnish a dessert tray of chocolate-covered strawberries with chocolate leaves. Place wax paper on a cookie sheet. Wash five maple leaves and place them shiny side up on the wax paper. Brush melted chocolate chips over the leaves and refrigerate. When cool, peel off the leaves and arrange chocolate around strawberries.

- For entertainment, have each guest bring a gift of approximately the same price and place them all together. By lottery, each guest chooses a number and gets to pick a gift in that order.

LEGAL NOTICE

Notice is hereby given, pursuant to "An Act in relation to the use of an Assumed Business Name in the conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County, File No. D067595 on the NOV 27, 2000. Under the Assumed Name of DIAMONDS BY GIANNI With the business located at 640 B. NORTHWEST HWY., PARK RIDGE, ILLINOIS 60068. The true name(s) and residence address of owner(s) is: GIANNI GIANNI, 640 B. NORTHWEST HWY., PARK RIDGE, ILLINOIS 60068.

Five Reasons to Give More Christmas Gifts—"Cookies in a Jar" Recipes



If your Christmas shopping list is growing out of control, simplify your life with this great gift idea: give "Cookies in a Jar." Avoid the crowds at the mall. Just buy the necessary ingredients during your regular grocery shopping trip. Then fill quart-sized jars with pretty layers of the ingredients. Clear off the kitchen table and fill as many jars as you need. Assembly is a breeze. (Make plenty and you'll be ready for any last-minute gift needs.) Add a colorful cloth and ribbon—and perhaps a Christmas ornament—to each jar, plus a card with the simple baking instructions, and you're set. No additional wrapping is necessary, so in one evening, you may have all your Christmas preparations for your friends completed.

"Cookies in a Jar" make the perfect gift for friends, neighbors, co-workers, party hosts and business, teachers, bus drivers, coaches and pastors. The recipient adds butter, an egg, and vanilla to

complete the cookies. Once you've tasted how rich and chewy these delicious cookies are, you'll want to share them with everyone.

Margi Walstrom, culinary professional at Pioneer Brand Biscuit and Baking Mix, says "Cookies in a Jar" make wonderful last-minute gifts. Simply press the dough into an 8-inch square baking pan and bake for about 20 minutes.

Instead of having a cookie exchange in your neighborhood this year, have a "Cookies in a Jar" assembly party. Ask each person to contribute an ingredient: chocolate chips, toasted nuts or a bag of brown sugar, for example. Then serve coffee and a variety of already-baked cookies to inspire your friends as they create their own gift jars.

The folks at Pioneer, have developed five different "Cookies in a Jar" recipes for your use:

#1 Holiday Hazelnut Cookies in a Jar

1 cup chopped hazelnuts, toasted
1/2 cup packed dark brown sugar
1 cup Pioneer Butter Mix
Biscuit & Baking Mix
1/2 cup packed light brown sugar
1 cup Pioneer Butter Mix
Biscuit & Baking Mix

#2 Chocolate Lover's Cookies in a Jar

1/2 cup semisweet chocolate chips
1/2 cup milk chocolate chips
1/2 cup "white chocolate" or vanilla milk chips
1/2 cup packed dark brown sugar
1 cup Pioneer Butter Mix
Biscuit & Baking Mix

1/2 cup packed light brown sugar
1 cup Pioneer Butter Mix
Biscuit & Baking Mix

#3 Hustle-Bustle Butter Pecan-Oatmeal Cookies in a Jar

1/2 cup butter-pecan chips
1/2 cup packed dark brown sugar
1 cup Pioneer Butter Mix
Biscuit & Baking Mix
1/2 cup packed light brown sugar
1 cup Pioneer Butter Mix
Biscuit & Baking Mix

#4 Outrageous Oatmeal-Raisin Cookies in a Jar

1/2 cup raisins
1/2 cup chopped walnuts, toasted
1/2 cup packed dark brown sugar
1 cup Pioneer Butter Mix
Biscuit & Baking Mix
1/2 cup old-fashioned oats
1 cup Pioneer Butter Mix
Biscuit & Baking Mix

#5 "Crazy for Craisins" Cookies in a Jar

2/3 cup sweetened dried cranberries (Craisins)
1/2 cup chopped pecans, toasted
1/2 cup packed dark brown sugar
1 cup Pioneer Butter Mix
Biscuit & Baking Mix
1/2 cup packed light brown sugar
1 cup Pioneer Butter Mix
Biscuit & Baking Mix

Instructions for layering ingredients in the jars:

In 1-quart wide-mouth glass jar, gently layer and pack ingredients in the order listed. If there is any space left after adding the last ingredient, add more baking chips, dried fruits or nuts to fill the jar. Place lid on top. Cut an 8-inch circle of fabric to cover lid. Place fabric over lid, secure in place with a rubber band, then ribbon or raffia. Decorate as desired.

layer and pack ingredients in the order listed. If there is any space left after adding the last ingredient, add more baking chips, dried fruits or nuts to fill the jar. Place lid on top. Cut an 8-inch circle of fabric to cover lid. Place fabric over lid, secure in place with a rubber band, then ribbon or raffia. Decorate as desired.

Make a gift card to attach as follows:

Empty contents of jar into medium bowl. Stir in 1 stick butter or margarine, melted. Add 1 large egg and 1 teaspoon vanilla until well combined. Shape into 1-inch balls. Place on baking sheets coated with cooking spray. Bake at 375° for 10 to 12 minutes or until cookies are light golden brown. Makes 2 1/2 dozen cookies.

• When measuring biscuit and baking mix, gently spoon mix into nested (dry) measuring cups. Use a metal spatula or straight-edged knife to level off the top.

• After measuring the brown sugar, crumble it between your fingers for uniform texture. Pack the brown sugar firmly in the jar to prevent the baking mix from settling down through it.

• You can prepare the jars up to a month before Christmas. The ingredients will stay fresh highly sealed in these decorative jars.

• To make the fabric decoration puffy, place one or more layers of fabric stuffing on top of the metal lid. Then place decorative fabric over the top.

Visit the Pioneer Brand Web site at: www.pioneerbiscuits.com for more information.

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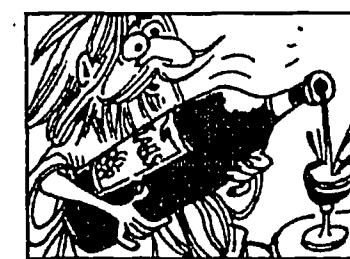
Don't exchange more than gifts over the holidays

What's on your holiday gift list this year? A video game console? Trendy leather pants? Bronchitis? Influenza? Gifts are not the only things exchanged over the holidays; disease-causing germs and infectious bacteria rampant, spreading fevers and the sniffles to unsuspecting victims at holiday parties and gift exchanges. When you're opening that new DVD player or greeting guests, you may be getting more than you expect - an uninvited germ or bacteria that within days may have you caroling from the couch.

Crohn's and Colitis meeting

Chicago's Carol Fisher Chapter of The Crohn's and Colitis Foundation of America, a support group for those who want support or information about Crohn's Disease or Ulcerative Colitis, meets on the 3rd Thursday of each month at 7 p.m. in Room 1041A, 10th Floor, Lutheran General Hospital, 1775 Dempster St., Park Ridge, Free.

The next meeting, a pot-luck holiday party, will be held on December 21, 2000. For information about the support group call (847) 520-3456. For information about CCA call (847) 827-0404. Visit our web site at www.cca.org.



There are two Methuselahs. One was the descendant of Seth, whom the Bible says lived 969 years. (Gen 5:21-27). The other, an oversized wine bottle with a capacity of eight ordinary bottles, used in the French Champagne district.

Microbes that cause such illnesses as the common cold and flu primarily rely on humans, particularly the hands, for transportation from object to victim or vice versa. During this year's holiday get-togethers, you and your houseguests will hug, hold hands and touch many of the same things such as serving utensils and presents. You will even find yourself sharing cookie plates and hand-towels. Just think about the germs and bacteria being passed around!

In addition to human contact, microorganisms also use small, confined areas to multiply and infect. Airplanes, buses and trains are good examples of confining places that often expose passengers to harmful germs and bacteria. So, if you have family or friends traveling from afar for your special holiday gathering, beware - they may be bringing more than holiday cheer.

What extra precautions can you take to protect you and your family? Hand washing is the sin-

gle most important means of preventing the spread of germs and bacteria. Wash hands frequently and thoroughly, including wrists, palms, back of hands, fingers and underneath finger-nails, with soap and water. Rub soap-lathered hands together for approximately 10-15 seconds and then rise. For long-lasting protection use an alcohol-free, germ fighting hand sanitizer such as Preventx.

Most hand sanitizers contain alcohol, which tends to evapo-

rate in seconds and can cause dryness and cracking leaving skin susceptible to germs. Instead of alcohol, Preventx Hand Sanitizer and First-Aid Antiseptic contains benzalkonium chloride and kills 99.9% of germs for up to four hours. So, stock up! Place bottles in the kitchen, guestrooms and bathrooms!

For more information on proper hand washing and the benefits of alcohol-free, long-lasting hand sanitizers, visit www.preventx.com.

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Steven E. Schwarz

Navy Lt. j. g. Steven E. Schwarz, a 1986 graduate of Notre Dame High School, Niles, recently completed the Officer Indoctrination Course.

During the course at Naval Station, R. I., students are prepared for duty in the naval staff field corresponding to their civilian profession.

Far and away the best prize that life offers is the chance to work hard at work worth doing.

—Theodore Roosevelt



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Morton Grove Public Library

Sue the Dinosaur: Up Close and Personal

Join us Thursday, December 7 at 7 p.m., at the Morton Grove Public Library, to learn more about Sue, the fascinating fossil.

Dr. Darin Croft, a geology post-doctoral research scientist at the Field Museum, presents the 67-million-year-old Tyrannosaurus Rex fossil now on exhibit at the Field Museum. Did you know the weight of Sue's skull was about a ton, yet the brain cavity is just big enough to hold a quart of milk? Her legs are enormous, but her arms are the size of a human's and so short she couldn't

even reach her mouth! Was she a predator or a scavenger? A raffle will be held at the end of the program for free passes to the Field Museum. Seating is limited and will be available on a first-come, first-served basis.

Saving Grace to be shown

The feature film, *Saving Grace*, will be shown at the Morton Grove Public Library on Monday, December 11, at 11 a.m., 2:30 p.m., & 7 p.m. The film is rated R and is 93 minutes long. This English comedy is an amusing story about a woman who quickly learns to cope with several sticky situations. After Grace's husband dies, she discovers that all was not what it seemed. Her husband had a mistress and was deep in dept. Grace (Brenda Blethyn) and her gardener (Craig Ferguson) discover that by raising marijuana in her greenhouse, they may

make enough money to save her country home.

Date changed for Advanced Internet Class

The date for the Advanced Internet Class at the Morton Grove Public Library has been changed to Tuesday, December 12. Join Jennifer Didier at 7 p.m. for a discussion of Internet skills such as how to: add and organize Web favorites, check history, send attachments, join a mailing list, submit advanced queries, and more. Priority for registration is given to Morton Grove residents with a valid Library card. Prerequisite: Completion of the Library's Basic Internet class and/or sufficient Internet training and experience to be comfortable navigating the Web. Register for this class by calling 965-4220 or stop by the Reference Service Desk. Have your li-

brary card ready.

Harp Music

During the week of December 18, come to the Morton Grove Public Library to hear live harp music! Enjoy browsing for books and other library items to the quiet background music of favorite songs played on a concert harp, Monday through Friday afternoons from 3 - 3:30 p.m. Ronnie Rund, Children's Librarian, has been playing the harp since she was 10 years old and earned a degree in music education at the Oberlin Conservatory before becoming a librarian. She has performed for weddings, church and community programs.

The Library is located at 6140 Lincoln Ave. For more information, or for mobility and communication access assistance, please call 847-965-4220, for TDD call 965-4236.

Lincolnwood Public Library

Jabberwocky Marionettes

The outrageously entertaining Jabberwocky Marionettes will present *The Last Dragon Fighter*, the story of Sir Will, the greatest knight in all the world and dragon fighter extraordinaire! Or so he'll have you believe. Actually, Will is the son of the town pig

farmer, but he'll deny it if you ask him. Will hates his chores and wishes for more magic in his life - especially dragon magic. Find out what happens at 2 p.m. on Sunday, December 17 at the Lincolnwood Public Library, 4000 W. Pratt Ave. The library is located at 4000 Pratt Ave. Phone 847-677-5277.

Story and craft times.

Phone or in-person registration for winter storytime opens Tuesday, January 2 at the Lincolnwood Public Library.

Time for Tots Tuesday mornings from 10:15 to 10:45 a.m. begins January 23 to February 27 with stories, finger plays and songs for 2 year olds with an adult caregiver.

Be a Crafty B.E.A.R. (Be Excited About Reading) stories and crafts for ages 3-5 will be on

Wednesdays OR Thursday mornings, from 10:15 to 11 a.m. January 24 or 25 to February 28 or March 1.

Warm winter crafts. Come for fun; no registration required for warm winter crafts activities in the Youth Services Department Thursday, January 4, from 10 a.m. to noon or 4 p.m. to 6 p.m. The craft-making is geared to preschoolers through the 5th grade.

Stamp Club for 4th and 5th graders meets on Wednesdays twice a month from 3:30 to 4:15 p.m. with leaders John Kradin and Harold Stral. January 10 and 24; February 7 and 21; March 7 and 21.

Cheryl Peyton exhibits water colors of landscapes, pets and people at the Lincolnwood Public Library, 4000 W. Pratt Ave., January 6 to February 17.

Skokie Public . . .

Continued from Page 26

traditional favorites on Saturday, December 23 at 3 p.m.

Gallery

Lyrical Images in Fabric Collage - A collaborative of artists from the Evanston Arts Center will present this unique exhibit of translucent silk collages from December 5 to January 15. Meet the artists at an opening reception on Wednesday, December 6, 7 p.m.

Library Classes & Events

Introduction to the World Wide Web - Want to merge onto the Information Superhighway? Let our librarians show you how. Wednesday, December 7, 7:30 p.m. Please register, 847-673-7774, x2127.

Film

Eyewitness - A special repeat screening of the Academy Award nominated documentary *Eyewitness* will take place on Wednesday, December 6 at 2 p.m. and 7:30 p.m. The film ex-

amines the art created by inmates of Auschwitz during World War II, and runs 4 minutes. Tickets are not required.

Employment Resource Center

Meet with a Career Counselor - Get the help you need for free! Meet with Phyllis Cable, a licensed career counselor from Jewish Vocational Service, to receive job search pointers and develop a solid career plan. Call Mike Buhmann at Skokie Public Library, 87-673-7774, to schedule a half-hour appointment, or drop by with your resume. Tuesday, December 19 from 9 a.m. to noon.

The Skokie Public Library, located at 5215 Oakton Street, is open to the public Monday through Friday from 9 a.m. to 6 p.m., Saturday from 12 p.m. to 6 p.m. Access many of our resources 24 hours a day, seven days a week at www.skokieli.org.

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THE BUGLE CLASSIFIEDS

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

FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME FULL/PART TIME

ATTENDANTS CLERICAL/OFFICE OPPORTUNITIES EDUCATION

FAMILY FITNESS CENTER

Part-Time Women Locker Room Attendants

The Village of Niles Family Fitness Center has immediate openings for part-time Women Locker Room Attendants for mornings or evenings weekday and/or weekend hours.

Applications available at:

Fitness Center, Village of Niles
987 Civic Center Drive Niles, IL 60714

E-mail personnel@vniles.com
Fax 847-588-8051

For more information call Ron Sorensen
847-588-8407

EOE, M/F

BANKING OPPORTUNITIES CLERICAL/OFFICE OPPORTUNITIES

Banking**\$9.50-\$11.50 "Will Train" Excellent Benefits Locations in * all * suburbs Call Now! (847) 797-9244

CLERICAL/OFFICE OPPORTUNITIES

Data Entry Rapidly growing Northbrook Medical billing office seeks people for data entry, payment processing, customer service. Incentive plan, good benefits. 847-412-5521

RECEPTIONIST

Part-Time/Evenings & Weekends

For Information Contact Mary Kay At: (847) 647-8994

FOREST VILLA NURSING CENTER

6840 W. Touhy - Niles

GENERAL OFFICE

Part-Time - Park Ridge

Diversified Duties

20-28 Hours Per Week

Must Be Computer Literate

Type Minimum 50 WPM

Call Bill For Appointment: (847) 825-1940-Ext. 4

*SECRETARY

Full-Time

Congenial Office- Profit Sharing

Medical Benefits- Computer Literate

Lincolnwood Location (847) 675-3600

Or Fax: (847) 675-3687

Our classified ads reach more people per week for the least amount of dollars. We cover the near northern suburbs and the northside of Chicago.

Niles - Order Entry/Transportation Clerk needed - Part-Time + Full-Time. Mon-Fri. - Flexible. \$7.59/hour based on experience. Knowledge of MS Office preferred but not necessary. Will train. Call Greta: 847-795-9560

MUSEUM POSITION

The Historical Society/Museum of the Village of Niles is seeking an energetic, motivated and organized individual to work 20 hours per week. Responsibilities include: registration, answering phones, correspondence and related duties.

The ideal candidate must have a high school diploma or equivalent and computer literacy. Good verbal communication skills, telephone etiquette, interpersonal skills and prior office experience necessary. Knowledge of museum collection procedures and database desirable.

Starting salary \$10.75 per hour. Interested parties should apply to:

Personnel Office, Village of Niles
1000 Civic Center Drive, Niles, Illinois 60714

E-mail personnel@vniles.com
Fax: 847-588-8051

EOE M/F

SWITCHBOARD

General Office. Customer Service. Data Entry. Full Time. English/Spanish. Good Benefits. Montrose/Cicero. Jody 773-777-7100

DATA ENTRY

Niles company seeks a Full Time Office Clerk to do Data Entry and provide bookkeeping support. Excellent benefit package. 401K, health and other. Call 847-647-1717 x101

CREDIT UNION

ASSISTANT BRANCH MANAGER

United Credit Union, a Chicago area credit union, is seeking an Assistant Branch Manager. This position's responsibilities will encompass all duties necessary to assist the Branch Manager, Staff, and our members with their financial needs. Supervisory experience and good communication abilities are required. Please send resume and salary history to:

Gail Klopke, United Credit Union
5901 N. Cicero Avenue, Suite 106
Chicago, Illinois 60646-5711

EDUCATION

Immediate Special Education Vacancies

1 School Secretary, 12-month position, working knowledge of word processing, database and spreadsheets to provide secretarial support at the Molloy Education Center.

1 Licensed Practical Nurse to assist high school student with multiple medical needs on a one-to-one basis for the remainder of the 2000-01 school year and for approximately 27 days during the summer of 2001.

2 Teacher Assistants to work with developmentally delayed students with physical disabilities on a one-to-one basis.

Competitive salary and benefits. Send letter of application and resume to:

Dr. Kenneth Randle - Executive Director
Niles Township Department of Special Education
8701 N. Menard Avenue, Morton Grove, IL 60053

Phone: 847-965-9040

Fax: 847-965-0003

EDUCATION/CHILD CARE

GYMBOREE is looking for warm, bubbly responsible people in their Northbrook and Wilmette location. Tuesday, Wednesday or Thursday AM or PM.

TEACHERS - BA degree required.

AIDES - 12 hours college credit

BABYSITTERS - Must speak English. Excellent salary and working conditions. For information call:

(847) 676-9464

* CHILD CARE *

* LEAD *

* ASSISTANTS *

* CLERK *

* SCHOOL AGE CARE *

ATTENDANTS

Part and full time positions with benefits. \$8.33-\$14.84/hour depending on education and experience. Position located at Glenview Naval Base. For details call:

Margie 847-832-9580

EDUCATION

Substitute for Anshe Emmet Day School:

• All grade levels

• Jewish studies with Hebrew fluency

Position related experience a must. Fax resume: 773-281-4709

Part Time Pre-Kindergarten Teacher or Assistant needed for a Creative Learning Center. Fax Resume: 847-357-1734 Or Call: 847-357-1721

Notice

Bugle Newspapers reserves the right at any time to classify all advertisements and to reject any advertising deemed objectionable. We cannot be responsible for verbal statements in conflict with our policies. All Help Wanted ads must specify the nature of the work offered. Bugle Newspapers does not knowingly accept Help Wanted advertising that in any way violates the Human Rights Act. For further information contact the Department of Human Rights, 32 W. Randolph St., Chicago, IL 312-793-6490.

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
EDUCATION LEAD TEACHERS For Wilmette Day Care Full Time Experience Needed EXCELLENT BENEFITS 847-824-5122	FLORAL DESIGNER Niles - Part-Time - Full-Time Floral Designer Positions Available. Some experience required. Wages based on experience. Overtime a must! Call Greta: 847-795-9560 INVENTORY For Costco In Niles Silk Plant Supplier needs inventory count 2 times weekly prior to 8 A.M. 1-800-631-3825 Ext. 259 MARKET RESEARCH \$\$\$ EARN \$\$\$ EXTRA MONEY Market Research Company Needs MALES & FEMALES of all ages To Participate in TASTE TEST on an "as is needed" basis. CALL: PERYAM & KROLL 6323 N. Avondale (6300 North - 7300 West) (773) 774-3155 Ask For Jack	MEDICAL/HEALTHCARE ACTIVITY AIDE Glenbridge Nursing & Rehabilitation Center Currently Has Opening For A Part-Time Activity Aide For Our Alzheimer's Unit. This Individual Is Enthusiastic & Dedicated To Enriching The Lives Of Our Elderly Residents. Contact Tiffany: (847) 966-9190 Or Apply In Person At: 8333 W. Golf Road - Niles RECEPTIONIST Looking For A Pleasant Working Atmosphere? GLENBRIDGE NURSING & REHAB CENTRE Is Seeking A Part-Time Receptionist For Every Saturday & Some Holidays Plus Several Days Throughout Week. Good People & Phone Skills Required. Typing A Plus! Contact Patty Davis At: (847) 966-9190 Or Fax Resume To: (847) 966-4455	HOUSEKEEPER Must be able to perform day to day housekeeping duties for the residents and in general areas of the facility. Full time - excellent benefits. Apply in person no appointment necessary. Monday-Friday 9 a.m. - 3 p.m. at: Norwood Park Home 6016 N. Nina • Chicago, IL 773-631-4856 (NW Hwy. & Raven Near Metra) EOE CANCELLATIONS - No Classified Advertisements will be cancelled after 12 noon on Monday preceding the Thursday publication date, or Thursday 12 noon preceding the Weekend Job Guide.	HOUSEKEEPING HOUSEKEEPER Must be able to perform day to day housekeeping duties for the residents and in general areas of the facility. Full time - excellent benefits. Apply in person no appointment necessary. Monday-Friday 9 a.m. - 3 p.m. at: Norwood Park Home 6016 N. Nina • Chicago, IL 773-631-4856 (NW Hwy. & Raven Near Metra) EOE CANCELLATIONS - No Classified Advertisements will be cancelled after 12 noon on Monday preceding the Thursday publication date, or Thursday 12 noon preceding the Weekend Job Guide.

FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME
MEDICAL/HEALTHCARE CNA's Need A Change? No Nights, No Sundays No Holidays Full-Time Position For Retail Sales Consultant For Home Medical Equipment Computer Skills Helpful Salary Commensurate With Experience Call Mr. Lee At: (847) 676-7770 Or Fax Resume To: (847) 676-7774	PROFESSIONAL OPPORTUNITY PROGRAM COORDINATOR For Des Plaines, NAEYC accredited Day Care. Outstanding benefits, wage and work environment. BA in ECE and three years experience with one year supervisory needed. Call Lois at: 847-824-5122 Or fax resume to: 847-824-5248	RETAIL See Ad In MEDICAL/HEALTHCARE CNA's Need A Change? We accept Visa and MasterCard! Card! Call: 847-588-1900	RETAIL CAN YOU COUNT? RGIS Is Seeking Dependable People To Count Inventory In Retail Stores \$9/Hour - Weird Hours (847) 296-3031 1-888-242-RGIS Equal Opportunity Employer	SALES SALES-CEMETERY Management trainees. Looking for 3 motivated and hungry people to learn this rewarding business from the ground up. Discipline & honesty a must. Benefits include high commission, health, dental, 401k, monthly bonus, paid vacation and a four week training bonus. Realistic 1st year earnings, \$30-\$75K. Call Bob: 708-453-0273
Health Care MEDICAL ASSISTANT Full-Time Needed for busy doctor's office in Des Plaines. No evenings or weekends. Medical experience necessary. Please call: 847-298-8470	*WRITER Freelance For Suburban Newspaper Steady Work Call Marti At: (847) 588-1900	AVON Looking For Higher Income? More Flexible Hours? Independence? AVON Has What You're Looking For! Let's Talk! (888) 220-2866	SOCIAL SERVICES DIRECT CARE STAFF For Developmentally Disabled Adults In Niles - Group Home Setting Weekend Shifts Available (773) 594-0921	NOTICE The Bugle Newspapers does its best to screen advertisements for their authenticity and legitimacy. However, we cannot be responsible for all claims, products and services of advertisers.
HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park Call for an appointment Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100	RESTAURANTS/FOOD SERVICE *PIZZA MAKER *SANDWICH MAKER Evenings & Weekends Experience Helpful But Not Necessary Call Jerry Or Ed: (773) 973-4550 Barnaby's Restaurant 2832 W. Touhy Ave. Chicago	Hiring Part Time + Full Time Hostess/Cashier & Servers For New Pancake House In Niles. Must Be Experienced. Accepting Applications At 8501 W. Dempster, Niles. Or Call Dave: 847-692-2748	TO PLACE AN AD, CALL (847) 588-1900 THE BUGLE NEWSPAPERS THE NEWSPAPERS THAT DELIVER	*FOOD SERVICE WORKER* \$7.08/hr. M-F-Benefits Position Located At Glenview Navy Base Call Margie 847-832-9580 Your credit is good with us. We accept Visa and MasterCard. Call: 847-588-1900
ADMINISTRATIVE ASSISTANT Holy Family Medical Center is seeking an Administrative Assistant to support top management in the Professional Services Division, including Executive Director and Performance Improvement Director. Selected candidate must have excellent typing and computer skills (database management, spreadsheets, Microsoft Office Suite), and well developed customer service/interpersonal skills. Minimum 5 years' experience providing administrative support for upper level management. Hospital/health care background preferred. We offer competitive salary and benefits, great working environment, convenient parking and on-site children's learning center. Mail/fax resume to: Human Resources, HOLY FAMILY MEDICAL CENTER, HR-BN, 100 River Road, Des Plaines, IL 60016. FAX: (847) 297-1862. EOE M/F/D/V	Healthcare Medical Office Assistant 2 MD practice needs person responsible for appointment scheduling, reception & collecting insurance information. Computer skills a must. Knowledge of insurance billing a plus. Full and/or Part time Please fax resume to Kris: (847) 374-0420 Or Call: (847) 563-3001 x6454	RN/LPN Full Time - Part Time. Competitive Salaries. Small Family Oriented Tender Loving Care Nursing Home In Northwest Suburbs. 847-358-0311	Podiatry Office in Niles Variety of duties & computer entry. Office experience desired but will train. Tuesday, Thursday, Friday PM's, Saturday AM's. \$8.00/hour. Direct work with patients. Call (847) 823-5510	Try a classified! Call today! 847-588-1900
HEALTH CARE/HOME \$ Signing On Bonus \$ CNA's and Companions Hourly and Live-in positions available for Chicago and surrounding suburbs. English speaking. Interviewing in Highland Park Call for an appointment Monday-Friday Ask for Mary or Linda Gentle Home Services, Inc. 847-432-9100	RN/LPN/CMA Needed for Family Practice office. Responsible for Patient care services and Phone triage. Full and/or Part time. Please fax resume to Kris: (847) 374-0420 Or Call: (847) 563-3001 x6454	READ THE BUGLE For Subscriptions Call (847) 588-1900	BUGLE CLASSIFIED ADS GET RESULTS	GO To your phone and CALL NOW (847) 588-1900

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

THE BUGLE CLASSIFIEDS

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FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	FULL/PART TIME	MISCELLANEOUS
TELEMARKETING Part-Time - In Niles 3 Days A Week - Salary Plus Commission Tuesday - 9 AM-6 PM Friday - 9 AM-6 PM Monday or Thursday - 9 AM-5 PM Must Have Experience! Please Fax Resume To Beverly: (847) 588-1648	TRADES PRO-INSTALLATION MANAGER Our Newest Showroom in Morton Grove has an exciting opportunity available. Individual will field measure, estimate, sell, and oversee the installation of kitchen and bath and millwork remodeling projects. Product knowledge and installation background preferred. When you join us, you'll enjoy excellent earning potential along with a full benefits package, including health, life, 401K, and more. To inquire, please send resume or call our Corporate office: SEIGLE'S Building Centers, Inc. Corporate Office Phone: 847-742-2000 Fax Resume to: 847-697-6521 EOE M/F/D/V	TRADES LINE HAUL 6 MONTHS EXPERIENCE - 30¢/MILE EXPERIENCED - 34¢/MILE TOP PAY - 40¢/MILE DEDICATED HOME WEEKLY STUDENTS MSC PROFESSIONAL DRIVING ACADEMY INTEREST FREE LOAN LEASE PROGRAM NEW/USED OWNER OPERATORS WANTED 800-231-5209 M.S. CARRIERS EOE	TRADES KENNEL ATTENDANT Morning shift. Will train. Must like animals. Mount Plaines Animal Hospital. 847-259-0330	PERSONALS POWERFUL PRAYER TO THE HOLY SPIRIT You who solve all problems, who lights all roads so that I can obtain my goods. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days and a favor will be granted. Thank You. B.D.
TELEPHONE WORK FROM HOME Scheduling Pick-ups Of Discarded Items For A Major Charity No Selling-Flexible Hours Paid Weekly Pleasant Personality Reliability A Must! Please Call: (630) 515-5752	REAL ESTATE APTS. FOR RENT NILES - 7626 N. Milwaukee 1 Bedroom - \$650 (773) 764-0802 MISCELLANEOUS AUTOS FOR SALE LOREN BUICK/HYUNDAI 1620 Waukegan Road, Glenview (847) 729-8900	TRADES \$ DRIVE & SELL Guaranteed salary, bonus, commission. Unconventional team-oriented company seeks several people to distribute drive and sell audio electronic equipment. No experience required. Company vehicle and paid training provided. Call Anthony 847-202-4640	TRADES BARTENDER Full-Time / Experienced Apply Monday-Friday 12 Noon - 7 PM HOBBART'S PUB 8751 Milwaukee Ave. - Niles (847) 965-1013	PERSONALS A Prayer St. Jude's Novena May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank You St. Jude. B.D.
TELEMARKETING Full-Time Or Part-Time Morning, afternoon or evening hours Excellent salary + bonus + advancement Must have good communication skills Will train. Lincolnwood. (847) 675-3600	REAL ESTATE FOR SALE Fiberglass CAP For 6 Ft. Pick-Up Bed (847) 698-6994 FURNITURE FOR SALE 3-Piece Sectional / Custom Model Dine-In Set-Oak Wood / 4 Chairs + Uph. Bench Entertainment Center All Brand New! - Deerfield (847) 679-0044	TELEPHONE TELEMARKETING Full-Time Or Part-Time Morning, afternoon or evening hours Excellent salary + bonus + advancement Must have good communication skills Will train. Lincolnwood. (847) 675-3600	TRADES DOG ADOPTION Dog Up For Adoption To Animal Loving Home 5-Year Old Black Lab-Male Great With Children! 1-312-296-6529	PERSONALS Happy 40th Birthday PAM The Best Is Yet To Be! Love, The Riemer Family
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Niles zoning . . .

Continued from Page 1

meeting to "discourage further commercial use of the property."

The Plan Commission amended zoning from B-2 business use to R-3, for development of single-family or low level multi-family housing. This will keep the property homogeneous with the surrounding residential neighborhood.

A local resident, who is a former lieutenant with the Niles Fire Department and has lived on the adjacent 7000 block of Niles Terrace for 45 years, said he was pleased with the decision. Calling the laundry "a thorn in the side of residents," he said that the Environmental Protection Agency twice took the company to court for noxious emissions.

"Kids would get bloody noses from the fumes," he told the Commission.

The Qualatex Laundry was bought out by an industrial uniform supplier in May, and while the laundry may be moving out of the neighborhood, it does not plan to sever its 10-year relationship with Niles. Mayor Nicholas Blase said he has spoken with the owner and referred the company to development firms to help it find a more suitable location.

The Plan Commission also approved an amendment to re-designate the properties at 7456 Waukegan and 7049, 7055, 7061, 7067, 7073 Birchwood as R-2 (single-family housing) in order to bring them into conformity with the surrounding neighborhood.

This should satisfy residents concerned that the growing number of townhouses and condominiums in the village could find their way into single-family residential neighborhoods. Earlier this year, residents protested a proposal to construct a townhouse on property currently occupied by a single-family home.

Commissioner Angelo Troiani assured residents that no townhouses or condominiums could be built on the property without a public hearing re-designating the land for multi-family housing.

Gas station . . .

Continued from Page 1

nently displayed, nor would the traffic impact be as heavy as originally feared.

Diamond said she voted against the measure when it was discussed at the district's Oct. 22 meeting and most recently when the matter came to a re-vote on Nov. 11.

"I remain concerned about traffic and possible pedestrian accidents involving students," she said.

There are already two gas stations in the area; the intersection of Greenwood Ave. and Dempster St. houses an Amoco gas station at its northeast corner and a Shell station at the intersection's southwest corner.

The proposal calls for the new gas station to be built at the south end of the Dominick's parking lot in the Ballard Plaza Center, 8900 Greenwood Ave., just blocks north of the two existing gas stations. A masonry brick kiosk will serve as a purchase point for gas-

oline and sundry items, such as candy and cigarettes, and replace the now defunct Caffino's coffee stand, which currently sits on the property.

Vitas Maciukevicius of W.T. Engineering, Inc., presented the proposal to both the Plan Commission and the Board of Trustees, told both bodies that this is not a convenience store and patrons will be unable to enter the building.

Maciukevicius also said that while the company would like to see the kiosk open 24 hours daily, current plans only call for business operations from 6 a.m. to 11 p.m.

Gomini Principal Scott Herrman said that he doesn't think the Dominick's gas station will impact students, and that the school has benefited from its relationship with the store.

"We've worked together on some programs," he said. "Dominick's has always been a good neighbor."

Shortfall . . .

Continued from Page 1

trict 63, said Korpan. The districts have filed appeals and will hire their own appraisers to conduct another set of appraisals.

The six companies who have appealed are McDale and Co., Inc., Niles Lifestyle Limited Partnership, Park Colony Limited Partnership, Golf Glen Mart Plaza Partnership, Milwaukee Golf Development Co., and Sidcor Dempster Plaza Associates.

For District 207 the loss could amount to \$400,000 according to Merilee McCracken, assistant superintendent for business with the high school district.

The districts also lost reve-

nue as a result of appeals in the 1998-1999 tax year. "The other part of fighting it is to let the commercial and industrial people know that we do have a stake in it and we're not going to close our eyes to it," McCracken said.

Once the appeal process has run its course, the two sides may negotiate a settlement. If a settlement is not reached, the two sides will appear before a hearing officer appointed by the Property Tax Appeals Board who recommends a decision to the board, where the final decision lays.

Bob Love to speak at Norridge HealthCare & Rehabilitation Centre

Norridge HealthCare & Rehabilitation Centre to welcome former Chicago Bulls star, Bob Love on Thursday, December 21.

Bob Love played with the Chicago Bulls for eight seasons from 1969 to 1976. For seven straight years he was the Bulls leading scorer and is the second highest scorer in Bulls history.

Suffering from severe stuttering most of his life, Bob Love

went from successful Chicago Bulls superstar to a low-paid dishwasher almost overnight. Bob refused to give up and fought back to become one of the most sought-after speakers today!

"Don't give up and always try to do your best," Bob says. "If you take the first step, someone

will help you take the next one." Mr. Love has graciously agreed to deliver his motivational message to the employees of Norridge HealthCare & Rehabilitation Centre on Thursday, December 21. Please contact Mrs. Gloria Kas if you are interested in seeing Bob Love speak.

FAQ's About the Flu

What is Influenza? Influenza (also called the "flu") is a serious disease caused by a virus. Flu is usually spread by respiratory droplets from the nose or throat of an infected person, either by coughing or sneezing. The flu season in the US is from November to March or April each year.

Who gets Influenza? People of any age can get the flu. Most people are sick for only a few days. Older people and those with chronic illnesses like high blood pressure, asthma or diabetes may become very ill and need to stay in the hospital. Influenza causes thousands of deaths each year, mostly among the elderly.

What is the Flu Shot? The viruses that cause the flu change often. Influenza vaccine or flu shots are produced each year based on the types of viruses in the environment. Almost all people who get flu shots have no serious problems from it. The viruses in the vaccine are killed, so you cannot get the flu from the vaccine. To many people "the flu" is any illness with fever, cold symptoms or sometimes vomiting. Influenza vaccine is only effective against illnesses caused by influenza virus, and not against other

causes of colds, fever and vomiting.

Who Should get the Flu Shot? The elderly and those who have long term health problems should get a yearly flu shot. That includes those who suffer from: heart disease - lung disease - diabetes - anemia - asthma - kidney disease and:

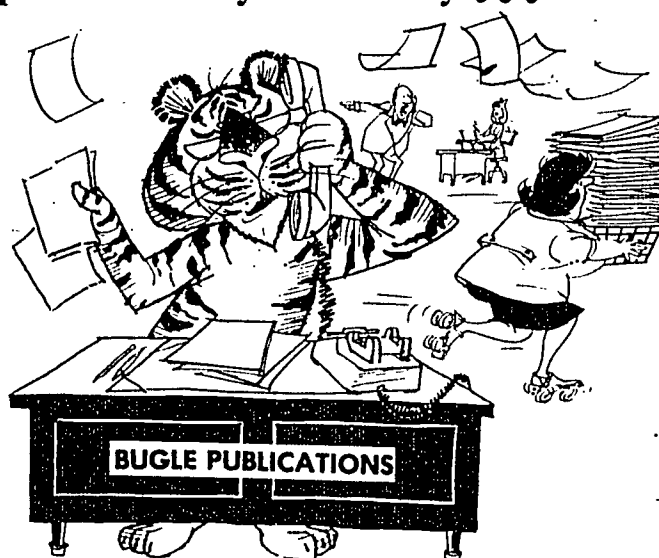
- HIV/AIDS or other diseases that affect the immune system
- Anyone 6 months to 18 years of age on long term aspirin treatment
- Women who will be more than 3 months pregnant during the influenza season
- Physicians, nurses or anyone else coming in close contact with the elderly

Mark A. Salisipan

Marine Corps Pvt. Mark A. Salisipan, son of Josefina A. Salisipan of Des Plaines, recently completed basic training at Marine Corps Recruit Depot, San Diego.

Opportunity is missed by most people because it is dressed in overalls and looks like work.
—Thomas Edison

We publish every Thursday . . .



--- If you have a pet peeve, a word of thanks or anything of news value, write a Letter to the Editor ---

Only signed letters will be published, but names will be withheld upon request.

Send all letters to: **THE BUGLE**
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