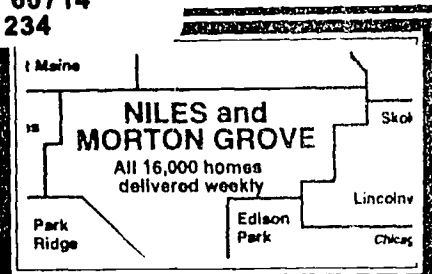


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# The Niles Bugle

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THURSDAY, MARCH 29, 2001

VOL. 44, NO. 40

## Get out and vote April 3

Mayor Nicholas B. Blase stated the importance of voting on Election Day, Tuesday, April 3, 2001. The Office of Mayor is being contested and offices for Village Trustees, Park Commissioners, Library Trustees, and School Trustees will also appear on the ballot.

Niles residents should participate in the local elections. Unfortunately, low turnouts often end up with results which could be unsettling in a community because a sufficient number of resi-

dents did not think it was important enough to vote.

There are many issues of importance to residents regarding the Office of Mayor, the Village Board, the parks, library, and schools. I urge your participation in the local election on Tuesday, April 3, 2001, at your regular polling place. The polls are open from 6 a.m. to 7 p.m.

Anyone wishing to inquire as to the location of their polling place may do so by calling the Village Clerk's Office at (847) 588-8000.

## Niles accepts plan from AT&T Broadband

The Village of Niles will accept a Remediation Plan proposed by AT&T Broadband to be provided to each of the Niles cable customers affected by the programming changes activated on December 20, 2000.

On December 20, 2000, approximately 100,000 AT&T Broadband subscribers from nearly 80 communities formerly served by MediaOne, lost premium multiplex channels when AT&T Broadband launched a program to switch subscribers from analog to digital service. The Village of Niles organized many of these communities to pursue remediation for affected cable customers and to seek future regulatory oversight of cable companies within the region.

"AT&T Broadband admitted to mishandling the digital service launch and were willing to make

amends by providing remediation to the affected residents," stated Mayor Nicholas B. Blase. "I commend them for doing the

Continued on Page 42

Residents misled by calculations, says Niles officials;  
Cost of village government only \$684 per household

## Niles refutes Park Ridge study on government costs

Niles village officials moved quickly last week to clarify a story in last week's Bugle Newspaper regarding the cost of government to residents.

The story, published on March 22, made use of a study conducted by Park Ridge as a basis to show what Niles government costs its residents. It focused on expenses listed for Niles and, by dividing the total yearly budget by the number of residents, came up with a cost per resident of running the village.

Unfortunately, this method

does not take into consideration outside sources of revenue such as sales tax revenues, and county, state and federal funds.

Village officials note that outside funds account for more than 60% of the village's general expenditures.

Niles Finance Director George Van Geem points out that "less than half of that spending (represented by the earlier chart published on March 22) is directly collected from the residents of our Village."

Today's chart shows the other part of the story. It takes into ac-

count what each homeowner pays in property taxes for village services.

This chart shows that Niles residents get consistently higher levels of service in return for a smaller tax contribution, for example, the free bus service.

This chart shows that Niles residents pay \$684.82 in direct fees (#10), as opposed to a high figure of \$1,578.75 (Oak Park). Only Schaumburg comes in lower (#11), which reflects the high revenue from their many local shopping centers.

### COMPARABLE COMMUNITY SURVEY ANNUAL REVENUES RECEIVED FROM AVERAGE HOME JANUARY 2001

County		Vehicle License.*	Dog License	Garbage Charge**	Recycling Charge	Yard Waste Charge	Water Bill	Utility Tax	City Sewer Charge	Total Property Tax***	Total Direct Payments	2000 Position
Assumptions for Sample Family:		1.00	1.00 Neutered	104 Bags Yearly		12 Bags Yearly	97,000 Gallons		97,000 Gallons	\$ 40,000 EAV		
Oak Park	C	45.00	7.00	116.40	25.20	20.88	250.26	163.00	117.37	833.64	1,578.75	1
Arlington Heights	C	25.00	10.00	249.24		16.20	388.16		31.04	529.56	1,249.20	n/a
Naperville	D/W		4.00			16.20	291.95	177.60	237.45	354.04	1,081.24	2
Mt. Prospect	C	36.00	5.00			21.00	324.95	107.58	33.95	523.28	1,051.76	3
Des Plaines	C	25.00	3.00	96.12	27.00	15.00	261.69	40.20	49.28	456.00	973.29	4
Park Ridge	C	30.00	8.00				279.60	176.98		444.00	938.58	5
Palatine	C	20.00	3.15	232.20		3.60	146.47		32.01	492.00	929.43	n/a
Downers Grove	D			187.20		21.60	298.26	61.67	136.16	208.16	913.26	6
Northbrook	C	30.00	10.00	157.80		21.60	291.00		53.35	283.60	847.35	7
Skokie	C	10.00	5.00			12.00	175.07	11.40		530.40	743.87	9
Niles	C	15.00				12.00	287.12	80.70		290.00	684.82	10
Schaumburg	C/D	17.00	2.00	142.92			310.53		47.53		519.98	11
Mean		25.30	5.72	168.84	26.10	16.01	275.42	102.42	82.02	449.52	959.29	

Counties: Cook (C); DuPage (D); Will (W)

\* The following municipalities offer a senior citizen discount for vehicle licenses: Oak Park, Mt. Prospect, Des Plaines, Niles, Northbrook, Schaumburg, and Arlington Heights.

\*\* Assumes once per week curbside pickup where alternative levels of garbage service are available. For Arlington Heights, Northbrook and Palatine the recycling charge is included in the garbage charge. For Schaumburg the recycling and yard waste costs are included in the garbage charge.

\*\*\* It is possible that homes are assessed differently by county. However, in this report it is assumed that all were assessed equally after application of the state equalization factor. Reassessments are not made in the same year for all participants, which can create some degree of inaccuracy for the property tax comparison.

## Absentee voters may vote early

Any Niles residents who plan to be out of the county or are unable to vote on Election Day, Tuesday, April 3, 2001, may come into the Village Hall between the hours of 8:30 a.m. and 5 p.m. to vote. Absentee ballots will be available until Monday, April 2, 2001.

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



## Edison Park Chamber to meet

The monthly meeting of the Edison Park Chamber of Commerce will be held on Monday, April 2, at noon, at Zia's Trattoria, 6699 Northwest Highway, Chicago.

Socializing will occur between noon and 12:15 p.m., at which time the meeting will begin with consideration of the Minutes of the March 5 meeting, treasurer's report and announcements.

Zia's will service a special luncheon menu for the Chamber with dessert, coffee or tea. Cost, including tax and tip, will be \$12

per person. Beer, wine, cocktails, and soda will be part of the cash bar.

Unfinished Business will include a membership report, a parking lot progress report, web site plans, and scholarship program. Guest speaker for the meeting will be Chuck Rothschild, regional vice president of Merchant Internet Group (formerly shops for me.com). He will discuss "E-mail Marketing Program for all Types of Businesses." This is a great opportunity to learn how to drive customers to your business

using the internet while increasing your business sales.

Consideration also will be given to any additional business raised at the meeting. Adjournment is expected by 1:30 p.m.

The meeting is open to everyone in the business and residential community. To make a reservation, please call the Edison Park Chamber office by Friday, March 30, at (773) 631-0063.

The oldest known rule book for the game of checkers was published in 1649.

## Mayor Blase outlines priorities for 11th term

Mayor Blase says his priority going into an 11th mayoral term is assuring the soundness of infrastructure of the streets and public buildings.

Buildings constructed during his recent terms are sound for years to come, but underground sewer lines vital to the community "have been here a long time," Blase said. "We've started to upgrade them during the last couple of years."

A published account refers to a Public Works Department pro-

gram to identify and repair damaged pipes that's been underway for ten years.

Blase said that attracting young families to the community is another goal. He wants to achieve a balance between families and seniors, who are already here in number.

During an 11th term he will continue to strive for the most comfortable lifestyle through moderate taxes and "the best possible services for the lowest possible expenditure."

## Unofficial Niles Park District election results available online

The Election for 3 Park Board of Commissioners will take place on Tuesday, April 3. "Interested Niles Park District residents will have the opportunity to view the unofficial election results for Niles Park District Park Board of Commissioners on Tuesday, April 3rd, starting at 7:30 p.m.

The results will be updated every 30 minutes throughout the evening until all unofficial votes are in. To follow the unofficial results, log on to the Niles Park District web page: niles-parks.org and click on elections," said Executive Director Joseph Lo-Verde.

## Reinebach gives views on his candidacy

Leonard R. Reinebach, who is running for mayor of Niles said, if elected, he would like to hold monthly village hall meetings in the auditorium of the Family Fit-

ness Center. "We need to have more village board meetings," Reinebach said.

He would also involve the young people, who, he says "had Jozwiak Park stolen from them," referring to the park that was closed, and its land used to expand the Public Services Department facility. A new park, Pioneer Park at Harlem and Touhy, has replaced it.

Reinebach considers himself a student of Niles history and endorses redesigning the village seal and changing the founding date to 1901 based on what he claims is Niles actual founding date.

Reinebach says he questions the need for the Pace contract for free bus service. He favors replacing the Niles Free Buses.

## Off duty officer makes arrest

Niles Police Dispatcher Gary Amato, a 21 year member of the Niles Police Department, made an on view off-duty arrest of a purse snatcher at the Target store located at 6150 Touhy Ave. in Niles. At approximately 2:55 p.m. on March 20, 2001, Amato observed a male black subject reach into the shopping cart of a 78 year old Chicago woman and remove her purse as her attention was focused away from her shopping cart. Amato immediately approached the offender and questioned his actions then took him into custody awaiting the arrival of other Niles patrol units.

Arrested for theft from Person was:  
39 Year old Frederick Perkins of Chicago.



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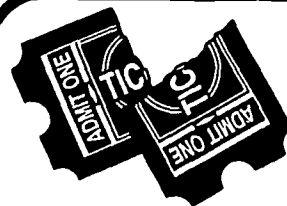
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## Skokie Swift station to get historic overhaul

The village of Skokie has located a buyer for the Dempster Street Skokie Swift station, mostly vacant since 1994 when

### Maine Township census figures show growth

Maine Township population figures increased by over 6,700 people during the past decade, according to census figures released recently. Data shows that Maine Township came in with 135,623 for Year 2000, versus 128,837 in 1990.

Township Supervisor Mark Thompson has not yet analyzed the new numbers. Thompson said the unincorporated area was undercounted in 1990. "We hope we get a better count," Thompson said, adding "The census bureau has really worked with the local communities much better than ever before." Census figures are important for the township in applying for state grants and programming.

The township's biggest growth areas are in Hispanic and Asian populations, both nearly doubling during the past ten years.

Other racial groups increased, but the white population decreased to 109,907 from 115,757 in 1990.

its replacement was put into service. As a result of the sale, the old station building will be refurbished, moved close by and re-opened as a retail complex.

Seymour Taxman, president of Taxman Corporation, and his partner Scott Gendell of Terra-co, Inc., will pay \$1 for the station, then invest approximately \$1 million to move and restore it. Taxman said he sees this as an opportunity to give back to the community.

The prairie-style building was designed in 1925 by Arthur Gerber, an architect who designed other stations for Chicago's early elevated lines.

The Gerber building deserves renovation for features like its terrazzo floors, intricate caves and detailed bracket work.

Taxman and Gendell have contracted architect Joseph An-

tonovich to head the restoration. Antonovich has worked on a number of historic rehab projects. Recently he lead the restoration of the former Reliance Building in downtown Chicago, now reincarnated as the Burnham Hotel. Antonovich feels the rehabbed station building will be something "that everyone will be thrilled with."

The location planned is about 130 feet east of its present site in a village-owned parking area. Work is expected to begin this summer with a completion target about one year later. Photos from the Skokie Historical Society will provide guidance for the restoration.

Developers Taxman and Gendell say that Starbucks Coffee Company has expressed interest in leasing one portion of the renovated building.

## Chai Lifeline brings Purim Magic to area Families

Children and Purim are as interconnected as peanut butter and jelly. Last week Chai Lifeline, the international not-for-profit group that provides support services to children with cancer and other life-threatening illnesses, their families and communities, made sure that pediatric illness was no barrier to celebrating the holiday when they held their annual Purim carnival at a local Skokie synagogue.

Like all great Purim carnivals, this event featured lots of activities and things to do. There were a number of carnival games appropriate for kids of all ages, live music, a face painter, and of course, great food. Children came

dressed in their Purim best, masquerading as everything from Queen Esther and Mordechai, the heroes of the Purim story, to contemporary heroes like fire fighters and comic book characters.

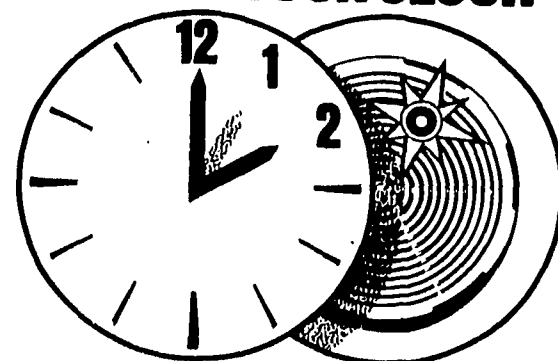
In true Chai Lifeline style, no child left the carnival empty-handed. Moshe Turk, Midwest regional director, and his cadre of volunteers who manned carnival booths, judged costumes and served food and hamantaschen, made sure that every child won lots of prizes and that every family went home tired, but happy.

For more information on Chai Lifeline activities or to volunteer, contact the Midwest regional office at 847-763-1818.

## NOTE

While several Letters to the Editor were received from political candidates and their supporters for publication in this week's edition, it has been the policy of The Bugle not to publish any letters dealing with politics in the last issue preceding the election. We feel this is a fair policy since such publication would not allow for any rebuttal.

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## Women's News

### Morton Grove Woman's Club Luncheon

The Morton Grove Woman's Club will hold their luncheon/meeting on Thursday, April 12. Cocktails at 11:30 a.m. and luncheon at noon at The Wilmette Country Club, Terrace Restaurant, Lake Avenue/Harms Road.

The Morton Grove Woman's Club invites all to attend. A regu-

lar monthly meeting follows the luncheon and at the conclusion of the meeting, entertainment is scheduled.

For additional information, and directions, please call Mary Dismang, (773) 286-8677 or JoAnn Depenbrok, (847) 965-3265.

### 'A Dinner Party to Die For'

St. Isaac Jogues Women's Club presents "A Dinner Party to Die For." This is an interactive murder mystery performance. The date is Sunday, April 22, at Manzo's Banquets in Des Plaines. \$40 per person includes dinner and entertainment. Call 965-4552.

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## Engaged Patterson - Leibfried



Carlos and Elka Patterson of Niles, announce the engagement of their daughter, Christina, to Scott Leibfried, son of Richard and Joyce Leibfried of Beardstown, Illinois.

The bride-to-be graduated from Maine East High School in 1995 and MacMurray College in 1999. She is employed at Central

Elementary School in Lake Bluff, as a teacher.

The future groom graduated from Beardstown High School in 1995 and MacMurray College in 1999. He is employed as a teacher at Jacksonville High School in Jacksonville, Illinois.

The couple is planning a July, 2001 wedding in Niles.

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## Women's News

### Facing the parental dilemma of letting go

Communications between teens and their parents are often strained and sometimes almost non-existent. As noted in a previous column, the teenage years are a difficult period of change for virtually every child, yet it is hard for most teens to share their anxieties and uncertainties with their parents.

Teens want and need their parents' love, respect and permissions in order to gain independence and responsibility. Yet they fear sharing their problems, or feelings of uncertainty, since they realize it may stop their parents from seeing them as ready for the responsibility and freedom they desire.

Parents' own lives can also be a barrier to communicate with their teens. Parents with teenage children are often at a developmental stage in their adult life where attention to their own careers is vitally important. They are in what is called "mid-career." They may well be reassessing their chosen field, their marriage, their life in general, and asking themselves, "How am I doing?" Financial issues, including the prospect of upcoming college bills for that teen, may also be adding stress. All of this can combine to leave us, usually unintentionally, with

little time or sympathy for the problems and worries our teenagers may be facing.

It is also important to note that the very real fears we have for our children's safety and well-being as we grant them more responsibility may contribute to the communication problems we have with our teens. While we may recognize that our teenagers need increasing amounts of freedom and responsibility, we also are constantly being bombarded by

news reports of teenagers killing one another, teen substance abuse, teenage pregnancies and much more. We realize that even if these things aren't happening to our kids, they easily could. Parents, have a natural instinct to protect their children.

Our natural tendency is to hang on to our teenager a bit longer, feeling that we need to teach our child just a little more before granting them more freedom and a chance to test their responsibility.

Then, in the midst of this struggle, our teenagers' begin pulling away from us, not confiding in us like they used to, and we feel even more stress.

Although none of us want to abandon our teenagers prematurely, it is essential that we grant our teens increasing amounts of freedom and responsibility if we expect them to mature successfully and if we wish to avoid unneeded conflict. While this does not mean blindly letting your teen

go, it does mean finding even small ways of showing your teenager that you do have trust and respect in his or her growing levels of maturity and responsibility.

It can also help to communicate your own fears and anxieties about granting increased freedoms. If your teen can hear you explain why you hesitate to say yes to his or her requests for greater responsibility, it may not win acceptance and total understanding. Continued on Page 8

### A traditional Swedish dinner to be held

Swedish potatosausage and rutabaga dinner will be sponsored by the Swedish Cultural Society on Sunday, April 1 at 3 p.m. in Victory Hall of Irving Park Lutheran Church, 3938 W. Belle Plaine Ave., Chicago (one block north-east from Irving Park Road and Pulaski).

Two ladies, Birgit Swanson and Eleanor Holmberg, with the help of many, are in charge of this traditional homestyle dinner. They have both studied at schools of culinary arts in Sweden. This meal is as authentic as can be made this side of the Atlantic Ocean. The potatosausage comes from Erickson's Delicatessen in Andersonville.

The rutabaga mash is mixed

with both potatoes and carrots to make it really palatable for all who attend. Marinated red beets are served - prepared especially for this event by Inez Johnson of Morton Grove. Naturally Swedish limp, hardtack and lingonberries are served and coffee, tea and milk as well as a special dessert.

All are welcome to bring White Elephants - new or old items for our fund-raiser raffle. Many unusual things have made this a really fun part of the event in the past!

Space is limited to 130 - so do reserve by calling Eleanor Holmberg at (708) 458-0267. The price is only \$12 and everyone is most welcome.

### District 71 meeting rescheduled

The Board of Education of Niles Elementary School District #71 is rescheduling its Board of Education Meeting from Tuesday, April 3, 2001 to Wednesday, April 4, 2001 at 7 p.m.

The Board of Education of Niles Elementary School District #71 is rescheduling its Board of Education Meeting from Tuesday, April 17, 2001 to Thursday, April 19, 2001 at 7 p.m.

The meetings will be held in the Board Room in Clarence E. Culver School, 6901 W. Oakton Street, Niles, Illinois 60714, telephone: 847-966-9280.

### Kohl Children's Museum will move to The Glen

More news comes from "The Glen," the site of the former naval air base that is now being privately developed.

This time it's the Kohl Children's Museum, which will lease a nine-acre plot close to what will be a mixed-use retail area.

Glenview president Nancy Firfer acknowledged that the museum had asked some time ago to be considered for that site, but said that first the village had to consider all proposals received. Now that a retail area has been awarded, which includes 12-screen movie complex and stores, restaurants and housing, it made sense to add the Kohl Museum into the mix.

Kohl's president Sheridan Turner says they preferred the Glenview location because such a move would keep them close to their membership base on the North Shore.

"The Glen ... is a family-based community, and that's the environment we want to be in," Turner said.

Another good fit: the Hangar One Foundation plans to install a Challenger Learning Center in the historic hangar building--something to captivate the older kids while younger visitors are

### Historic Nature River Walk

Join members of the Morton Grove Historical Museum staff for an informative, enjoyable walk along the Chicago River. Ed Lace, a retired naturalist and archeologist with the Cook County Forest Preserve, will guide this walk in which he will discuss the history of the River, the Indians that once farmed and hunted there, and identify interesting flora and fauna along the way. The walk will include a stop at the Indian Fishing Weir, where Indians once cast their nets.

The walk will not be strenuous but an adult must accompany

children under 14. We'll meet in the Forest Preserve at the entrance to St. Paul Woods, across from the Morton Grove Train Station and behind the Morton House condominiums. The walk will take place on Saturday, April 21, at 2 p.m. Participation in the walk is free but reservations are required. The walk will be rescheduled in the event of rain. Call now to reserve a spot for this special tour: 965-0203. This walk is made possible through a Grant from the Illinois Department of Natural Resources/Illinois State Museum.

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## Women's News

### Polish Women's Civic Club Scholarship luncheon

The Polish Women's Civic Club cordially invites you to attend its annual Palm Sunday fundraiser luncheon on Sunday, April 8, at the Fountain Blue Restaurant, 2300 Mannheim Road, Des Plaines. Cocktails at noon followed by a luncheon and entertainment. Cost for adults is \$30 and \$10 for children.

President Felicia Krupinski in-

vites you, your family and friends to this worthy benefit as the profits are used for college scholarships. Since this is a holiday family gathering, Chairman Joanne Kuk invites children to accompany their parents as they will enjoy a special menu, receive baskets, prizes and more surprises. For reservations contact Maria Ciesla (773) 774-8951.

### Notre Dame student has poem published

Notre Dame High School for Boys' sophomore Steve Lesner (Our Lady of Ransom/Niles) will have his poem published in the poetry anthology *A Celebration of Young Poets* later this year.

Notre Dame High School English teacher Mary O'Connor submitted Lesner's poem to a contest sponsored by Creative Communication, Inc. The contest was held for all students in grades 4-12. Lesner's poem, titled "Reflection of the Deed," was selected

as one of the top 10 in its grade division from thousands of entries.

The top ten poets in each grade division (grades 4-6; 7-9; 10-12) are each being recognized by having their work published in *A Celebration of Young Poets*, receiving a complimentary copy of the anthology, and receiving a \$50 savings bond. Poems are selected for their literary merit, creativity and social significance.

### Six Piano Ensemble spring concerts

Oakton Community College's acclaimed Six Piano Ensemble performs at 8 p.m. on Saturday, March 31, and 3 p.m. on Sunday, April 1, in the Performing Arts Center of the Des Plaines campus, 1600 E. Golf Road. The program includes selections from classical, ragtime and popular pieces, including Brahms' Hungarian Dance no. 2, Beethoven's Symphony no. 1, Scott Joplin's "Pine Apple Rag," Irving Berlin's "Alexander's Ragtime Band" and Fauré's Dolly Suite. A reception with light refreshments follows each performance.

The *Six Piano Ensemble* is the creation of Glenna Sprague, a Skokie resident and professor of music at Oakton, who arranges the music so that each member plays a different part. As she conducts from the podium, the Ensemble becomes an "orchestra" with the melody flowing from pianist to pianist. The talented musicians are Adrienne Alton-Gust of Northbrook, Kathy Godziszewski of Park Ridge, Judy Ksiazek of Glenview, Beatriz Levi of Skokie, Elsie McAvoy of Evanston and Garfield Sallman of Des Plaines.

Tickets at \$12 each may be purchased in advance or at the door. For more information, call the Oakton Box Office at (847) 635-1900. For group discount sales, call Karol Verson at (847) 635-2185.

### Catholic Women's Bowling League

Wed., March 14, 2001

TEAM	W	L
#6 C.M.S.	47	23
#4 Thomas Drozd, DDS	42	28
#5 Classic Bowl	34	36
#1 Skaja Terrace	31	39
#2 Candlelight Jwlr	30	40
#3 Old Kent	26	44

#### HIGH SERIES

Millie Kroll	521
Mary Wasilewski	517
Kay Pecoraro	511
Linda Fahey	504

Jan Repel	493
Carol Oetringer	490
Gertie Schultz	478
Cheri Jacobson	477

#### HIGH GAMES

Mary Wasilewski	212
Millie Kroll	195
Kay Pecoraro	192
Rosemary Mitchell	189
Carol Oetringer	186
Jan Repel	186
Marilyn Oetringer	184
Gertie Schultz	179
Linda Fahey	178

### Let's go skating at IceLand

Niles Park District IceLand Arena, 8435 Ballard Road, invites you to skate your way to lots of fun!

Public Skating Hours are as follows: Thursday, 4:10 - 5:25 p.m.; Friday, 8 - 9:30 p.m.; Saturday, 12:05 - 1:20 p.m.; Sunday, 2:10 - 3:40 p.m.

Skate Rental is \$2.50. Thursday Admission Fees are as follows: Adult Res \$3; Child Res \$2.50; Adult Non-Res \$3.50; Child Non-Res \$3. Weekend Admission Fees are as follows: Adult Res \$4; Child Res \$3.50; Adult Non-Res \$4.50; Child Non-Res \$4. Call (847) 297-8010 for more information.

#### Summer Camp Registration

Niles Park District offers a wide variety of summer camp programs for preschool age through incoming eighth grade kids. Traditional day camp, half day camp and sports camp sessions will be available. Registration for all summer camp programs is now underway. Stop by the Howard Leisure Center, 6676 W. Howard Street or Grennan Heights Facility, 8255 Oakton to pick up the 2001 Summer Camp Guide and start planning an exciting summer for your child! Please call (847) 967-6633 if you have any questions.

#### Niles On The Go Milk Pail Trip

Niles Park District invites you to our upcoming *Niles On The Go* trip on Wednesday, April 4. Enjoy an afternoon of fun and

laughter at the Milk Pail's production of "April Fools Silly Songs & Practical Jokes" in East Dundee. This musical variety show featuring those dueling piano guys Danny & Mick, will have you singing and laughing along to all your favorite little ditties you can't help but to smile to. Enjoy a magical comedian too! Jeff Bibik will make for a great afternoon of April foolishness. Be prepared to get tricked, and maybe learn a few jokes you can use on others.

Lunch includes: Fruit salad with tasty dip, delicious homemade biscuits & creamy butter, flaky homemade Chicken Pot Pie, fresh-cooked vegetables, seasonal berries with whipped cream, coffee or hot tea. Cash Bar is available. Trip departs from the Howard Leisure Center, 6676 W. Howard Street, at 10:30 a.m. and returns at approximately 5 p.m. Fees are Residents \$50; Non-Residents \$55. For more information, call the Howard Leisure Center at (847) 967-6633.



Garter snakes, though reptiles, do not lay eggs. They bear live young.

## Community Calendar

### Leukemia Research Foundation Chapter to meet

The Goland-Orenstein-Sherman Memorial Chapter of the Leukemia Research Foundation will hold its April meeting at the Morton Grove Community Church, Lake and Austin, in Morton Grove on Saturday, March 31 beginning at 8 p.m. The April meeting is being held on March 31st due to religious holidays which begin the first weekend in April.

Entertainment will be provided by The Harmonettes.

The chapter was founded in 1968 for purpose of raising funds for leukemia research grants and meets the first Saturday of every month from September through June. All who are interested are cordially invited to attend. For further information, call (847) 475-0917.

### Fidelitas Awards benefit to honor those working toward "Life Without Lupus"

The Lupus Foundation of Illinois will be holding its Seventh Annual Fidelitas Awards Benefit on Saturday, March 31 from 6:30 p.m. to Midnight at Rosewood Banquets in Rosemont. The annual awards benefit provides the LFI an opportunity to honor and pay tribute to individuals who have helped to advance the Foundation's goals of increasing awareness about this baffling disease, and assisting research efforts to ease the suffering of lupus patients and to find a cure. This year's honorees include Dr. Richard Burt and Dr. Ann Traynor for

Medical Service, along with Velma Winslow and Hazel Dion for Program Service. Kellen Winslow, former San Diego Chargers tight end and member of the NFL Hall of Fame, will serve as Master of Ceremonies.

In addition to the awards presentation, the evening will also feature dinner and dancing, both live and silent auctions, and a raffle drawing for prizes that include

American Airlines tickets, fine dining, and theater tickets. Tickets for the benefit are available at \$85 per person. Raffle tickets are \$5 each, or 5 for \$20.

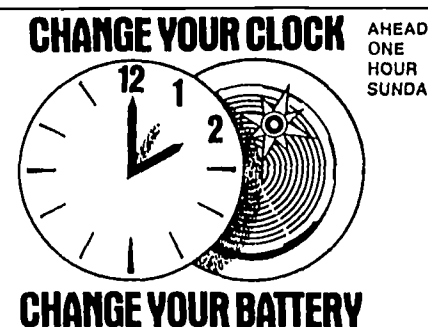
Lupus is a chronic autoimmune disease that may affect virtually any and every organ of the body; a disease that is enormously complex, vastly misunderstood and often misdiagnosed or mistreated. Almost two million

Americans - one out of every 185 - suffer from lupus. Nine out of ten or them are women - and most are in the prime of their lives. To date, there is no known cause. Nor is there a cure.

To make reservations for this event, or to receive information about lupus, contact the Lupus Foundation of Illinois at 800.2 LUPUS 2 or online at:

[www.lupusil.org](http://www.lupusil.org)

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### Facing...

Continued from Page 7

standing of your decision, but it can help open up a meaningful dialogue and lead to compromises where you both feel more accepting of the outcome.

How much to let go?...how much to trust?...how much responsibility to grant? Although all are decisions that can have a huge impact on the rest of the teenager's life, there are never absolute answers. These are judgment calls based on who you are and who your teen is. It helps to understand the difficulties your teen is facing, and to understand your own anxieties in beginning to let your teen go. And it is perfectly normal for your decision to worry you or upset your teen. Some mistakes will surely be made, but many more things will turn out just fine. Remember, no one ever said being a successful parent was going to be an easy job.

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 counseling at the ACA website, [www.counseling.org](http://www.counseling.org).



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## Community Calendar

### 'Real Estate Transactions #101'

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For those wishing to obtain the Illinois sales license, this course is available in a convenient self-

study format which includes registration, textbook, audio cassettes, and a computer tutorial. Self-study tuition is \$195. Most students complete this course in 4 to 5 weeks.

For more information or to register, visit us on the web at: [www.instituteonline.com](http://www.instituteonline.com), or call the Real Estate Institute at (800) 995-1700.



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## Dominican University Center Stage presents *Uncommon Scenes*

Dominican University Center Stage presents *Uncommon Scenes*. An Evening of One Acts, on Friday and Saturday, March 30 and 31 at 8 p.m. The evening will consist of three one act plays, each offering a unique vantage of life, theatre and art: *Worth*, by Bronwyn Clark, *Impromptu* by Tad Mosel, and *Crimes of the Heart* by Beth Henley. Performances will take place in the Studio Space of the Fine Arts Building, 7900 West Division Street, River Forest. Tickets are \$8.

The evening will begin with *Worth*, a one act play written and directed by Dominican senior Bronwyn Clark. The script examines what happens when we internalize society's ideals of wealth and prestige through Meg, a struggling young artist who dreams of making it big, but finds herself working at a dry cleaners to pay the bills. Through the events of one summer morning at the cleaners, we see Meg's need for prestige, and, consequently, her need for a deeper sense of self-worth. Clark developed this project as a

candidate for a degree with distinction.

In Tad Mosel's one act play, *Impromptu*, directed by graduating senior Susanne Hufnagel, four actors find themselves before an audience without a script. While some of the actors respond to this situation by trying to find their true selves, others take on the persona of the characters they frequently portray. Forced to take the stage without the comfort of characterization, the actors plunge into questions of identity and purpose as they struggle to balance the truth and illusion of life. This production is Hufnagel's senior performance/project.

The third scene of the evening is a cutting from *Crimes of the Heart* by Beth Henley, directed by Jill Poehlman, Executive Director for Fine and Performing Arts. In this tragic comedy, three sisters survive crisis after crisis in a small Tennessee town. Babe, the youngest sister, has just shot her husband because she "didn't like his looks." Meanwhile, Meg returns home from New York with a failed

singing career and Lenny struggles with her fear of rejection. Yet, these struggles are pacified by the ultimate strength of the family bond shared by these sisters.

Dominican University Center Stage is directed by Jill and Michael Poehlman. Center Stage is offering a full season of performances including *Wiley and the Hairy Man*, a children's story of courage and determination by Suzan Zeder on April 7 and 8; *The Runner Stumbles*, a powerful and compelling murder mystery by Milan Stitt on April 20 and 21; and *Remembering Rodgers and Hammerstein*, an afternoon of the celebrated songs of Broadway's favorite musicals on May 6.

For more information or to purchase tickets, please call Dominican University Center Stage at (708) 524-6942, or visit [www.centerstage.dom.edu](http://www.centerstage.dom.edu).

## North Suburban NeedleArts Guild

North Suburban NeedleArts Guild is pleased to present Yvonne Porcella, fiber artist, author, and quilter whose quilt "Takoage" represented all contemporary quilters in the 150th anniversary exhibition of the Smithsonian Museums. She will speak on "From Then to Now" on Tuesday, April 3rd at 9:30 a.m. Meetings are held at the Village Presbyterian Church, 1300 Shermer Road, Northbrook. Her workshop, "Pieced Clothing Variations -- Jacket" will be held on April 4 and 5. For further information, call Debbie Brice at (847) 221-5278 or visit our Web Site at: <http://www.needleartsguild.com>. Guests welcome.

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## Community Calendar

### Events at the Irish American Heritage Center

Sunday, April 1:

*Junco and the Paycock*, by Sean O'Casey, directed by Brad Armacost and presented by the Irish American Heritage Center's resident theatre company. Shapeshifters. Matinee performance at 3 p.m. Tickets \$10 (\$8 for IAHC member and seniors). A buffet is available following the matinee for an additional \$15; advance reservations are required. Reservations may be made with Visa or MasterCard by phone at 773-282-7035.

Friday, April 6:  
Lenten Fish Fry, 6:30 - 9 p.m., \$7.

*Junco and the Paycock*, by Sean O'Casey, directed by Brad Armacost and presented by Shapeshifters, the Irish American Heritage Center's resident theatre company. Performance at 8 p.m. Tickets \$10 (\$8 for IAHC members and seniors).

The Burren Céili Band at 9 p.m. in the Fifth Province Pub. Saturday, April 7:  
*Junco and the Paycock*, by Sean O'Casey, directed by Brad

Armacost and presented by Shapeshifters, the Irish American Heritage Center's resident theatre company. Performance at 8 p.m. Tickets \$10 (\$8 for IAHC members and seniors).

Salt Hill Mines at 9 p.m. in the Fifth Province Pub.

Sunday, April 8:  
Palm Sunday Mass and Breakfast. \$6 adults, \$3 children.

*Junco and the Paycock*, by Sean O'Casey, directed by Brad Armacost and presented by the Irish American Heritage Center's resident theatre company. Shapeshifters. Matinee performance at 3 p.m. Tickets \$10 (\$8 for IAHC members and seniors). A buffet is available following the matinee for an additional \$15; advance reservations are required. Reservations may be made with Visa or MasterCard by phone at 773-282-7035.

Friday, April 13:  
Lenten Fish Fry, 6:30 - 9 p.m., \$7.

John Dillon at 9 p.m. in the

Fifth Province Pub.

Saturday, April 14:  
Finbar Fagan's Band at 9 p.m. in the Fifth Province Pub.

Sunday, April 15:  
Easter Sunday Mass at 10:30 a.m., followed by light refreshments.

Friday, April 20:  
Quiz Night, Shanachie Room, 8 p.m.

Three Men in Kilts at 9 p.m. in the Fifth Province Pub. Saturday, April 21:

Fast Eddie at 9 p.m. in the Fifth Province Pub.

Friday, April 27:  
Seamus O'Kane and Friend at 9 p.m. in the Fifth Province Pub. Saturday, April 28:  
Velvet Green at 9 p.m. in the Fifth Province Pub.

Sunday, April 29:  
Genealogy meeting, Room 100B, 1 p.m.

Open Mike Poetry. Play Reading and Session, Fifth Province Lounge, 2 - 6 p.m. Every-

one is invited to join in an afternoon of Irish poetry, Irish plays and Irish music.

### NARFE meeting

A regular meeting of the National Association of Retired Federal Employees will be held on Friday, April 6, at 1 p.m. at Warren Park Field House, 6601 North Western Avenue, Chicago. All active and retired federal employees are welcome.

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## CHURCH & TEMPLE NEWS

### Bnai Emunah to host Middle-East expert for JUF

Congregation Bnai Emunah will hold a brunch on behalf of the 2001 Jewish United Fund-Israel Emergency Fund (JUF-IEF) campaign at 9:30 a.m., Sunday, April 1, at 9131 Niles Center Road in Skokie. The guest speaker will be Jonathan Kessler, Executive Editor of *Middle East Insight* magazine. To make reservations or for more information, please call Jeffrey Stein at (312) 357-4861.

Funds raised for the JUF-IEF campaign help to maintain vital-needed human welfare, health care, and Jewish education services for 300,000 people in Chicago, as well as 2 million Jews in Israel and nearly 60 other countries worldwide. Funds raised for JUF also help pay for the ongoing rescue and resettlement of tens of thousands of Jews every year from the former Soviet Union.

### Special reading for Passover Seders offered

In light of the current situation in Israel, a special Passover reading has been prepared for Chicago's Jewish community by the Jewish United Fund/Jewish Federation of Metropolitan Chicago (JUF), in cooperation with the Chicago Board of Rabbis.

The special reading of "Kos Yisrael - The Cup of Israel" will enhance family Passover Seders with an extra ceremony to express solidarity with the people and the State of Israel during this time of crisis. Passover Seders will be held throughout the worldwide Jewish community the evenings of April 7-8.

"We feel that this special reading is an important supplement to the Passover Seder at this time," said Steven B. Nasatir, President of the JUF. "We want our Israeli brothers and sisters to know we are thinking about them and that they are not alone."

"We are blessed to live at a time when Jews have a homeland that they can return to," said Rabbi Michael Siegel, President of the Chicago Board of Rabbis. "Through this reading, we are reminded of the story that began with Moses and people of Israel leaving Egypt, and of the unity of the Jewish people. The Chicago

Board of Rabbis is very proud to participate in providing the community this reading."

The text emphasizes for its readers that "On this night of Pesach when the hearts of all the Jewish people the world over are united, we stand together as one common family with our brothers and sisters in Israel."

The JUF has distributed copies of the Kos Yisrael Seder reading to synagogues and to students at

congregation after-school programs and at day schools through the Community Foundation for Jewish Education and the Associated Talmud Torahs.

This Chicago-created Passover reading is being made available to Jewish communities throughout North America through the United Jewish Communities.

To obtain copies of the Seder reading, "Kos Yisrael," contact JUF at (312) 357-4845.

### Holocaust remembrance at Niles North

The Holocaust Memorial Committee at Niles North High School has organized activities throughout the month of March and April to remember the Holocaust. The activities are designed to remind us that we all have a responsibility to fight prejudice where ever we find it and to respect racial, religious, ethnic, and ideological diversity. The goals of the Holocaust Remembrance are to provide awareness as to why we observe the Holocaust Memorial Days, provide factual information about the Holocaust,

provide analogies in the past and present to the Holocaust, humanize/personalize Holocaust remembrance by providing a means of empathy wherein students relate to the experiences of people, make visible the effects of bias and prejudice in our everyday lives, and provide answers to the question "What can I do?" Holocaust Memorial Day is April 20.

A poetry/essay contest and art contest is open to students. The theme of the contest is ethnic freedom and tolerance. Winners will be announced at the all school assembly on April 4. A memorial candle lighting ceremony will be performed, followed by choir singing, readings, dances, and music. On Holocaust Memorial Day Holocaust survivors will speak about their experiences. For more information, please visit the website at [www.niles-hs.k12.il.us/North/Science/bragge/holocaustindex.htm](http://www.niles-hs.k12.il.us/North/Science/bragge/holocaustindex.htm).

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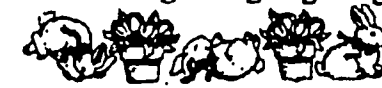
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### Obituaries

#### PATRICIA M. MCINTYRE

Patricia M. McIntyre, 94, of Park Ridge, died Wednesday, February 7 at Resurrection Pavilion Nursing Center. She was born May 25, 1906. Beloved mother of John McIntyre. Services were held February 10 at St. Juliana Church, Chicago. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Calvary Cemetery, Chicago.

#### MARGARET BORK

Margaret Bork, 83, of Niles, died Thursday, February 8 at University Hospital. She was born January 29, 1918 in Germany. Beloved mother of Mary (Norris) Sheltraw, Francene (Karl) Goldschmitt and Mark (Debra) Bork. Grandmother of 9. Great-grandmother of 7. Services were held February 12. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Joseph Cemetery, River Grove.

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JAZZ JAM - John Bany, Charlie Braugham & Don Stille -- 9 to 1  
Saturdays -- Lou DiGangi, Swing Band -- 9 to 12:30  
Friday -- Mar. 23 -- Von Freeman Quartet -- 9 to 1 (\$5 Cover)  
Sunday -- Mar. 25 -- Greg Fishman Duo -- 5:30-9:30  
Wednesday -- Mar. 28 -- Rick "Elvis" Saucedo -- 9-11:30 (\$10 Cover)  
Friday -- Mar. 30 -- Tony Smith Show -- 9-1 (\$5 Cover)

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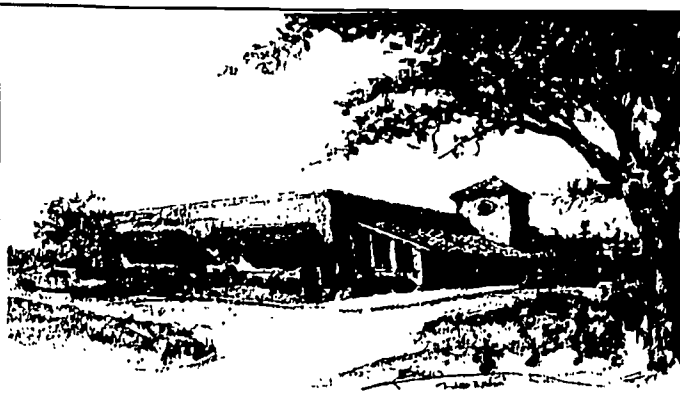
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## Concert at Pick-Staiger Concert Hall



The Pressenda Trio, a Chamber Ensemble of the Chicago Symphony Orchestra, will present a concert on Sunday, April 1st, at 3 p.m. in Pick-Staiger Concert Hall, Northwestern University, 1977 South Campus Drive, Evanston. The critically-acclaimed Trio consists of David Taylor, Violin; Gary Stucka, Cello; and Andrea Swan, Piano. They will perform the Beethoven Piano Trio in G Major (Kakadu), Brahms Piano Trio No. 3 in C minor and the Arensky Piano Trio No. 1 in D minor. Tickets \$15, 47, \$4 available at door or by calling (847) 467-4000.

A resident of Skokie, the Trio's cellist, Gary Stucka, has been invited to present a recital on WFMT, 98.7 FM, on Monday, April 30th at 8 p.m. Entitled "Live from Studio One," the featured work of the program will be a performance of the Frederick Stock Cello Concerto.

## Asian style spices up Pheasant Run performance of *The King & I*

Rockton Productions and Pheasant Run Director of Entertainment, Diana Martinez, proudly announce the 2001 production of Rodgers & Hammerstein's *The King & I*. This production will be directed by Jeff

R. Jones as Martinez oversees the production as artistic director, producer and designer. As a guest director, Jones lends his vision to the show starting with the casting of 30 talented actors to fulfill the duties of each role

and continues with the overall concept development of the musical.

Join *The King & I* starting April 20, 2001. Dinner and theatre times are as follows: Fridays at 7 (dinner)/8:15 p.m. (performance); Saturdays at 4:15 p.m. or 8:30/9:45 p.m.; and Sundays at 12:30 p.m. (Sunday brunch)/2:15 p.m. or 5:45/7 p.m. Special evening performances can be arranged for groups of 75 or more. Dinner theatre tickets start at \$45; show only tickets start at \$30. Group, children and senior discounted tickets available. Overnight packages are also available. Parking is free. All performances are smoke-free.

Tickets are on sale now! For reservations call the Pheasant Run Box Office at (630) 584-6342 or Ticketmaster at (312) 559-1212. For overnight packages or further information about the resort, call 1-800-4-Pheasant. Visit our website at [www.pheasantrun.com](http://www.pheasantrun.com).

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## Dining / Entertainment

### Schoolhouse Rock Live!

*Schoolhouse Rock Live!* TheatreBam Chicago's blast of a retro-musical based on the unforgettable ABC educational cartoon series, is coming to Arlington Heights' Metropolis Performing Arts Centre for six shows only. March 29 - April 1, 2001.

A riotous celebration for children and a nostalgic trip down memory lane for adults, *Schoolhouse Rock Live!* is a rollicking, wonderfully engaging musical that sings the praises of nouns, counting by fives, and gravity -- literally. TheatreBam Chicago's wildly inventive staging is guaranteed to play to anybody who knows that "and," "but," and "or" are all part of *Conjunction Junction*... and that's virtually everybody!

Since *Schoolhouse Rock Live!* is booked during the traditional spring break week in Chicago's northwest suburbs, Metropolis has declared Thursday, March 29 *Schoolhouse Rock Live!* "Family Day." Everybody who purchases tickets to the 3 p.m.

matinee or the 7:30 p.m. evening show (remember, no school the next day!) will be eligible to win free prizes, including \$10 gift certificates from Learning Express Toys, the new educational toy store that just opened in the Metropolis complex at 121 W. Campbell St. *Schoolhouse Rock* merchandise, and tickets to future family performances at Metropolis.

Performances of *Schoolhouse Rock Live!* continue Friday, March 30 at 7:30 p.m.; Saturday, March 31 at 3 p.m. and 7:30 p.m.; and Sunday, April 1 at 3 p.m. All tickets are \$22.50. The Metropolis Performing Arts Centre is located at 111 W. Campbell St. in downtown Arlington Heights. Free parking is available in the public garage behind the theater. For tickets and information, call (847) 577-2121, stop by the Metropolis box office, Tuesday through Sunday, 10 a.m. to 5 p.m. (or showtime), or visit Metropolis online: [www.metropolisarts.com](http://www.metropolisarts.com).

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### Shapeshifters to present 'Juno and the Paycock'

The Irish American Heritage Center's resident theatre group, Shapeshifters, is proud to announce its production of *Juno and the Paycock*, written by esteemed Irish dramatist Sean O'Casey. We are particularly pleased to have Brad Armacost, noted Chicago theatrical figure, as director.

Friday and Saturday evening performances will be at 8 p.m. on March 30-31, and April 6-7. Sunday matinees will be at 3 p.m. on April 1 and April 8.

*Juno and the Paycock*, O'Casey's lyrical tragicomedy, deals with the dreams and delusions of a Dublin family set in the 1922 Irish civil war. This play is one of a trilogy credited with helping rescue Dublin's world-famous Abbey Theater from financial ruin in the 1920s. While it begins with Irish history, it quickly centers on the world of the Boyle family in its dreary tenement flat.

All performances of *Juno and*

*the Paycock* will take place in the 680-seat auditorium of the Irish American Heritage Center, 4626 N. Knox Avenue, Chicago. Ticket price is \$10 (\$8 for IAHC members, groups and senior citizens). Following the Sunday matinees on April 1 and April 8, a buffet is available for \$15; advance reservations are required for the buffet.

To make reservations with Visa or MasterCard or for more information, call (773) 282-7035.

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## Dining / Entertainment

### Avenues presents a Love Affair

Against a backdrop of tropical decor, friends and supporters of Avenues to Independence recently gathered at the Donald E. Stephens Ballroom in Rosemont, for the agency's annual Love Affair, an elegant evening of dining, dancing and fundraising.

Nearly 250 guests attended the Caribbean themed gala held February 17, including Des Plaines Mayor Tony Arredia, Park Ridge Village President Ron Wietecha, State Representative Rosemary

Mulligan and State Senator David Sullivan. Proceeds from the event help support the agency's residential and work programs which serve the needs of adults with developmental disabilities throughout the northwest suburbs.

Longtime Avenues supporter and resident of Barrington, Clarence Herbst, president of Resinoid Engineering in Skokie, along with Glenview resident Howard Ebner, co-chaired the event, and



Park Ridge resident and Avenues to Independence Chairman of the Board Allan Bartel, delivers the invocation at the agency's annual fundraising dinner/dance - Love Affair.

Herbst presented Avenues with a personal gift of \$50,000. Throughout the evening guests placed their bids on the 160 items up for silent auction and took part in the bidding for several donated items, including European round-trip Business Class tickets donated by American Airlines.

Avenue residential homes and work centers are located in the suburbs of Des Plaines, Niles, Arlington Heights, Mount Prospect and Wheeling. These homes and work centers provide opportunities for those with disabilities to live and work within the community and to gain independent living skills. With ever dwindling support provided by the state, events such as the Love Affair raise the necessary funds to help maintain and develop programs to assist the 250 program participants at Avenues.

### Deaf production of Joseph and the Amazing Technicolor Dreamcoat

CenterLight Theatre will present *Joseph and the Amazing Technicolor Dreamcoat*, the first-ever all deaf production of a rock opera, through April 8 at the Vittum Theater, 1012 N. Noble St., Chicago. In CenterLight's second run of Andrew Lloyd Webber and Tim Rice's pop musical, audiences will see the music as it is performed in American Sign Language and "voice" simultaneously. This combination creates a powerful fusion of sign, sight and sound in this unique production.

CenterLight is a division of the International Center on Deafness & the Arts (ICODA) and the only theatre in the Midwest dedicated to producing quality productions that bridge the deaf and hearing communities through the integrated use of sign language and voice while providing a unique experience accessible to all audiences.

Show times are Thursdays and Fridays at 8 p.m., Saturdays at 3 p.m. and 8 p.m., and Sundays at 3 p.m. and 7:30 p.m. Advance reservations are recommended. Ticket prices are \$20 for adults, \$18 for students, children and seniors and \$15 for groups. Proceeds from Joseph support ICODA and its continuing effort to educate children and adults who are deaf and hard of hearing of the pleasures and benefits of the arts.

For more information about CenterLight Theatre and ICODA, or for ticket reservations, visit [www.centerlightmainpage.com](http://www.centerlightmainpage.com) or call (847) 559-0110 ext. 237 or TTY users should use (847) 559-9493.

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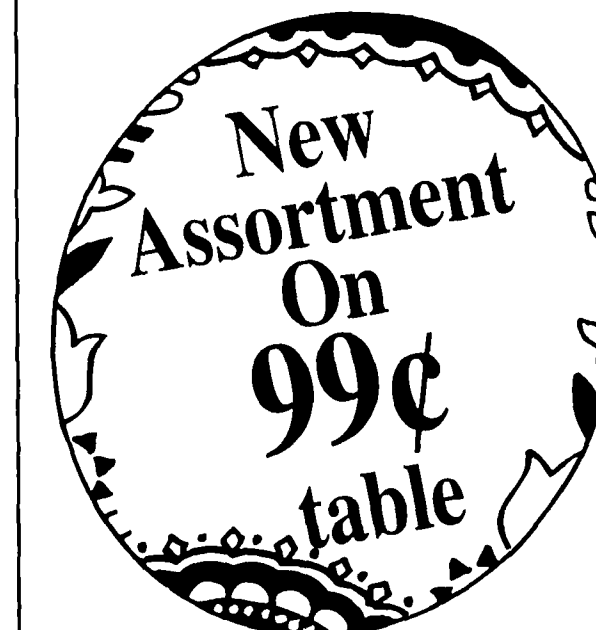
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## Dining / Entertainment

### Spirit and glamour of early days at The Pickwick Theatre

The Pickwick Theatre Council and the Landmarks Preservation Council of Illinois sponsor the second Annual Pickwick Preservation Gala on April 5, at Park Ridge's historic theatre. This is the major fundraising event of the Council each year, and proceeds will benefit the Pickwick Live performing arts series which premiered at the theatre this season. The mission

of the Pickwick Theatre Council and of its membership arm, the Pickwick Preservation Society, is to preserve the landmark Pickwick Theatre as both a film and performing arts venue, and to offer a wide variety of educational, cultural, and artistic programs. The 2001 Gala is modeled on the kind of programming presented at the Pickwick when it opened in 1928, with a live

stage show opening the bill, followed by a movie. This was the standard fare of vaudeville houses at the time. The evening will begin with a wine and hors d'oeuvres reception at 6:30 p.m. provided by All on the Road Catering of Park Ridge. Music from the theatre's Mighty Wurlitzer pipe organ will be played during the reception, which will be followed by

a performance of the work of the "Great Songwriters" such as Irving Berlin, Cole Porter, and the Gershwins presented by singer Margie Gibson, a Park Ridge native, and the Kent Wehman Trio. Mr. Wehman lives in Park Ridge and teaches music here, and he and Mrs. Gibson graduated together from Maine South High School in Park Ridge.

Tickets for this event are \$25 for adults, \$10 for children (recommended for those fourth grade and up only), and may be ordered by phoning the Pickwick Live Box Office at 847-692-6590. The event is free to members of the Pickwick Preservation Society, and memberships are also available by phone, beginning at \$35 for an individual and \$50 for a family. The council is also running two raffles in conjunction with the Preservation Gala: a Grand Raffle, which is limited to 100 tickets at \$50 each for the chance to win first class tickets for one person plus a companion within the continental U.S. on American Airlines, the chief corporate sponsor of the event. Tickets are also on sale for this year's Gala Raffle, which carries a top prize

of a sunset cruise on Lake Michigan with gourmet dinner for four, donated by Pickwick Theatre Council Co-chairs James and Corrie Keefe. Tickets for this second raffle are \$5 each/3 for \$10. Tickets for both raffles may be ordered over the phone by charge as long as tickets last. The Pickwick Live Box Office is also open for walk-up business at the theatre's ticket booth on Saturday mornings from 10 a.m. until 12:30 p.m. The drawings will be at the Preservation Gala on April 5, but winners need not be present to win.

For more information on the Preservation Gala, the Pickwick Preservation Society, or live events at the Pickwick Theatre, phone 847-692-6590.

### Major League Rodeo Championship finals

Chicago has been selected as the host city for the 2001 Dodge Major League Rodeo Championship Finals Rodeo. The Windy City will be the largest metropolitan area to host a professional rodeo championship event.

The two-day championship event will be held March 31 and April 1 at the Allstate Arena in Rosemont.

The Dodge MLR Finals Rodeo will bring together the top 12 cowboys in rodeo's three rough-stock events - bareback riding, saddle bronc riding and bull riding - based on points acquired at Dodge World's Toughest Bulls and Broncs Tour rodeos between Jan. 6 and March 24, 2001.

All rodeos on the 2001 tour, as well as the Championship Finals, will use Major League Rodeo's unique "Let 'Er Rip" Championship format to determine daily winners in bareback, saddle bronc and bull riding. Under that format, cowboys compete in both a 12-man Long Go and a two-man Championship Round. The winner of the Championship Round claims a \$1,000 bonus.

"This is a fan-driven venture. We have developed new rules and a new format to give fans more fun, excitement and 'slam-bam' action at our rodeos than they have ever seen," Gander explains.

The Dodge World's Toughest Bulls and Broncs National Championship takes place at the Allstate Arena in Rosemont on March 31 and April 1. Performances begin on Saturday, March 31 at 7:30 p.m. and at 1 p.m. on April 1. Tickets are available through Allstate Arena or Ticketmaster. To charge by phone call 312-559-1212. For more information, click on [www.bullsandbrons.com](http://www.bullsandbrons.com).

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# Crossroads To Health

The Bugle Newspapers - - - - - March 29, 2001

## IN THIS ISSUE

*New detection methods  
for postpartum depression*



*Using education to fight  
the effects of Osteoporosis*



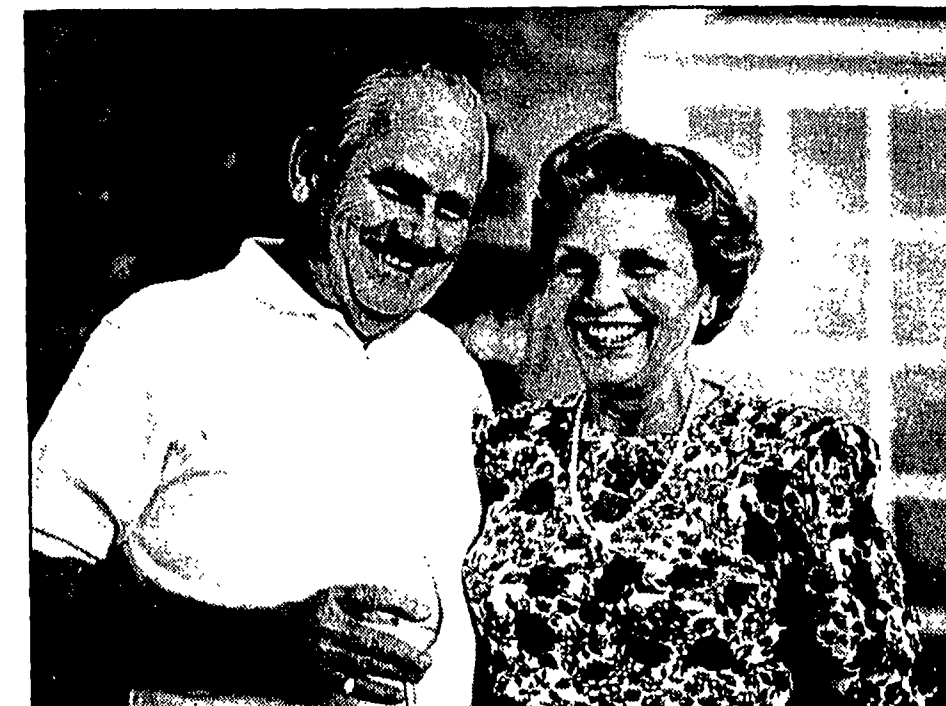
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*Winning the battle of  
heart disease*





## CROSSROADS TO HEALTH

### Osteoporosis, called 'silent thief,' now accounts for 70 percent of hip fractures

by Jeanine Kromer

Silent thief: a tall, thin man dressed from head to toe in black who possesses cat-like reflexes and who knows how to keep his mouth sealed? Wrong. Osteoporosis is the silent thief to fear especially for women. Osteoporosis earned its nickname because the bone loss experienced happens without any symptoms.

As defined by the Osteoporosis Society of Canada, osteoporosis is low bone mass and deterioration of bone tissue which increases bone fragility and risk of fractures to hip, spine and wrist. Osteoporosis can result in disfigurement, lower self-esteem, reduction and/or loss of mobility and decreased independence. A whopping 70% of hip fractures are osteoporosis related.

Bone is living tissue that is constantly renewing itself. Bone is strong and relatively flexible but daily wear and tear result in tiny structural defects. Bone contains 99% of the body's calcium. Bone density is determined and aided by the following factors: hormones (estrogen), physical activity,

body composition, nutrition (calcium intake/absorption) and medication.

Peak bone mass is reached in childhood. Calcium intake AND absorption are key components to healthy bones. Adequate calcium intake is 1200mg a day. Dietary sources of calcium include milk and other dairy products. Vitamin D aids in calcium absorption. Direct sunlight, fatty fish, eggs, liver and butter all provide Vitamin D. Tobacco and excessive alcohol adversely affect bone density.

Regular physical activity is essential to bone health. Exercise benefits bone health throughout life according to the National Resource Center for Osteoporosis and related bone diseases. Substantial evidence proves that high impact, weight bearing activities help to acquire bone mass in kids. Unfortunately, young women who have experienced amenorrhea (missed periods) as a result of excessive training for a sport may have endured bone loss that can never be fully recovered. Muscle strengthening yields bone build-

ing. Exercise also maintains a moderate increase in bone density in adulthood. By walking, dancing, bowling or playing such games as badminton or tennis seniors can minimize age-related bone loss.

Calcium is less efficiently absorbed particularly in women as one ages. During menopause a woman's ovaries cease to function. Ovaries produce most of a woman's estrogen. Calcium absorption slows with a reduction of estrogen. Some women choose to take estrogen or a combination of estrogen and progesterone after menopause to counteract the slowing of calcium absorption. Hormone therapy should not be taken lightly and discussed extensively with one's personal doctor.

Education is the key to preventing most diseases. The same is true for osteoporosis. There isn't anything you can do about the past but you can start living a more healthy lifestyle today including eating right and exercising. Those two things will help prevent most anything including the silent thief from stealing your quality of life away.



*Osteoporosis remains one of the major impairments facing older Americans. However, increased education including eating right and exercising can go a long way in the battle to stay fit.*

### Doctors urged to be on lookout for signs of osteoporosis

Seventy-five million people in the United States, Europe and Japan are affected by osteoporosis. Patients with osteoporosis usually have no symptoms until a fracture occurs and 1.3 million such fractures occur each year in the U.S. Family physicians should recognize the implications involved when patients present with fractures, identify patients with subclinical osteoporosis and know when to implement preventive strategies in younger patients.

Osteoporosis is the deterioration of bone tissue leading to decreased bone mass and bone fragility. People who didn't build strong bones in their teen years, and perimenopausal women are at high risk of osteoporosis. Reduced bone mass is the result of hormone deficiencies, inadequate nutrition, decreased physical activity, and the effects of medications used to treat some medical conditions.

Many people with osteopo-

rosis don't know they have the condition until they break a bone as a result of an injury or fall. Therefore, it is crucial to recognize patients who are at risk and identify the appropriate timing and methods for screening. Women are more susceptible to osteoporosis than men, but it is an important health problem in both genders.

People can do several things to prevent osteoporosis, including exercising regularly, take calcium and vitamin D, eating a balanced diet, abstaining from tobacco and alcohol and taking steroids only when and as prescribed by a physician. In addition, it helps if women can maintain a healthy estrogen level.

Treatment for the disease includes a daily dose of 1500 mg of calcium and 400 IU of vitamin D, fluoride and bisphosphonates. Women may also need estrogen replacement therapy or selective estrogen receptor modulators.

### Niles businessman named Vice-Chairman for Little City Celebration of Sports

A Niles businessman, Lou Weisbach, has been named Vice-Chairman for the 20th Annual Celebration of Sports Dinner, sponsored by Little City Foundation and Pepsi-Cola General Bottlers, Inc. The dinner, which will honor Chicago White Sox Manager Jerry Manuel, will be Monday, April 23 at the Crystal Ballroom of the Hyatt Regency Chicago, 151 E. Wacker Drive.

Weisbach is the Chairman of the Board, HALO Branded Solutions, 5980 W. Touhy, Niles. He is a member of the Board of Directors for Little City Foundation.

In 2000, Jerry Manuel led the White Sox to the best record in

the American League and to their first division championship in seven years. He was named 2000 Major League Manager of the Year by the Associated Press, and American League Manager of the Year by the Baseball Writers Association of America and The Sporting News. He is the fourth manager in White Sox history to be honored by the Baseball Writers Association.

Members of the Planning Committee for the gala evening include sports celebrities such as Minnie Minoso, Bill "Moose" Skowron, Johnny "Red" Kerr, and Norm Van Lier as well as people from the business and political communities.

Tickets for the evening are \$350 per person. Sponsorship packages are available including Sponsor Tables of ten for \$3,500 and Patron Tables for \$5,000.

A reception and silent auction will begin at 6 p.m. dinner and the program start at 7.

All proceeds from this event will benefit more than 450 children and adults who receive services from Little City Foundation.

Accredited by the prestigious CARF Council on Accreditation for Rehabilitation Facilities, Little City Foundation provides services for children and adults with

developmental challenges such as mental retardation, cerebral palsy, autism, Down syndrome, epilepsy, visual and hearing challenges and emotional disturbance. Services include housing, employment, recreations, foster care, adoption, home-based support, service coordination, media and studio arts, advocacy and public education.

For further information about the 20th Annual Sports Night Dinner, please call Little City Foundation at 847-221-7807.



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What may be the oldest continuously inhabited town in the United States is an Acoma Indian village in New Mexico that probably dates from the 1300s.

## CROSSROADS TO HEALTH

## Stress now viewed as number one health concern; experts link stress to many diseases

by Jeanine Kromer

American culture has made stress almost fashionable. It seems everyone is running around doing a million things at one time. If you have the gall to actually go the speed limit you surely endure dirty looks and unfriendly gestures on a daily basis. The prevalent attitude to do as much as you can as fast as you can has an extremely unhealthy side effect: stress; and lots of it.

According to the Stress Institute of America stress has become the number one health problem. Stress has been linked to all leading causes of death including heart disease, cancer, lung ailments, accidents, cirrhosis and suicide. It is estimated that 75-90% of all visits to a primary care doctor are stress-related.

Stress is causing havoc with businesses too. An average of one million workers are absent daily due to stress and stress-related ailments. Obviously this costs companies quite a bit of money. In the past ten years

there has been an alarming increase in the number of workers who feel "highly stressed." This leads not only to absenteeism but higher turnover rates and increased work place violence. Our litigious society has also jumped into the fray. There has been an increase in workers compensation awards based on stress at the workplace.

Blue Cross Blue Shield notes that stress can have a positive influence on the body. Stress causes the body to release hormones and chemicals that increase heart rate, help focus attention and can make vision clearer. These results are beneficial when the body and/or mind feel threatened and decisions to survive need to be made quickly.

Stress that is prolonged, not controlled or too potent can have adverse effects on the body. Until recently scientists did not believe that stress alone could make you sick. Scientists can measure the effects of stress hormones on the immune system.

Several recent studies have linked stress to various ailments.

In Amsterdam, adults who experienced three major life changes (ie death of spouse) had a 60% more likelihood of developing type II diabetes, adult onset diabetes, than their less stressed counterparts. In Switzerland people who were given pills to raise blood cortisone levels (hormone body produces when stressed) did worse on memory tests than those who took placebos. Ohio State University conducted a study of men and women ages 53 - 89 who were caregivers to dementia patients and found that they were half as likely to respond quickly to flu shots than others who were less stressed.

Unfortunately chronic stress is on the rise. Many people report not having enough time and/or control over their lives in combination with an increase in demands. The breakdown of traditional stress buffers like strong family support only add to the debilitating effect stress is having on many people's lives.

Stress is unavoidable, but it can be managed. It's important to note everyone has a different stress level and breaking point.



Stress, in the work place and at home, is taking its toll on all Americans. Experts see the influences of stress in illnesses ranging from heart disease to cancers.

Good health is more than the absence of illness. Good health meshes robust physical health with emotional well-being and the notion that mind and body are inseparably balanced. The key to controlling stress and relieving stress are flexibility.

Search and experiment with a variety of stress releasers such as exercise, good diet, meditation, laughing with a friend, taking time to oneself. Be creative and be aware. Stress is out there but it doesn't have to control you.

## Travel Medicine Source urges extra care when traveling in third world

by Jeanine Kromer

Glistening beaches, breath taking site seeing and intriguing culture combine for a wonderful vacation. When planning a once in a lifetime trip or a short jaunt abroad most people don't even consider their health. Many times the trips are planned with relieving stress and improving health as goals.

What most Americans don't realize is that they live in very sanitary conditions compared to the majority of the world states Mary MacGregor, Infectious Disease Specialist at Travel Medicine Source in Morton Grove. Therefore, most Americans have not built up much of an immunity to infectious diseases. This lack of immunity can have disastrous results when traveling abroad.

Many times people planning their own trips never even consider themselves being at risk for disease. Even when using a travel agent, the agent might not be very forthcoming about the health concerns of a particular area because it is a negative aspect of travel. Travelers should take it upon themselves to be knowledgeable about the area

they are visiting. Healthy travel is the goal of Travel Medicine Source. Travel Medicine specialists utilize their education and experience to evaluate a person's travel history, medical history and traveling itinerary and make recommendations for a successful trip. Travel Medicine Source welcomes phone calls and questions concerning infectious disease prevention.

Travel Medicine Source provides a variety of services including prevention of such illnesses as malaria, diarrhea, and motion sickness through information and medication. Immunizations for cholera, hepatitis A and typhoid fever are another example of what is available at Travel Medicine. Travel Medicine specialists address food and water precautions and provide information on a traveler's first aid kit. Travel Medicine Source is also a yellow fever vaccine center. The infectious specialists at Travel Medicine had to apply to the Illinois Department of Public Health to be certified as a yellow fever center.

What if a person does get sick while abroad even with precau-

tions? In a strange land it's sometimes difficult to find a bathroom let alone a good doctor and/or hospital. Travel Medicine Source offers names, addresses and phone numbers of doctors and health clinics in the area you are visiting. If you are traveling with your kids that service alone is worth calling Travel Medicine Source.

If a corporation is planning a trip abroad Travel Medicine Source will come to the place of business and provide their information and service on site. Employees will appreciate the convenience and it's a great precautionary measure for companies.

Travel Medicine Source is conveniently located at 9129 Waukegan Road between Golf and Dempster in Morton Grove. The specialists at Travel Medicine Source recommend making an appointment for consultation 1-2 months prior to leaving on your trip. Their hours are Monday and Tuesday 7:30 a.m. to 3 p.m., Wednesday and Thursday noon to 7 p.m., Friday 9 a.m. to 5 p.m., Saturday morning by appointment only. Travel Medicine Source can be reached at 847-663-1566.

## CROSSROADS TO HEALTH

## Meditation becomes more mainstream and increasingly considered stress reliever

by Jeanine Kromer

With the skyrocketing cost of traditional Western medicine and procedures in combination with the trend of a more business-like atmosphere in doctors' offices and hospitals many people are seeking alternatives. Healing with a gentle spirit offers opportunities for all people.

The Himalayan Institute in Evanston blends an Eastern philosophy with the Western science. Holistic health using yoga, meditation and breathing techniques are taught to increase awareness between the mind, body and emotions.

Western culture tends to treat the symptoms of an illness employing medication and external procedures. Eastern philosophy focuses on the root of the illness on a more subtle level. The root of the illness may be emotional, mental, and/or a lifestyle imbalance.

Hatha Yoga is physical preparation for meditation. The goal of yoga is to be able to sit still using the breath as a point of concentration to slow down and center the mind, calm emotions and release tension so the body is relaxed. Once a person is able

to accomplish this they can move on to meditation. Hatha Yoga offers benefits within itself. Yoga helps to correct imbalance in the flow of energy throughout the body. By holding the asanas (poses, positions) and releasing what is locked up one aligns the organs and functions of the body so it is able to work the way the body was meant to work. The human body is a miraculous machine that if allowed to function properly has unbelievable capabilities.

Hatha Yoga encourages relaxation and a rethinking of life's purpose. Moving into meditation from yoga increases the relaxation benefits. The mind is always working and thinking even in sleep. Dreams are the mind at work while the body rests. Meditation allows the mind to actually get some rest. Imagine going our whole life and never resting. That is what most people's minds do. Talk about exhausting and overwhelming! Meditation classes offer some techniques to control the mind to slow and eventually stop the mental chatter even for a minute at the beginning. Just easing the mental

chatter brings immense relaxation. Once a person gains control over the mind he can teach the mind to focus.

Relaxation of the mind and body allows for observation. Simply noticing thoughts, memories and subconscious issues that come to the front help to find the root of actions and provides the beginning of understanding oneself and one's relationships. Identifying root thought process may help to discover the root of an illness.

The final benefit to meditation involves feeding the spirit. After easing tension in the body, practicing breathing deeply and fully, slowing and focusing the mind one is ready to connect with the divine in themselves and others. Becoming your own spiritual guide that allows you to see godliness all around you. The freedom to move and live on that plane has health benefits that cannot be measured.

Lutheran General offers an alternative to Hatha Yoga, Inven-gar Yoga. Both types of yoga aim at deepening relaxation which is helpful when dealing with our stress producing society.



Studies show up to ten percent of new mothers suffer from postpartum depression. New diagnostic tools available to physicians may improve the number of women treated for this condition.

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## CROSSROADS TO HEALTH

## Skokie doctor creates computer program to predict health of patients' heart

by Jeanine Kromer

Beating, beating, beating - your heart does this day in and day out. Unless reading one of the Chicken Soup books most days people never give their heart a second thought. Full of love, life and happiness. The center of pain and sadness. The heart does all this and actually circulates the blood through the body in a highly efficient manner.

The Rush-Presbyterian-St. Luke's Medical Center in Chicago is noted for its top-notch cardiac units. Doctor Michael Davidson, Director of Preventive Cardiology has designed a Palm based program that assesses a patient's real heart age as compared to their actual chronological age.

Mobilelipidclinic.com utilizes risk factors from the Framingham Heart Risk Study to determine overall risk factors for heart disease. The Framingham Heart Risk Study was started in 1948. Researchers recruited 5,209 men and women from Framingham, MS to participate. A variety of information including sex, age and lifestyle habits were compiled and examined. In 1971 a second generation was recruited includ-

ing 5,124 of the original subjects' adult children and their spouses. The Framingham Study is responsible for linking smoking, cholesterol level, blood pressure, lack of physical activity and menopause among other things to an increase in risk of heart disease. The study is quite impressive and it isn't over yet.

The Palm program compiles the patient's medical history and known risk factors and assigns each an appropriate weight. The end result is the theoretical age of the heart. If the theoretical age is higher than actual age even by one year signals cause for concern.

An example Dr. Davidson provides is that a 40-year-old man who has a family history of heart disease, smoking, blood pressure of 140/80, has HDL of 35, LDL of 160 and a total cholesterol of 220 has the theoretical heart of a 73-year-old man rather than a 40-year-old man. This can be scary business for patients to be faced with that kind of information.

The Palm program organizes a lot of information into a format that makes sense to patients. The term aging scares patients a little,

## Minimal walking associated with lower heart disease rate among women

Walking at least 1 hour a week, regardless of pace, is associated with a lower rate of coronary heart disease (CHD) among women, according to an article in the March 21 issue of the *Journal of the American Medical Association (JAMA)*, a theme issue on women's health.

Doctors appreciate the ease of tracking patients' progress over time by monitoring their risk factors and health through the data link in their offices and computers. Davidson hopes to have 1,000 doctors using the Palm so doctors can compare their patients to national averages via a central server.

For additional information on the Palm program contact media relations at Rush North Shore Hospital in Skokie at 677.9600.

Originally created as a single Dakota Territory by Congress in 1861, the boundary between North and South Dakota was established by Congress in 1889.

J-Min Lee, MBBS, ScD, and colleagues, from Brigham and Women's Hospital and Harvard Medical School, Boston, Mass, examined the relation between physical activity and CHD among healthy women, including those at high risk for CHD (eg, smokers). Walking was specifically examined because it is the most popular leisure activity among women. Dr Lee presented the findings here today at a *JAMA* media briefing on women's health.

"It is encouraging to observe that vigorous activities were not necessary for lower

CHD rates," the authors write.

According to background information cited in the article, CHD is the leading cause of death among women in the United States. Physical inactivity is among the risk factors for this disease. Previous studies have found that physically active women have lower CHD rates than inactive women. However, whether the association differs by intensity of activity or in women at high risk for CHD is unclear.

The authors evaluated 39,372 healthy women 45 years and older who enrolled in the Women's Health Study from September 1992 to May 1995, with follow-up to March 1999. The women reported the time they spent each week on recreational activities, including walking and stair climbing. The authors computed energy expended for these activities as kilocalories per week, and measured the correlation of CHD with energy expended on all activities, vigorous activities, and walking.

The women were observed for an average of 5 years. During that time, 244 confirmed incidents of CHD occurred, including myocardial infarction, death from heart disease, coronary artery bypass surgery, or coronary angioplasty procedures.

"Vigorous activities were associated with lower risk," the authors write.

"Among women who did not engage in vigorous activities, walking (a light- to moderate-intensity activity, depending on pace) was associated with lower risk," they report. "Women who walked at least 1 hour per week had about half the CHD rates of women who did not walk regularly," they write.

When examined simultaneously, time spent walking predicted lower risk, but the pace of walking did not. "These data suggest that walking need not be fast-paced for benefit; time spent walking was more important than walking pace," the authors write.

"The inverse association with physical activity was also present in women at high risk for CHD, including those who were overweight, had increased cholesterol levels, or were smokers," they continue.

The authors believe these findings support recent guidelines recommending moderate-intensity physical activity for at least 30 minutes most days of the week, generating energy expenditures of about 1000 kilocalories per week. "Moreover, they raise the possibility that even lesser degrees of activity may decrease CHD risk.



Doctors are encouraged by studies showing the bare minimum of weekly exercise is helpful in preventing heart disease in women.

## FAMILY DENTAL CARE

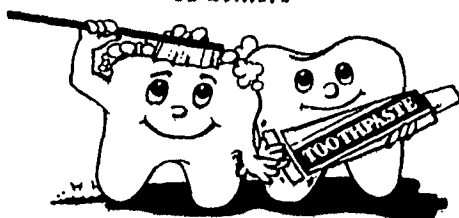
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## CROSSROADS TO HEALTH

## Health and Healing Tomorrow's Medicine Today

by Dr. Julian Whitaker

Snoring: Nuisance or Disease?

Snorers get no respect. They're the target of jokes as well as the jibes of spouses who, according to a Mayo Clinic study, lose an average of one hour of sleep nightly. But that's the least of their problems. Snorers are more than seven times more likely to be involved in a motor vehicle accident than non-snorers and are also likely to suffer with headaches, irritability, concentration lapses and fatigue. Perhaps most important, people who snore may be at increased risk for serious health concerns such as hypertension, heart disease, diabetes, and obesity.

The root of all these problems

is not snoring itself -- generally, the noisy vibration of a snorer's soft palate and tongue is more of an annoyance than a major health hazard. However, snoring is also the most evident symptom of a very serious and often-overlooked condition known as sleep apnea.

Sleep Apnea Deprives You of Oxygen...

Obstructive sleep apnea (also called sleep-disordered breathing) is a mechanical problem that interferes with breathing. During deep relaxation the uvula (the bit of tissue hanging down in the back of the throat that no-body seems to know the name or purpose of) and the soft palate collapse on the airway, causing a partial blockage. Then the

tongue, drawn backwards by the negative pressure of the lungs as they expand, forms a tight seal that prevents any air at all from entering the lungs. The person literally stops breathing.

As a result, the amount of oxygen carried in the blood drops dramatically. To compensate the heart pumps out more blood with each contraction and beats faster and faster. At the same time carbon dioxide levels in the blood rise, which sends messages to the brain to get the sleeper to breathe. The laborious efforts of the chest, abdomen and diaphragm eventually arouse the sleeper, who resumes breathing and then goes back to sleep, only to have this cycle repeated.

A diagnosis of sleep apnea is made when five such events, each lasting at least ten seconds, are observed per hour. Severe cases may involve as many as 30 breathing pauses an hour, some lasting more than a minute! A less severe form of this disorder called hypopnea involves only partially closed airways, but also results in strained breathing and inadequate oxygen intake.

...And Robs You of Rejuvenating Sleep

In addition to oxygen deprivation, sleep apnea robs its sufferers of the two most rejuvenating stages of sleep. During the deepest and most restorative stage of sleep, slow-wave sleep, the brain dramatically winds down and the muscles relax. As this gives way to REM (rapid eye movement) sleep, the state in which we dream, relaxation deepens to the point of paralysis to prevent potentially dangerous acting out of dreams. It is during these two stages of sleep, when that apnea occurs and sleep is interrupted.

It is easy to see now interference with these vital stages of sleep may result in daytime sleepiness, irritability, and cognitive problems. But there's more. Sleep apnea also dramatically increases the risk of hypertension, heart disease, stroke, and diabetes.

Sleep Apnea May Trigger Serious Disease

The link between sleep apnea and hypertension is the strongest. The increase in cardiac output and heart rate during episodes of sleep apnea raises blood pressure temporarily. Recent research confirms that the condition also causes periodic episodes of elevated blood pressure during the day -- and often leads to chronic hypertension.

The Wisconsin Sleep Cohort Study followed 709 patients for four years, periodically monitoring their degree of apnea and their blood pressure. Researchers found that those with mild-sleep apnea/hypopnea were 42

percent more likely to have hypertension than those who did not. Study subjects with 5-14.9 episodes of apnea per hour were twice as likely to have high blood pressure -- and those who had 15 or more hourly events were three times as likely to have elevated blood pressure! The authors of this study, which was published in May in the *New England Journal of Medicine*, concluded that this condition, which affects as many as 12 million Americans, could cause numerous cases of hypertension and death from heart attack and stroke.

Dozens of studies have reached similar conclusions, including one carried out at the University of California and the Veterans Affairs Medical Center in Los Angeles. In this study, men with sleep apnea were six times more likely to have obstructions of the carotid arteries (a risk factor for stroke) than age-matched controls. And the men who had both sleep apnea and carotid blockages had double the risk of diabetes as those without the blockages.

How to Put a Lid on Snoring

Sleep apnea, hypopnea and

snoring can sometimes be treated with lifestyle measures, and the most effective of these is weight loss. Obesity is a well-known risk factor for sleep apnea, and it often leads to poor sleep even in the absence of apnea. Even moderate weight loss can improve sleep and reduce the number of apnea events in many patients.

Intriguing research suggests that there may in fact be a circular relationship between obesity and sleep apnea. Numerous studies have shown that when animals and humans are deprived of REM sleep, they tend to overeat. Dr. Jennifer Peszka of the University of Southern Mississippi at Hattiesburg confirmed this in 163 patients with sleep apnea. The heaviest patients were those who got the least REM sleep, and treated patients whose REM sleep improved the most had the greatest weight loss. In other words, not only is weight loss effectively treated, it may be easier to control appetite and lose weight.

Other lifestyle changes that may help include quitting smoking and avoiding alcohol before bedtime, as both are associated with snoring and sleep apnea.

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## CROSSROADS TO HEALTH

## Chiropractic care reaching new levels of acceptance by mainstream medicine

Recent studies and surveys indicate more people are turning to chiropractors for their health care. Conventional health care providers and payers are also recognizing the effectiveness of chiropractic care and are increasing their utilization of these providers that use only natural, nondrug, non-surgical methods of care.

After herbal therapy, chiropractic is the most widely used type of alternative health care. More than 20 million people annually see a chiropractor.

The Federal Agency for Health Care Policy and Research (AHCPH) reports that 80 percent of American workers in conventional insurance plans, preferred provider organizations (PPO) and point of service (POS) plans now include coverage that pays at least part of the cost of chiropractic care.

Chiropractors have begun to enter the mainstream of conventional health care services. Chiropractors now hold admitting privileges in many hospitals. In the last decade, the number of multidisciplinary clinics with chiropractors and medical doctors working together has increased

dramatically. Interdisciplinary referrals are common.

Due to years of criticism and an illegal boycott by the American Medical Association, chiropractic training was, sometimes called into question. Today's chiropractors complete an average of seven years of college and postgraduate study to earn their degrees. They also have to pass stringent national and state board examinations. In most states continuing education is mandatory to maintain licensure.

The National College of Chiropractic compared the number of hours chiropractic students spent learning a variety of subjects that are also taught in medical schools. Out of 13 subjects, the medical students spent more time than the chiropractic students learning only 3 of the subjects: pharmacokinetics/dynamics, public health and genetics. The curriculum at National College for gross anatomy, physiology and radiographic anatomy contained approximately twice the number of hours offered to medical students.

In another study the class hours for basic sciences were compared

and averaged between 18 chiropractic colleges and 22 medical schools. The chiropractic colleges totaled a minimum of 2,419 hours of classroom education, versus 2,047 for the medical schools.

According to the 1997 AHCPH study, the number of practicing chiropractors is expected to reach 100,000 by the year 2,010, almost double the current amount.

Chiropractic has grown in popularity because it offers quick relief of symptoms and sustained effectiveness. In fact, the 1994 AHCPH guidelines for lower back pain concluded that spinal manipulation, chiropractic's primary treatment technique, is one of only three treatments for lower back pain whose effectiveness is substantiated by rigorous research.

As research and results continue to support the effectiveness of chiropractic healthcare, the future for this one hundred year old profession is bright.

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



It is believed Sir David Brewster invented the kaleidoscope. He received a patent for it in 1870.

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## Cardiovascular disease facts and statistics

• Cardiovascular disease is the No. 1 killer in the United States, taking more than 950,000 lives annually. Cardiovascular diseases claim more lives than the next seven leading causes of death combined, including cancer, accidents, pneumonia, influenza, diabetes and suicides.

• More than 95 percent of sudden cardiac arrest victims die before reaching the hospital.

• Sudden cardiac arrest claims about 225,000 adults in the U.S. each year. Each day more than 600 Americans die of sudden cardiac arrest.

• Sudden cardiac arrest is caused by a life-threatening abnormal heart rhythm that can result from heart attack, respiratory arrest, electrocution, drowning, choking or trauma, or it can have no known cause.

• Brain death and permanent death start to occur in just four to six minutes after someone experiences sudden cardiac arrest.

• Survival is directly linked to the amount of time between the onset of sudden cardiac arrest symptoms and defibrillation (electric shock to the heart). Chances of survival are reduced by 7-10 percent with every minute that passes. Few attempts at resuscitation are successful after 10 minutes.

• In cities where defibrillation is provided within five to seven minutes, the survival rate from sudden cardiac arrest is as high as 15 percent.

• If every community could achieve a 20 percent sudden cardiac arrest survival rate, at least 50,000 people could be saved each year.

• About 80 percent of all sudden cardiac arrests happen at home, so knowing how to give effective cardiopulmonary resuscitation (CPR) may mean the difference between life and death for a loved one.

• Death from sudden cardiac arrest is not inevitable. If more people react quickly by calling 9-1-1 and performing CPR, more lives could be saved.

• The American Heart Association offers a variety of CPR training courses for the general public. For more information, call 1-877-AHA-4CPR or visit us at [www.cpr-ecce.americanheart.org](http://www.cpr-ecce.americanheart.org).

• CPR is important, but it is not a substitute for defibrillation. CPR can help keep a sudden cardiac arrest victim alive until defibrillation, the only treatment that can restart the heart, can be administered.

## Community program on colorectal cancer

A panel of medical and health care professionals will present a free community program on healthy lifestyle choices -- and changes -- people can make to minimize the risk of developing colorectal cancer, the nation's second leading killer cancer. The presentation will be held at Resurrection Medical Center, 7435 West Talcott Avenue, Chicago, on Thursday, March 29, from 7 to 9 p.m. in the Marian Conference Center located on the ground

floor of the hospital.

The panel will feature Amritbhai Patel, M.D., a gastroenterologist on staff at Resurrection and Our Lady of the Resurrection Medical Centers, Jan Fortina, a registered dietitian from Resurrection's Health Management Department; a team of endoscopy nurses from Our Lady of the Resurrection Medical Center; and Lisa Surma, a research nurse from Progressive Care, S.C., an oncology/hematology medical practice.

The evening's panel presentation will focus on the need for prevention and early detection of colorectal cancer, the second most common cancer in the United States, after lung cancer.

An information booth will be stocked with free literature on colorectal cancer, a massage therapist will be on hand to give massages and light refreshments will be served.

Following are some risk factors for colorectal cancer:

• Age -- men and women over 50 are at greater risk.  
• Diet low in fiber and high in fat.  
• Diet inadequate in fruits, vegetables.

For more information, and to register for the free program, call 877-737-4636 (RES-INFO).

## Niles

## Driving under the influence

A man was arrested on March 22 for driving under the influence. He was doing 55 mph in a 35 mph zone and was stopped at the 8200 block of Milwaukee after running a red light. When the officer spoke with the driver he detected a strong odor of alcohol on his breath. The officer observed 2 open bottles of beer in the car. The driver failed field sobriety tests and was arrested for DUI, speeding, running a red light, no driver's license and no insurance.

In the early morning hours of March 21 a northbound vehicle doing 53 mph in a 35 mph zone was stopped at the 9300 block of Milwaukee. The officer detected alcohol on the driver's breath. The man failed field sobriety tests and was arrested for DUI and speeding.

An officer observed a southbound car at the 6800 block of Harts Road going 52 mph in a 35 mph zone and crossing over the centerline in the early morning hours of March 21. The car pulled into a restaurant parking lot at the 7200 block of Caldwell. The officer spoke with the driver as he exited the car. Several open bottles of beer were observed in the car and the officer detected a strong odor of alcohol on the driver's breath. The driver refused sobriety tests and he was subsequently arrested for driving under the influence.

Around 4 a.m. on March 17 a southbound car going 54 mph in a 35 mph zone was stopped at the 7400 block of Milwaukee. The officer detected a strong odor of alcohol on the driver's breath. The man failed field sobriety tests and was arrested for driving under the influence.

## Driving on suspended license

A man was stopped around 12:30 a.m. on March 23 at the 8500 block of Milwaukee for speeding. A check on the driver's license revealed it to be suspended. The man was arrested and his passenger driven home by an officer.

A southbound car going 55 mph in a 35 mph zone was stopped at the 7900 block of Milwaukee in the early morning hours on March 23. The man was arrested for driving on a suspended license, no proof of insurance and speeding.

The afternoon of March 17 a man was arrested for driving on a suspended license and no insurance after his car was stopped south of Ballard on Milwaukee because he was not wearing a seatbelt.

## Burglary

The evening of March 22 a basement window on the 8500 block of Belleforte was broken with brute force. Upon entry assailants ransacked the basement and bedrooms upstairs.

## Burglary auto

The side door lock of a white Ford van parked in a store lot at the 900 block of a shopping plaza was broken with a pry tool sometime between March 12 and March 19. Several tools totaling \$950 were taken from the van.

## Theft

A man was arrested for shop lifting the evening of March 21 at a store on the 2000 block of Golf. He was seen leaving the store after removing a \$70 portable CD player from a package with a

knife and putting it in his jacket.

The evening of March 19 a man was arrested for shop lifting \$113 towel rings and tissue holder from a store on the 900 block of a shopping plaza. The man put the items in his bag and left the store.

A woman was issued a ticket for leaving a store at the 590 block of Golf wearing a \$60 pair of shoes she failed to pay for the evening of March 19.

Parquet flooring valued at \$850 was taken from an unlocked storage trailer located behind a store on the 5700 block of Touhy during the day of March 22.

## Health hazard

The evening of March 19 a woman brought home a sandwich

from a restaurant on the 8800 block of Dempster. When she opened the sandwich it had leeches on it. She returned the sandwich and was given a refund.

## Knife to school

On March 22 a student at a school on the 8900 block of Greenwood was suspended for bringing a 3 inch knife to school. The knife was discovered in a locker after a tip from a student alerted school officials.

## Criminal damage auto

The left door and rear quarter of a silver Ford pick up were spray painted during the day of March 19 at a parking lot on the 7400 block of Oak Park while the owner was at work.

## Stolen auto

The afternoon of March 17 an '86 blue/grey Olds Cutlass Coupe was stolen from a lot at the 200 block of Golf.

## Police News

## NOTE

While several Letters to the Editor were received from political candidates and their supporters for publication in this week's edition, it has been the policy of The Bugle not to publish any letters dealing with politics in the last issue preceding the election. We feel this is a fair policy since such publication would not allow for any rebuttal.

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2-J.F.Barber Shop	42	21
3-Tramcar	41	22
4-Miners	40	23
5-Reliance Bank	40	23
6-Northshore Auto	38	25
7-M.C.H.	34	29
8-Callero&Catino	34	29
9-Monark Alarm	34	22
10-Colonial #1	32	31
11-REMAX Rly	31	32
12-Candlelight Jwlr	30	33
13-Colonial #2	28	34
14-Heatmaster	28	34
15-Minelli Bros.	28	35
16-Dr. Bello	27	36
17-Skaja #2	27	35
18-Skaja #1	27	35
19-The Breakers	27	36
20-Maleck & Sons	27	36
21-State Farm Ins.	24	39
22-F.D.R. Post	10	53

## HOTSHOTS

Chet Hajduk	595
Tom Poulos	576
Lee Dalberg	575
Mel Koenis	552
Joe Kucan	548
Walter Parison	545
Bernie Phelan	542

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# Niles "Golden Notes" entertain at Summit Square



The "Golden Notes" from the Niles Senior Center recently entertained residents of Summit Square Retirement Community. Performing under the enthusiastic leadership of director Eleanor Kostelny and coordinator Kelly Mickle, the chorus program included beautiful love songs in honor of Valentine's Day, joyous hymns and sentimental favorites. Following the show, refreshments were enjoyed by all, as residents and guests mingled.

This fun day was just one of many enjoyed by residents at Summit Square, where there's always a full calendar of entertainment and recreational programs planned for residents' enjoyment.

## Lincolnwood Seniors Club

The Lincolnwood Seniors Club extends an invitation to the community to join them on

Wednesday, April 18 at the Chicago Shakespeare Theatre at Navy Pier in Chicago to enjoy a wonderful production of *King Lear*. In King Lear's solitary struggle with failure and his remarkable capacity for reconciliation and redemption, we see perhaps the greatest masterpiece of humanism ever written. Transportation and entry to the theatre are included in the cost of this trip. Lunch is not included in the price, however we will have reservations at Perchy's Bar and Grille located at the front of Navy Pier. The cost for this event is \$50 for members and \$55 for guests. Departure time is 10 a.m. from the Lincolnwood Village Hall, 6900 North Lincoln Avenue, with return scheduled for approximately 5 p.m.

The Lincolnwood Seniors Club invites the community to join them on Wednesday, May 30 at the Cadillac Palace Theatre in Chicago to see a musical production of *Mamma Mia*. Through the story-telling magic of the songs of ABBA, we meet Donna, a feisty forty-something single mom, who recalls distant memories of carefree days and carefree nights while her daughter, Sophie, dreams of tradition, romance, and a big white wedding. Before the show, we will set the mood for our mythical trip to Greece by dining at the spectacular Greek restaurant, Papagus. Enjoy the show, lunch, and deluxe motorcoach transportation for the member fee of \$87 or the guest fee of \$92 per person. Departure time is 10:30 a.m. from the Lincolnwood Village Hall, 6900 North Lincoln Avenue, with return scheduled for approximately 5 p.m.

# Morton Grove Senior Citizens 470-5223

## CHOLESTEROL SCREENING

Monitoring blood cholesterol is a key method of controlling the risk of heart and artery related health complications. The Morton Grove Village Hall Senior Center thinks it is important for seniors to maintain a cholesterol level below 200 mg/dl. The Center has scheduled a screening from 9 to 11 a.m. on Tuesday, April 3. The cost is \$4 for Morton Grove seniors (age 65+) and \$5 for non-residents or residents under age 65.

## TAKE TIME FOR THURSDAYS:

### WEATHERMAN, HARRY VOLKMAN

Join friends in the Prairie View Community at 1 p.m. on Thursday, April 5 for an enjoyable presentation by none other than TV Weatherman, Harry Volkman. Hear the stories of what it takes to be a professional weather forecaster, some behind the scenes events and other interesting tidbits. Please reserve a space by calling Morton Grove Park District's Senior Adult Supervisor, Catherine Dean at 965-1200.

## DRIVER'S LICENSE SERVICES

The Illinois Secretary of State's office will administer driver's license services at the First National Bank of Morton Grove on Tuesday, April 17 from 9:30 a.m. to 2:30 p.m. Services will include the issuing of identification cards (free for those age 65+) and driver's licenses with both vision and written tests if required. However, individuals requiring a road test, which people over 71 must pass, will not be available at this site. Also the sale of vehicle stickers for passenger license plates will be available.

This program is part of the implementation of Illinois's new digital driver's license system. For a \$5 fee, applicants may exchange their current valid driver's license for a digital license. In addition to surrendering their old license, applicants will need to show another form of identification containing their signature. Drivers who are within one year of their expiration date may receive a \$10 fee.

The digital license and identification card provides increased security and durability, to protect Illinois citizens from fraud and misuse of identification. Only the Secretary of State's office and law enforcement can retrieve these images.

## COFFEE WITH CATHERINE:

### "YOU'RE NOT LISTENING"

At 10:30 a.m. on Tuesday, April 17, view the video entitled, "You're Not Listening." With today's busy schedules, the act of listening can go by the wayside. Unfortunately, people miss information or are misinformed because they don't hear the correct message. The video will lead participants through some humorous vignettes that illustrate seven basic listening skills.

Join Morton Grove Park District Senior Adult Supervisor, Catherine Dean for coffee and conversation at each of these seminars. Call 965-1200 to make a reservation for each.

## "ADDRESSING THE NEEDS OF ELDERLY PARENTS"

This seminar at 7 p.m. on Wednesday, April 18 in the Morton Grove Public Library is for anyone who is confronted with finding resources for elderly family members. A panel of experts in the area of eldercare will be presenting information on community services, medical concerns, and coping strategies.

Dr. Katherine Katsoyannis, M.D., a geriatrician in practice in Morton Grove, will discuss the medical needs of the elderly family member and how to communicate with their physician. Linda Cooper, MSW, of Evanston/Skokie Valley Senior Services' Community Care Program, will identify the resources available in the community and how to access those services. Denise Brown, Editor of *Caregiving* Newsletter, will address the emotional aspects of caring for elderly family members and suggest coping strategies.

## HELP WITH FILING INCOME TAX RETURNS

Income tax return assistance is available free of charge for residents at least 60 years old, and have low or moderate incomes that can be reported on basic IRS forms. Call the Morton Grove Senior Hot Line at 470-5223 for a personal appointment on a Monday, Wednesday or Friday at the Village Hall Senior Center. Appointment times are 9 or 10:30 a.m. Volunteers trained by the IRS will assist taxpayers in completing Federal and State returns. Bring in the W-2, Social Security 1098 and 1099 forms received in the mail along with a copy of the year 2000 tax returns.

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

# Niles Senior Citizens 588-8420 - 588-8000

## NILES SENIOR CENTER REGISTRATION

The Niles Senior Center offers FREE membership to Village of Niles residents, age 62 and over, and their younger spouses. To register for classes, trips, or purchase tickets, you must be a member of the Center. To register to become a member, please drop in and fill out an application, or call us and we will mail one to you.

## NILES - ONLINE

Visit the Village of Niles online at [www.vniles.com](http://www.vniles.com). Learn more about the Village and its services, 24 hours a day, 7 days a week. While online, take a moment and give us your thoughts through our online survey. Help us make this site work better for you.

## FOR YOUR HEALTH

### MARCH 29

### COLON CANCER SCREENING

Come learn how to use the hemoccult kit on Thursday at 2 p.m. \$3 per kit. Appointment needed.

### APRIL 11

### BLOOD PRESSURE SCREENING

Wednesday, from 1 to 3:30 p.m. No appointment is needed.

### APRIL 19

### WHAT MAKES A SERVING?

Thursday at 2 p.m. Learn what serving sizes actually are. This fun hands-on class will be taught by Iris Solar, M.A., A.E., a Nutrition Educator. Registration is required.

Pneumococcal Vaccine is still available. Contact Terry Dalla Valle, RN, BSN, for an appointment.

## APRIL TICKET SALES

April Ticket Sales begin Wednesday, April 4, at 8:45 a.m. Tickets are sold on a first come, first served basis to senior members. Enter through the East door. Doors open 8:30 a.m.

**Poker Tournament - Friday, April 27, 12 noon to 3 p.m.** Come and play seven-card stud and five-card draw. Includes lunch and prizes. Cost: \$3.50.

**May Life Lunch & Movie - Friday, May 4, 12 noon.** Enjoy a lunch (12 noon to 12:45 p.m.) of Italian Sub & Chips. At 1 p.m., see *The Contender* (2001, R) starring Jeff Bridges as a President who wants to replace the deceased Vice President with Senator Joan Allen who is strongly challenged. Cost: \$2.50.

**Evening at the Center: Stardlight BBQ - Wednesday, May 16, 5 p.m. to 8 p.m.** Join us for a full meal of Baked Beans, Hamburger, Bratwurst, Potato Salad, and a Surprise Dessert. A night filled with singing, laughs, and fun. Registration required. Cost: \$8.

**Pancake Breakfast - Friday, May 18, 10 a.m. to 12:30 p.m.** Join us for a good old-fashioned pancake breakfast including pancakes, sausage, and scrambled eggs. Then be amazed by the Magic & Illusions of Paul Lee. Breakfast will be served from 10:30 to 11 a.m. The entertainment begins at 11:30 a.m. Cost: \$6.

**Botanic Garden Trip - Tuesday, June 26, 10:30 to 5 p.m.** Begin the day with lunch at the newly opened Rosebud Restaurant in Highland Park with a meal featuring Pappardelle (their original homemade square noodles in a rich Marinara sauce) or Chicago Vesuvio. The continue to the Chicago Botanic Gardens where we will take the tram, tour the miniature railroad exhibit and even have time to wander through the gardens where the roses should be in full bloom. Cost: \$33.

## 90+ BIRTHDAY PARTY AND GOLDEN ANNIVERSARY CELEBRATIONS

Due to the popularity of this annual event, two separate celebrations are planned for this year. The 90+ Birthday Party will be Sunday, May 6 from 11 a.m. to 3 p.m., and our Golden Ring Celebration is Thursday, May 24 from 11 a.m. to 3 p.m. If you or someone you know is 90 years of age or older, or if you are a couple who married in 1951, please contact the Senior Center so that we may recognize you, call 588-8420.

## GENERAL TICKET SALES

### Call For Ticket Availability

**Pinochle Tournament - Friday, March 30, 12 to 3 p.m.** Enjoy a 3-handed Tournament, refreshments & prizes. Cost: \$3.50. Registration required.

**Sunday at the Center: Card Party - Sunday, April 1, 12 noon to 3 p.m.** Pinochle, Bridge, Poker, Billiards, & Board games. Lunch (12 to 1 p.m.) is Submarine Sandwiches & German Potato Salad. Cost: \$6 includes meal, games and prizes. Registration required.

**April Lite Lunch and Movie - Friday, April 6, 12 noon.** Lunch (12 to 1 p.m.) is Turkey Sandwich. At 1 p.m., see *The Odd Couple II* (1998, PG-13) starring Jack Lemmon and Walter Matthau. Cost: \$2. Registration required.

# Civic Center Sr. Mens Niles Brunswick Bowl

Wed., March 14, 2001

## TEAMSTANDINGS W L

1-J.F.Barber Shop	49	21
2-Tramcar Auto	48	22
3-Pennys	48	22
4-Alliance Bank	45	25
5-Miners	42	28
6-North-Shore Auto	41	29
7-M-C-H	39	31
8-Colonial #1	39	31
9-REMAX Realty	38	32
10-Callero&Catino	36	34
11-Minelli Bros.	35	35
12-The Breakers	34	36
13-Monark Alarm	32	38
14-Skaja Terr. #1	32	38
15-Skaja Terr. #2	32	38

## HOTSHOTS

Ken Daluga	578
Jim Drexler	571
Joe Kucan	562
Al Steemuller	562
Frank Contorno	549
Larry Pasdora	547
John Daly	545
Tony Vallani	545

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A caring attitude and comfortable surroundings make Asbury Court the perfect choice for senior living

- Two meals daily
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- Activities
- Maintenance
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- General Store
- Library & Reading Room
- Family room TV Lounge
- Beauty Salon/Barber Shop
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- Short term respite stays available

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<http://www.seniorhousing.net/ad/asbury court>

# AARP Skokie Chapter #3470

A.A.R.P. Skokie Chapter will hold it's next meeting on Tuesday, April 3, at 1 p.m. at the Petty Auditorium of the Skokie Library, 5215 Oakton Street, Skokie.

Mr. Mark Jacobs from the Church Street Pharmacy in Skokie will enlighten us on Drugs and Aging and the use of certain medication to help with today's ailments.

Please join us for refreshments after the meeting.

Please call Sid Sonin, President, for further information at (847) 663-0013.

## School News

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Richard Harczak, Co-owners  
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**NILES NEW LISTING**  
Lovely 3 br bkr ranch w/ beautiful hwd flrs. Huge kit w/ sep din & ceramic tile flr. Remodel bth. Full fin bsmt. Gar w/ side drive.  
Call Carol (847) 293-5040 (7653)

**FREE MARKET EVALUATION**  
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Nice 2 br ranch w/ LA/DR Combo. Large eat-in kit. Finished bsmt. 2c brk gar w/ side dr. & turnaround.  
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Those who wish to enroll in these GED test preparation

classes must attend the following session for placement testing, counseling and registration:

• Session II: On Monday, March 26, and Wednesday, March 28 (must attend both nights), from 7 - 10 p.m. in Room A-100 at Niles North High School, 9800 Lawler, Skokie.

For more information about Oakton GED Preparation Classes, call (847) 825-6299. To receive a complete listing of courses offered this spring by the Alliance for Lifelong Learning, call (847) 982-9888, press option #3.

### Notre Dame March Don of the Month

Notre Dame High School for Boys' senior John Sandoval has been named Don of the Month for March by the school's National Honor Society.

To be eligible for Don of the Month, the student must be a junior or senior, have a 3.2 or higher grade point average, and be involved in multiple extracurricular activities. The Don of the Month must exhibit qualities consistent with those that students in National Honor Society embody: academic excellence, strong

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**Stevenson School**  
Sai Chalikonda  
Nazia Hussain  
**Mark Twain School**  
Erin Li  
Kush Desai

**Washington School**  
Anna Prekas  
Nausheen Farishta  
The winners, Nausheen Farishta, First Place, Washington School, and Erin Li, Second Place, Mark Twain School, were awarded trophies with gold Spelling "Bees" on top.

Moderator Nicholas Maldonado, Principal of Apollo School, congratulated all of the contestants for their fine preparation for this event. All contestants were presented with Certificates of Achievement.

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### Legacy Planning Seminar

Notre Dame High School for Girls alumnae are specially invited to join Notre Dame High School for Girls Board Directors Frank Bartolone and Bernie Wiczor, along with Notre Dame graduate Ann Schwab for a seminar on Thursday, April 5 from 6:30 - 8:30 p.m. at Mary Seat of Wisdom Parish in Park Ridge. The

seminar is free and will cover topics related to the planning tools that are available to grow and protect your assets for the people and places you hold most dear. Reservations are required and can be made by phoning Notre Dame High School for Girls at (773) 622-1541.

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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. DO69159 on the MAR 01, 2001. Under the Assumed Name of DEMPSTER PLAZA CLINIC with the business located at 8700 W. DEMPSTER #107, NILES, IL 60714. The true name(s) and residence address of the owner(s) is: BERNARD A. SHINDLER, D.C., 2010 CLOVER ROAD, NORTHBROOK, IL 60062.

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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. DO1069372 on the MAR 12, 2001. Under the Assumed Name of SWEET AND PERSONAL with the business located at 573 N. FIFTH AVENUE, DES PLAINES, IL 60016. The true name(s) and residence address of the owner(s) is: KIMBERLEY RACINE, 573 N. FIFTH AVENUE, DES PLAINES, IL 60016.

**LEGAL NOTICE**

NILES, ILLINOIS

**REQUEST FOR PROPOSALS**

The Village of Niles will be accepting proposals for:

**HOWARD STREET BRIDGE REHABILITATION**

General information and proposal forms will be available in the Office of the Purchasing Agent, Village of Niles, 1000 Civic Center Drive, Niles, Illinois 60714 (847-588-8000). A current Illinois Department of Transportation Certificate of Eligibility must be submitted in order to obtain bid documents for these projects.

Sealed proposals will be accepted until 12:00 Noon, Wednesday, April 11, 2001, at Niles Administration Building, 1000 Civic Center Drive, Niles, Illinois, (southeast corner Oakton Street and Waukegan Road). Proposals will be opened at 2:00 P.M., Wednesday, April 11, 2001, in the Conference Room at the Administration Building. Contract awards will be made at the Village of Niles Board Meeting of April 24, 2001.

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

**LEGAL NOTICE**

NILES, ILLINOIS

**REQUEST FOR PROPOSALS**

The Village of Niles will be accepting proposals for:

- KEENEY STREET AND MERRILL STREET IMPROVEMENT PROJECT
- ALLEY IMPROVEMENT PROGRAM
- 2001 STREET RESURFACING PROGRAM

General information and proposal forms will be available in the Office of the Purchasing Agent, Village of Niles, 1000 Civic Center Drive, Niles, Illinois 60714 (847-588-8000). A current Illinois Department of Transportation Certificate of Eligibility must be submitted in order to obtain bid documents for these projects.

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**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. DO69163 on the MAR 01, 2001. Under the Assumed Name of OAK PARK REHABILITATION AND MEDICAL CENTER with the business located at 101 MADISON STREET, #202, OAK PARK, IL 60302. The true name(s) and residence address of the owner(s) is: BERNARD A. SHINDLER, D.C., 2010 CLOVER ROAD, NORTHBROOK, IL 60062.

**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. DO69157 on the MAR 01, 2001. Under the Assumed Name of ACCIDENT INJURY CENTERS with the business located at 1580 N. NORTHWEST HWY #311, PARK RIDGE, IL 60168, 8700 W. DEMPSTER #107, NILES, IL 60714, 4616 N. WESTERN AVE., CHICAGO, IL 60625, 830 E. HIGGINS #14, SCHAUMBURG, IL 60173, 2552 S. CENTRAL PARK, CHICAGO, IL 60623, 101 MADISON, #202, OAK PARK, IL 60302, 2137 OAK PARK AVE, BERWYN, IL 60402, 6770 N. LINCOLN AVE., #101, LINCOLNWOOD, IL 60646, 2741 RIDGE ROAD, LANSING, IL 60438. The true name(s) and residence address of the owner(s) is: BERNARD A. SHINDLER, D.C., 2010 CLOVER ROAD, NORTHBROOK, IL 60062.

**LEGAL NOTICE**

PLEASE TAKE NOTICE - THE MORTON GROVE PLAN COMMISSION will hold a public hearing on MONDAY, APRIL 16 2001 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois to consider the following case:

**CASE PC01-01**

Requesting a text amendment to the Zoning Ordinance to merge the C-1 "Retail Commercial" and the C-2 "Service Commercial" zoning districts, and to amend the list of Permitted/Special/Not Allowed uses in the combined district. The applicant is the Village of Morton Grove, 6101 Capulina Avenue.

**CASE PC01-03**

Requesting a Special Use Permit to relocate cashier kiosk operation to a new building with expanded convenience center facilities at the property located at 7153 Golf Road. The applicant is Jack Moses, Moses Architecture, 1340 Eastwood Avenue, Highland Park, Illinois 60035.

All interested parties are invited to attend and be heard.

Steven L. Blonz  
Chairman

**LEGAL NOTICE**

PLEASE TAKE NOTICE - THE MORTON GROVE ZONING BOARD OF APPEALS public hearing scheduled for MONDAY, APRIL 16, 2001 at 7:30 p.m. in the Board of Trustees Chambers, Richard T. Flickinger Municipal Center, 6101 Capulina Avenue, Morton Grove, Illinois is hereby cancelled due to a lack of business to be conducted before the Board.

Steven Blonz  
Chairman

**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. DO69164 on the MAR 01, 2001. Under the Assumed Name of OFFICE CENTER CLINIC with the business located at 8700 W. DEMPSTER ST., #102, NILES, IL 60714. The true name(s) and residence address of the owner(s) is: BERNARD A. SHINDLER, D.C., 2010 CLOVER ROAD, NORTHBROOK, IL 60062.

**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. DO1069491 on the MAR 16, 2001. Under the Assumed Name of KONSTEL DESIGN with the business located at 8705 SHERMER RD., NILES, IL 60714. The true name(s) and residence address of the owner(s) is: KONSTANTIN KULEV, 8705 SHERMER RD., NILES, IL 60714.

**ISI Samuel Lazerow lecture at Dominican University**

Dominican University's Graduate School of Library and Information Science presents Martin Dillon, former executive director of the OCLC Institute, as speaker of the ISI Samuel Lazerow Memorial Lecture. The lecture, *Knowledge Management: A New Foundation for Library Science*, will be held on Thursday, March 29 at 6 p.m. in the Old Library located at 7900 West Division Street. A reception in the Old Library will precede the lecture.

In 1985, Dillon came to OCLC as visiting distinguished scholar. He assumed the position of director of the office of research in 1986. He supported OCLC's mission of improving access to information. Dillon served as director of OCLC's Library Resources Management division from 1993-1997. He was responsible for managing, cataloging and resource sharing services. Dillon was instrumental in forging new ways to facilitate the evolution of libraries through advanced educational opportunities.

Dillon served on the faculty of the School of Information and Library Science at the University of North Carolina at Chapel Hill from 1970 to 1985.

The lecture is free and open to the public. For more information, call (708) 524-6850.

**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. DO69161 on the MAR 01, 2001. Under the Assumed Name of SCHAUMBURG REHABILITATION AND MEDICAL CENTER with the business located at 830 EAST HIGGINS ROAD, #114, SCHAUMBURG, IL 60173. The true name(s) and residence address of the owner(s) is: BERNARD A. SHINDLER, D.C., 2010 CLOVER ROAD, NORTHBROOK, IL 60062.

**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. DO69158 on the MAR 01, 2001. Under the Assumed Name of A BACK PAIN CLINIC OF SCHAUMBURG with the business located at 830 EAST HIGGINS ROAD, #114, SCHAUMBURG, IL 60173. The true name(s) and residence address of the owner(s) is: BERNARD A. SHINDLER, D.C., 2010 CLOVER ROAD, NORTHBROOK, IL 60062.

**Sports / Park & Library News****Niles Park District & Village of Niles 1st Annual Community Track & Field Event**

Niles Park District & Village of Niles, in cooperation with Coca Cola Bottling Company and Notre Dame High School, are excited to present this NEW family track and sports mania event on Sunday, April 29 (\*Rain Date: May 6) from 10 a.m. - 3 p.m. This event will take place at Notre Dame High

School Track & Field Stadium, 7655 W. Dempster, Niles.

Tots (6 months) to Seniors are invited to participate in a variety of Track & Field Events: Check In 10 a.m.; Warm-Up 10:45 a.m.; Tot Olympics 11 a.m. - noon; 50 Meter Sprints 11:15 a.m. - 12:45 p.m.; Age 50+ One Mile Walk 12:45 - 1:15 p.m.;

**Upcoming Niles Park District Spring Events****Lunch With Bunny**

Saturday, March 31 from 11 a.m. - noon & 12:30 - 1:30 p.m. At the Howard Leisure Center, 6676 W. Howard Street. Residents: \$6; Non-Res: \$12.

Kids up to 3rd grade are invited to celebrate Spring with a special lunch with Bunny. Bunny will be available for this perfect photo opportunity so be sure to bring your cameras. Special entertainment and craft project included. Registration deadline is Friday, March 30 by 5 p.m.

**Spring Egg Scramble**

Saturday, April 7 from 9:30 - 10:30 a.m. & 11 a.m. - noon. At Grennan Heights, 8255 Oketo. Residents: \$5; Non-Res: \$10.

Kids up to the 3rd grade are invited to participate. All pre-registered children will receive a goody bag filled with treats and complimentary refreshments. Registration must be received by 5 p.m. on Wednesday, March 28. Remember to bring a basket to collect your treasure.

**Flashlight Egg Hunt**

Saturday, April 7 from 7 - 8 p.m. At Grennan Heights, 8255 Oketo. Residents: \$6; Non-Res: \$12.

4th-8th grade kids are invited to participate in this fun event. Grab a flashlight and get ready for some egg-hunting! A pizza dinner will be served before the egg hunt. Registration deadline is Friday, April 6 by 5 p.m.

Stop in to register for these exciting events at Howard Leisure Center, 6676 W. Howard Street or call (847) 967-6633.

**Dog Obedience Classes**

Niles Park District is still active 8:55 p.m. You will learn to use a positive approach to strengthen cepting registration for our Dog Obedience classes. Our instructor is Anne Feuerstein, a professional dog-training instructor, with over twenty years of experience. Anne has helped countless dogs and their owners to become welcome members of their community. Positive reinforcement and a step by step approach are the foundation for her dog obedience programs. The Puppy Class is for puppy owners 13 years to adult and puppies ages 12 weeks to 6 months. Classes begin April 3 through

**Pioneer Park re-opens for the season**

Practice your swing, whether it's with a golf club or a baseball bat, Pioneer Park will be re-opening for the 2001 season Saturday, April 7th. The Niles Park District facility has an 18-hole mini-golf course and 7 batting cages. While you're working up an appetite, visit our concession stand for a cool drink and something to eat. Stop by and see our new bocce ball courts. Parties and

fundraisers are also available. For more information prior to April 7th, call Julene Valle at (847) 967-6633, Ext. 147.

Our Spring hours are as follows: Saturday, April 7th - Friday, June 1st: Monday - Friday 5-10 p.m.; Saturday - 10:30 a.m. - 10:30 p.m.; and Sunday - 10:30 a.m. - 10 p.m.

Pioneer Park is located at 7135 N. Harlem, near Touhy.

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BY JEFFREY CARDELLA  
Special to The Bugle

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

If you invest in stocks, you might be reluctant to open your newspaper these days. And not many people would blame you. After all, look what has happened in the space of a single year:

- The Standard & Poor's 500 index has fallen nearly 23 percent.
- The Nasdaq index, containing many technology stocks, has fallen 61 percent.

How should you respond to this type of volatility? To achieve your long term goals, such as a comfortable retirement, you'll need your money to grow. And stocks have historically grown far more than any other type of financial asset.

Instead of dropping out of the investment world, consider taking the following steps to manage volatility:

**Give Diversification a Chance to Succeed**

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

**Don't Overreact to Temporary Setbacks**

Different sectors go through periods of ups and downs. For example, the current market environment has been difficult, in general, for technology stocks - and even for some typically solid blue-chips. Should you sell your holdings in these areas? Before you do, remember the first rule of investing: Buy low and sell high. If your stocks are way down, think twice before you sell them and take a big loss. High-quality companies still have bright futures - and they're still likely to reward patient investors. "Blue chips" didn't get that designation for nothing. These are stocks with long histories of steady earnings; they've bounced back before and they're likely to do it again.

**Seek Good Companies at Attractive Prices**

Try to find those companies whose management is strong and whose products are well positioned for the future. And look for companies that are reasonably priced, as measured by their price-to-earnings ratio and other factors. Remember, the higher a company's P/E, the more you are paying for its expected growth - and the greater the downside potential.

**Look For Buying Opportunities**

Most people think it's pretty good news when the market keeps going up. After all, their share prices are rising and their monthly statements keep looking better. If you're a bargain-hunter, however, a long bull market presents some serious challenges. Why? Because you'll have a hard time finding "good buys" - quality stocks selling for low prices. That's not the case, though, if the market is down. When that happens you can find good stocks at attractive prices. Look beyond their temporarily depressed price and examine their fundamentals, their management, their products and their prospects. If all the signs look good, you might have an excellent buying opportunity.

By following these suggestions, you won't eliminate volatility - but you may be able to take a lot of the sting out of it. Jeffrey Cardella can be reached at Edward Jones, 8141 N. Milwaukee, Niles, 470-8953.



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## New Directors welcomed at Oakton

The Oakton Educational Foundation is pleased to announce the appointments of Carolyn Noonan Farmer of Winnetka and John R. Brown of Lake Bluff to its Board of Directors.

Farmer earned a bachelor of arts degree from Dominican University (formerly Rosary College) and a doctor of law degree from DePaul University College of Law. Now retired from legal practice, she continues her long-standing commitment to education as a trustee emerita in Dominican, where she served on the board of trustees from 1988-1998, and a co-founder and sponsor of Link Unlimited, a non-profit organization that provides minority students with educational and career opportunities. In the last three decades, Link Unlimited has helped more than 800 inner-city students complete college preparatory programs and develop skills for long-term success.

Brown is currently Senior Vice-President of Human Resources for Peapod, Inc. Since its

founding in 1989, the Skokie-based corporation has developed into one of America's leading Internet grocers, with local deliveries to seven major metropolitan areas, including Chicago. Before joining Peapod, he was Vice-President, Human Resources, for BI-LO, Inc., a division of Ahold,

an international food provider that purchased a majority stake in Peapod in May 2000. He graduated from Rochester Institute of Technology in Rochester, New York, with a bachelor of science degree in business administration.

## 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. DO1069562 on the MAR 20, 2001. Under the Assumed Name of DATA CONSULTANTS with the business located at 7524 W. EMERSON, MORTON GROVE, IL 60053. The true name(s) and residence address of the owner(s) is: SEETHA R. THOTAKURA, 7524 W. EMERSON, MORTON GROVE, IL 60053.

## 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. DO69162 on the MAR 01, 2001. Under the Assumed Name of LAKEVIEW CLINIC with the business located at 4616 N. WESTERN AVENUE, CHICAGO, IL 60625. The true name(s) and residence address of the owner(s) is: BERNARD A. SHINDLER, D.C., 2010 CLOVER ROAD, NORTH-BROOK, IL 60062.

## LEGAL NOTICE

NILES, ILLINOIS

## REQUEST FOR PROPOSALS

The Village of Niles will be accepting proposals for:

- SANITARY MANHOLE REPLACEMENT PROJECT
- WATER MAIN REPLACEMENT PROJECT

General information and proposal forms will be available in the Office of the Purchasing Agent, Village of Niles, 1000 Civic Center Drive, Niles, Illinois 60714 (847-588-8000). A current Illinois Department of Transportation Certificate of Eligibility must be submitted in order to obtain bid documents for these projects.

Sealed proposals will be accepted until 12:00 Noon, Wednesday, April 11, 2001, at Niles Administration Building, 1000 Civic Center Drive, Niles, Illinois, (southeast corner Oakton Street and Waukegan Road). Proposals will be opened at 2:00 P.M., Wednesday, April 11, 2001, in the Conference Room at the Administration Building. Contract awards will be made at the Village of Niles Board Meeting of April 24, 2001.

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

## Galassi to run for Park Board Commissioner

As a 31 year resident of the Village of Niles and a concerned citizen, I, Robert Galassi, have tossed my hat into the ring for a position on the Niles Park District board as a Commissioner.

I believe the Village of Niles enjoys an excellent reputation among the Northwest suburbs of Chicago. A major contribution to the great image is through the many outstanding recreational facilities and parks throughout our beautiful Village.

The development, maintenance and enhancement of these parks and facilities doesn't just

happen! It takes a caring, progressive and active - FULL TIME park board to work diligently to ensure the best type of leisure opportunities are available to ALL RESIDENTS of Niles - toddlers to Seniors!

As a Niles Park District Commissioner, I pledge to provide the following:

- Be a FULL TIME- YEAR ROUND commissioner. I live in Niles and spend a large amount of my time within the community. I will devote all time necessary to be effective!
- Be dedicated to improve the



community programs - for everyone - Toddler to Senior!

- Will always and continuously work to keep the Park District completely INDEPENDENT OF THE VILLAGE ADMINISTRATION!

- Work very hard to provide the BEST possible recreational programs WITHOUT RAISING TAXES and if possible reduce taxes without jeopardizing the quality of the programs!

- I will be available to all residents of The Great Village of Niles - to discuss the good and bad and how the district can pro-

vide more to them! I WILL LISTEN TO THE PUBLIC!

- I will work hard to provide WORLD CLASS programs, holding the line on taxes and retire The Park District's DEBT!

- Continue to pursue government grants to relieve the tax burden of all residents of the District.

With my Master's Degree in Marketing coupled with my sales and marketing employment experiences along with my experiences in many organizations, I know I can bring new ideas and experience to the Park District Board as a commissioner. As Grand Knight of the local Council of the Knights of Columbus, we received STAR COUNCIL award and Most Outstanding Council in the State of Illinois. I have assisted many charities in various capacities, always looking out for the best available events at the least cost.

As a father of two active children, we all have utilized the Park District's programs and facilities. My son, Bob, had grown up in Niles Baseball League from tee ball to Pony league and had the privilege to be part of championship Teams. He also participated in the great Basketball league each winter. My daughter, Barb, has also played basketball and Softball each year. I have experience in the District as a coach of Niles Baseball League, 1994, 1995 and 1997 and as co-manager of pony league team in

1999. My experiences within the District have been positive but I believe we can have more!

I believe the park board should provide sound financial planning, with a short term and long term plan that is available for public review. I would also push to have any expenditure of \$1 million or more required to have detailed explanation and then wide acceptance by the residents. The residents deserve to know how their tax money is being used.

I plan to be vigilant over all expenses - always striving to provide top quality services and justifying the expenditures. The district needs to be more responsive to the residents on issues that would affect the services or tax base. I plan on providing as much information to the residents as possible - after all - the District works for the residents.

I plan to consult with other communities for new ideas and possible changes/additions to current services provided to Niles Residents. I will always strive to have the best TOP QUALITY PROGRAMS for all residents - from Toddler to Senior.

Punching #168 as A vote for Robert Galassi on April 3, will give me an opportunity to assist in transforming a good Park district into A GREAT ONE! Please allow the privilege to represent the citizens on Niles on the all important Board!

### NOTE

While several Letters to the Editor were received from political candidates and their supporters for publication in this week's edition, it has been the policy of The Bugle not to publish any letters dealing with politics in the last issue preceding the election. We feel this is a fair policy since such publication would not allow for any rebuttal.

## MEDICAL/PROFESSIONAL GUIDE

### HOME INSPECTION SERVICE

Before you Invest it...  
Make sure you inspect it!

Thomas J. Jankowski  
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PERFECTION INSPECTION INC.  
Satisfaction Guaranteed!  
\*\$25.00 off with this ad!

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FAX: 847-588-2646

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We Want you to try our new product  
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AND MORTON GROVE EVERY WEEK OF THE YEAR!

## THE BUGLE CLASSIFIEDS

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

### FULL/PART TIME

#### ADMINISTRATIVE

**ADMINISTRATIVE**  
5 Administrative Assistants  
needed for immediate  
positions in Northbrook,  
Chicago and Schaumburg  
areas.

If you have excellent MS  
Office skills and want to  
work for a progressive company  
call Jennie today at:

**847-969-0311**

Better yet, fax your resume  
with a cover letter for  
immediate attention to:

**847-969-0230**

**Volt Services  
Group  
eoe**

### FULL/PART TIME

#### ADMINISTRATIVE

**ADMINISTRATIVE  
ASSISTANT**  
Growing North Shore Company is  
looking for an Administrative  
Assistant to execute details, handle  
responsibility & work independently.  
Permanent Position - Full-Time. Good  
Pay-Medical Benefits Included.  
Fax Resume To:  
**(847) 441-5813**  
Or Call: **(847) 501-3900**

BUGLE NEWSPAPERS  
CLASSIFIED ADVERTISING  
OFFICE HOURS  
and  
DEADLINES

Our offices are located at 7400  
Waukegan Road, Niles and we are  
open weekdays only, 9am-5pm.  
You may stop in or call (847) 588-  
1900 to place your ads. Our dead-  
line for all insertions for our  
Thursday editions is Tuesday  
prior to publication at 2 pm. Call  
your representative for other spe-  
cific information.

### FULL/PART TIME

#### BANKING OPPORTUNITIES

Banking

### CAN YOU MAKE A DIFFERENCE?

At Manufacturers Bank we encourage  
those who can and will make a difference.  
We are a locally operated financial  
institution delivering competitive personalized  
service to the Chicago Metropolitan  
area for over 65 years.

#### PERSONAL BANKER 7557 W. Oakton Ave., Niles

We are seeking bright, self-starters  
that can make a difference developing  
and maintaining the retail banking  
business of prospective and existing  
customers through the sale of deposit  
accounts, loans, and other banking  
services. In this role, you will be  
responsible for attaining established  
monthly and yearly deposit/loan  
goals, resolving customer problems,  
obtaining information, and researching  
records to obtain customer satisfaction.  
Two or more years of related experience  
with strong verbal, interpersonal, and  
sales skills are required. A college  
degree is preferred.  
We offer competitive compensation  
and an exceptional benefits plan  
that includes a matching 401(k) and  
profit sharing. Interested applicants  
should submit credentials, including  
salary requirements, to: Human  
Resources, Manufacturers Bank,  
1200 N. Ashland Ave., Chicago, IL  
60622-2298. Fax: 773-278-4523.  
EOE.

#### MANUFACTURERS BANK

#### CLERICAL/OFFICE OPPORTUNITIES

#### General Office

Seeking responsible individual  
for permanent part-time office  
position. Multi-task clerical  
duties. Must have working  
knowledge of Word Perfect 7  
or greater. Please call:  
**(773) 763-6750 Ext. 25**  
And leave a detailed voice message.

**OFFICE ASSISTANTS**  
\$9.50-\$10.30 Per Hour  
Skokie Location  
**PERMANENT PART-TIME**  
Busy sales office needs mature person  
to handle a variety of office duties.  
Must speak Polish as 2nd language.  
Call Keisha Barber:  
**(708) 449-8070**

### FULL/PART TIME

#### CLERICAL/OFFICE OPPORTUNITIES

### CASH OUT PROCESSOR

Publisher seeks a full-time (8:30/5:00) cash out  
processor with accurate data entry skills, friendly  
telephone demeanor and good communication  
skills. We provide a friendly, professional, team  
environment, offering great benefits, working  
with our Accounting Department. Our offices  
are located near public transportation, and  
Edens Expressway. Send cover letter and  
resume to:

**P. Weiss, Publications International**  
**7373 N. Cicero, Lincolnwood, IL 60712**  
No Phone Calls Please

Clerical

#### GENERAL OFFICE CLERK

Seeking friendly, responsible individual to fill an immediate  
opening in our Skokie office. This is a permanent part-time  
position (4 hours per day). Responsibilities include handling  
multi-task clerical assignments: daily mail/faxes, filing and  
our telephone operator line. Computer skills/spread sheet  
knowledge a plus.

Send, fax or e-mail your resume and salary history to:

**WELCH VACUUM/THOMAS IND.**  
**7300 North Linder Ave.**  
**Skokie, IL 60077**  
**Fax: 847-677-8606**  
**e-mail: mblock@thomasind.com**  
**ATTN: M. BLOCK**  
EOE M/F

#### RECEPTIONIST

Full Time - Basic Office Skills

Skills Including Computer Knowledge

**Fax Resume To: 847-647-8557**

Send Resume To:

**Edison Construction Co.**

**6959 N. Milwaukee Ave., Niles, IL 60714**  
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Major apparel manufacturer has  
3 Full-Time clerical positions.  
Qualifications-computer knowledge,  
good math skills & ability to  
communicate well. We offer a  
congenial work environment &  
comprehensive benefits.

Call Ann Gordon:  
**(847) 635-3954**  
Or Fax: **(847) 635-3917**  
1680 E. Touhy  
Des Plaines, IL 60018

#### Notice

Bugle Newspapers reserves the  
right at any time to classify all  
advertisements and to reject any  
advertising deemed objection-  
able. 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.

**CANCELLATIONS** - No Classified Advertisements will be can-  
celled after 12 noon on Monday preceding the Thursday publica-  
tion date, or Thursday 12 noon preceding the Weekend Job Guide.



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

**MEDICAL / HEALTHCARE** **PROFESSIONAL OPPORTUNITIES** **RETAIL**

**OUTPATIENT DIALYSIS NURSES**  
If you have medical/surgical experience, Neomedica will introduce you to the fast-paced chronic environment of hemo-dialysis. Current openings are:  
**Niles - 7332 N. Milwaukee**  
Neomedica offers excellent training, competitive salary & benefits in addition to the opportunity to join a growing specialty field. Interested candidates should call:  
**FMC/Neomedica, Inc. - Human Resources Dept.**  
450 E. Ohio St. - Chicago, IL 60611  
Call: (312) 654-2790 - Fax: (312) 654-0599  
EEO/M/F  
www.Neomedica.com Email: hr@neomedica.com

**FULL-TIME OFFICE ADMINISTRATOR**  
needed for environmental engineering firm in Wheeling. Responsibilities include project tracking, report preparation, database management & accounts receivable/payable. Position requires strong communication skills and dependability. Knowledge of Microsoft Office programs preferred. Excellent benefits including health/dental, 401K, tuition reimbursement, bonuses. Call Rebecca at:  
**847-353-8740**  
And/Or Fax Resume To:  
**847-353-8742**

**TIRED OF THE USUAL DATA ENTRY POSITIONS**  
Put Your 10 Key Skills To Work With  
**RGIS Inventory Specialists**  
Earn \$9 Per Hour Counting Inventory In Retail Stores  
Interesting, Challenging Position  
Must Have Access To Reliable Transportation  
We Train The Right Candidates  
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Northbrook Retirement Facility  
15 Minutes From Golf Mill Mall & Accessible From 294 & Some Public Transportation. Full & Part-Time Positions Available. Varied Shifts & Times-Flexible Schedule. Starting Pay \$8.00 Per Hour. \$500 Sign On Bonus, Reviewed Quarterly. A Great & Friendly Working Environment.  
Call: (847) 803-7107 - Ask For Samantha

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**FAMILY SERVICE COUNSELORS**  
The "HEARTEST" sell in America. Family Service Cemetery sales is a career that lets you help others while earning 40K + your first year. We will only consider honest, self motivated individuals who will treat our families like they would want theirs treated. We offer an excellent paid training program and benefits package.  
Call Cindy At: (708) 453-0273  
Or Fax Resume To: (773) 625-1061

**\$\$ SALES \$\$**  
No Experience Necessary  
will train with pay  
89 Year Old Company In Home Improvement And Roofing Industry Needs Sales People For North Side Office (Lawrence/Milwaukee). Year Round FULL TIME Position. Full Benefits. Leads Furnished.  
Call For Appointment  
Ask for Dennis  
**800-300-1912**  
**M. WALTER COMPANY**

**RETAIL-SALES FT**  
Position available for individual w/great people skills, who like to have fun selling. Pearl Vision in NW suburbs needs energetic and motivated persons for enjoyable full time work in a challenging, friendly retail environment. Compensation package includes excellent starting salary and full benefits. No experience needed will train right person.  
**(847) 551-9111**  
All Classified Help Wanted  
Ads Can Now Be Found  
On The Internet!  
www.Chicagometrojobs.com

The Bugle Classifieds Are The Way To Staff Your Business! Call (847) 588-1900 NOW!

Health Care  
**MEDICAL ASSISTANT/LAB TECH**  
Friendly Doctor's office located in Arlington Heights is seeking a Medical Assistant/Lab Tech. Responsibilities include: Taking patients vital signs and history, EKGs, patient setup, charting, blood draws, administer tests, calibrate machines and clerical duties, which includes: answering phones, filing, scheduling, checking in/out patients, payments and data entry. Interested candidate should contact:  
**Physician Enterprise System**  
HR Department  
450 E. Ohio St. Chicago, IL 60611  
Phone: (312) 654-2724  
Email: hr@neomedica.com

**READ THE BUGLE**  
FOR SUBSCRIPTIONS CALL  
**(847) 588-1900**

**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.

Our classified ads reach more people per week for the least amount of dollars.  
We cover the near north suburbs and the north side of Chicago with 2 insertions per week.  
See how your money can work for you by putting your recruitment ads in both editions of The Bugle.  
Call us today for details. We will be happy to assist you in placing your ads and in reserving space for our next issue. We offer two deadlines each week for your convenience.  
**AND ALSO, TAKE ADVANTAGE OF OUR SPECIALS!**  
**SIMPLY CALL (847) 588-1900**,  
and ask for our classified department.  
Our trained staff will be available to take your orders.

**THE WORLD**  
**AT THEIR FINGERTIPS!**  
**READ THE CLASSIFIEDS**  
and you're guaranteed a spin around the world of buying and selling...Jobs and homes, choice business opportunities and sometimes just a friend...  
**CALL (847) 588-1900**

**CORRECTIONS**  
Each ad is carefully proof read, but errors do occur. If you find an error please notify us immediately. Errors will be rectified by republication. Sorry, but if an error continues after the first publication and we are not notified before the next insertion, the responsibility is yours. In no event shall the liability for the error exceed the cost of the space occupied by the error.

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**COUNTRY CLUB** **EDUCATION** **GENERAL** **MEDICAL/HEALTHCARE**

**HOSPITALITY**  
Private Club On The North Shore Needs  
\*Wait Staff\*  
\*Snack Shop Attendants\*  
\*Bus Staff\*  
\*Mid-Level Manager\*  
Full & Part Time  
Flexible Hours  
Outstanding Benefits  
Will Train Top Candidates  
College Students Welcome  
Apply In Person At:  
**North Shore Country Club**  
1340 Glenview Road  
Glenview

**EARLY CHILD EDUCATORS & LEAD TEACHER**  
For All Age Levels  
Full-Time & Part-Time  
Wanted For NAEYC Accredited Day Cares.  
Wilmette & Des Plaines Locations.  
Outstanding Benefits, Wages & Work Environment.  
Need At Least 6 Hours ECE.  
Call Lois At:  
**(847) 824-5122**

**HELP WANTED NO EXPERIENCE NEEDED**  
**39 POSITIONS \$600/WEEK START**  
Factory appliance outlet is seeking people for long term work. Our company is a million dollar establishment with an 18% growth rate. We traditionally promote from within.  
**847-364-6922**  
9 a.m.-7 p.m.  
DON'T GET STUCK!  
GET HELP...LOOK IN THE CLASSIFIEDS!

**DIALYSIS TECHNICIANS**  
Dialysis Clinic In Niles Has Openings At:  
**7332 N. Milwaukee Ave.**  
**8565 W. Dempster St.**  
Full-Time. Position requires a minimum of 6 months medical experience. We provide a 2 week training class in dialysis & an excellent benefit package. Qualified candidates should contact Human Resources Dept:  
**Fresenius Medical Care/Neomedica, Inc.**  
**(312) 654-2790**  
A Drug Free Work Place/ EOE/M/F

**NURSES**  
**RN's and LPN's For Home Health**  
Full-Time / Part-Time - All Shifts  
Flexible Scheduling  
Benefits For Full Time  
**AMERICAN HOME HEALTH**  
**1-800-872-4427**

**REUSE TECHNICIAN**  
FULL TIME  
Dialysis Clinic Has Openings At:  
**4848 W. Belmont**  
Responsibilities include: The cleaning, preparation & maintenance of Dialyzers using computerized equipment and the ordering and stocking of supplies. Previous employment in a medical environment preferred. Interested candidates should contact Human Resources Dept:  
**Neomedica, Inc. - HR Dept.**  
**(312) 654-2790**  
EOE/M/F

**CUSTOMER SERVICE**

**\*CUSTOMER SERVICE \*COUNTER HELP**  
\$6-\$8 / Hour  
Part-Time / Park Ridge  
**PRESS THIS!**  
**CLEANERS & LAUNDRY**  
**(312) 988-9930**

**INSURANCE**  
★ JOIN OUR TEAM ★  
We're in our 21st year and still growing!! If you have good people skills, enjoy customer service, and are interested in a fast paced environment, we have eager, helpful trainers to get you started. Advancement potential.  
Salary + Bonuses + Benefits • Full & Part time  
APPLY IN PERSON OR FAX RESUME TO:  
**(773) 202-0494**  
United Auto Insurance  
7142 W. Belmont, Chicago, IL  
Ask for Mr. Bailey

**DRIVERS**

**DRIVERS**  
Owner Operators with large vans needed for deliveries within the city & suburbs. Upon approval, at least \$500/week guaranteed.  
**847-297-6685**

**NEED LIFE INSURANCE?**  
FREE QUOTES!  
GREAT RATES!  
Call Natalie At:  
**(847) 205-2056**

**EDUCATION**

**PROGRAM COORDINATOR**  
Needed For NAEYC Accredited Day Care  
O'Hare Area Location  
Outstanding Benefits, Wages & Work Environment  
BA In Early Child Education Needed  
Call Lois At:  
**(847) 824-5122**

**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**

**HAB AIDES**  
Full-Time/Part-Time  
Direct care staff needed to work in a residential facility serving the developmentally disabled women. Days & PM shifts available. For immediate consideration come in & fill out an application at:  
**4200 N. Austin Ave.**  
**Chicago, IL 60634**  
Or Fax Your Resume To:  
**(773) 545-8300**

**TELEPHONE INTERVIEWERS**  
Join our professional research team as part of an explosive business in medical marketing intelligence! We are UNLIKE any other call center! Set your own hours each week! Open 7am-4:30pm Monday-Friday. Part-time 20-40 hours/week. \$10 hour. 401k. Employee Recognition Awards. Mail or fax resume to:  
**Dorota Binmoeller**  
**HR-B IMV**  
1400 E. Touhy Ave., Ste. 220  
Des Plaines, IL 60018  
Fax: 847-297-5010

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**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**

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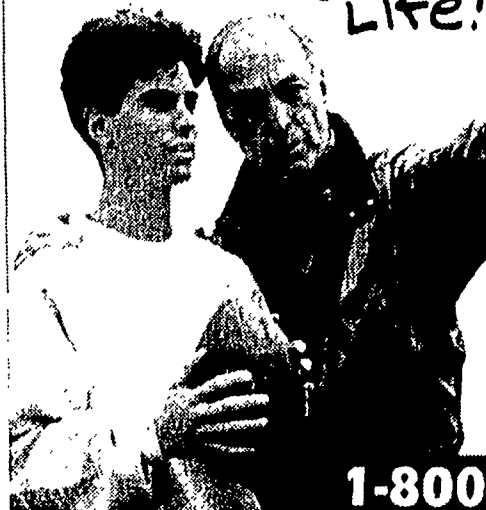
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<b>TRADES</b> <p><b>PAINTER</b>          Part-Time For Niles Office          Call Marti At:  <b>(847) 588-1900</b></p>	<b>ROOF MAINTENANCE</b> Dependable Maintenance Techs needed to perform general roof maintenance on low, sloped roofs in Northwest Chicago area. Fully insured. Paid holidays, uniforms, 401(k). Drug screen, valid IL license, reliable transportation required. Not afraid of heights. Must understand instructions in English. Shop located in Franklin Park. No experience necessary. <b>1-800-223-1333</b>	<b>BUSINESS OPPORTUNITY</b> Work from any location! <b>\$1,500+/Month Part-Time</b> <b>\$2,000-\$6,000/Month Full-Time</b> <b>Free information</b> <b>(262) 812-5485</b> <b>www.freedomforevr.com</b>	<b>HOUSE FOR RENT</b> Niles - Clean 3 bedroom, 2 car garage. Fenced yard. Close to schools & shopping. \$1,435/Mo. Call Joe 847-338-5759	<b>PERSONALS</b> <p><b>POWERFUL PRAYER TO THE HOLY SPIRIT</b>          You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of 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.</p>
<b>REAL ESTATE</b> <p>IN THE CIRCUIT COURT OF Cook County, Illinois County Department - Chancery Division Chase Manhattan Bank as Trustee under the Pooling &amp; Servicing Agreement dtd. 5/1/00 Among Credit-Based Asset, Servicing &amp; Securitization LLC, Asset Backed Funding Corp. Litton Loan Servicing LP &amp; Chase Manhattan Bank C-Back Mortgage Loan Asset-Backed Certificates Series 2000-CB2 without recourse. Plaintiff, vs. Miodrag Djurdjevic, a/k/a Miodrag Djurdjevic, et al., Defendants. No. 00Ch-13336.</p> <p>PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure entered in the above entitled cause on 11/28/00, Intercounty Judicial Sales Corporation will on Thursday, April 26, 2001, at the hour of 11 a.m. in their office at 120 West Madison Street, Suite 7184, Chicago, Illinois, sell to the highest bidder for cash, the following described property:</p> <p>Commonly known as: 8439 Sherman Rd., Niles, IL 60714.</p> <p>The improvement on the property consists of a single family residence with an attached 1 1/2 car garage.</p> <p>Sale terms: 10% down by certified funds, balance within 24 hours, by certified funds. No refunds.</p> <p>The judgment amount was \$276,715.21.</p> <p>The property will NOT be open for inspection.</p> <p>Upon payment in full of the amount bid, the purchaser will receive a Certificate of Sale which will entitle the purchaser to a Deed to the premises after confirmation of the sale.</p> <p>For information: Jackie Smith of Pierce &amp; Associates, Plaintiff's Attorney, 18 S. Michigan Avenue, Chicago, IL 60603, Tel. No. (312) 346-9088 Ext. 252. Please call between 3:00 p.m. and 5:00 p.m.</p> <p>Pierce &amp; Associates File Number #005549, 356520C</p>	<b>ROOMMATE WANTED</b> Niles - Female Roommate wanted - 5/1. 2 Bedroom, 1 Bath, Garden Apt., Furnished (except your room). \$375/mo. plus utilities. Laundry. SORRY, NO PETS. Call - 847-421-5827	<b>ROOMMATE WANTED</b> Niles - Female Roommate wanted - 5/1. 2 Bedroom, 1 Bath, Garden Apt., Furnished (except your room). \$375/mo. plus utilities. Laundry. SORRY, NO PETS. Call - 847-421-5827	<b>ROOMMATE WANTED</b> Niles - Female Roommate wanted - 5/1. 2 Bedroom, 1 Bath, Garden Apt., Furnished (except your room). \$375/mo. plus utilities. Laundry. SORRY, NO PETS. Call - 847-421-5827	<b>ROOMMATE WANTED</b> Niles - Female Roommate wanted - 5/1. 2 Bedroom, 1 Bath, Garden Apt., Furnished (except your room). \$375/mo. plus utilities. Laundry. SORRY, NO PETS. Call - 847-421-5827
<b>Life Guards</b> Needed - Part-Time Weekends Call Pete: <b>847-864-8445</b>	<b>ASSISTANT GROUNDS KEEPER</b> Will Train - Some English <b>\$8.00 Per Hour</b> <b>40 Hours A Week</b> <b>Call: SBM</b> Monday - Friday / 9-4 <b>(630) 834-4044</b>	<b>APR. FOR RENT</b> Niles - 1 Bd. Garden Apt., Newly Decorated. Non-smoking, Working Woman Prfd. \$650/Month + Security. Call 847-581-1725	<b>ESTATE SALE</b> Estate Sale 8713 N. Oketo Niles, IL Everything In Excellent Condition. Furniture, Stereo, TV, Microwave, Dishes, Etc. Saturday 3-24-01, Sunday 3-25-01 Saturday 3-31-01, Sunday 4-1-01 10:00 A.M. - 5:00 P.M. (773) 685-8509	<b>POWERFUL PRAYER TO THE HOLY SPIRIT</b> You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of 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. A.W.
<b>NOTICE</b> 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.	<b>Licensed Nail Tech</b> All Phases Full or Part Time Flexible Hours Contact Carol Rio Fashion Media <b>847-698-5200</b>	<b>1 Bedroom-Unfurnished</b> Heat & Appliances Included Near Golf Mill (847) 299-1376	<b>FATHER'S RIGHTS</b> <b>MEN'S DIVORCE HELP!</b> Fathers Deserve Fair Treatment! www.dadsrights.com Attorney Jeffrey M. Leving <b>312-807-3990</b>	<b>RUMMAGE SALE</b> GLENVIEW - SUPER SPRING RESALE Sun. 4/1, 9 a.m.-4 p.m. & Mon. 4/2, 9 a.m.-1 p.m. & 5 p.m.-8 p.m. New and gently used clothing, boutique, toys and household items. All in good condition. Congregation S.J.B.E. 901 N. Milwaukee Ave. (N. of Golf Rd. and S. of Lake Ave.)
<b>Is the Cold weather keeping You in doors?</b> Why not start your Spring cleaning early? Plan your garage sale now and have those house hold goods ready to go. Or sell those unwanted items in our classified section. <b>OUR CLASSIFIED ADS</b> <b>..REACH MORE PEOPLE PER WEEK..</b> <b>..FOR THE LEAST AMOUNT OF DOLLARS!..</b> See how your money can work for you! <b>Call us today for details.</b> Beverly (847) 588-1900 We're always available for your convenience	<b>CONDO FOR RENT</b> Niles - Beautiful 1+ bedroom condo. Laundry, pool, ample parking - Avail. 3/15 \$825/mo. Call 847-281-9962	<b>CONDO WANTED</b> ***** Buyer will pay cash for 2 Bd. Condo in the Renaissance or Abbey in Niles. Call for more info. ask for Stella. <b>Remax Landview</b> <b>773-594-7654</b> <b>Or: 847-571-7654</b> *****	<b>FOR SALE</b> Exercise Machine - Weslo Caudia-Glide New/Never Used - Was \$200/Now \$100 847-966-4872	<b>TANNING</b> <b>WOLFF TANNING BEDS</b> TAN AT HOME Buy Direct and SAVE! Low Monthly Payments FREE Color Catalog Call Today 1-800-711-0158 www.np.efstam.com
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## AT&T...

Continued from Page 1

right thing, but they must work to prevent this type of problem in the future by providing clearer notice to subscribers."

The remediation plan is as follows:

Each affected cable customer in the Village of Niles will be sent a letter expressing AT&T's regret for the disruption and for their failure to communicate the changes clearly. Each of these customers will receive four (4) pay-per-view coupons (a retail value of \$16). These can be used to purchase movies or other pay-per-view product.

In addition, any of these cable customers who ordered, but was unable to be connected to, digital service within 30 days (January 20) will also receive a one-time \$10 credit on their bill.

## Center of Concern volunteers needed

Residents of the northwest suburban area are invited to get involved in new activities this spring by volunteering at The Center of Concern, located in northwest Park Ridge. This non-profit social service agency focuses particularly on meeting the needs of elderly and disabled area residents and offers a variety of counseling programs for persons of all ages. The Center relies on volunteers for office work and field service.

Several four-hour shifts are open for volunteers in data entry, a statistical record-keeping step crucial to The Center's fundraising program. These positions are scheduled during weekdays in The Center's offices at 1580 N. Northwest Hwy., Park Ridge.

The Outreach department at The Center of Concern is also seeking volunteers to connect one-on-one with homebound clients as friendly visitors, drivers for medical appointments, and errand/grocery shoppers.

To explore these and other volunteer opportunities, please call The Center of Concern at 847/823-0453.

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## What's Happening at Oakton

Oakton Community College's Alliance for Lifelong Learning (ALL) offers several courses to acquaint you with the skills and training needed to expand your career.

Introduction to Airline Reservations (OFF A33-02, Touch-Tone 06021) introduces the basic skills for making reservations and includes instruction for using the United Airlines Apollo System. Students enrolling in this course should have a 10th-grade reading and comprehension level. This class meets from 9 a.m. - 1 p.m. on ten Saturdays, beginning April 21, at the United Airlines Midwest Regional Reservations Center, 11555 W. Touhy Avenue, Chicago. Business attire is required. The course fee is \$199.

Food Service Sanitation Supervision (BUS A50) prepares food service operators and employers for the certification examination required by the Illinois Department of Public Health. Topics include sanitary food handling, maintaining a safe environment and meeting state regulations. Students enrolling in this course should have a 10th-grade reading and comprehension level. Two seven-week sections of this class begin soon. BUS A50-03 (Touch-Tone 05348) meets from 7 - 9:30 p.m. on Wednesdays, beginning April 4, at Niles North High School, 9800 Lawler, Skokie. BUS A50-04 (Touch-Tone 07090) meets from 7 - 9:30 p.m. on Wednesdays, beginning April 3, at Niles West High School, 5701 W. Oakton Street, Skokie. The course fee is \$170, which includes the manual.

Opportunities in Estate Planning for CPAs (CPA A01-02, Touch-Tone 07482) is designed to teach CPAs how to use cutting-edge estate planning techniques, including charitable and non-charitable methods for reducing or eliminating estate taxes. The accountant's role in the formation and maintenance of trusts, partnerships and other entities is also emphasized. This class meets from 6:30 - 9 p.m. on three Mondays and Wednesdays, beginning April 23, at Niles North High School. The course fee is \$170.

Students who have registered for Oakton or ALL classes within the last five years and have a Social Security number on file may register by using the Touch-Tone system at (847) 635-1616 or by fax at (847) 635-1448. Both methods require payment using a major credit card (Visa, MasterCard or Discover).

Other career exploration courses offered by ALL this spring include Food Safety Refresher Course (BUS R99), Airline and Travel Agency Techniques (OFF A28) and Advanced Estate Planning for High Net-Worth Clients (CPA A02).

For more information about these classes and for a complete brochure of ALL courses, call (847) 982-9888, press option #3. Register for Summer Classes.

Registration for summer credit classes at Oakton Community College begins Monday, March 26. Take advantage of early registration to secure a place in the class of your choice and to avoid paying late registration fees.

To fit your summer schedule, Oakton offers morning, afternoon and evening courses in three sessions: the interim session beginning May 15, the eight-week session from June 4 - July 26 and the seven-week session from June 11 - July 26. Register at the Des Plaines campus, 1600 E. Golf Road, and at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie. Both Oakton campuses are closed on Fridays, Saturdays and Sundays during the summer session.

Students may register in-person through May 31 for the eight-week summer session and through June 7 for the seven-week session. Registration hours are Monday - Thursday from 8:30 a.m. - 8 p.m.; Friday, 8:30 a.m. - 5 p.m.; and Saturday (through May 26), 9 a.m. - noon.

Students who applied to Oakton or have attended classes at the College since the summer 1998 may use the Touch-Tone registration system Monday - Friday from 7 a.m. - 10 p.m. and Saturday - Sunday from 8 a.m. - 5 p.m. To register by phone, dial (847) 635-1616 and refer to the computer ID number listed by the course title in the Summer Class Schedule.

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

## MG Boy Scout Troop 228 sponsors Blood Drive

Boy Scout Troop 228 of Parkview school is sponsoring the Morton Grove Community Blood Drive on April 5, 2001. The drive will be held at the American Legion at 6140 Dempster from 2 p.m. to 7 p.m. The scouts will assist in promoting the drive and recruiting donors as well as helping out at the blood drive. We're looking to get as many donors as possible for this important cause.

Please consider becoming a blood donor! One pint of blood yielding red cells, platelets, plasma, and cryoprecipitate (a clotting component) can benefit as many as 4 people. In addition the donor has the added health benefits of reducing their own excess iron stores which can add to plaque in the arteries.

Morton Grove Community Blood Drive,  
Thursday, April 5, 2001  
American Legion Memorial Building

## Niles Public Library to participate in National Event

Niles Public Library District will participate in the fifth annual Check-it-out-Yourself Day event on Monday, April 2, sponsored by 3M Library Systems. Patrons who visit the library on this day and check out their own library materials will receive a special prize, be eligible for several prize drawings and help the library qualify to win cash prizes from 3M.

Today's libraries are unique, changing and dynamic. Thanks to new library technology, libraries are keeping pace with today's techno-savvy society and dispelling age-old library stereotypes.

The SelfCheck system enables patrons to become more self-sufficient at the library. Patrons also benefit by experiencing firsthand how to check out their own library materials by using the latest library technology.

To be eligible for the cash prize drawings, the library needs 100 or more patrons to check out their own materials by using the library's SelfCheck system on Check-it-out-Yourself Day. Last year, Niles Public Library District was one of 12 libraries in the nation to win \$1,000 in a random drawing.

"We look forward to participating in this event because it is a fun way to promote our library, become eligible for cash prizes and meet more of our patrons," said Cary Czarnecki, library administrator. "In addition, so much is changing at the library and this is the perfect opportunity for children and adults to reacquire themselves with all our library has to offer."

Join us for Check-it-Out-Yourself Day, Monday, April 2 to check it out!

## Silent film 'The King of Kings' at Pickwick

Legendary director Cecil B. DeMille's silent film epic "The King of Kings" is still considered by film historians to be the Hollywood showman's finest achievement. DeMille's penchant for detail on this production raised costs to a staggering \$2,500,000 in 1927 dollars. The end result was a picture that has endured the test of time, silencing critics of the era and successfully documenting the life of Christ on film for the first time.

Providing the live photoplay accompaniment to the film will be organist Jay Warren playing the Pickwick's Mighty Wurlitzer pipe organ. Warren is a regular organist for THE SILENT FILM SOCIETY OF CHICAGO, last year accompanying the 1926 silent "Ben-Hur" at the Pickwick.

He also played two films for the Society's summer film festival at the Gateway Theatre in Chicago. He is one of a select few organists to ever accompany a silent film for the University of Chicago at Rockefeller Chapel, performing on the massive E.M. Skinner pipe organ.

Cecil B. DeMille's "The King of Kings" is presented by THE SILENT FILM SOCIETY OF CHICAGO for one screening only on Sunday, April 1 at 2:30 p.m. Advance tickets are \$7 for students and seniors; \$8 regular advance admission; and are available at the Pickwick box office, 5 S. Prospect in Park Ridge. Group tickets are also available. All tickets are \$10 the day of the show. For more information call (847) 825-5800.

## Troop 175 News

On Sunday, February 4, ten members of Boy Scout Troop 175, Niles, received special Catholic religious scouting medals at Holy Name Cathedral, Chicago.

The scouts, Dan Wiechec, Kevin Brown, Matt Gianakopolis, Patrick O'Brien, Stephen Christ, Ken D'Aquila, Mike Okun, Josh Costes, Tom Vasis and Bob Galassi worked very hard over the past 5 months to complete the rigorous qualifications for these awards. The scout leaders offer their congratulations to the ten young men on achieving their prestigious awards.

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

Trust everybody, but cut the cards.  
—Finley Peter Dunne

## "District 71 Accountability"

I wonder how many other members of our community are as outraged as I am that School District #71 has the audacity to threaten to cut educational programs if we don't approve their referendum (not one, but two!), but yet I read nothing of cutting at the administrative level or of concessions from the staff.

I believe that the problems and causes here are numerous. Yes, the state legislature imposed a cap on budgetary increases, but did we live within our means, or did we continue to spend irresponsibly and only really face the problem when it now seems to be a crisis? These concerns should have been shared with the community long before the crisis stage. To say that if the referendums do not pass, numerous educational programs will immediately be cut certainly puts the issue at the crisis stage.

Finally, if cuts are justified (and I expect that now they are, since the problem has been allowed to grow to this proportion) the very LAST (NOT the very first!) area that should be cut should be the educational programs. Even though I have known some of the people affected here personally, I must say that for one school of roughly 600 kids, why are there three full time administrators, with one of them the highest paid public officials in the state? Is it right to be paying your superintendent more than Paul Vallas, the CEO of the entire Chicago Public School System and providing him with two full time well paid assistant administrators (plus his own secretarial staff), while we are talking about cutting important educational

programs from the kids? And what is the teaching staff willing to do to help to relieve this problem and to help to insure that the quality of a District 71 education does not become compromised?

I believe that we have a serious accountability issue before us here. I feel that it is very important for us to know what the situation is in other districts, and that the study be done independently of District 71. Perhaps the most objective investigators would be our local newspaper staffs.

Other suggested areas of savings would be the lunch program and the busing program. While these certainly are extraordinary services, they have been a serious drain on the budget, and they will not have as devastating and direct an impact on education as would cutting art and music programs as well as all extra curricular programs. Of course, I really don't believe that they intend to make these severe cuts. And that's another thing that doesn't sit right. I resent being threatened, being warned that they will have to hurt our kids, if we don't give them these referendums. We should have been informed about this potential problem long before this.

So let's solve the problem that we are now faced with and do everything that we need to do to make sure that our kids get the highest quality education that we can give them within our means, and let's make sure we find out how we really got in this situation and hold accountable those who are responsible.

Long-time resident  
Richard Tomoleoni

## NPSN plans luncheon to Misericordia's Greenhouse

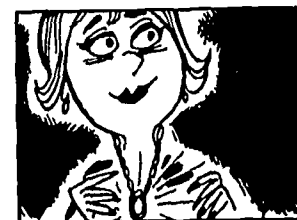
One way to celebrate the arrival of spring is to join the Norwood Park Seniors Network (NPSN) on their luncheon outing to Misericordia's Greenhouse Inn, 6300 N. Ridge Ave., Chicago, on Thurs., Apr. 5.

"This unique restaurant is operated by Misericordia as a work opportunity program for their residents. It was a popular outing last year and many of our members asked if we could go back," said Julie Russell, NPSN program manager. "The Greenhouse Inn offers a full service menu plus a daily hot special, all in a country garden setting. Besides having an afternoon out of the house and a nice lunch, you will enjoy conversing with new friends."

As in the past, diners pay for their own meals. The cost for transportation is \$7 per person for NPSN members, and \$10 per person for non-members. Pickup and drop-off will be at your front door, making transportation worries non-existent. The van will begin pickups at 11:30 a.m. Deadline for making a reservation is Apr. 3.

The Norwood Park Seniors Network, 6016-20 N. Nina Ave., Chicago, is a community outreach program that offers home-delivered meals, transportation (members only), handyman services, emergency response system, traveling barber, transitions, and outings.

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



Some people once believed that a sapphire would protect the wearer against the powers of darkness.

## Maine Township Drop-in Center seeks volunteers for spring and summer programs

The Maine Township Youth Drop-in Center is seeking volunteers to help provide alternative activities for youth in a safe, drug-free environment. The Center runs several sports and arts programs focusing on grades 5 to 12.

Located at 9511 W. Harrison St., Park Ridge, the Center provides a meeting place for youth who live in the Township. The program began in June, 1992 in

response to increased gang activity in the unincorporated neighborhoods, and was developed through the efforts of the Alternative Programs for Kids Committee of the Maine Township Task Force Against Gangs.

In addition to paid staff, volunteers help the Center. The Center is currently looking for volunteers to help provide a variety of activities and programs to area youth. Volunteers are

needed to coach basketball, supervise arts and crafts activities, and manage a concession stand. There are also many general activities that need assistance.

As part of the MaineStay program and activities, the Center is supported by Maine Township. For further information on Center programs, events and activities as well as volunteer opportunities, please call 847/823-0650.

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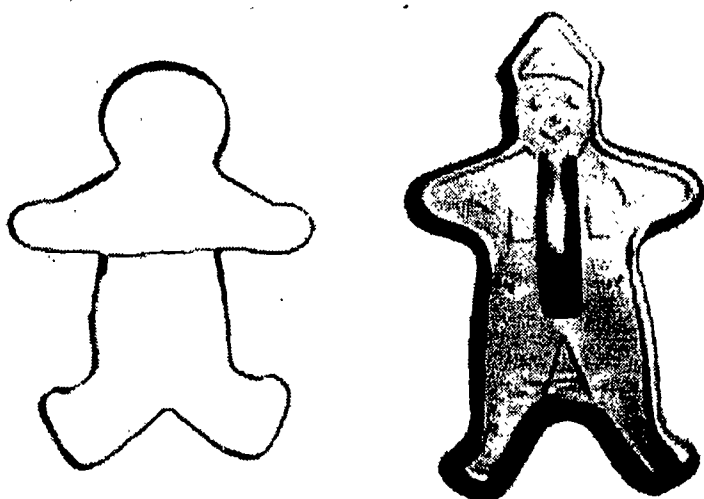
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